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Beyond Violence (BV) and Beyond Anger and Violence (BAV): Programs for Women
Virtual Training Outline
Agenda

DAY 1

12:00 pm – 01:30 pm	Welcome and Introductions Background and Overview <ul style="list-style-type: none">Theoretical Foundations of <i>Beyond Violence/Beyond Anger and Violence</i> Four Modules <ul style="list-style-type: none">SelfRelationshipsCommunitySociety
01:30 pm – 01:45 pm	Break
01:45 pm – 03:15 pm	Therapeutic Strategies Orientation Module Self Module <ul style="list-style-type: none">Cognitive DistortionsDVD <i>What I Want My Words to Do to You</i>Feelings and Emotional WellnessTrauma Process
03:15 pm – 03:30 pm	Break
03:30 pm – 05:00 pm	Self Module (cont.) <ul style="list-style-type: none">Risk of AddictionCalming CollageAnger FunnelRisk of Suicide (BV)Fostering Connection, Hope, and Meaning (BV)Understanding My Crime (BV)Self-Soothing Exercise Closing

DAY 2

12:00 pm – 01:30 pm	Review of Day One Q & A Relationships Module <ul style="list-style-type: none">• Families• Communication• Power and Control and the Cycle of Violence
01:30 pm – 01:45 pm	Break
01:45 pm – 03:15 pm	Relationships Module (cont.) <ul style="list-style-type: none">• Escalation• Conflict Resolution• Our Children (BV)• Nurturing in Action (BV)
03:15 pm – 03:30 pm	Break
03:30 pm – 05:00 pm	Relationships Module (cont.) <ul style="list-style-type: none">• Caregiving over Time (BV)• Relationships in Prison (BV)• Everyday Actions in Our Relationships (BV)• Self-Soothing Exercise Closing

DAY 3

12:00 pm – 01:30 pm	Review of Day Two Q & A Relationships Module <ul style="list-style-type: none">• Creating Relationships• Relationship Collage• DVD <i>What I Want My Words to Do to You</i>
01:30 pm – 01:45 pm	Break
01:45 pm – 03:15 pm	Community Module <ul style="list-style-type: none">• Our Communities• Community Collages• Safety• Community Maps
03:15 pm – 03:30 pm	Break
03:30 pm – 05:00 pm	Community Module (cont.) <ul style="list-style-type: none">• DVD <i>What I Want My Words to Do to You</i>• Crossroads• Kind Act• Self-Soothing Exercise Closing

DAY 4

12:00 pm – 01:30 pm	Review of Day Three Q & A Society Module <ul style="list-style-type: none">• Risks for Violence• Culture Wheel• Supports for Violence• Working to End Violence
01:30 pm – 01:45 pm	Break
01:45 pm – 03:15 pm	Society Module (cont.) <ul style="list-style-type: none">• DVD <i>What I Want My Words to Do to You</i>• Health, Harmony and Wholeness• Spiral of Transformation• Relational Wheel
03:15 pm – 03:30 pm	Break
03:30 pm – 05:00 pm	Society Module (cont.) <ul style="list-style-type: none">• Remorse and Restitution• Self-Soothing Exercise Closing <ul style="list-style-type: none">• ORID• Appreciation