

Beyond Violence:

A Prevention Program for Criminal Justice—Involved Women

Overview

This training introduces a new curriculum developed for women who commit violent/aggressive crimes, *Beyond Violence: A Prevention Program for Criminal Justice-Involved Women* (BV). The curriculum consists of 20 sessions (2 hours per session). It uses a Social-Ecological Model to understand and contextualize violence. This four-level model of violence prevention considers the complex interplay between individual, relationship, community, and societal factors. It addresses the factors that put people at risk for experiencing and/or perpetuating violence. This model is used by the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), and was used in the Prison Rape Elimination Act (PREA) research on women in prison. *Beyond Violence* applies a gender lens to the social-ecological model to create a program specific to women's life experiences.

This is the first evidence-based curriculum on this topic and is suitable for use in community corrections, as well as institutional settings. The interactive exercises are based on cognitive-behavioral, mindfulness, relational and experiential therapeutic approaches. The focus is on both the violent/aggression women have experienced as well as what they have perpetuated.

Topics

- Research on women who commit violence/aggressive crimes
- Theoretical foundation of *Beyond Violence*
- Social-ecological model of violence
- Process of trauma
- Emotional regulation
- Relationship between trauma and violence
- Specific therapeutic techniques for women
- Use of *What I Want My Words To Do To You* DVD

Objectives

- Define trauma-informed and gender-responsive services
- Describe the social-ecological model of violence
- Describe the theoretical foundation of *Beyond Violence*
- Discuss the evidence-base and research on *Beyond Violence*
- Introduce the *Beyond Violence* curriculum
- Demonstrate various therapeutic interventions used in the BV curriculum
- Facilitate the use of *What I Want My Words To Do To You* DVD