



MCEDV.

The Maine Coalition
to End Domestic Violence

Detailed Agenda

Module 1 Domestic Abuse: Foundations | 3 hours

Objectives:

Participants will be able to:

1. Define domestic abuse and trauma.
2. Examine the multitude of barriers to safety that batterers create for their partners and family members.
3. Identify the tactics that batterers employ to obtain and maintain power and control over their partners and family members.

Outline:

- ❖ Definition of terms:
 - domestic abuse
 - trauma—both individual and collective/historical
- ❖ Information about diversity of survivors and perpetrators including gender dynamics of abuse.
- ❖ Maine and national statistics.
- ❖ Exercise: 20-card Skit including abuser lines.
- ❖ Risk Analysis and Safety Planning Brainstorm.
- ❖ Introduction to MCEDV, Summary of DVRC Services, availability of other resources (Wabanaki Women's Coalition, Immigrant Resource Center of Maine, MECASA).
- ❖ Introduction to the concept of the Coordinated Community Response.
- ❖ Definition and illustration of Coercive Control.
- ❖ Discussion of abuse in LGBTQ+ communities.
- ❖ Discussion of other types of violence used in intimate relationships, and how these differences might manifest in a conversation with a survivor.
- ❖ Assailant Interviews Video about batterer tactics and Common Justifications for Abuser Behavior handout.
- ❖ Coaha and Ridley Study results including why couples counseling in the context of DV is so dangerous.

Module 2 Domestic Abuse: Addressing the Lasting Impact | 3 hours

Objectives:

Participants will be able to:

1. Discuss the impact of trauma on the brain.
2. Identify several short and long-term health impacts of domestic violence.
3. Describe particular challenges facing survivors of Multi-Abuse Trauma.

Outline:

- ❖ Activity exploring victim blame & accountable language.
- ❖ Definition of trauma-informed practice, sanctuary harm, and how trauma-informed approaches can help survivors of domestic violence.
- ❖ Video about the impact of trauma on the brain.
- ❖ Exploration of short and long-term health impacts from abuse. Includes issues around reproductive health (reproductive & sexual coercion, risk during pregnancy, etc.) and strangulation.
- ❖ Considerations for survivors of mental health and substance use disorders, including:
 - Definition of Multi-Abuse Trauma.
 - Ways in which experiencing a mental health or substance abuse condition puts someone at greater risk for being abused, and also how a mental health or substance abuse condition can be the result of experiencing abuse.
 - “She’s Got All Kinds of Troubles” Skit to illustrate multi-abuse trauma and opportunities for a coordinated community response.
 - Information about the difference between codependent and abuse-affected behaviors.
- ❖ Illustration of how batterer behavior impacts children, and how batterers continue their abuse through court and child custody processes.
- ❖ Explanation of the Adverse Childhood Experiences Study, and what it means in the context of our work.

Module 3 Domestic Abuse: Intervention Strategies | 3 hours

Objectives:

Participants will be able to:

1. Distinguish between appropriate roles for mental health professionals and those for domestic violence advocates.
2. Identify screening strategies they can use in their practice.
3. Describe basic safety planning strategies, including how to refer to a domestic violence resource center.
4. Define the difference between risk analysis and evidence-based risk assessment.

5. Analyze batterer tactics of control as they relate to seeking professional help.

Outline:

- ❖ Considerations for working with batterers including an evaluation of the effectiveness of Batterer Intervention Programs, Anger Management Programs, individual counseling for Batterers, and couples counseling.
- ❖ Exploration of the Duty to Warn and how it applies when working with batterers.
- ❖ Case example analyzing how systems and workers might collude with batterers, examples of how to hold batterer clients accountable instead of colluding.
- ❖ Discussion of the role of the mental health professional in contrast to the role of the advocate.
- ❖ Screening - what, when, how (both written and verbal, at every intake, when relationship changes, etc.).
- ❖ Explanation of ways to connect survivors with domestic violence advocacy services.
 - What counselors need to know about safety planning.
- ❖ How to document domestic abuse in a trauma-informed way using accountable language.
- ❖ Fishbowl demonstration of what happens when a provider calls the helpline.
- ❖ Introduction to evidence-based risk assessment tools in use in Maine, including an overview of their purpose and audience, and the difference between risk analysis and risk assessment.

**Module 4 Domestic Abuse: Trauma-Informed and Culturally Competent Responses|
3 hours**

Objectives:

1. Identify ways in which trauma impacts survivors of domestic violence.
2. Discuss trauma-informed strategies for working with DV survivors.
3. Describe various aspects of culturally competent services and list culturally-specific domestic violence resources in Maine.

Outline:

- ❖ A closer look at how those in the mental health field might unintentionally cause sanctuary harm in their work with LGBTQIA+ folks.
- ❖ Trauma is not “post” for DV survivors—what does an intervention look like in the context of ongoing danger? How can we employ an ecological analysis of trauma in our work with survivors? What impact does collective/historical trauma have on DV survivors?
- ❖ Activities/techniques that can help ground survivors and manage the trauma.
- ❖ Exploration of ways in which trauma impacts survivors’ ability to reach out for help.

- ❖ Exploration of ways that survivors cope with the abuse, including attempts to stop it, to manage the impact, and to escape it.
- ❖ Case example activity with a focus on trauma-informed practice.
- ❖ Special considerations for responding to the abuse of elders, differently-abled individuals, teens, and children, including information on trauma-informed, survivor-centered approaches to mandated reporting.
- ❖ Exploration of ways in which professionals' own trauma histories may impact their own work, and suggestions for how to manage this inevitable experience.
- ❖ Discussion of the importance of an anti-oppression framework for our work with survivors at both the system and individual levels.
- ❖ Information about culturally-specific resources in Maine and using an interpreter.
- ❖ Role that faith/spirituality can play for survivors, including faith-based domestic violence resources.
- ❖ Overview of trauma-focused interventions in use with DV survivors.

About this Training:

Curriculum content was developed by the Maine Coalition to End Domestic Violence (MCEDV) to meet the requirement for training for Psychologists, Licensed Clinical Social Workers, and Licensed Clinical Professional Counselors, as described in **L.D. 1238 (126th Legis. 2013)**. The complete curriculum includes 4 3-hour modules.

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