



# CERTIFICATION PROGRAM

Certified Domestic Violence Advocate

Level I

*January, 1997*  
*Eighth Revision January 2003*





P O BOX 356  
FRANKFORT KY 40602  
#2 HMB Circle, Suite C  
FRANKFORT KY 40601  
(502) 695-2444  
(502) 695-2488 FAX

Member Programs

Safe Harbor  
(FIVCO ADD)  
D.O.V.E.S.  
(Gateway ADD)  
Resurrection Home  
(Lee County)  
Barren River Area Safe Space  
(Barren River ADD)  
Lincoln Trail Domestic Violence  
Program (Lincoln Trail ADD)  
LKLP SafeHouse  
(Kentucky River ADD)  
Sanctuary, Inc.  
(Pennyrile ADD)  
YWCA Spouse Abuse Center  
(Bluegrass ADD)  
The Center for Women and Families  
Domestic Violence Program  
(KIPDA ADD)  
Women's Crisis Center  
(Northern Kentucky and Buffalo  
Trace ADD)  
Owensboro Area Shelter and  
Information Services, Inc.  
(Green River ADD)  
Women Aware, Inc.  
(Purchase ADD)  
Caring Place, Inc.  
(Washington, Marion, & Nelson  
Counties)  
Big Sandy Family Abuse Center  
(Big Sandy ADD)  
Family Life Abuse Center  
(Cumberland Valley ADD)  
Bethany House Abuse Shelter, Inc.  
(Lake Cumberland ADD)

---

---

## MEMORANDUM

To: Certification Participants

From: Lisa Holmes, Co-Chair Certification Committee  
Donna Overbee, Co-Chair

Re: Welcome

**WELCOME** to the exciting challenge of certification! This is an opportunity for you to learn from others and share your expertise in the area of domestic violence. As dedicated professionals, we have strived for years to achieve consistency in our chosen field. Certification is an achievement that will not only benefit you, but also, the individuals you serve.

The Certification Committee has worked to make the certification process innovative as well as fun. If at any time you have suggestions or concerns, feel free to write or call me at:

Lisa Holmes  
SpringHaven, inc.  
P.O. Box 2047  
Elizabethtown, KY 42702

(270) 765-4057

---

Donna Overbee  
DOVES  
P O Box 1012  
Morehead, KY 40351

(606) 784-6880



# TABLE OF CONTENTS

Statement of Purpose .....	6
Certification and Accreditation Committee .....	7
Code of Ethics .....	8-11
Program Accreditation .....	12
Level I .....	13-20
Certification Requirements .....	14-16
Renewing Your Level I Certification .....	17
Training Modules .....	18
Learning Objectives .....	19-20
Appendix .....	23-49
Forms Level I .....	24-35
Audio/Video Listings for Level I .....	36-49

# **KDVA CERTIFICATION PROGRAM STATEMENT OF PURPOSE**

To provide a method to assure clients, the community, and other members of the domestic violence profession, that domestic violence program staff have successfully completed training and supervised work experience which are necessary to provide non-judgmental, empowering intervention for victims of domestic violence and their children.

To provide a mechanism to recognize the competency of skilled domestic violence advocates who have acquired these skills through a combination of work and life experience, training, and traditional academic preparation.

To place KDVA and Kentucky in a leadership role for establishing standards for personnel who work in the domestic violence field.

To assure on-going professional growth.

To work with all facets of the domestic violence community, including regulatory and funding agencies to advance the professional certification process.

To increase community and professional awareness that the field of domestic violence is a specialty area and that services are provided by a professional staff.

To validate the role of domestic violence advocates in relationship to other professionals in the health and human services fields.

To assure that Certified Domestic Violence Advocates uphold the Code of Ethics.

# CERTIFICATION AND ACCREDITATION COMMITTEE

## **Membership**

The Board of Directors will establish a Certification Committee consisting of no less than three Board Members. The President will appoint a Regional Vice President as Chair of the Committee and no less than two other Representatives as Committee members.

## **Duties of the Committee**

The duties and responsibilities of the Certification Committee, in addition to the powers and duties delegated to the Committee by the Board of Directors, will include:

- provide oversight to KDVA's Certification Program;
- serve as a grievance committee for certification issues;
- approve candidates for certification; and
- develop and revise Level I and Level II certification curricula, reading lists, and any other necessary material.

## **Duties of KDVA Staff**

The duties of KDVA staff will include, but is not limited to:

- coordinate certification trainings;
- maintain certification paperwork for all certification candidates;
- administer certification test; and
- maintain an accreditation file on each program.

# KDVA CERTIFICATION PROGRAM CODE OF ETHICS

- I. **The Certified Domestic Violence Advocate has an Ethical Responsibility to adults and children who seek her/his assistance.**
  - A. The Certified Domestic Violence Advocate will be competent.
    1. The Certified Domestic Violence Advocate will have knowledge of the field of domestic violence, experience and the skills to apply the knowledge.
    2. The Certified Domestic Violence Advocate will constantly update her/his knowledge and skills.
    3. The Certified Domestic Violence Advocate will not operate outside the limits of her/his competence, but make referrals or consultations in those areas.
  - B. The Certified Domestic Violence Advocate will apprise clients of the following:
    1. The array of services offered by the program.
    2. The qualifications of the Certified Domestic Violence Advocate.
    3. The expectations of the program.
    4. The grievance procedure.
    5. The obligation to report abuse to the Cabinet for Families and Children.
    6. The limits of confidentiality.
  - C. The Certified Domestic Violence Advocate will protect the client's confidentiality within clearly defined limits. These limits will be explained to all clients as follows.
    1. Informed, specific consent may be given to the Certified Domestic Violence Advocate by the client to obtain services for the client from other service providers.
    2. Information may be shared with other spouse abuse centers.
    3. The client will be informed that confidentiality cannot be maintained in the following situations.
      - a. When an adult or child has been abused, exploited or neglected.
      - b. When the client's life may be endangered and she/he cannot give consent.
      - c. When the client makes a probable threat against another.
      - d. When the client commits a crime against the Certified Domestic Violence Advocate or the property of the Certified Domestic Violence Advocate or the program.
      - e. When a court issues a court order for specific information.
    4. The Certified Domestic Violence Advocate will consider the potential for harm to a client when releasing information even with informed consent.
    5. A client will be given the option to remain anonymous within certain limitations, such as, a crisis call or support group member.
    6. The client has the right to refuse services to protect her/his anonymity.

- D. The Certified Domestic Violence Advocate will make a delineation between work and social relationships. The following relationships with clients require special consideration.
1. Relationships by blood or marriage.
  2. Prior and/or present social or business relationships.
  3. Sexual relationships with clients and former clients are prohibited.
- E. The Certified Domestic Violence Advocate will assure that the client's autonomy is maintained by adhering to the following standards:
1. The client and Certified Domestic Violence Advocate will work together cooperatively.
  2. The Certified Domestic Violence Advocate will only reassure the client about events and outcomes that can be foreseen.
  3. The Certified Domestic Violence Advocate will only advocate for a client when this cannot best be done by the client her/himself.
  4. The Certified Domestic Violence Advocate will represent the truth to a client.
  5. The Certified Domestic Violence Advocate will not coerce a client.
  6. The Certified Domestic Violence Advocate will recognize that the client has a right to accept or refuse all or part of the services offered to her/him.
  7. The Certified Domestic Violence Advocate will treat the client with respect and honesty.
  8. The Certified Domestic Violence Advocate will share the knowledge which he/she has as it pertains to the client's situation.  
This may include but is not limited to the dynamics of domestic violence, lethality issues, safety planning, effects on children and the social and political issues which contribute to the continuance of domestic violence.
  9. The Certified Domestic Violence Advocate will reassure that the client is not responsible for the abuse that she/he has suffered.
  10. The Certified Domestic Violence Advocate will present the client an array of options and respond in the manner which the client directs.
  11. The Certified Domestic Violence Advocate will accept what a client tells her/him about the abuse.
  12. The Certified Domestic Violence Advocate will do nothing which might harm the client. When confrontation seems necessary because of behavior, the behavior to be confronted will be important to the client's functioning.
  13. The Certified Domestic Violence Advocate is responsible for recognizing and avoiding inappropriate forms of nonverbal communication.
  14. The Certified Domestic Violence Advocate will recognize her/his own belief systems and will not impose these on the client.
- F. The Certified Domestic Violence Advocate will fairly distribute time, goods and services among all clients and will not practice, condone, facilitate or collaborate with any form of discrimination on the basis of sex, race, color, age, sexual orientation, religion, national origin, political beliefs, marital status, mental or physical disability, economic or any other discriminatory basis.

1. The Certified Domestic Violence Advocate will have knowledge of and respect for various cultural backgrounds.
  2. The Certified Domestic Violence Advocate will be knowledgeable and accommodating of various disabling conditions.
- G. The Certified Domestic Violence Advocate will adequately assess clients to determine the nature of the abuse, the extent of the abuse and the safety needs of the client. The Certified Domestic Violence Advocate will do nothing to increase the danger or harm the client.
- H. The Certified Domestic Violence Advocate will be aware of and communicate to the client the historical basis for abuse. She/he will acknowledge that abuse occurs when there is an imbalance or power and that this situation is maintained and reinforced by our culture.

**II. The Certified Domestic Violence Advocate has an Ethical Responsibility to keep records.**

- A. The Certified Domestic Violence Advocate will keep essential records documenting the abuse.
- B. The Certified Domestic Violence Advocate will record behavioral description, not opinions, speculations or conclusions.
- C. All decisions relating to a client must be fully documented, especially those that represent exceptions to the Code of Ethics.
- D. The Certified Domestic Violence Advocate will retain records for a significant period of time as they may benefit the client at a future date.
- E. The Certified Domestic Violence Advocate will allow clients access to their records.

**III. The Certified Domestic Violence Advocate has an Ethical Responsibility to her/himself.**

All the Certified Domestic Violence Advocate owes to the client she/he owes to her/himself.

- A. The Certified Domestic Violence Advocate with education, training and experience has the right to be called a professional and to be treated professionally.
- B. The Certified Domestic Violence Advocate has an obligation to be true to the meaning and purpose in her/his work.
- C. The Certified Domestic Violence Advocate has an obligation to join with other professionals to make common cause for recognition and fair treatment of the profession.
- D. The Certified Domestic Violence Advocate will see to her/his own empowerment and nurturing.

**IV. The Certified Domestic Violence Advocate has an Ethical Responsibility to employers and colleagues.**

- A. The Certified Domestic Violence Advocate will adhere to the policies and procedures of her/his employer.
- B. The Certified Domestic Violence Advocate will treat colleagues with respect, fairness and courtesy.

# PROGRAM ACCREDITATION

## LEVEL I PROGRAM ACCREDITATION

To be a KDVA Level I Accredited Program, domestic violence centers are required to:

- Adhere to KDVA Standards for Victim Services (*Revised December 2000*).
- Provide a Staff Mentor for all Level I Certification candidates.
- Require all full-time staff with direct service responsibility to be certified (or in the process of being certified) within the first year of their employment. Programs are encouraged, but not required to certify part-time direct service staff. However, programs are required to have in their KDVA certification file, and the Certification Committee must approve, a training plan for all part-time, direct service staff. The training plan should be resubmitted to the Certification Committee and approved only if changes occur.
- Submit by January 1st of each year, documentation of Continuing Education Units for each staff person that has achieved Level I Certification.

# LEVEL I



# LEVEL I CERTIFICATION REQUIREMENTS CERTIFIED DOMESTIC VIOLENCE ADVOCATE

## Employment Requirements for Certification

All full-time<sup>1</sup> staff employed by a KDVA accredited domestic violence center must complete the certification process and become certified by the end of the first year of their employment. The year of employment begins on the first day of the month of hiring and must be consecutive<sup>2</sup>. If an approved leave of absence is granted, the time the employee is on leave will not count toward the year of employment experience. Even though an applicant has completed other requirements of Level I Certification, they must meet the employment requirement before becoming certified.

Part-time employees<sup>3</sup> must follow the training plan as set by their program of employment. Part-time employees may be given the option of becoming certified after completing the certification requirements and the equivalent of one year of full-time employment (see example). Program volunteers may attend Certification Modules but cannot receive final certification.

Example:

- A full time employee at shelter A works 2080 hours per year.
- A full-time employee at shelter B works 1950 hours per year.
- A full-time employee at shelter C works 1560 hours per year.
- The part-time employee at shelter A works 22 hours per week and must work a total of 2080 before becoming eligible to be certified.
- The part-time employee at shelter B works 18.75 hours per week and must work a total of 1950 hours before becoming eligible to be certified.
- The part-time employee at shelter C works 15 hours per week and must work a total of 1560 hours before becoming eligible to be certified.

## Steps to Completion of Level I Certification

**Step 1.** Upon employment, the Domestic Violence Center will provide new employees required to participate in the Certification Program with a packet which will include:

- KDVA Certification Handbook;
- KDVA Brochure; and
- KDVA Standards for Victim Services.

**Step 2.** The Domestic Violence Center will assign each new employee a staff certification mentor. The mentor will be an experienced Certified Domestic Violence Advocate. The mentor will be responsible for:

---

<sup>1</sup> Full-time staff are defined as any paid employee working 30 or more hours with direct service responsibilities.

<sup>2</sup> One year of employment is based on 12 calendar months. An exception will be given for a leave of absence approved by the program director. Upon return from the leave of absence, the employee will continue the certification process resuming at the beginning of the month in which they return.

<sup>3</sup> Part-time staff are defined as anyone working a minimum of half the amount of hours that are considered full-time at the program in which they are employed.

- Acquainting new employee with KDVA Certification program requirements;
- Coordinating new employee's attendance at certification training modules;
- Meeting with new employee to discuss readings and videos;
- Reviewing and signing necessary paperwork;
- Providing guidance and problem-solving about the certification process as needed; and,
- Creating a certification file for the new employee's documentation of their compliance with certification requirements.

**Step 3.** Within thirty days of employment, all full-time employees providing direct services (defined as "any activity that requires direct interaction with a client or potential client--in person or electronically--in the course of one's day to day employment") must submit a completed KDVA Application for Level I Certification (Form IA) and forward it to the KDVA office. Upon receipt of the application, KDVA will open a Certification File for each candidate. Each candidate will be notified by mail of receipt of the application.

**Step 4.** Candidates for certification will complete nine required readings, three required journal articles, and five required videos from the approved Reading and Video lists found in the Appendix of the Certification Handbook. (Additional elective readings and videos may be approved by the Center director or her designee; Three journal articles count as one book.)

Candidates for certification must complete a written summary, noting the primary concepts presented, of each selection. Mentors are required to meet with candidates to discuss the issues presented in each selection. Summaries will be kept in the employee's certification file at the Center. As readings and videos are completed, they should be recorded on the Level I Individual Tracking Form (Form IB) and initialed by the mentor.

**Step 5.** Candidates will be required to complete 30 clock hours (five modules) of core training in domestic violence issues. Each module will be offered twice per year to give candidates the ability to complete the training within 6 months. Each Center will receive notification of training dates and locations. These dates should be posted in an area accessible to all staff.

**Step 6.** Candidates must complete a Request for Extension form (Form IC) if they cannot complete certification by their target date of completion. The form, signed by the mentor and program director, must be submitted to KDVA for review by the Certification Committee at least thirty days prior to the candidate's target date. Once the form has been reviewed, the candidate will be notified and, if the extension has been granted, given a new target date.

**Step 7.** Following completion of Steps 4 and 5, candidates for certification will be required to submit a copy of the completed Level I Individual Tracking Form (Form IB) to KDVA. The form must be submitted to the KDVA office at least two weeks before scheduling an appointment to take the exam. Once the form has been reviewed by KDVA, the candidate will be notified that all certification requirements have been completed and he/she may take the exam.

**Step Eight.** Candidates will be required to pass an examination on the key domestic violence principles, practices, and procedures outlined in the readings/videos and materials distributed and discussed at the core trainings. A passing score for the examination is 70% or higher. Generally, the examination is written, but can be adapted to meet the needs of any candidate for certification. Notice should be given at least thirty days prior to taking the exam if special assistance is required.

Upon successful completion of the Final Exam, the candidate will be notified of his/her final score and the director or their designee will be notified that the candidate has passed/failed the exam. (If the candidate does not pass the exam, arrangements will need to be made to retake it.)

## **Candidate Awarded Certification**

Upon notification of successful completion of the Level I Exam, the candidate's name will be presented to the Certification Committee at the next quarterly KDVA board meeting for final certification approval. Upon approval, KDVA staff will process the candidate's Certified Domestic Violence Advocate certificate and card. Certificates and cards will be mailed to the center director. Level I certification must be renewed annually.

# LEVEL I CERTIFICATION RENEWAL CERTIFIED DOMESTIC VIOLENCE ADVOCATE

To renew Level I Certification, each Certified Domestic Violence Advocate must complete 12 continuing education units (CEUs) over the course of the calendar year (January through December) and be employed by a Kentucky Domestic Violence Center. These units are to be approved by the advocate's Director or designee. Documentation of these units should be recorded on the Documentation of Continuing Education Units Form (Form IE), and must be submitted to the KDVA office by January 1st of each year. It is the responsibility of the Program Director to submit this documentation for all Level I certified employees. KDVA will review records to verify that each advocate for renewal has completed the required CEUs.

Since candidates for certification will be completing Level I certification requirements at different times throughout the year, all first year certifications will expire at the end of the calendar year, regardless of the month issued. In order to renew certification for a second year, all first year certified domestic violence advocates will be required to complete CEUs on a pro-rated basis. For example, Mary receives her Level I Certification in July 2000. Her certification will automatically expire on December 31, 2000. In order to renew her Level I Certification, Mary must complete 5 continuing education credits prior to December 31, 2000.

Upon verification, KDVA staff will issue renewal cards and forward cards to the program director by January 31st. KDVA will notify both individual advocates and the appropriate center director, if counselors have not completed required CEUs.

This process must be followed each year to retain the status of Level I Certified Domestic Violence Advocate.

# LEVEL I CERTIFICATION TRAINING MODULES

## **I. History and Dynamics of Domestic Violence/Children and Domestic Violence** (6 hours)

1. History of Movement/History and Development of KDVA/Empowerment (empowerment model vs. medical model)
2. Dynamics of Domestic Violence
3. Effects of Domestic Violence on Children and Children in Crisis

## **II. Counseling** (6 hours)

1. Crisis Calls
2. Safety Plans
3. Service Plans
4. Counseling Skills and Support Groups

## **III. Policies and Procedures** (6 hours)

1. Documentation
2. Confidentiality
3. Statistics
4. Staff Interaction with Clients/ Code of Ethics
5. Suicide Intervention
6. Shelter Crisis Situations

## **IV. Advocacy with Clients and Communities** (6 hours)

1. Diversity/ Responding to Differences
2. Mental Health
3. Substance Abuse
4. Clients in Difficult Situations
5. Community Organizing and Collaboration

## **V. Domestic Violence-Related Laws** (6 hours)

1. Role of Victim Advocate
2. Civil Domestic Violence-Related Laws
3. Criminal Domestic Violence-Related Laws
4. Immigrant Battered Women
5. Difficult Situations with Legal Assistance

# LEVEL I CERTIFICATION LEARNING OBJECTIVES

## I. **History and Dynamics of Domestic Violence/ Child Witnesses**

- to understand the development of KDVA and its relationship to the battered women's movement in both Kentucky and the nation
- to understand the difference between empowerment model and medical model
- to understand the interaction of empowerment and advocacy
- to understand the dynamics of domestic violence
- to understand the effects of domestic violence on adult victims
- to understand the impact of domestic violence on the community
- to understand the impact of systems advocacy on the community
- to understand the effects of domestic violence on child victims
- to understand the necessity of services for residential and non-residential children
- to recognize and understand children's behavior in crisis situations
- to respond and provide appropriate interventions

## II. **Counseling**

- to develop a working knowledge of local resources and how to assist clients with using them
- to promote an understanding of crisis line services outlined in victim service standards
- to develop skills necessary to assist clients with developing appropriate safety plans
- to ensure safe travel of victims to domestic violence program residential and non-residential services
- to understand the elements that must be addressed in order to create an effective service plan
- to learn basic counseling skills and how to apply them in such a way as to facilitate change
- to ensure that counselor/advocates provide information required by victim service standards
- to ensure an understanding of restricted counseling services (what services and why)
- to ensure that the assessment of initial contacts and assessments for services is conducted in line with victim service standards
- to develop an understanding of support groups (what they are, how they are conducted, topics, and getting clients to attend)

## III. **Policies and Procedures**

- to understand the necessity of documentation as outlined in the victim service standards
- to gain an understanding of confidentiality and liability issues surrounding domestic violence
- to understand the necessity of statistical documentation
- to understand the Code of Ethics for Certified Domestic Violence Advocates and its application to interactions between staff and clients
- to understand the responsibility of staff to make clients their number one priority
- to recognize and respond appropriately to situations where the possibility of suicide are indicated

- to recognize situations where intervention is required
- to learn how to accurately assess the degree of danger using appropriate tools and techniques
- to recognize and respond appropriately to situations involving client's crisis behavior

#### **IV. Advocacy**

- to recognize and respond appropriately to issues of diversity among clients and staff
- to understand the rights of residents as related to religion or religious activities
- to understand and be able to differentiate between mental illness and crisis-induced stress
- to understand mental health symptoms and appropriate referrals and to understand when non-consensual advocacy is appropriate
- to recognize signs and symptoms of substance abuse and suitable referral options
- to develop an understanding of substance abuse, battering, and its relationship to domestic violence and sexual assault
- to recognize and respond appropriately to clients in difficult situations
- to understand how to work with other community resources to address the issues leading to domestic violence
- to understand print and electronic media

#### **V. Domestic Violence Related Laws**

- to understand the role of an advocate and the duties/restrictions outlined in HB315
- to understand concerns about practicing law without a license
- to develop a working knowledge of Kentucky's legal system
- to develop a working knowledge of the Domestic Violence and Abuse Act, the Warrantless Arrest Law, the Mandatory Reporting Statutes, and the Stalking Law
- to be familiar with other statutes that are frequently cited in domestic violence cases
- to develop a working knowledge of Kentucky's legal system
- to develop an understanding of and respect for clients' decisions about accessing legal assistance
- to develop an understanding of the legal needs of immigrant battered women





# APPENDIX

◆ Level I Forms

◆ Audio/Video Listings for Level I



# **Level I Certification Forms**

## **Certified Domestic Violence Advocate**

**IA** - Application for Level I Certification

**IB** - Individual Tracking Form

**IC** - Request for Extension

**ID** - Documentation of Continuing Education Units

**Make copies as necessary for your use.**





Kentucky Domestic Violence Association  
LEVEL I: Domestic Violence Advocate Certification Application

FORM IA

Name \_\_\_\_\_ Date/Month of Employment \_\_\_\_\_

Home Address \_\_\_\_\_

Employer \_\_\_\_\_ Work Phone # (\_\_\_\_) \_\_\_\_\_

Length of Employment with Domestic Violence Program:

Full-Time \_\_\_\_\_ YEARS \_\_\_\_\_ MONTHS Part-Time \_\_\_\_\_ YEARS \_\_\_\_\_ MONTHS

Social Security # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Brief Description of your Job Duties

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Work Experience (List most recent employment first)

Employer                      Job Title                      Dates of Employment                      Duties

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Domestic Violence Training

Date                      Source of Training                      Description of Training

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



What talents and skills do you bring to your current position?

---

---

---

---

---

---

---

---

Please describe your philosophy regarding domestic violence victims.

---

---

---

---

---

---

---

---

How does certification coincide with your goals and objectives for the future?

---

---

---

---

---

---

---

---

**Certification Mentor Information**

Name \_\_\_\_\_ Job Title \_\_\_\_\_

Work Address \_\_\_\_\_

Phone \_\_\_\_\_

Mentor's Recommendation \_\_\_\_\_  
*Signature*

Administrator's Recommendation \_\_\_\_\_  
*Signature*



# FORM IB



Program ID Code \_\_\_\_\_

ID# \_\_\_\_\_ Level I Certification Examination - Testing Date \_\_\_\_\_ Final Exam Score \_\_\_\_\_

## Kentucky Domestic Violence Association LEVEL 1: INDIVIDUAL TRACKING FORM

Social Security # XX XX XX - XX - Date of Birth  / /

Name of Program \_\_\_\_\_ Your Name \_\_\_\_\_

### Level I Course Work

	Date Completed	Mentor Initials	Date Completed	Mentor Initials
I. History and Dynamics of Domestic Violence/Children (6 hours)	_____	_____	_____	_____
II. Counseling (6 hours)	_____	_____	_____	_____
III. Policies and Procedures (6 Hours)	_____	_____	_____	_____
IV. Advocacy (6 hours)	_____	_____	_____	_____
V. DV - Related Laws (6 hours)	_____	_____	_____	_____

### Required and Elective Readings and Videos

#### READINGS\*

	Date Complete	Mentor	Date Complete	Mentor
(M) It Could Happen to Anyone (La Violette & Barnett)	_____	_____	_____	_____
(M) Domestic Violence for Beginners (Del Tufo)	_____	_____	_____	_____
(M) Sticks and Stones (Cooper)	_____	_____	_____	_____
(M) Talking With The Caller: Guidelines for Crisisline & Other Volunteer Counselors (Cornell Univ.)	_____	_____	_____	_____
(M) Safety Planning With Battered Women (Davies)	_____	_____	_____	_____
(M) Empowering Survivors of Abuse (Campbell)	_____	_____	_____	_____
(M) Trauma Recovery and Empowerment (Harris)	_____	_____	_____	_____
(M) Rural Woman Battering and The Justice System: An Ethnography (Websdale)	_____	_____	_____	_____
(M) Working with Battered Immigrant Women (Volpp)	_____	_____	_____	_____
(M) Three Journal Articles (List below)	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

#### VIDEOS

(M) One Hit Leads To Another	_____	_____	_____	_____
(M) Scenes From A Shelter	_____	_____	_____	_____
(M) Broken Vows: Religious Perspectives on DV (2 part)	_____	_____	_____	_____
(M) Charting New Waters: Responding to Violence Against Women with Disabilities	_____	_____	_____	_____
(M) Quiet Storm	_____	_____	_____	_____

**\*Note:** On Elective readings, please mark whether the title you read is a book (Book) or a journal article (JA). If you are reading journal articles for elective readings, it takes **THREE** to count as one book, the same as it applies in mandatory readings.











# Mandatory Reading and Viewing List

## \*Mandatory Reading List\*

### Module One

\_\_\_\_\_ Del Tufo, Alissa, et al. **Domestic Violence for Beginners (A Writers and Readers Beginners Documentary Comic Book)**. New York, NY: Writers and Readers Publishing, Inc., 1995. (159p)  
**Domestic Violence for Beginners** tries to take a constructive approach by not only criticizing the existing institutions by suggesting realistic alternatives, that is, the best treatments currently available and...most importantly...where to go for HELP!

\_\_\_\_\_ Barnett, Ola W. and Alyce D. Laviolette, Ola W. Barnett. **It Could Happen to Anyone: Why Battered Women Stay**. Thousand Oaks, CA: Sage Publications; ISBN: 0761919953; 2nd edition, April 2000. (272p) **It Could Happen to Anyone: Why Battered Women Stay** revised and updated edition provides a comprehensive examination of why women stay in abusive relationships and why they leave, explaining why women should not be blamed for their victimization.

\_\_\_\_\_ Cooper, Scott. **Sticks and Stones: 7 Ways Your Child Can Deal With Teasing, Conflict, and Other Hard Times**. Times Books; ISBN: 0812932404, February 29, 2000. (160p)  
Words can hurt. Any child who's been teased can tell you that. It takes an adult, though, to teach children how to defend themselves against those painful taunts. In *Sticks and Stones*, Scott Cooper, parent and former teacher and coach, wants to offer a "tool kit" of methods and exercises that are supposed to offer children ways to express themselves assertively, respond to blame and teasing, resolve conflicts, and talk confidently in social conversations--all while enhancing their communication skills and self-awareness. These are worthy and ambitious goals that Cooper complicates by mixing all sorts of metaphors into his method. Not only are these exercises supposed to form a tool kit, they are also supposed to correspond to "verbal judo" moves, which in turn are classified into different "ways" that correspond to different birds (Cooper happens to be an avid birdwatcher). The Way of the Blue Jay, for example, offers tools and verbal moves for "assertive self-expression," while the Way of the Crow teaches tricks that help children respond to blame. Get past the idiosyncratic labeling, however, and Cooper's exercises are sensible, practical, and self-explanatory. Want to teach your children how to accept criticism? Teach them how to say, "That's a good idea. I'll try better next time."

### Module Two

\_\_\_\_\_ Millman, Jason, Diane Majjala Strike, Marion Van Soest, Nancy Rosen, Ellen Schmidt. **Talking With The Caller: Guidelines for Crisisline and Other Volunteer Counselors**. Thousand Oaks, CA: Sage Publications, 1998. (88p)  
Loose-leaf format guidebook for training phone counselors on the various types of situations they might encounter, including general do's and don'ts, what to do in cases of potential suicide or lethal accident, and how to understand and respond to callers with issues of abuse or victimization, ongoing problems such as depression or eating disorders, substance abuse problems, mental or physical illness or disability, sex-related issues, family relationship concerns, or problems with social or vocational issues.

\_\_\_\_\_ Davies, Jill. **Safety Planning With Battered Women: Complex Lives/Difficult Choices**. Thousand Oaks, CA: Sage Publications, 1998. (202p)  
This book introduces a new model of "woman-defined" advocacy that is designed to bridge the gap that sometimes occurs between a battered woman's perspective and a victim advocate's perception. Created to improve service delivery to women who are victims of domestic violence, this new model emphasizes placing attention on the victim's assessment of the risk in a violent relationship and on her decision making.

The authors strive to help advocates better understand battered women's decisions, including the decision to remain in an abusive relationship; to improve advocacy for victims with varying cultural backgrounds and experiences; and to provide advocates with assistance in redesigning their services, so they may better meet the needs of battered women. Since there are no quick fixes to the problems encountered in cases of domestic violence, it is vital that victims be provided with a real understanding of their options and the opportunity to implement those safety plans they deem most feasible. This book helps advocates tailor alternatives that will enhance the safety of battered women based on the individual realities of each battered woman.

### **Module Three**

\_\_\_\_\_ **KDVA Code of Ethics** (Certification Manual)

\_\_\_\_\_ **KDVA Victim Service Standards**

\_\_\_\_\_ **KDVA Statistics Manual**

### **Module Four**

\_\_\_\_\_ Campbell, Jacquelyn C. (Ed.) **Empowering Survivors of Abuse: Health Care, Battered Women and Their Children**. Thousand Oaks, CA: Sage Series on Violence Against Women, September 1998.

This book contains a compilation of research along with clinical, policy, and educational applications designed to provide nurses, physicians, social workers, and public health professionals with the skills needed to effectively intervene in cases of domestic violence. Twenty-three contributions address issues and interventions both of a general nature and specific to the needs of special populations such as: adolescents, African Americans, Native Americans, Hispanics, migrants, and rural women. Chapters discuss topics such as strategies for violence prevention, early identification, clinical interventions, and policy reformation.

\_\_\_\_\_ Harris, Maxine, Ph.D., **Trauma Recovery and Empowerment: A Clinician's Guide For Working With Women In Groups**. The Free Press, 1998. (432p)

This one-of-a-kind guide serves as a rich and essential resource for mental health professionals working with women whose lives have been shattered by the trauma of sexual, physical, or emotional abuse. The book presents a practical, step-by-step guide to implementing a group recovery program for female trauma survivors.

### **Module Five**

\_\_\_\_\_ Websdale, Neil. **Rural Woman Battering and the Justice System: An Ethnography**. Thousand Oaks, CA: Sage Series on Violence Against Women, 1998. (304p)

Addressing a significant void in the extant literature on the topic of domestic violence, **Rural Woman Battering and the Justice System: An Ethnography** presents a thorough and arresting look at the experience of battered women in the rural communities. While living in the rural areas of Kentucky, Neil Websdale conducted his ethnographic research; he situated the voices of rural battered women at the center of his ethnography. He clearly demonstrates how rural patriarchy and the insidious "good ole' boy network" continues to reproduce the subordinate, vulnerable, isolated position of many rural women. Taking into account that traditional patterns of intervention can often put women in isolated communities at further risk, the author recommends a coordinated multi-agency approach to rural battering that is spearheaded by state feminist agencies. Illuminating and accessible, **Rural Woman Battering and the Justice System: An Ethnography** makes a most important and timely contribution to the field.

\_\_\_\_\_ Volpp, Leti. **Working with Battered Immigrant Women: A Handbook to Make Services Accessible.** San Francisco, CA: The Family Violence Prevention Fund, 2000. (52p)

This handbook is for advocates, volunteers at shelters, legal assistance programs, and other organizations helping battered immigrant women. This handbook was created in the hope that sharing experiences would help encourage other advocates and volunteers to provide greater and more accessible services to battered immigrant women.

\_\_\_\_\_ Three journal articles. (Articles may be selected from “Journal Articles - Suggested Reading List” or *prior* approval from your Mentor for additional selections.) Of the three journal article, one must specifically address the abuse of members of other cultural, lifestyle, and/or age groups other than your own. For the purposes of the mandatory/elective readings, three journal articles count as “one” book.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

### **\*Mandatory Viewing List\***

#### **Module One**

\_\_\_\_\_ **“One Hit Leads To Another”**, : Victoria Women’s Transition House, Approximately 15 minutes.

The combination of detailed descriptions by abused women and great dramatizations helps both male and female viewers to understand the realities of spousal abuse, what motivates this kind of activity, and reveals the myths that surround it. Low self-esteem, rather than straight anger, is the central causal issue and the ability to quit habitual spousal abuse is as problematic as recovery from any other addiction.

\_\_\_\_\_ **“Scenes From A Shelter: Talking About Domestic Violence”**, Pennsylvania Coalition Against Domestic Violence.

This is a comprehensive resource developed for use with young children who come to battered women’s shelters having witnessed domestic violence. These materials are designed for use by children’s advocates, teachers, counselors, and other professionals who work directly with children from violent homes. The video depicts life in a shelter through the eyes of children and talk about domestic violence honestly and directly.

\_\_\_\_\_ **“The Quiet Storm”**, The Quiet Storm Project, Approximately 50 minutes.

The Quiet Storm addresses domestic violence prevention through a set of written materials, a 50-minute video portraying teen relationship violence, and videotaped interviews with survivors and perpetrators of abuse. Focuses on the prevention of relationship violence for youth, ages 25 and under.

#### **Module Two**

No mandatory videos

#### **Module Three**

No mandatory videos

## **Module Four**

\_\_\_\_\_ **“Broken Vows: Religious Perspectives on Domestic Violence”**, Center for the Prevention of Sexual and Domestic Violence, Seattle, Washington. Part I approximately 37 minutes. Part II approximately 22 minutes. Broken Vows, a two-part video program, is intended for clergy, congregations, religious educators, and staff of battered women’s programs and human service agencies. Three aspects are focused upon: (1) understanding the dynamics of domestic violence; (2) supporting individuals experiencing domestic violence through the cooperation of religious and secular communities; and (3) developing programs for the prevention of domestic violence.

\_\_\_\_\_ **“Charting New Waters: Responding to Violence Against Women with Disabilities”**, Terra Nova Films, Approximately 35 minutes.  
This video with accompanying facilitator’s guide has been designed to raise awareness of the barriers and issues faced by women with disabilities when they try to end the violence in their lives. The video combines interviews with disability advocates and criminal justice personnel with three dramatic vignettes portraying women with disabilities who have experienced or are currently experiencing violence in their lives.

## **Module Five**

No mandatory videos

### **\* Journal Articles - Suggested Reading List\***

\_\_\_\_\_ *Personal Power and Institutional Victimization: Treating the Dual Trauma of Woman Battering*. By: Evan Stark and Anne Flitcraft.  
This chapter (6) makes the important distinction between an initial assault (abuse) and the life-threatening history of injury in battering relationship. It gives a good historical review of the battered women’s movement, explains the battering syndrome, and the trauma of victimization. It also challenges the traumatization model, presents case studies and case analysis. It also presents a therapeutic goal of autonomy and empowerment for restoring personal power, discusses the role of shelters and the victim/therapist relationship.

\_\_\_\_\_ *Listening to the Voices of Battered Women: What Helps Them Escape Violence*. By: Liane V. Davis and Meera Srinivasan. AFFILLA, Vol. 10, No. 1, Spring 1995, p.49-69, Sage Publications, Inc.  
This article reports on a study that used focus groups to determine what helps battered women get out of their abusive relationships and survive and grow once they have left their abusers. It discusses the important role of spouse abuse shelters. The article also translates women’s voices into practice principles.

\_\_\_\_\_ *Social Services for Battered Women: Are They Adequate, Accessible, and Appropriate?* By: Liane V. Davis, Jan L. Hagen, and Theresa J. Early. Social Work, Vol. 39, No. 6, Nov. 1994.  
This article discusses the importance of grass roots coalitions. It surveys state agencies and discusses implications for services to abused women.

\_\_\_\_\_ *Prevention of Wife Battering: Insights From Cultural Analysis*. By: Jacquelyn C. Campbell, Ph.D., R.N., FANN. RESPONSE, Issue 80, Vol 14, No 3.  
Summary: Jacquelyn C. Campbell is an Associate Professor at the Wayne State University College of Nursing and on the Governing Board of the Women’s Justice Center and My Sister’s Place wife abuse shelter in Detroit. She is also part of the Nursing Research Consortium on Violence and Abuse and the Nursing Network on Violence Against. This article is an adaption of Campbell, J.C. (1992). *Wife Battering: Cultural*

*Contexts Versus Western Social Services*

- \_\_\_\_\_ *Alcohol/Drug Dependent Women: New Insights into Their Special Problems, Treatment, Recovery.* By: Sheila B. Blume, M.D. Johnson Institute, 1988.  
Discusses women's use of alcohol/drugs, hereditary factors, physical factors, psychological factors, social factors. It further discusses subtypes of alcoholism and treatment considerations. The article summarizes how to identify, diagnose and treat substance abusing women who are often battered women.
- \_\_\_\_\_ *Substance-Abusing Women: False Stereotypes and Real Needs.* By: Margaret Goldberg. *Social Work*, Vol. 40, No. 6, Nov. 1995.  
An excellent review of the substance-abusing woman. There is a good discussion of the correlation between spouse abuse and chemical dependency in this article..
- \_\_\_\_\_ *Substance Abuse in Women: Relationship Between Chemical Dependency of Women and Past Reports of Physical and/or Sexual Abuse.* By: Gail Ladwig and Marcia Anderson. *International Journal of Addictions* 24(8), 739-754, 1989.  
The article is an excellent overview of the typical spouse abuse client who seeks shelter who also uses drugs/alcohol.
- \_\_\_\_\_ *The Speaking Profits Us: Violence in the Lives of Women of Color.* By: Maryviolet C. Burns, M.Div. Editor, The Center for the Prevention of Sexual and Domestic Violence  
A series of four articles.  
• *Violence and American Indian Women.* Paula Gunn Allen.  
• *Asian Women: Resisting the Violence.* Tracy A. Lai.  
• *Life is a song Worth Singing: Ending Violence in the Black Family.* Evelyn C. White.  
• *Violence in the Lives of Latina Women.* Angela Ginorio and Jane Reno.
- \_\_\_\_\_ *Intimacy in Lesbian Relationships: A Critical Re-Examination of Fusion.* By: Julie Mencher, M.S.W.  
Based on a male-derived model which views separation as the cornerstone of healthy development, the concept of fusion has been noted and pathologized in the literature on lesbian relationships. This paper will re-examine the relational patterns of lesbian couples within a perspective more attuned to female development which views connection as vital to growth. As women whose relational preferences are not compromised by the differing relational needs and behaviors of men, lesbians may offer a unique window to the specific intimacy patterns preferred by most women, but not often achieved in heterosexual relationships.
- \_\_\_\_\_ *Issues of Domestic Violence Unique to Rural Areas.* By: Cheryl R. Goeckermann, L. Kevin Hamberger, Ph.D., and Karen Barber, Milwaukee and Elkhorn.  
Domestic violence against women occurs within and across all socioeconomic, demographic, and geographic regions of the United States. Many of the dynamics related to domestic violence, and which trap women in violent relationships, also cross these boundaries. These dynamics include societal and community attitudes toward violence, isolation, fear of exposure, lack of resources to facilitate leaving a violent relationships, and lack of sufficient access services for victims of violence. This paper highlights that these and other issues of domestic violence are intensified in rural settings. As such, physicians working in rural areas may face unique challenges in helping battered women. Such challenges will require solutions based on knowledge of specific rural location. A number of rural-based solutions for physician interventions with rural battered women are discussed. *Wis Med J.* 1994;93(9):473-479.
- \_\_\_\_\_ *Abuse and Women with Disabilities.* By: Margarret A. Mosek, Ph.D. and Carol A. Howland, M.P.H. VAWNet Applied Research Forum. VAWNet is a project of the National Resource Center on Domestic Violence.  
This paper looks at three areas: prevalence of abuse among women with disabilities, interventions for abused women with disabilities, and recommendations for research and program development.

\_\_\_\_\_ *Prevalence of Post-Traumatic Stress Disorder Among Gynecological Patients With a History of Sexual and Physical Abuse.*

By: Klaas Wijma, Johan Soderquist, Ingela Bjorklund, and Barbro Wijma. *Journal of Interpersonal Violence*, Vol. 15, No. 9, September 2000, 944 - 958.

Summary: The study in this article seeks to find the prevalence of Post-Traumatic Stress Disorder (PTSD) in women with a history of sexual or physical abuse in adulthood or childhood by surveying all patients of the Department of Obstetrics and Gynecology of Linköping, Sweden over a 2-week period of time about experiences of sexual/physical abuse and the Traumatic Event Scale, assessing PTSD.

\_\_\_\_\_ *Rural, Urban Influenced, and Urban Differences Among Domestic Violence Arrestees* By: T.K. Logan, Robert Walker, and Carl G. Leukefeld. *Journal of Interpersonal Violence*, Vol. 16, No. 3, March 2001, 266 - 283.

Summary: The study in this article seeks to examine a statewide random sample of rural, urban-influenced, and urban male arrested for perpetrating domestic violence against an intimate partner on demographic, criminal justice history, substance use, relationship characteristics, child abuse, and treatment exposure factors. The study used a 9% random sample of 1,112 pretrial interview records on males arrested for domestic violence in 1997 in Kentucky.

\_\_\_\_\_ *Issues in the Linkage of Alcohol and Domestic Violence Services.* By: James J. Collins, Larry A. Kroutil, E. Joyce Roland, and Marlee Moore-Gurrera. *Recent Developments in Alcoholism, Vol. 13: Alcoholism and Violence*, edited by Marc Galanter, Plenum Press, New York, 1997.

Summary: It is well established that alcohol is a risk factor for male against female domestic violence. Some evidence suggests that some women victims of domestic violence may develop substance abuse problems in response to their victimization. There is evidence that linking substance abuse and domestic violence services could have positive impact on batterer cessation and victim support services. Currently, however, service linkage for the two problems is rare. This article explores the barriers to linkage, examines potentially useful linkage models, and suggests the next steps to examine the feasibility of linking services for the two problems.

\_\_\_\_\_ *Domestic Abuse In Later Life.* By: Bonnie Brandl and Loree Cook-Daniels. A VAWNet Applied Research Forum paper, December 2002.

Summary: This article reviews the current research on domestic abuse in later life including prevalence and incidence, types of abuse, culture, causation, victim issues, and services and interventions. The article also focuses on the need for more research to better understand the prevalence of abuse in later life and effective interventions.

\_\_\_\_\_ *Controversies and Recent Studies of Batterer Intervention Program Effectiveness.* By: Larry Bennett, Ph.D. and Oliver Williams, Ph.D. A VAWNet Applied Research Forum paper, August 2001.

Summary: Batterer intervention programs are designed for men arrested for domestic violence, or for men who would be arrested if the actions were public. The goals of BIPs include not only preventing further violence, but also as an adjunct form of justice. BIPs are one local node of a community violence prevention effort. Knowledge about batterer program effectiveness is important. This article examines why that knowledge is important and what current studies suggest about the effectiveness of the programs.

\_\_\_\_\_ *Advocacy with Lesbians and Gay Men.* Section III: Advocacy issues and resources for certain populations. FVVA Resource Manual, 2nd edition.

Summary: This article highlights some important advocacy issues when working with lesbian and gay victims of domestic violence.

\_\_\_\_\_ *Domestic Violence Between Same-Sex Partners: Implications for Counseling.* By: Linda M. Peterman, and Charlotte G. Dixon. *Journal of Counseling & Development*, Winter 2003, Vol. 81, Issue 1.

This article which is based on an extensive review of the literature and a clinical consensus among experts

in the field, discusses the dynamics of domestic violence between partners of the same-sex and how the social and cultural issues in the gay and lesbian communities play a large part in perpetuating the myths of domestic violence, which keeps the abuse hidden.

- \_\_\_\_\_ *Contrasting Views of the Role of Alcohol in Cases of Wife Assault*. By: Holly Johnson. Journal of Interpersonal Violence, Vol. 16, No. 1, January 2001, 54 - 72.  
Summary: This study seeks to investigate the importance of alcohol abuse as a predictive factor in cases of wife assault relative to other sociodemographic and attitudinal factors using a nationally representative survey on violence against women conducted in Canada in 1993.
- \_\_\_\_\_ *Immigrant Victims of Domestic Violence: Cultural Challenges and Available Legal Protections*. By: Sudha Shetty, J.D. and Janice Kaguyutan, J.D. A VAWNet Applied Research Forum paper, February 2002.  
Summary: Little attention has been paid to immigrant women who are battered. This article examines the issues they face that affect battered women who are citizens, but also a number of cultural and legal barriers to seeking safety.
- \_\_\_\_\_ *"Bring My Scooter So I Can Leave You"*. By: Marsha Saxton, Mary Ann Curry, Laurie E. Powers, Susan Maley, Karyl Eckels, and Jacqueline Gross. Violence Against Women, Vol. 7, No. 4, April 2001, 393 - 417.  
Summary: Using focus groups and individual interviews with 72 women, this study investigated the perceptions and experiences of women with physical and cognitive disabilities related to abuse by formal and informal personal assistance providers.
- \_\_\_\_\_ *Examining Patterns of Vulnerability to Domestic Violence Among African American Women*. By: Gail E. Wyatt, Julie Axelrod, Dorothy Chin, Jennifer Vargas Carmona, and Tamra Burns Loeb. Violence Against Women, Vol. 6, No. 5, May 2000, 495 - 514.  
Summary: This study in this article interviewed 135 African-American women, ages 19 - 61, of mixed HIV serostatus to explore the relationship between child abuse and neglect, other traumatic events, background variables, and HIV status as they relate to the continuum of conflict in adulthood, specifically verbal conflict and physical abuse that can increase women's risk for domestic violence.
- \_\_\_\_\_ *Type and Severity of Abuse and Posttraumatic Stress Disorder Symptoms Reported by Women Who Killed Abusive Partners*. By: Joanne Hattendorf, Allen J. Ottens, and Richard G. Lomax. Violence Against Women, Vol. 5, No. 3, March 1999, 292 - 312.  
Summary: Eighteen women were assessed for frequency and severity of lifetime PTSD symptoms and types of abuse they endured to investigate the type, severity, and frequency of PTSD symptoms expressed by battered women prior to killing male partners.
- \_\_\_\_\_ *Trauma Exposure and Alcohol Use in Battered Women*. By: Alicia H. Clark and David W. Foy. Violence Against Women, Vol. 6, No. 1, January 2000, 37 - 48.  
Summary: Using a sample of 78 battered women drawn from shelter and nonresidential community agencies, this study examined the relationship between battering severity and alcohol use among the battered women.
- \_\_\_\_\_ *Dating Violence: Help Seeking Behaviors of African American Middle Schoolers*. Violence Against Women, Vol. 5, No. 3, March 1999, 292 - 312.  
Summary: The study examined the relationship of African-American middle school youths' help-seeking intentions related to dating violence with their levels of violent victimization and perpetration.
- \_\_\_\_\_ *Attitudes Toward Marital Violence: An Examination of Four Asian Communities*. By: Marianne R. Yoshioka, Jennifer DiNoia, and Komal Ullah. Violence Against Women, Vol. 7, No. 8, August 2001, 900 - 926.  
Summary: This article examines wife abuse attitudes among a sample of 507 Chinese, Korean, Vietnamese, and Cambodian adults living in the United States.

\_\_\_\_\_*Spouse Battering and Chemical Dependency: Dynamics, Treatment, and Service Delivery*. By: Alan J. Levy and John S. Brekke. Aggression, Family Violence, and Chemical Dependency, Haworth Press, 1990.  
Summary: Compares the chemical dependency and spouse battering populations, models and practices.

\_\_\_\_\_*Domestic Abuse of the Elderly*. By: Mary C. Sengstock and Sara Barrett. Nursing Care of Victims of Family Violence.  
“Abuse of the elderly has been neglected by professionals and public alike. Child abuse and abuse of female partners, although also inadequately recognized, have received much more attention. Yet, the phenomenon of violence in the family is common to all three types of member maltreatment. Although the few studies that have examined the problem of elderly abuse have provided some basis for clinical practice, much theory development and research remains to be done...”

\_\_\_\_\_*Unrecognized Elder Abuse Victims: Older Abused Women*. By: Bonnie Brandl and Jane Raymond. Journal of Case Management, Springer Publishing Company, 1997.  
Summary: Many older women are being abused by the family members they love. Spouses, partners, or adult children can use physical, sexual, or emotional abuse as tactics to dominate and control their victims. Current responses by case managers do not address older abused women’s need for safety and support. Case managers who believe caregiver stress is the primary cause of elder abuse often do not assess domestic violence in later life. Services offered in cases of caregiver stress are significantly different than those recommended for domestic abuse. Offering inappropriate interventions can put older abused women in greater danger. This article will give an overview of elder abuse and specifically domestic abuse in later life. An empowerment model for working with victims, strategies for working with the abuser, and suggestions for developing a coordinated community response are also discussed.

\_\_\_\_\_*Domestic Mistreatment of the Elderly-- Towards Prevention*. By: Richard L. Douglass, M.P.H., Ph.D. Prepared for the American Association of Retired Persons.

\_\_\_\_\_*Muted Lives: Older Battered Women*. By: Carol Seaver. The Haworth Press, Inc., Journal of Elder Abuse and Neglect, Vol. 8(2), 1996.  
Summary: Battered older women are a silenced and invisible group. They are silenced by ageist assumptions about them as too resistant and hopeless to change or made invisible by the notion that very frail elders are the only victims of elder abuse. Women over 50, abused by partners or adult children, are not accurately perceived and consequently not adequately helped by current domestic violence or elder abuse intervention systems. A new program serving this group, involving 132 women, shows some important similarities and differences between younger and older battered women. Although barriers differ across the life cycle, even women of advanced age can be free of abuse or develop coping skills to minimize its damage. This article explores the unique factors affecting older women victimized by domestic abuse. The author concludes with questions and suggestions for helpers interested in better serving older battered women.

## Additional Suggested Reading and Viewing Lists

### \*Additional Suggested Reading List\*

\_\_\_\_\_*Holden, George W. (editor), Robert Geffner, and Ernest N. Jouriles. **Children Exposed to Marital Violence: Theory, Research, and Applied Issues***. Washington D.C.: American Psychological Association, 1998. (450p)

This book brings together leading researchers in the field in a discussion of a serious social issue that affects millions of children in the United States today. This volume will be of interest to those who study family violence or deal with the consequences of such violence: developmental, clinical, and educational psychologists; social workers; sociologists; and policy makers.

\_\_\_\_\_*Walker, Lenore E. **The Battered Woman***. New York: Harper and Row, Publishers, 1979. (270p)

This book is divided into three parts. **The Battered Woman** examines the psychology of the battered woman, describes the coercive techniques in battering relationships, and lists the legal/medical/psychological services that both hurt and help the battered woman. Using case studies to document the behavior cycle, Walker also provides practical remedies and means for prevention/intervention.

\_\_\_\_ Evans, Patricia. **The Verbally Abusive Relationship**. Holbrook, MA: Bob Adams Inc. 1991. (179p)

**The Verbally Abusive Relationship** defines verbal abuse and tells how to recognize and respond to it. It aids the reader in assessing their own relationship and offers many opportunities to develop handouts from the assessment section as well as coping with the resulting feelings.

\_\_\_\_ Fischer, Kay-Laurel. **Journey Beyond Abuse: A Step By Step Guide to Facilitating Women's Domestic Abuse Groups**. Saint Paul, MN: Amherst H. Wilder Foundation, 1997. (112p)

**Journey Beyond Abuse** and its accompanying participant's journal, *Moving Beyond Abuse*, give you complete tools for facilitating a powerful group with life-changing results. Used together, these unique books can help you create a program where women increase their understanding of the dynamics of abuse, feel less alone and isolated, feel empowered to make positive choices, and have a greater awareness to channels of safety.

Adapt this flexible program to your group's specific needs

No two groups are the same. **Journey Beyond Abuse** gives you twenty-one group sessions, which you can combine to create groups of differing length and focus. The sessions are based on the successful program developed by the Amherst H. Wilder Foundation which had been used with more than 1,200 women. You'll get detailed instructions on how to facilitate each session including its goals, format, activities, and important issues that the session raises for both the participants and facilitators.

\_\_\_\_ Jacobson, Neil S., Ph.D. et al. **When Men Batter Women: New Insights into Ending Abusive Relationships**. New York, NY: Simon & Schuster, 1998. (304p)

"Writing with respect for battered women's struggles for safety and their courageous survival strategies, Neil Jacobson and John Gottman offer fresh insights about men who batter. Their research jump-starts a new method of examining battering, and the book provides women with thoroughly accessible information to help them analyze their situations. Jacobson and Gottman's study challenges both conventional wisdom and professional assumptions, and will lead to further research about the questions all women want answered about abusive partners: why do they do it, and what will make them stop?"--Ginny NiCarthy, Author of **Getting Free**.

\_\_\_\_ Meier, Scott and Susan B. Davis. **The Elements of Counseling**. Belmont, CA: Wadsworth Publishing, 1997. (112p)

This brief, practical, nuts and bolts primer of counseling covers the basic elements of counseling in an abbreviated outline format. Meier presents information that is essential for beginning counselors to know and for experienced counselors to remember, including what counseling is as well as what it is not. This handy reference focuses on relationship building, the counseling process, and self-exploration, the foundation upon which further intervention is laid.

\_\_\_\_ Nelson, Noelle C. and Marcia G. Lamm. **Dangerous Relationships: How to Stop Domestic Violence Before it Stops You**. New York, NY: Olenum Publishing Corporation, 1997. (312p)

**Dangerous Relationships: How to Stop Domestic Violence Before it Stops You** takes a preventative approach to domestic violence by answering the question "What can I do to avoid getting into a violent relationship?," yet will also be helpful for those already in the midst of a violent relationship. Domestic violence does not suddenly appear out of a void. The majority of domestic violence incidents emerge from certain types of recognizable relationships. Dr. Noelle Nelson, a noted clinical psychologist and therapist, has helped many clients identify the common characteristics that run through most violent relationships, and thus avoid potentially dangerous heterosexual or same-sex relationships.

- \_\_\_\_ NiCarthy, Ginny, **Getting Free**. Seattle, Washington: Seal Press, 1986. (316p)  
Ginny NiCarthy's **Getting Free** is the second edition of the most important self-help resource book for abused women. It covers issues such as getting emergency help from doctors, police and prosecutors; identifying emotional abuse; deciding to leave or stay; protecting the children; the economics of single life; how to be your own counselor. Includes thirty-eight exercises.
- \_\_\_\_ Phelps, Stanlee, MSW, and Nancy Austin, MBA. **The Assertive Woman**. San Luis Obispo, California: Impact Publishers, 1986. (177p)  
A practical, no-nonsense guide to getting more out of life, **The Assertive Woman** is described as "a comprehensive manifesto for the individual woman's achievement of personal power." The book was designed to teach women to develop assertive skills to complement their heightened awareness of changing values and roles.
- \_\_\_\_ Rouse, Linda P. **You Are Not Alone: A Guide for Battered Women**. Holmes Beach, Florida: Learning Publications, 1986. (128p)  
**You Are Not Alone: A Guide for Battered Women** covers the following topics: Are you a battered woman?; Why does it happen?; The battering man; What can I do?; Neighbors, family and friends; Why contact a shelter; Medicare and psychological counseling; Legal system, To stay or not; and Taking stock, Taking action.
- \_\_\_\_ Katherine, Anne. **Boundaries: Where You End and I Begin**. Fireside Publishing, 1991. (144p)  
A book for anyone who's been violated, victimized, or belittled by friends, parents, partners, bosses, or colleagues. The author maintains that the first step to true autonomy is setting personal boundaries--physical, mental, and emotional separations that define an individual's independence--and she reveals how to protect these boundaries as well.
- \_\_\_\_ Tattelbaum, Judy. **The Courage to Grieve**. New York: Harper and Row, 1980. (177p)  
**The Courage to Grieve** explores the part Grief & Loss plays in our lives. It discusses the stages of grief and the process of working through it. While it centers on loss of a loved one through death, the author is careful to also include many other significant losses such as the loss of a relationship.
- \_\_\_\_ Becker, Gavin De. **The Gift of Fear: Survival Signals That Protect Us From Violence**. New York, NY: Little, Brown and Company, 1997. (Hardback 334p, Paperback, 420p)  
Now Gavin de Becker, the nation's leading expert on predicting violent behavior, proves that we are all qualified to answer life's highest-stakes questions. "True fear is a gift," he says, because it is a survival signal that sounds only in the presence of danger; yet unwarranted fear has assumed a power over us that it holds over no other creature on earth. It need not be this way. In this extraordinary, groundbreaking book, de Becker shows that you can already predict violent behavior. Through dozens of compelling stories from his own career, he lays out the pieces of the human violence puzzle and shows how you can solve it by paying attention to the subtle--and sometimes blatant--signals of intuition. It will help you separate real from imagined danger, give you confidence in a sometimes threatening world, and make your life measurably safer.
- \_\_\_\_ Brady, Maureen. **Daybreak: Meditations for Women Survivors of Sexual Abuse**. Center City, Minnesota: Hazelden, 1991. (365p)  
**Daybreak's** affirmations and thoughtful meditations cover topics such as intimacy, fear, play, sharing secrets, and anger. The positive statements bring "the experience of sexual abuse into the light where hope resides and change and healing are possible."
- \_\_\_\_ Farmer, Steven. **Adult Children of Abusive Parents: A Healing Program for Those Who Have Been Physically, Sexually, or Emotionally Abused**. New York, NY: Ballantine Books, 1989. (207p)  
For anyone who grew up in an abusive environment, this book offers hope, healing, and a chance to recover

the self lost in childhood.

Drawing on his extensive work with adult children, and on his own experience as a survivor of emotional neglect, therapist Steven Farmer describes what it's really like to grow up in an emotionally abusive family--the lack of boundaries, chaos, denial and rigid role-playing that most abusive families share--to help you identify the experiences of emotional abuse that are often still too painful to admit.

Once you have become aware of some of the traits of an abusive family, Farmer shows you how to discover and nurture your natural self. Through the use of exercises and journal work, his program leads you through grieving your lost childhood, becoming your own parent, growing up again, and integrating the healing aspects of spiritual, physical, and emotional recovery into your adult life.

\_\_\_\_ Klein, Ethel, Jacquelyn Campbell, Esta Soler, and Marissa Ghez. **Ending Domestic Violence: Changing Public Perceptions/Halting the Epidemic.** Thousand Oaks, CA: Sage Publications, 1997.

Despite media campaign attempts to educate the public on issues surrounding domestic violence, it still remains the most prevalent form of violence against women in this country. This book is based on public opinion surveys gathered for the Family Violence Prevention Fund from 1992 to 1996. Setting the stage with an excellent overview of the battered women's movement, the authors go on to examine public perception of the problem, intervention, and the dramatic shifts that have occurred in recent years.

\_\_\_\_ Quindlen, Anna. **Black and Blue: A Novel.** New York, NY: Random House, 1998. (Hardback, 293, Paperback, 369p)

In **Black and Blue**, Fran Benedetto tells a spellbinding story: how at nineteen she fell in love with Bobby Benedetto, how their passionate marriage became a nightmare, why she stayed, and what happened on the night she finally decided to run away with her ten-year-old son and start a new life under a new name. Living in fear in Florida--yet with increasing confidence, freedom, and hope--Fran unravels the complex threads of family, identity, and desire that shape a woman's life, even as she begins to create a new one. As Fran starts to heal from the pain of the past, she almost believes she has escaped it--that Bobby Benedetto will not find her and again provoke the complex combustion between them of attraction and destruction, lust and love.

\_\_\_\_ Shepard, Melanie F. and Ellen Pence. **Coordinating Community Responses to Domestic Violence.** Thousand Oaks, CA: Sage Publications, 1999.

This book provides a comprehensive guide to the development of coordinated community response to domestic violence based upon the internationally known "Duluth Model." Drawing from the experiences of practitioners, scholars, and researchers in the field, the book provides rich insights into the complexities and challenges of addressing domestic violence. Eight key components of a successful community intervention project are addressed in separate chapters: creating a philosophical approach; developing policies and protocols; enhancing networking; building monitoring and tracking systems; advocating for battered women; sanctioning and rehabilitating offenders; meeting the needs of children; and evaluating the response. Other chapters discuss types of violence that have been the most difficult to address, including the use of violence against women and marital rape.

\_\_\_\_ White, Evelyn C., **Chain, Chain, Change.** Seattle, Washington: Seal Press, 1985. (78p)

The first book written for the black woman in an abusive relationship, **Chain, Chain, Change** examines the influences of racism and sexism in the abusive situation. A valuable resource for counselors, clergy, law enforcement officials and shelter workers as well as the women themselves.

\_\_\_\_ Wholey, Dennis. **The Courage to Change: Hope and Help for Alcoholics and Their Families.** New York: Warner Books, Inc., 1984. (298p)

**The Courage to Change** spotlights celebrities as they speak frankly about the disease of alcoholism, the struggles involved, and the courage needed to change.

\_\_\_\_\_ Finkelhor, David and Kersti Yllo. **License to Rape: Sexual Abuse of Wives**. New York: The Free Press, 1985. (285p)

In this compassionate exploration of the experiences of women raped by their husbands, David Finkelhor and Kersti Yllo examine why this abuse remains legal and why far too many people still romanticize and dismiss it as a marital tiff. **License to Rape** explores the patterns of sexual coercion, the motive of husbands who rape, and the emotional aftermath for wives. nationwide, intensifying media exposure, and increasing the number of self-help groups and social service agencies.

Filled with the testimony of victims and victimizers, it challenges the myths about rape in marriage--including the notion that marital rape only happens to battered wives--and describes its shocking reality. Offering hope, the authors suggest short and long-term measures to end this degrading experience for women, such as criminalizing this brutal act nationwide, intensifying media exposure, and increasing the number of self-help groups and social service agencies.

### \*Additional Suggested Viewing List\*

\_\_\_\_\_ **“Hostages at Home”**, Intermedia, Inc. Approximately 52 minutes.

“Hostages at Home” features women who have survived the trauma of domestic violence, and discusses the physical, emotional and psychological components of domestic abuse while addressing the long term effects on children who witness violence in the home.

\_\_\_\_\_ **“The Conspiracy of Silence”**, Pyramid Film and Video, Santa Monica, California. Approximately 50 minutes.

This documentary focuses on the efforts of one organization to help battered women and their children with safe shelter and counseling. Narrated by Actress Kathleen Turner and featuring Denise Brown, the sister of Nicole Brown Simpson, “The Conspiracy” cuts through social class, economic privilege and racial lines to demonstrate that domestic violence is not confined to a certain group. There is no typical profile for the abuser or the abused. This video outlines the problem of domestic violence clearly and concisely and provides the model for a meaningful and workable solution.

\_\_\_\_\_ **“Voices Heard Sisters Unseen”**, Women Make Movies, Inc. Approximately 76 minutes.

Battered women turned away by shelters and social services challenge the stereotypes of who a battered woman “really is” and confront judges, police, funders, even community activists who collude with the batterer and keep women trapped in abusive relationships. These women are now helping other battered women to get the attention they need. They speak in many “tongues”—English, Spanish and Sign. They are lesbians, deaf, disabled, undocumented, women with HIV-AIDS, and women in prostitution.

\_\_\_\_\_ **“Dating Violence: The Hidden Secret”**, Intermedia, Inc. Approximately 25 minutes.

“Dating Violence: The Hidden Secret” focuses on the physical, sexual, and emotional abuse in teen relationships. Experts say as many as one in four teens may be in a relationship where abuse occurs. “Dating Violence” explores the experiences of both victims and offenders, male and female. This video also provides information and skills to help teenagers and adults deal with the issues of teen dating violence.

\_\_\_\_\_ **“Heart on a Chain: The Truth About Date Violence”**, Coronet/MTI Film and Video. Approximately 17 minutes.

Recent studies reveal that 12 percent of high school students will become involved in at least one violent relationship before graduation. While society has begun to acknowledge that violence toward spouses or children is unacceptable, dating violence is epidemic among teens. This informative program addresses the issue of teenage dating violence by speaking directly to young abusers and victims. Dramatically staged, it demonstrates the behaviors of several teenagers as each relates to a dating partner. As you watch their

interactions, you'll examine a number of dating behaviors which range from abusive and controlling to health and open. Teenagers get a clear understanding of what constitutes abuse in a relationship, why it happens, and what a healthy, rewarding relationship is.

\_\_\_\_\_ **“The Savage Cycle”**, Intermedia, Inc. Approximately 29 minutes.

“The Savage Cycle” is a candid view of domestic violence told by men and women dealing with violence in relationships. One third of homicides involving women are the result of domestic violence. The video talks about abuse, co-dependency, and eventual freedom from “The Savage Cycle” of domestic violence.

\_\_\_\_\_ **“Terrible Things My Mother Told Me”**, After School Special

This video shows how verbal and emotional abuse can be handed down generation to generation. The story centers around a mother and her 2 daughters. The mother has repressed memories of her mothers verbal abuse and takes it out on her oldest daughter. Memories are sparked by an old place found in an attic.

\_\_\_\_\_ **“Why God, Why Me?”**

A woman tells her story of childhood sexual abuse in somewhat graphic detail.

\_\_\_\_\_ **“Videos from Duluth Domestic Violence Program”**, Duluth, MN, Domestic Abuse Intervention Project.

Short skits centered around various power and control methods from the Power and Control Wheel.

\_\_\_\_\_ **“You’re Hurting Me Too”**, Intermedia, Inc.. Approximately 24 minutes.

“You’re Hurting Me Too” examines both the short and long term effects of domestic violence on children. Studies have shown that even if a child is not physically abused, witnessing the violence not only scars the child emotionally, but leads to behavior, that, as an adult mimics what they learned from their parents. The video features Casey Gwinn, City Attorney, San Diego, and stresses the importance of providing children with counseling, getting them out of a violent home, and giving children a positive message about dealing with anger.

\_\_\_\_\_ **“When Domestic Violence Comes to Work”**, Intermedia, Inc. Manager Video - 30 minutes, Employee Video - 20 minutes. Includes Facilitators Guide

“When Domestic Violence Comes to Work” is a powerful new program that deals with the effects of domestic violence in the workplace, including warning signs, liability and risk issues, policy development and ways to deal with safety and security problems. The complete program includes a video for managers and employers, a video for employees and a comprehensive 218 page Facilitator’s Guide with take-away Manager and Employee Workbooks.

\_\_\_\_\_ **“The Children are Watching”**

\_\_\_\_\_ **“Wings Like a Dove; Healing for the Abuse Christian Woman”**, Center for the Prevention of Sexual and Domestic Violence, Seattle, WA. 34-minute video and 32-page study guide

This exciting new video speaks directly to the abused Christian woman. Through the voices of victims, clergy, and helping professionals, “Wings Like A Dove” offers hope and healing to abused women and valuable information for religious and community groups. Wings Like a Dove includes: Reassurance to Christian women that the abuse is not their fault, that they are not alone, and that God will be with them on their journey to find safety and healing; An in-depth discussion of theological issues that are often troubling for Christian women in abusive relationships: blame, submission, the marriage covenant, divorce, forgiveness, and faith; and, Information about the effects of domestic violence on children.

\_\_\_\_\_ **“To Save a Life, Ending Domestic Violence in Jewish Families”**, Center for the Prevention of Sexual and Domestic Violence, Seattle, Washington. 35-minute video and 32-page study guide

“To Save a Life, Ending Domestic Violence in Jewish Families” is an exciting new resource for abused Jewish

women, Jewish communal leaders, helping professionals, and all who seek to break the silence about domestic violence in Jewish families.

To Save a Life includes:

- Excellent introductory information about domestic violence in Jewish families;
- Reassurance to Jewish women that the abuse is not their fault, that they are not alone, and that help is available;
- Comprehensive discussion of theological issues such as Shalom bayit, forgiveness and atonement;
- Information about the effects of domestic violence on children;

\_\_\_\_\_ **“No Time to be a Child: Time to Speak”**, Producers: WTVS Detroit and Nomadic Pictures. Producers/ directors: Tod Solomon Lending and Daniel Alpert, PBS

No Time to be a Child: "Time To Speak" looks at the emotional and physical pain of child abuse and takes viewers inside a residential treatment program where young survivors heal and rebuild their lives.

The special's first half-hour focuses on the University of Chicago Pediatric Trauma Unit where Dr. Jill Glick, Director of the Child Protective Services Team, treats and evaluates the physical wounds of children who have been abused. This portion of the program explores the challenge of diagnosing these cases and dealing with the confusion and emotional pain children experience when abused by a parent.

In the second half-hour, "Time To Speak" follows a group of adolescent boys at Arrowhead Ranch, a residential treatment center in Western Illinois for boys who have difficulties controlling their aggression.

Many of the young men have experienced severe physical and sexual abuse and have become abusers themselves. In interviews with several of the boys and in scenes from group sessions, the documentary shows a remarkable process of breaking down barriers and building trust and self-awareness.

\_\_\_\_\_ **“Hidden Victims: Children of Domestic Violence”**, Lifetime Television.

A powerful and revealing program that explores some of the devastating ways in which children are affected by growing up in a home in which there is domestic violence. This program profiles four families and reveals the impact domestic violence experiences have on children both now and later on in life.

\_\_\_\_\_ **“Through My Eyes”**, Office for Victims of Crime, Approximately 9 minutes.

Through the voices, artwork, and writings of children, this 9-minute video (NCJ 178229) conveys how child victims experience violence in their lives. The video helps viewers understand, from a child's viewpoint, the trauma children experience when they have been victims of abuse, have witnessed violence in the streets, or have seen their mothers beaten by their fathers. Experts in child development and mental health services for child victims explain the impact of exposure to violence on children and discuss the critical steps that lead to recovery. The video can be used in training sessions or discussion groups to raise awareness of the needs of child victims and witnesses.

\_\_\_\_\_ **“It’s Not Like I Hit Her”**

This video examines emotional abuse directed at women by their male partners. It's not about arguing or disagreeing; it is about chronic criticism, verbal degradation, intimidation and isolation imposed on women to keep them in a socially and emotionally unsupported position. The aim, and the result, is to wear down and destroy women's self-esteem and their spirit.

\_\_\_\_\_ **“Subtle Boundary Dilemmas”**

\_\_\_\_\_ **“Battered Hearts: A Story of Family Violence”**, SAFE Place, Battle Creek, MI, Approximately 11:30 minutes.

Tells the story of family violence through the eyes and voices of women and children who have lived through its terror in their daily lives. It brings us face-to-face with one of society's gravest problems and the enduring impact on the most innocent victim - the child.



**For additional information on the KDVA  
Certification Program:**



**KDVA Certification Program  
PO Box 356  
Frankfort, KY 40602**

**(502) 695-2444  
(502) 695-2488 FAX**

**Email: [tpletcher@kdva.org](mailto:tpletcher@kdva.org)**

**Web Page: [www.kdva.org](http://www.kdva.org)**