

Last Four Weeks
Survivor's emotions during
Weeks 9-12 in the support group:
Excitement, Goal Orientation, Freedom,
Feeling of Power, Relation, and Helpfulness



All survivors/victims should continuously attend a survivor's/victim's relapse prevention program after completing the 12 week treatment program.

A Treatment Plan For Survivors of Domestic Violence



Survivor's Support Group

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Psycho-Educational Treatment Program

Using a combination of **therapy/counseling and education** is effective. During the **therapy/counseling segment** of this session, the therapist, or counselor can deal with **depression, post-traumatic stress disorder (PTSD) and relationship problems** using **Cognitive Behavior Therapy (CBT)**. The education segment can be used to teach the client's specific skills in **communication, assertion, self-care, safety, anger management, and other essential topics/elements in building a safe and meaningful relationship**. Suggested topics include: **Guidelines to Fair Fighting, Deescalating Anger, Handling Difficult Situations, Love Confusion, Stress Reduction, Building Self-Esteem, Identifying High Risk Situations, and Letting Go.**

A twelve week treatment program for survivors has been very successful.

Each session is divided into three important segments/phases that helps in the survivor's recovery:

Beginning, Middle, and End

Segment 1/Beginning - Educational Segment

Relaxation/Meditation Exercise, Emotional Check-In, Safety Check for the Survivor & Children, Emergencies/Safety, Community Resources, Self-Care, Educational Material Provided and Discussed

Segment 2/Middle - Therapy/Counseling Segment

Survivor's Abuse Discussion, Group Unity & Compatibility Experienced, Peer Counseling, Survivor Feedback, Problem Solving
Cognitive Behavioral Therapy (CBT) used by the Therapist

Segment 3/End - Recap/Review/Planning/Rehearsal

Using CBT, Safety Planning, Escape Plan & Protection Plan Discussed, Emergency Referrals & Community Services Reviewed, Self-Care, Diet, Exercise, Activities, Homework Issued

During the first two weeks of treatment, each survivor should have a **psychiatric evaluation** and medical evaluation. The survivor and children to be referred for individual and family therapy. Attend **NA/CA/AA weekly meetings** if the survivor uses or abuses drugs/alcohol.

First Four Weeks

Survivor's emotions during weeks 1-4 in the support group:

Anger, Disappointment, Male Hating, Depression, Sadness, Low-Self-Esteem, Tearfulness, Embarrassment, Hopelessness



Second Four Weeks

Survivor's emotions during weeks 5-8 in the support group:

Open, Confused, Concern, Communicative, Hopefulness, Compassion, Suspicious

