DVclass.com Course Outline

Chapter 1
1. Domestic Violence and Anger Management: Who Needs It?
2. Introduction - Authors
3. Purpose and Benefit of Course
4. Course Orientation
5. Receiving Course Credit
6. Course Evaluation Procedures
7. Our View Of Anger
8. Anger Can be Positive
9. When Does Anger Become a Problem?
10. Core Eight Anger Management Skills

Chapter 2
1. What is Domestic Violence
2. Signs of Abuse
3. How Angry Are You?
4. What Were You Trying To Get?
5. Why Did You Think Anger Would Work?
6. Underlying Feelings
7. Taking Responsibility
8. The Cost Of Your Anger
9. Past History of Anger
10. Alternative Ways To Cope

Chapter 3
1. Understand the Cycle of Violence
2. Cycle of Violence-Example
3. Cycle of Violence-Warning Signs
4. Speak Up!

Chapter 4
1. Victims of Domestic Violence
2. Why Do Victims Stay with Abusers?
3. Helping Victims of Domestic Violence, Part 1
4. Helping Victims of Domestic Violence, Part 2
Chapter 5
1. Tool #1 - Dealing With Stress
2. Stress and Physical Health
3. Stress and Mental Health
4. Stress in the Workplace
5. What IS Stress?
6. External vs. Internal Stress
7. How Stress May Be Positive
8. Stress vs. Stressed-Out
9. The Stress Response
10. Manage Stress: Step 1 - Stress Alert
11. Manage Stress: Step 2 - Life Changes
12. Manage Stress: Step 3 - Mind View
13. Manage Stress: Step 4 - Stress Guard
14. Ten Stress Reduction Tips

Chapter 6
1. Understand the Legal Process of Domestic Violence- Arrest
2. Legal Process Initial Appearance (step 2)
3. Legal Process Arraignment (step 3)
4. Legal Process Pre-Trial & Plea Negotiation
5. Legal Process Hearing and Trial (step 4)
6. Legal Process Sentencing (step 5)
7. Legal Process Probation Revocation Hearing (step 6)

Chapter 7
1. Tool #2 - Develop Empathy
2. Emotions and Our Life
3. Why Empathy Is Important
4. Lack Of Empathy
5. Why Social Awareness Is Important
6. Increasing Your Empathy
7. Empathic Listening
8. Communication
9. Acceptance
Chapter 8
1. Domestic Violence Safety Plan
2. DV Safety Plan- Facts
3. DV Safety Plan- During the Violent Outburst
4. DV Safety Plan- Get a Protective Order
5. DV Safety Plan- If you Leave...
6. Resources

Chapter 9
1. Tool #3 - Respond Instead of React
2. Flexibility Is Good Mental Health
3. Three Ways to Respond Differently
4. Step 1 - Look at Attitude
5. Step 2 - Regulate Your Emotions
6. Step 3 - Try Alternative Behaviors

Chapter 10
1. Tool #4 - Change Self Conversation
2. Taking Personal Responsibility
3. Challenge Automatic Thinking
4. Think Like Optimist
5. Four Ways To Argue With Self
6. Look At Evidence
7. Consider Alternative Causes
8. Put Events in Perspective
9. Is Belief Useful?

Chapter 11
1. How to Stop the Cycle of Violence
2. Part 2-Education
3. Part 3- Prevention

Chapter 12
1. Tool #5 - Assertive Communication
2. Harmful Pattern #1 - Avoidance
3. Harmful Pattern #2 - Criticism
4. Harmful Pattern #3 - Passive-Aggressive
5. Harmful Pattern #4 - Aggression
6. Harmful Pattern #5 - Defensiveness
7. Harmful Pattern #6 - Contempt
8. The Assertive Communicator
9. Send Clear Messages
10. Learn How To Listen
11. Complain with "Magical Formula"
12. Acknowledge Your Part in Conflicts
13. Conflict Resolution Approaches
14. Useful Things To Say
15. Give and Take Praise
16. Express Feelings Openly

Chapter 13
1. Effects of Domestic Violence
2. Effects Cont.

Chapter 14
1. Tool #6 - Adjust Expectations
2. Five Steps To Adjust Expectations
3. Step 1 - Are You Being Reasonable?
4. Step 2 - Stop "Shoulding" On Yourself
5. Step 3 - Remember Limitations
6. Step 4 - Perceptions Vary
7. Step 5 - Satisfy Needs Other Ways

Chapter 15
1. Tool #7 - Forgive But Don't Forget!
2. Three Steps to Forming Grievance
3. Taking Offense Too Personally
4. Blaming Offender For How You Feel
5. Creating Grievance Story
6. Misconceptions of Forgiveness
7. Forgiving Is Good For Health
8. Step 1 - Write Down Grievance
9. Step 2 - Remember Forgiveness Goal
10. Step 3 - Change Grievance Story
11. Step 4 - Sooth Self
12. Step 5 - List Positive Intentions
13. Step 6 - Refocus On Positives
Chapter 16
1. Tool #8- Retreat and Think
2. Stay In The Box
3. Warning Signs
4. Why Tool #8 Works
5. Rule #1 - Use Only for Self
6. Rule #2 - Announce The Time Out
7. Rule #3 - Commit To Return Time
8. Rule #4 - Don't Get High
9. Rule #5 - Be Careful Who You Talk To
10. What To do During Your Retreat
11. Self-Sooth with Freeze-Frame
12. Change Self-Talk

Chapter 17
1. References and Resources
2. Final Examination