A 12-Step Model for Domestic Violence Latina Survivors to be utilized in Community Centers

A graduate project submitted in partial fulfillment of the requirements
For the degree of Master of Science in Counseling,
Marriage and Family Therapy

By
Laura Pacheco Arias

December 2012
The graduate project of Laura Pacheco Arias is approved:

__________________________  ______________________
Alison King, LCSW  Date

__________________________  ______________________
Stanley Charnofsky, Ed.D.  Date

__________________________  ______________________
Luis Rubalcava, Ph.D., Chair  Date

California State University, Northridge
Acknowledgements

I am heartily thankful to my supervisor, Alison King, whose encouragement, guidance and constant support assisted me to develop a project that can be implemented in the future. Without her wonderful ideas, I would not have enjoyed this experience so thoroughly. I will be forever grateful for her wisdom and the doors she have opened for me.

I would also like to thank Luis Rubalcava, my colleagues Kim and Patti and all of those who supported me in any respect during the completion of the project.

Finally, I would not be where I am today without the constant encouragement and support of my parents, Marta and Miguel, my cousins Rodney and Raquel, my siblings Daniel, Gabriela and Adriana, my friend/coach Kary and my partner David. Thank you David for your patience, love and help during the toughest times.
# TABLE OF CONTENTS

SIGNATURE PAGE........................................................................................................................................... ii
ACKNOWLEDGEMENTS................................................................................................................................... iii
ABSTRACT......................................................................................................................................................... v
CHAPTER 1...................................................................................................................................................... 1
INTRODUCTION................................................................................................................................................ 1
PURPOSE......................................................................................................................................................... 3
SIGNIFICANCE............................................................................................................................................... 3
DEFINITION OF TERMS................................................................................................................................. 4
BRIDGE........................................................................................................................................................... 5
CHAPTER 2...................................................................................................................................................... 6
LITERATURE REVIEW.................................................................................................................................. 6
DOMESTIC VIOLENCE OR INTIMATE PARTNER VIOLENCE................................................................. 6
CULTURAL INFLUENCES.............................................................................................................................. 8
PROMISING PRACTICES............................................................................................................................... 13
POST TRAUMATIC STRESS DISORDER..................................................................................................... 13
SERVICE PROGRAMS.................................................................................................................................. 15
CURRENT CALIFORNIA EVIDENCE-BASED CLEARINGHOUSE ................................................................ 17
PROJECT SUPPORT...................................................................................................................................... 17
THE COMMUNITY ADVOCACY PROJECT................................................................................................. 18
DOMESTIC VIOLENCE HOME VISIT INTERVENTION........................................................................... 18
HELPING WOMEN RECOVER & BEYOND TRAUMA .................................................................................. 19
HEALING TRAUMA: STRATEGIES FOR ABUSED WOMEN................................................................. 19
ALCOHOLIC ANONYMOUS 12-STEP PROGRAM....................................................................................... 20
ALCOHOLIC ANONYMOUS 12-STEP PROGRAM AND IT’S MEANING.............................................. 23
CHAPTER 3...................................................................................................................................................... 26
PROJECT AUDIENCE AND IMPLEMENTATION FACTORS.................................................................. 26
INTRODUCTION........................................................................................................................................... 26
DEVELOPMENT OF PROJECT...................................................................................................................... 26
INTENDED AUDIENCE............................................................................................................................... 27
QUALIFICATIONS OF PROVIDERS........................................................................................................... 27
LOCATIONS WHERE PRODUCT WILL BE USED.................................................................................... 27
OUTLINE OF THE PROJECT........................................................................................................................ 28
CHAPTER 4...................................................................................................................................................... 30
INTRODUCTION........................................................................................................................................... 30
INTRODUCTION TO PROVIDERS............................................................................................................... 30
SAFETY CONCERNS.................................................................................................................................... 31
A GUIDE TO THE 12-STEP PROGRAM DV-ANON.................................................................................. 32
CHAPTER 5...................................................................................................................................................... 43
SUMMARY AND DISCUSSION....................................................................................................................... 43
PROJECT SUMMARY................................................................................................................................. 43
SUGGESTIONS FOR FUTURE IMPROVEMENT...................................................................................... 43
REFERENCES............................................................................................................................................... 45
APPENDIX A............................................................................................................................................... 52
APPENDIX B............................................................................................................................................... 53
ABSTRACT

A 12-STEP MODEL FOR DOMESTIC VIOLENCE LATINA SURVIVORS TO BE UTILIZED IN COMMUNITY CENTERS

By
Laura Pacheco Arias

Master of Science in Counseling,
Marriage and Family Therapy

It is well established that women may make multiple attempts to leave a domestic violence relationship before achieving permanent independence from the abuser. Likewise, there is evidence that advocacy and sponsorship support programs help move victims to a survivor stage. With this in mind, this project aims to utilize similarities between substance dependence and domestic violence in order to develop a similar recovery program for intimate partner abuse. The project discusses the cultural influences and the Alcoholic Anonymous approach to addiction and their 12-Step program and applies similar techniques designed to support the transition of Latina victims of domestic violence to leave abusive relationships, as there is currently a need of life-long support for this demographic. This program, named Domestic Violence Anonymous, will create that much needed support along with providing advocates for new avenues in which to help victims.
One in four women is abused by a current or former spouse at some point in her life (Black, Breiding, 2008). J. Reno, D Marcus, M. L. Leary, and J. Samuels (2000) assert that approximately 1.5 million US women and eight hundred thousand US men are raped and/or physically assaulted by an intimate partner annually (2000). These numbers tell of an even greater impact on the Latino community in the US as research suggests that racial minorities experience intimate partner violence at higher rates than do than do whites (2000).

Even though males are also victims of intimate partner violence, this project will focus on Latinas who have been victims of domestic violence. According to Sullivan (2011), current service programs have thus far concentrated on protecting women from future abuse, providing information about their rights and options, and giving them a short-term supportive environment. However, there has been little effort to introduce a long-term supportive environment for survivors, which focuses on developing a program that includes a group and sponsor with similar experiences of intimate partner abuse. Having a sponsor who has done progress in the domestic violence support group and who can share the experience on a continuous, individual basis with another abused woman who is attempting to attain or maintain an abuse-free relationship, can prove beneficial. Involvement with such a sponsor can also bring awareness that they are not alone in their suffering, and that there are positive paths they can take. Since these women need ongoing support and can benefit from the direct knowledge of domestic violence that comes from a sponsor with similar experiences, a 12-Step program for female victims of domestic
violence is necessary, as evidenced by the National Latino Alliance for the Elimination of Domestic Violence (Alianza, 2009). Following the approach of 12-Step programs such as Alcoholics Anonymous (AA), this alliance proposes that domestic violence is a societal problem – one that requires the creation of extended relationships that can be used and encouraged in interventions within the community (2009). Building life-long supportive relationships in the 12-Step Domestic Violence group could increase the chances that females will stay strong and prevent the start of a new abusive relationship.

Similarities between substance dependence and domestic violence can be summarized using the criteria from the DSM IV TR: loss of control, continuation of behavior despite adverse consequences, preoccupation or obsession, developed tolerance and withdrawal. Domestic violence involves loss of control over the anger and it seems to increase in severity of violence over time. There are characteristically periods of remorse, when the abuser promises to reform and refrain from ever using violence again. Domestic violence continues despite knowledge that physical injuries have been sustained by the partner and symptoms of traumatic stress, intimidation and emotional pain are present. The source of problems is characteristically blamed on others, or external causes such as stress of the partner. Social, occupational, family, and recreational activities are frequently given up or very restricted and controlled by the abuser. A great deal of time is spent either anticipating or fearing violence, recovering from past consequences or associated physical or emotional effects, or engaging in efforts to avoid setting off any further episodes of violence. Withdrawal is often experienced in these relationships as a period of anxiety or tension that follows episodes of violence.

Sullivan (2000) asserts “there is evidence that if programs improve survivors’
social support and access to resources, these serve as protective factors that enhance their safety over time” (p.359). In contrast to most service programs, which open cases for a year or less, it is the intent of the researcher to build long-term support for victims to maintain continued assistance. In addition, Bell and Goodman (2001) found that women who had worked with advocates reported decreased abuse six weeks later as well as marginally higher emotional well being compared to women who did not work with advocates.

Purpose

Hoping to contribute to a better way to support domestic violence survivors in the long run, a guide of the 12-Step program (similar to the 12-Step program for Alcoholic Anonymous) will be created to meet the needs of Latinas experiencing abuse, and to provide the tools and emotional support to be used for the rest of their lives. The 12-Step program will be taught as a workshop to those in recovery themselves, more specifically to those who have been victims of domestic violence and have the desire to implement the program in community centers such as churches.

Significance

According to the latest US Census (2010), 308.7 million people resided in the United States, of which 50.5 million or 16 percent are Hispanic. Between 2000 and 2010, the Hispanic population grew by 43 percent, which was four times the overall rate and accounted for over half of the total population’s increase within the United States. The Mexican origin population increased by 54 percent and had the largest numeric change (11.2 million), growing from 20.6 million in 2000 to 31.8 million in 2010. Mexicans
accounted for about three-quarters of the 15.2 million increase in the Hispanic population from 2000 to 2010 (US Census, 2010).

Latino population has increased rapidly and it is crucial that they have access to appropriate support when adjusting to a different culture specially for women who have been immersed in a Hispanic culture and are affected by domestic violence. This project will focus on first and second-generation immigrant Latinas in California, from ages 25 to 50 years old.

**Definition of Terms**

*Domestic Violence or Intimate Partner Violence:* is a pattern of assaultive and coercive behaviors by a current or former partner or spouse. It can include physical, sexual and psychological attacks, as well as economic coercion, that adults or adolescents use against their intimate partners whom cohabitate (or have cohabitated) with them.

*Abuse:* Physical, emotional, sexual, economic are the four basic types of abuse. It could look like insulting, swearing, yelling, smashing, kicking, hitting, threatening to hit, throwing something, pushing, carrying, restraining, grabbing, shoving, raping, strangulation, using a gun or a knife against them. Immigrant Latinas are frequently susceptible to additional forms of abuse that include using immigrant status such as threatening deportation, taking children away, refusing to file papers, forcing her to work illegally, preventing her from working and preventing her from learning English, are forms of abuse.

*Victim and survivor:* Victim is the person who received any type of abuse and sees herself. A victim views a crisis situation as a threat. As a result, she becomes entrenched in feelings of fearfulfulness, helplessness, and hopelessness. The definition of survivor is
relative to doing the 12-Step. If one is able to attain and sustain a recovering perspective based on individual strengths, the person can be called a survivor.

Relapse: A domestic violence relapse is when a victim who stopped having an abusive relationship at some point in the past, goes back to that same relationship or a new abusive one. Relapse prevention is the process of avoiding going back to domestic violence using a relapse prevention plan, and is ongoing for the recovering survivor.

Bridge

In order to understand domestic violence among Latina women, as well as the need of developing a 12-Step program to help victims of such abuse during recovery, it is important to review the literature, cultural influences and treatments concerning these issues; all of which will be accomplished in the following chapter.
CHAPTER 2
LITERATURE REVIEW

This chapter will begin with a description of domestic violence, followed by a discussion of domestic violence and its cultural influences for Latinas, and an analysis of current treatments.

**Domestic Violence or Intimate Partner Violence.**

Women all over the world form a subordinate society (Connolly, 2004). Violence in intimate relationships occurs due to patriarchal power and control and the socialization of abuse. According to feminist sociologists, they believe that the root of violence is a man’s desire to achieve and maintain societal dominance over a woman. Women struggle to gain equal status with their male counterparts (Smith, 2003). Yllo & Straus (1990), define violence as a way people learn to resolve conflicts and it’s accepted by society and within the family. They both adopt the learning theory, based in modeling violent behaviors of parents or by experiencing abuse at the hands of one’s parents.

A study done in 1986 reported that men who had witnessed parental abuse or were victims of abuse were more likely to perpetuate violence and were more likely to be perpetrators of abuse towards their partners than men who were not exposed to violence or abuse at home (Smith, 2003). Thus, perpetrators are often victims themselves before they victimize their partner. This dynamic seems to be a cycle of violence where perpetrators have been in domestic violent homes and that’s how they have learned to treat women. On the other hand, often women report that the intimate partner violence is not the first time they have been abused, they have learned to be victims during their childhood. Family
violence witnessed by children who may perceive such abuse as normal and acceptable, which ensures that violence will continue (Smith, 2000). Domestic violence is a global problem (Edelson, M., Hokoda, A., & Ramos-Lira, L. (2007).

Brabeck (2008) defines partner abuse as a pattern of interactions in which one intimate partner is forced to change his or her behavior in response to the threats or actions of the other partner (2008). This project defines domestic violence or partner abuse as inclusive of economic abuse, emotional or psychological abuse, sexual abuse, physical abuse and verbal abuse by a spouse, ex-spouse, boyfriend/girlfriend or date (Centers for disease control [CDC], 2000). It recognizes that the abuse could occur against both men and women. However, this project will refer to the abuse towards females, thus women are the majority of victims discussed.

A number of contributing factors have been identified and theories proposed why women stay in abusive relationships. For example, there are risk factors that increase probabilities why women stay: young age, low incomes (below $10,000), alcohol and substance abuse by the partner, a higher risk when women leave the relationship and the economic dependence on her partner. (Campell, J., Woods, A., Chouaf, K., & Parker, B. (2000); CDC (2000). Therefore, in order for women to leave an abusive relationship it is necessary that they have a supportive environment. Barriers such as blaming the woman for the violence, not believing she is a victim and supporting her to continue with the relationship, prevents women from leaving her partner (Smith, 2003). Smith explains that women spend a great amount of energy in surviving the physical and psychological abuse, trying to keep their children safe, and as a result, they have less energy for their own survival and functioning.
Women go through denial of the abuse, blaming themselves for the abuse, thus justifying men’s actions. It’s after the denial has been recognized that women can begin to think they can leave the relationship and the process of leaving starts (Smith, 2003). It’s important to underscore that a woman leaves and returns to the abusive relationship many times before she leaves for the final time. Women attribute this receptive cycle to their belief that they are responsible for keeping the family happy and together. Women are conditioned to put their needs in second place.

The scope of this project is derived from the literature on domestic violence in general and applied to the Latina immigrant population. Latina women who have been victims of domestic violence have similar characteristics as aforementioned although there are other facets that are unique to said subset.

Cultural Influences

The Latino culture is a significant variable affecting this population, specifically when it comes to reasons why women stay in the abusive relationship. Edelson (2007), argues that an ecological perspective should be in place when working with Latinas, including gender roles, household composition, family stressors and family income (2007).

Perrilla, J. L., Bakeman, R., & Norris, F. H. (1994), found in their study that hierarchies within the family, seemed to be the overarching factor affecting abused Latinas in their sample. Female roles within the family are highly value as wife and mother, which are the traditionally feminine roles. This might be the reason why Latinas feel trapped within an abusive relationship. Family is central in Latino culture and sometimes extended family live in Latino households. Familismo is a value which characterizes by family
loyalty, and solidarity (Edelson, 2007). Latina women feel in conflict because they feel they need to preserve and maintain the family and they feel they can’t take care of themselves. Edelson (2007), determined that the greater the conflict is between these feelings, the worse effects of domestic violence may be. He introduced the construct of machismo as a characteristic of Latino men. It allows men to have the ultimate control and power within Latino families. According to machismo, Latina women needs to be a good wife, stay at home, be submissive to her husband, agreeing in whatever decision he does no matter if she consents or not (2007).

Edelson’s findings support that finding Latina women have significantly greater difficulties responding to domestic violence than did non-Latina women In addition, Latina had lower levels of education. Familismo as a cultural value constitutes a social pressure for Latina women to remain in the family, to try to stay in the relationship. Familismo has almost become an acceptable cultural norm (2007). “The importance of being a good wife and mother are strong values that may make Latina women more vulnerable to violence and may reduce their perceived resources to stop it” (Edelson, p. 9). Research also suggest that because of familismo, women may have lower self-esteem and higher perceived trauma, after leaving the relationship.

Moreover, immigrant Latinas are differentiated from non-Latinas in regard to acculturation. For example, abused women can have feelings of helplessness, they lack proficiency in English, face economic stressors, isolation from family and social support, and their extended family might live in their home country. As a result, this isolation and helplessness increases their symptoms of depression. Latinas adjusting to life after the
abuse may show more trauma symptoms, depression and self-esteem deficits than non-Latinas (Edelson, 2007).

Brabeck (2008), study supports Edelson (2007) findings that battered Latinas are challenged by language, culture, social isolation, limited information and education, low finances, unfamiliarity with legal system and immigration status complicates their efforts to seek help. Evidence suggests that Latinas are less likely to seek medical help or social services when compared to other racial or ethnic groups. Women may cope with violence and resist the batterer’s quest for control, which makes them agentic in that they are actively figuring out which strategy is the best for them and their children in order to maintain safety and protect themselves (Brabeck, 2008).

Undocumented women also live with fear of deportation for themselves or their partner, and this can reduce the likelihood to contact the criminal justice system in response to partner abuse. Another barrier preventing some women from reporting is a perceived conflict between abuse and the economic instability of losing the partner’s income.

Galvez et al. (2011) and Edelson (2007) assert that Latinos in the U.S. experience a process of adapting themselves in the mainstream culture. For example, Latinos experience acculturative stress, poor socioeconomic conditions, loss of family and friends, discrimination, difficulty in language acquisition, difficult and traumatic immigration process, and conflicting gender role expectations, beliefs, values, and norms. Indeed, Galvez underlines that lack of opportunities and societal inequalities create stress, which may increase family conflict and risk for violence (2007). Furthermore, Galvez states that Latina immigrants have a greater barrier to seeking for help and are less likely to disclose
they have been victims of intimate partner violence than U.S. born women. Not only are Latinas less likely to seek medical help, but social service and legal assistance (Galvez, 2007).

Cuevas, Sabina and Picard (2010) conducted research on the victimization of Latino women. Research suggests that childhood victimization is a risk factor for re-victimization in adulthood. They also suggest that women who have been sexually abused in childhood are 11 times more likely to experience rape or attempted rape later in life, and 27% to 49% will also endure physical abuse later in life. A possible reason victimization happens later in life might be that Latino women tend to keep it to themselves. And therefore, by not dealing with their problems, trauma symptoms are easily exacerbated. Indeed, Latino women suffer greater rates of depression, lower self-esteem, more frequent negative behavior and higher number of sexual partners that Caucasian women (Cuevas et.al., 2010). Reducing violence in the early stages could potentially decrease re-victimization rates. The National Violence Against Women Study acknowledges that women who were stalked in childhood experience higher rates of the same form of victimization in adulthood (Cuevas et.al., 2010). For the purpose of this project re-victimization can also be understood as a victim relapse rate. Often women engage in another domestic violence relationship.

Similarly, machismo is a cultural norm, and commonly implicated in domestic violence. Machismo consists of masculine behaviors that are negatively viewed by contemporary American society. Mosher and Anderson (1986), defined the macho personality as a Hispanic phenomenon that spread to the United States and contains three components: (a) callous sexuality toward women, (b) a perception of violence as manly,
and (c) the view that danger is exciting. For the purpose of this project, machismo will be defined as a male privilege over women.

Galvez et al. (2011) conducted four focus groups; participants were Mexican-origin Latinos who were enrolled in batterer intervention programs. Findings highlight the importance of gender, as it shapes men’s understandings and conceptualization of abusive behavior. The abusive men explained and justified their abusive behavior based on restricting independence, domineering behavior and traditional male gender roles. It is essential to understand that men’s use of violence in intimate relationships is related to masculinity.

In addition, Ahrens, Isas, Rios and Lopez (2010) conducted a series of focus groups with Spanish-speaking Latinas to identify the range of cultural influences that affect Latinas’ ability to detect and disclose sexual assault and intimate partner violence. The study suggested that similar factors as above mentioned were operating in different ways to obscure, maintain and justify intimate partner violence and sexual assault. Traditional gender roles such as marianismo, defined as the women’s responsibility to remain chaste and pure, whereas its counterpart, machismo, which encourages men to be sexually aggressive and dominant, are messages that affect a majority of the Latino population (Ahrens et al., 2010).

The concept of marianismo and machismo also emphasize women’s subservice to their husband and the husband’s right to control his wife. Coupled with religious beliefs about sex and marriage, such gender roles may make it extremely difficult for survivors to identify instances of sexual and physical abuse that occur in the context of marriage (Ahrens et al., 2010, p. 285).
Furthermore, the Catholic Church gives the message that wives need to perform the duty of sex whenever the husband demands it. Ahrens and colleagues (2010), describe the effects of religious beliefs on women. Women are encouraged to stay married no matter what happens in the relationship. In addition, the concept of familismo focuses on the family’s well-being above all else, which could lead victims to protect the family’s reputation from the negative results that disclosure of rape or incest from a family member would cause. The fear of disappointing their family and causing stress, as well as fear that their father’s, brothers or partners could seek revenge, are some reasons why women are hesitant to disclose such abuse.

Domestic violence affects women’s mental health in different ways. Because of this, it is necessary to review service programs before developing a 12-Step program in order to allow for a comprehensive approach toward domestic violence which plagues immigrant Latinas.

**Promising Practices**

Different kinds of formal and informal treatments are available for domestic violence for Latina women. The following are promising practices that help women recover and heal from the abuse.

**Treating Post Traumatic Stress Disorder (PTSD).**

Women experience trauma when in a domestic violence relationship. Often their lives and their children’s lives are in danger. As specified in The Diagnostic and Statistical Manual (DSM IV-TR) of Mental Disorders, the basic criteria for Posttraumatic Stress Disorder is that a person has been exposed to a traumatic event by either direct experience, as a witness, or as having been confronted with an event in some fashion, which involved
actual or threatened death or serious injury, or a threat to the physical integrity of self or others, which resulted in intense fear, helplessness, or horror.

Survivors of domestic violence may experience anxiety, isolation, problems related to the social environment, depression, adjustment disorder, and Post Traumatic Stress Disorder (PTSD). For people with an adjustment disorder, significant distress as a psychological response to the abuse, significant impairment in social functioning, as well as anxiety and depression, are common. For people with PTSD, individuals which remind them of the perpetrator, similar circumstances as those under which the abuse occurred, or even smells, places, things or feelings they experience, can trigger memories. These triggers can bring back memories of the trauma and cause intense emotional and physical reactions. As anyone else who may suffer from PTSD, Latinas who are victims of domestic violence may have the following symptoms as well: difficulty falling or staying asleep, difficulty concentrating, hyper vigilance, feeling depressed and isolating themselves.

Therefore, mental health care is especially critical for domestic violence victims. PTSD and depression are co-morbid mental health conditions, which is of particular concern because it may lower the global functioning of the survivor (Cascardi, M., O’Leary, D. & Schlee, K. A., 1999). Current non-profit agencies and community-based organizations provide individual and family counseling to domestic violence survivors in the Los Angeles area.
Service Programs

According to Brabeck (2008), women use formal and informal help in an effort to leave the relationship. Formal help seeking includes the use of shelters, medical services, social services, police, legal agents, and therapists. Formal help seeking for battered Latinas was associated with barriers such as lack of money, fear of losing children, language issues, and lack of transportation (Dutton M., Orloff, L., & Hass, G., 2000). Informal help-seeking refers to talking to friends and family, talking to her partner’s family, extended family, talking to the priest and coworkers.

Dutton’s research et. al., found that battered Latinas are twice as likely to seek informal help instead to formal help. According to Brabeck’s research, out of a sample of 75 battered women, 64% used a domestic violence shelter. The use of counselors accounted for 28% and 20% reported using legal and medical services. Various participants expressed the need for more counseling opportunities and wanting to experience group counseling as well.

As for the informal help-seeking barriers, women described difficulty in seeking help from family members because of cultural values, and their families as residing in a different country. The family of origin tends to normalize the abuse and encourage family to keep it as a secret within the family, or saying that a “good woman suffers. My family wasn’t going to help me; they told me that a woman must tolerate and take everything her husband does.” (Brabeck, p.1284)., Friends also often demonstrate victim blaming and/or shaming, a refusal of support, and allowing the victim to isolate - all responses which interfere with women’s ability to seek help.
Religion, especially Catholicism, is reflected in battered women’s support. Sixty-eight percent of the participants were Catholics and described their priests and pastors as extremely helpful in listening, counseling, and connecting them with other services. Overall, Mexican-origin battered women seek help from family members, friends and clergy (Brabeck, 2008). Furthermore, this study reported women maintaining relationships with supportive people (51%) and speaking with other battered women for support and advice (31%). This reinforces that women were sustained by those relationships and provide the needed motivation and support for a few women to leave the abuser (Brabeck, 2008).

Smith, classifies the experience of recovering as consisting of three distinct but connected phases of her life: the abusive past, the struggles of freeing herself physically and emotionally from the abuse/past, and the healing/growth after leaving the abuser (2003).

Findings also support that hospital emergency rooms should be able to identify victims of violence, identifying children with injuries related to abuse at home. Emergency departments can serve as places where patients can get educated and informed about safety plans regarding domestic violence and how abuse in childhood might lead to intimate partner violence in the long run (Krishnam, 2001).

Itzhaky, postulates that there is a need to instill hope and strengthen women’s confidence in their ability to function independently. The use of shelters correlated with increased self-esteem, and a decreased sense of an external locus of control. The ideal is to empower women, and staying a long period of time in a shelter impedes their ability to
make decisions or plan for daily life. It is highly recommended that women can get crisis support after leaving shelters (2005).

Melbin, A., Sullivan, C.M., and Cain, D., (2003); Levendosky et. al., (2004), conclude that women heal more effective when their social networks have supporters who had themselves experienced violence. “Whether through support groups or individual interactions, it was the emotional support of others that helped keep women going” (Melbin et. al., p.453).

**Current California Evidence-Based Clearinghouse.**

The following five programs are cited by the CEBC as empirically effective treatment for domestic violence:

**Project SUPPORT** - Seeks to help mothers and children who had recently moved to a domestic violence shelter. It’s appropriate for women with children aged 4-9 who are exhibiting clinical levels of externalizing problems (e.g., disruptive, defiant behaviors). The intervention, which occurs right after the family moves out of the shelter and into a home, includes two main components: providing psycho-education i.e. common effects of domestic violence and emotional support to the mother during her transition from the women's shelter, and teaching the mother to implement a set of child management and nurturing skills that have been shown to be effective in the treatment of clinical levels of conduct problems.

Therapists visit families weekly to conduct the sessions, they are accompanied by child mentors who interact with the children in the home and model pro-social behavior. The child mentors are advanced undergraduate or post-baccalaureate students who receive
specialized training. The child mentors actively work to build positive, supportive relationships with the children. This goal is accomplished by the mentor's generous and appropriate use of praise and positive attention. Child mentors are also proficient in using all of the child management skills taught in the Project SUPPORT intervention.

**The Community Advocacy Project.** This project involves providing home-based and community-based advocacy services for survivors of intimate partner abuse. Highly trained paraprofessionals, receiving intensive supervision, work with survivors of domestic abuse and their children, helping them obtain the community resources and social support they need. This is an empowerment-based, strengths-focused intervention designed to increase women's quality of life and decrease their risk of re-abuse.

**Domestic Violence Home Visit Intervention (DVHVI).** The DVHVI is a joint project of the Yale Child Study Center and the New Haven Police Department. The project provides enhanced law enforcement, community-based advocacy, and mental health services to families affected by domestic violence, in an effort to increase children’s safety and decrease negative psychological effects of exposure to domestic violence. The project conducts outreach home visits by teams of advocates and patrol officers. At the initial home visit, the team and non-offending parent identify issues affecting family safety. The team provides information related to judicial processes, available community resources, and children’s responses to violence and trauma. Ongoing intervention, including referrals for child-focused clinical treatment, is determined by the unique needs of each family.
Helping Women Recover & Beyond Trauma (HWR/BT) is a combination of two manualized curricula: Helping Women Recover (HWR) - A Program for Treating Addiction; and Beyond Trauma (BT). HWR/BT is a 28-session intervention that integrates three theories: a theory of addiction, a theory of women’s psychological development, and a theory of trauma, with the addition of a psycho-educational component that teaches women what trauma is, its process, and its impact. The program model is organized into seven modules. The first four: Self, Relationships, Sexuality, and Spirituality are areas that recovering women have identified as triggers for relapse and as necessary for growth and healing. The last three: Violence, Abuse, and Trauma; The Impact of Trauma on Women’s Lives; and Healing from Trauma, focus on the trauma with a major emphasis on coping skills, with specific exercises for developing emotional wellness. A special edition for criminal justice settings has also been developed. The overall goals of Helping Women Recover & Beyond Trauma are to: decrease substance abuse, decrease depression, increase understanding of trauma, decrease trauma symptoms, increase self-efficacy, and stabilize recovery.

Healing Trauma: Strategies for Abused Women (HT). HT is a 5-session trauma intervention designed for women who have been abused. The facilitator guide and participant workbook is on a CD which allows for easy duplication. There are introductory materials for the facilitator and detailed instructions (specific lesson plans) for the sessions. The session topics include: the process of trauma, power and abuse, grounding and self-soothing, and healthy relationships. HT is an adaptation of Beyond Trauma: A Healing Journey for Women. It is particularly designed for settings requiring a shorter intervention: jails, domestic violence agencies, and sexual assault services. The materials
focus on the three core fundamentals that both staff and clients need: An understanding of what trauma is, its process, and its impact on both the inner self (e.g., thoughts, feelings, beliefs, and values) and the outer self (e.g., behavior and relationships). The overall goals are to increase understanding of trauma, decrease trauma symptoms, decrease depression, and increase self-efficacy.

**Alcoholics Anonymous 12-Step Program**

Alcoholics Anonymous (AA) began in 1935 in Ohio. Bill W. and Dr. Bob, two suffering alcoholics helped each other and started the first meeting (Kinney, 2012). The main reason why they both started AA was that they needed each other’s ongoing support to recover from alcoholism. In the “Big Book” (2001), Bill tells his story of how AA started and how fast people joined. Today the AA is composed of approximately 114,000 groups (2001).

Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) (two forms of 12-Step Fellowships (TSFs)), remain among the most highly accessible and potentially beneficial avenues available for addictions (Schenker, 2009). A general review about AA is to follow and engage with the entire process in order to understand how 12-Step programs work.

According to Schenker, the AA program has four specific goals from the therapists’ point-of-view, which are brought about through the program’s famous 12 steps: 1. Learn about the addiction; 2. Self-diagnosis; 3. Learn sobriety skills; 4. Accept personal responsibility for recovery. These four ultimate goals of therapy are easily applicable toward the recovery of victims of domestic violence. As such, the 12-Step program that
has proven to be successful in facilitating this change in alcoholics can be adjusted to be equally beneficial to their domestic violence counterparts.

Irons and Schneider (1997) explains that domestic violence and addictive disorders actually share many features. These include loss of control, continuation despite adverse consequences, preoccupation or obsession, tolerance and withdrawal, involvement of the entire family and in fact of multiple generations, and use of the, defenses of denial, minimization, and rationalization. In both cases it is difficult for the partner to leave. Victims may benefit from attendance at mutual-help programs modeled after AA.

Schenker’s view of the 12-Step program names the first goal as learning about and providing a coherent understanding of the addiction. The second goal takes the first goal and makes it relevant to the client. Rather than helping clients become experts on addictive diseases, it is important that clients understand themselves and their relation to the disease of addiction. Learning sobriety skills is comprised of four facets, the first being identifying and managing internal triggers. These can be found in hunger, anger, or tiredness in alcoholics, as dictated by the individual. The second facet is the external triggers of people, places and things. The final facet is a support group for on going recovery. And the fourth goal deals with personal responsibility, which makes the individual an agent of his/her own life rather than a passive victim

Schenker states in his book that the therapeutic components of AA hold two competing theories about how Twelve Step Fellowships (TSF) benefit. The first theory holds that 12-Step programs work by inducing certain specific changes in the member and by facilitating a conversion of spiritual experience, also called the surrender phenomenon (2009).
Schenker’s second theory holds that AA works by mobilizing other common self-change mechanisms such as commitment to abstinence, awareness of the costs of the addictive behavior, and self-efficacy. Awareness of costs and commitment to abstinence are predictive of AA affiliations.

AA groups represent a type of group therapy, which should be treated as a psychotherapy group. According to Yalom, immediate safety concerns have to be addressed, as well as eleven therapeutic factors: instillation of hope (members acknowledging there are other people who have had success in their situation); universality (members feeling they are not alone and that others share the same problems); imparting information (leader explaining dynamics of their behaviors, feelings and thoughts); altruism; the corrective recapitulation of the primary family group; development of socializing techniques; imitative behavior; interpersonal learning (members learning from how they interact between each other); group cohesiveness; catharsis; and existential factors. Safety is addressed through: inclusion (which increases safety); influence (how much influence, how much do the group have from you – not sure what you’re trying to say in this sentence); identity (which represents who you are in this group); and intimacy (how close you can be to others) (1995).

12-Step programs are not just about mentoring, but sharing along with group therapy. Usually an individual gets a mentor or “sponsor” and then they work together to ensure the addict has a program where to get support. The sponsor helps the mentee work through the steps, the mentee shares with others in meetings, and eventually, the sponsor shares what the person have learned from the mentee as well, thus spreading the therapy
and recovery (Schenker, 2009). In the next section, the AA 12-Steps are presented and explained.

**Alcoholics Anonymous 12 Steps and It’s Meaning**

The Twelve Steps and Twelve Traditions (2011) are outlined and explained below:

*Step 1: We admitted we were powerless over alcohol—that our lives had become unmanageable.* There is a power higher than themselves; they almost never recover on their own. The person has to admit they are hopeless, realizing they are out of control.

*Step 2. Came to believe that a Power greater than ourselves could restore us to sanity.* This step intention is to instill faith on members. Faith could be in God, in A.A. itself, in something that might help the alcoholic believe in. True humility and an open mind can lead to faith.

*Step 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.* Willingness is the key to open the door of faith, being willing to accept that you are powerless over alcohol but also perceive that you have faith of some kind. These three steps engage members in reflection and require acceptance.

*Step 4. Made a searching and fearless moral inventory of ourselves.* This is a painful step because alcoholics have to make a list of their liabilities to know how, when, and where they made mistakes. Looking at the unhappiness this has caused others and themselves. By knowing their errors they can learn and correct them. It is important to avoid excuses and justifications.

*Step 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.* Sharing their terrible burden of guilt could lead to a more peaceful place where they are prepared for the following steps.
Step 6. Were entirely ready to have God remove all these defects of character. Believing in God (as we understood him) can release obsessions to drink. It aims that people at least do their best to try to be entirely ready. At this point they abandon limited objectives and move toward God’s will.

Step 7. Humbly asked Him to remove our shortcomings. This step is specifically about humility. AA’s goal is to increase humility. They ought to be willing to try humility in seeking the removal of other shortcomings, just as they did when admitting they were powerless over alcohol and believe that a power greater than themselves could restore them to sanity.

Step 8. Made a list of all persons we had harmed, and became willing to make amends to them all. This step is to improve the quality of the relations with others. These steps include: to take a look at the past, discover their faults, attempt to repair the damage and think about how to develop the best possible relations. Revisiting some emotional wounds could be hurtful but necessary for them to gain insight in what are their personality traits that injured them and others.

Step 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. Continue to apologize, using good judgment, a careful sense of timing, courage and prudence.

Step 10. Continued to take personal inventory, and when we were wrong, promptly admitted it. This principle is a preparation for living sober, it’s the step to avoid any procrastination of doing amends. It’s encouraging members to be honest, self-searching, admitting and accepting any finds (?) and continuously correct what is wrong. Starting fresh everyday, learning to spot flaws, admit and correct them.
Step 11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out. Praying and meditation are the two means to stay in contact with God. Asking in the prayers that God give them understanding of His will. Remind themselves that it is better to give than to receive.

Step 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. Here they experience the kind of giving that asks no rewards, they have found a spiritual awakening. Members who have done this step are allowed to be sponsors and give to other alcoholics who need their help.

As based on the research cited and discussion in this chapter, an argument may be made that a 12-Step program needs to be developed to ensure long-term support for immigrant Latina victims of domestic violence, in order to decrease or eliminate re-victimization or victim relapse rate.
CHAPTER 3
PROJECT AUDIENCE AND IMPLEMENTATION FACTORS

Introduction

Due to the deficit of ongoing life support groups for victims of domestic violence, this graduate project focuses on developing a 12-Step program in order for Latinas to gain easy and ongoing access to a support group. The program is a plan for a lifetime of daily living. Evidence of the need for this 12-Step program is presented in the rates of re-victimization. Due to seeing females start a new/old abusive relationship after they have completed a domestic violence program, coupled with the suggestion of my supervisor and the experience of my work at a non-profit agency, which provides counseling and support groups to the adjacent community, the idea of a life-long support came into development.

Development of Project

Although there is evidence of community assistance, research shows a lack of continuous support to prevent abusive relationships and or to maintain an abuse-free environment. Extensive analysis on Latino cultural influences was discussed in order to understand their background. In addition, some domestic violence service programs as well as Alcoholics Anonymous 12 steps were explored to verify the scope of the need. The material was then compiled into a format that could be easily taught and understood, and would include the unique challenges Latinas face in confronting abuse. The project provides opportunity for learning and review material. Due to the nature of the group, members would be experiencing different steps, ranging from newcomers to people who have been helping for months/years. While it’s a group atmosphere, progression through
the process is at an individual pace. A 12-Step model was chosen to facilitate and incorporate a non-abusive environment in their daily living.

**Intended Audience**

The intended audience is the immigrant Latina population in California who are striving to end a domestic violence relationship, or to maintain an abuse-free relationship. It is also for those females who have been victims of intimate partner violence, those mandated from the court and for those who are interested in the healing process or just want to support a family/friend. Groups will run in Spanish language, although, for the second generation Latinas, some groups may be run in English as relative to the level of acculturation. Although there is abuse between same-sex couples and by women toward their male partners, this project focuses on immigrant Latina victims of domestic violence by male perpetrators. As such it would be inappropriate for men to be participants as they are not the desired demographic.

**Qualifications of Providers**

Victims of domestic violence who are in recovery themselves can start a meeting. They need to get a few members to support the efforts and agree to come to the new meeting. It has be to a person with Hispanic or Latin ethnicity, who speaks Spanish and is not in a domestic violence relationship.

**Locations where product will be used**

As far as the locations where the workshop will be presented, the advocate has to partner with a community resource such as a church, shelter, park, clubhouse, American Legion or any type of community center that is available.
A workshop via power point will be presented for those advocates who are interested in starting a meeting. They will have the workshop and the DV Anon guide in Spanish and English to train themselves.

Space should afford privacy to allow members to share their experiences without external distraction, and to help maintain confidentiality and anonymity. The room needs to have a board for the presenter to utilize as needed. The twelve steps can be framed and hanging on the wall.

**Outline of the Project**

I. Introduction  
   a. Introduction to providers  
   b. Introduction to participants  
   c. Safety concerns

II. 12-Step Program for Domestic Violence, DV-Anon

   Step 1: We admitted we were powerless over our partners’ abuse. We realized that our lives had become unmanageable due to our partners’ power and control.  
      a. Welcome new members  
      b. Comprehensive definition of domestic violence, types of abuse  
      c. Power and control wheel, cycle of violence  
      d. Safety planning

   Step 2: We have faith that a power greater than ourselves could restore us to our tranquility.  
      a. Social and cultural influences of DV  
      b. Realities and myths  
      c. Safety planning

   Step 3: We are willing to receive support from others to stay in a non-abusive, safe and nurturing environment.  
      a. How can DV stop?  
      b. Making a decision  
      c. Safety planning

   Step 4: Conducted a fearless introspection of ourselves.  
      a. Exploration of childhood upbringings, family values and our fears  
      b. Making a connection between past abuse and domestic violence  
      c. What is love?
d. Blame and Guilt

Step 5: Admitted to God, to ourselves, and to family and friends the exact nature of the power and control wheel that immersed us.
   a. Understanding why women stay in the relationship
   b. Effects of DV on our physical and mental health

Step 6: We are ready to let God remove all weakness, aloneness and fear.
   a. Definition of self-esteem
   b. Effects of DV in your self-esteem
   c. How to build your self-esteem

Step 7: Humbly ask Him to give us strength.
   a. Forgiveness
   b. Developing assertiveness in our daily life
   c. Relationship strengths

Step 8: Made a list of all the people we have isolated ourselves from, those who harmed you, those who attempted to assist you and you rejected, and those whom you harmed. And became willing to make amends to them all.
   a. Effects of domestic violence on children, making amends with them
   b. The cycle of violence
   c. Developing ways to communicate with people you need to make amends

Step 9: Made amends to such people, except when to do so would injure them or others
   a. Learn ways to communicate your amends
   b. When not to disclose?

Step 10: Continue to take daily self-exploration and admit if we are receiving or giving any type of abuse.
   a. Relapse prevention
   b. Acknowledging symptoms of relapse

Step 11: Sought through prayer and meditation to improve our relationship with God, he will continue to give us his strength, grace and knowledge to overcome the power and control wheel.
   a. Praying and meditating
   b. Gratefulness

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to other victims, and to practice these principles in our lives.
   a. Sponsorship becomes an option
   b. Duties of a sponsor
CHAPTER 4
PRODUCT

Introduction

In this section the 12-Steps for domestic violence will be presented. In Appendix A. is the power point presentation given to providers to start the program in community centers.

Introduction to providers

The following protocol is being provided to assist group facilitators in domestic violence support groups in helping Latina victims overcome the abuse and maintain an abuse-free relationship. Due to the nature of the group (ongoing), some group members will attend on a weekly basis, others once in a while, every time they need support or when they can. Because of multiple reasons, providers’ expectations need to be realistic towards attendance and progress. Individuals within the group will progress at varying speeds and with varying success. Much of this will be correlated to their personal effort in making the needed changes to their lives and the severities of their circumstances. So while the support group system helps promote a feeling of growth together, each member will progress differently. Therefore, some may take longer to accomplish the 12-Steps, attain and maintain an abuse-free relationship. For those who have accomplished the 12-Steps, they can become sponsors for the newcomers.
The following are meeting types and descriptions for group members:

O- Open meeting, any *female* member of the community, may attend. The only obligation is that of not disclosing the names of members outside the meeting.
C- Closed meeting, for members whose safety is at risk, will only be implemented in shelters so members are safe.
PE- Psycho-education of domestic violence
D- Discussion, a member discloses her story and suggests a topic for sharing. This meeting should only be intended for those who are sponsors or who have already overcome the 12-Steps.
BG- Beginner’s meeting, focuses on newcomers issues.
NC- Not child friendly (most meetings are not child friendly, except for open meetings when specified).
CC- Childcare available

**Safety concerns**

To help ensure group members safety, there will be open and closed groups. Closed groups are for people who are interested in leaving the relationship and are in danger. Focusing on creating an escape kit, safety plan before they leave and a safety plan after they left the abuser. Open groups are for people who are not in imminent danger, whose lives are not at risk if they attend group. Also it will be safe for them if their partner is out of state, country or is locked up. Pamphlets will be provided with legal resources, shelters, crisis hotlines and maps of the nearest police department in the area. Each agency will have to create their own for their local community. Before running the group it is recommended that facilitators communicate with the nearest community police station and let them know about the program to ensure members’ safety.
A Guide to the 12-Step Program for Domestic Violence, DV-Anonymous (DV-Anon)

This is a “General Guide ” to start the program.

STEP 1

We admitted we were powerless over our partners’ abuse. We realized that our lives had become unmanageable due to our partners’ power and control.

Welcome New Members

Anytime new members join we introduce ourselves. For newcomers please direct them to Step 12 where sponsorship is defined and encourage new members to choose a sponsor. Explain group’s function: for victims to find support, safety, understanding, and psycho-education about domestic violence. Every time remind that attendees can participate as little or as much as they like.

What is Domestic Violence?

Understanding the meaning is important because of cultural misconceptions. DV is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Explaining the different types of abuse: physical, sexual, emotional, economic, psychological, and child abuse. Show the power and control wheel and give examples of each power and control technique. Present the cycle of violence: Phase 1: Building tension Phase 2: Acute battering Phase 3: Honeymoon

This cycle does not necessarily applied for every DV relationship, sometimes they only have “building tension” and “battering”, others only “battering” and “honeymoon”. As you can see this cycle is not linear, and is not supposed to be linear but at the same time can be presented in that order.

Group Discussion

Can you give some examples of types of abuse you have experienced? Are you able to recognize the phases of DV in your relationship? When was the last time you felt in control of your life? We advise members to have a journal and free write about what they go through during and after group.

Safety Planning

Explain that for safety purposes members can make a verbal or a written safety plan as some may not be safe to take the written one home with them.
For those women whom might not be safe taking the plan to their home, another possibility could be that other members can save it in a safe place and for them. Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.

Developing a safety plan before you leave
Developing a safety plan after you leave.

**Closing Sessions**

Summarize what was discussed in group.

All group members hold hands and say the Serenity prayer:

- God grant me the serenity to accept the things I cannot change,
- The courage to change the things I can,
- And the wisdom to know the difference.

**STEP 2**

We have faith that a power greater than ourselves could restore us to our tranquility.

**Why Does He Treat You This Way?**

None of us can help what we feel, but all of us choose how to act upon our feelings. Looking for explanations of why they are abusive, getting stuck in explanations and accepting that he treats you that way because he chooses to.

The violence perpetrated against her is not her fault. No one deserves to be abused.

**What Does He Gain by Treating Me This Way?**

Each member in the room will list what do they think you the perpetrator gains by treating you that way.

Explore where is the blame and guilt coming from.

**Cultural Influences of Abuse**

Abuse is learned. Society and Latino culture play a fundamental role on masculinity and femininity. Understanding *machismo*, *marianismo*, messages from religion and socialization of gender roles.

Realities and myths of DV.

**Group Discussion**

Lets discuss ways women have been treated as submissive.

Has anyone ever judged/criticized you because you wanted to leave the abusive relationship?

How do you understand that the abuse you have experienced is not your fault?

**Safety Planning**

Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.

Developing a safety plan before you leave
Developing a safety plan after you leave

**Closing Sessions**

Summarize what was discussed in group.

All group members hold hands and say the Serenity prayer:

- God grant me the serenity to accept the things I cannot change,
- The courage to change the things I can,
And the wisdom to know the difference.

**STEP 3**
We are willing to receive support from others to stay in a non-abusive, safe and nurturing environment.

**How Can DV Stop?**
Develop a supportive and compassionate environment where you can express your feelings and be understood.
Attending this group, attending individual counseling, using hotlines and using the community supports for victims such as shelters, legal assistance, communicating with family, friends and neighbors.

**Making a Decision**
What’s the worst that can happen if you leave?
Disadvantages of leaving
Disadvantages of staying
Protecting your children - they may be less frightened at getting up and being rushed away from a threatening father than finding out in the morning that you have disappeared without saying goodbye.
Educate about child abuse and neglect. Child abuse is any act or failure to act on the part of a parent or caretaker, which results in death, serious physical or emotional harm, sexual abuse or exploitation; or an act or failure to act which presents an imminent risk of serious harm to the child.
Domestic violence is considered child abuse due to the neglect or failure to protect on the part of the victim/mother.
Men can attend Batterers Intervention Programs, which are an integral part of any comprehensive approach to domestic violence. It teaches men to develop awareness of abuse, accountability and how to control their behaviors.

**Safety Planning**
Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.
Developing a safety plan before you leave
Developing a safety plan after you leave

**STEP 4**
Conducted a fearless introspection of ourselves.

**Childhood Experiences**
Start with an exploration of childhood upbringings, family values, cultural roles, and religious beliefs which are related to the maintenance of strict gender roles within the family unit.
Making a connection between past abuse and domestic violence
Have you ever been re-victimized?

**What is Love?**
Definition of love and characteristics
What does “being in love” mean?
Triangular theory of love: commitment, passion and intimacy.

Blame and Guilt

Being stuck in self-blame
Where do your guilt feelings come from?
Fears I have now

Group Discussion

Do you remember how you were raised in regards to gender roles? What were men supposed to do and what was expected of women?
Encourage members to share if they have ever felt stuck in self-blame and if they have feelings of guilt in their intimate relationship.
Facilitator should listen to the cognitive distortions and attempt to recognize manipulation and/or any other type of abuse. The purpose of this step is for members to develop awareness of what society/culture taught them and what role did they play in their own intimate relationship.

Safety Planning

Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.
Developing a safety plan before you leave
Developing a safety plan after you leave

Closing Sessions

Summarize what was discussed in group.
All group members hold hands and say the Serenity prayer:
   God grant me the serenity to accept the things I cannot change,
   The courage to change the things I can,
   And the wisdom to know the difference.

STEP 5

Admitted to God, to ourselves, and to family and friends the exact nature of the power and control wheel that immersed us.

Why Women Stay?

Understanding why women stay in the relationship.
Due to the type of abuse it’s difficult for women to leave the relationship.
Developing compassion, and understanding the struggles women face in leaving the relationship.

Effects of Abuse

Effects of DV on physical and mental health are signs that the abuse had occurred.
Explore immediate responses to the abuse, attempts to cope with the abuse, what people do to prevent it from happening again, and ways to deny that it had ever happened at all.
a) Psycho-educate on mental health: PTSD, responses to trauma, such as re-experiencing the traumatic events, avoidance, numbing, nightmares, increased anxiety, low self-esteem, inability to trust, depressed mood, loss of interest in almost all activities, feelings of worthlessness or excessive or inappropriate guilt nearly every day. Often victims are indecisive, have recurrent thoughts of death (not just
fear of dying), present recurrent suicidal ideation with or without a specific plan.
b) Physical effects of abuse: physical responses to trauma, having trouble sleeping, fatigue and diminished ability to think or concentrate.

**Group Discussion**
What is it like for you to hear this number of effects of DV on women?
Have you ever felt any of those symptoms?
What have you done to resolve the symptom?
Where do you think it’s coming from?
At the end of the session, facilitator will provide referrals for mental health in the area.

**Safety Planning**
Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.
Developing a safety plan before you leave
Developing a safety plan after you leave

**Closing Sessions**
Summarize what was discussed in group.
All group members hold hands and say the Serenity prayer:
- God grant me the serenity to accept the things I cannot change,
- The courage to change the things I can,
- And the wisdom to know the difference

**STEP 6**
We are ready to let God remove all weakness, aloneness and fear.

**Self-Esteem**
In order to remove all our weaknesses, one must get to know how much you love and care for yourself. During the abuse, self-esteem gets affected because you lose part of your identity, self-worth and who you really are.
Effects of DV on self-esteem.
How to build/improve your self-esteem?

**Group Discussion**
What has it been like listening to the effects of DV on your self-esteem?
Talk about if you have experienced a decrease in your self-esteem or if you believe your self-esteem has been affected.
Facilitator help members re-frame their self-criticism seen as distorted.
What have you done to begin getting more control over your life?
Members have the choice to keep doing this list everyday to improve self-esteem.

**Activity**
Members can draw or write how they see themselves and how they think others see them.

**Safety Planning**
Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.
Developing a safety plan before you leave
Developing a safety plan after you leave

**Closing Sessions**

Summarize what was discussed in group.

All group members hold hands and say the Serenity prayer:

- God grant me the serenity to accept the things I cannot change,
- The courage to change the things I can,
- And the wisdom to know the difference

**STEP 7**

Humbly ask him to give us strength

**Forgiveness**

Forgive yourself for any mistakes you have done and have compassion over the fact that you have done the best with what you knew in that moment.

**Assertiveness and Communication Skills**

Developing assertiveness in our daily life and to resolve conflicts.

Being assertive can be very challenging, but will lead to better and more open, honest communication. When someone is behaving assertively, they stand up for what they want or need without hurting other people or denying others’ rights.

Difference between passive, assertive, and aggressive ways to communicate.

Passive means that one allows other people to meet their needs while not meeting own needs.

Aggressive is when you meet your own needs, even if it means trampling on others’ rights.

Assertive is the ideal way to communicate because you are able to meet your own needs, while not taking others’ rights from them.

Learn how to say no.

By using an assertive communication style, a person is likely to feel more self-respect during the event and afterwards. It also helps a person feel confident.

Assertive communication also helps the other person feel respected and less likely to feel hurt or humiliated.

Clearly state your position, offer a reason or explanation and acknowledge the other person’s feelings using “I” statements.

“I” statements: “I feel ____________ (name the feeling) when you ______________ (describe the behavior)”. Then listen.

**Relationship Strengths**

Explore what a healthy relationship should look like.

Facilitator explains the equality wheel and your rights in a relationship.

Revision of safety plan, legal resources, vocational career

**Group Discussion**

Explore if you have ever felt fearful when asking for your needs to be met.

The following role-play is for those who are no longer with the abuser.
Role-play: Imagine your partner asking if you can cook a special dish for him but you don’t have time to do it. Instead you would like him to eat a sandwich because you are running late. How would you express your needs in an assertive way? Remember to use “I” statements.

Safety Planning
Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.
Developing a safety plan before you leave
Developing a safety plan after you leave

Closing Sessions
Summarize what was discussed in group.
All group members hold hands and say the Serenity prayer:
  God grant me the serenity to accept the things I cannot change,
  The courage to change the things I can,
  And the wisdom to know the difference

STEP 8
Made a list of all the people we have isolated ourselves from, those who harmed you, those who attempted to assist you and you rejected them and those whom you harmed, and became willing to make amends to them all.

Introduction for all Relationships
Amends are not only asking an apology but also changing our behavior and really understanding the effect of abuse on others. Bringing justice back. Asking for at least an apology to your friends who tried helping you will make you no longer avoid them. As an effect of abuse we know women isolate themselves, this step is for you to make a list of all people whom you think were affected by the domestic violence relationship in order to attain and maintain better relationships.
Making a list of all the ways in which children could have been affected.
Make an effort to see how many people you have hurt or have hurt you, in what way, it’s a reopening of emotional wounds, some you may forgotten others are recent and painfully.

Effects of DV on Children
Understanding that the abuse also affects children that have witnessed or experienced abuse, no matter their age.
Child abuse laws: it’s relevant to say again that domestic violence is considered child abuse if the child witnessed the domestic violence.
Abuse by or of a caregiver affects children’s core beliefs about themselves, those in authority, building and maintaining relationships with others and they tend to make assumptions about the world. Some effects are hard to recognize such as the emotional, cognitive and behavioral effects and can be expressed differently depending on their age.
Effects of DV on children by ages:
  • Infants: Sleep disturbances, continual fussing and crying, inability to be comforted, being easily startled, irritated.
  • Toddlers/Preschoolers: difficulty going to bed, frequent nightmares, not knowing how or when to play, general sadness, cursing.
• Elementary age: difficulty concentrating, a drop in grades, inability to follow directions, extreme shyness or fear of adults, excessive talking, school phobia, regressive behaviors, bullying, acting out.
• Adolescents: property destruction, self-destructive behavior, cruelty to animals, small children and peers of the opposite sex, truancy, running away, aggressive behavior, drug and alcohol abuse, suicidal talk, threats or attempts, depression, sleep disorders, isolation and lack of social involvement with peers and family.
If father is still seeing children then list ways he could be abusive as a parent.
What to say when the father is away from children? Learn appropriate ways to address father’s absence.

Learn Ways to Communicate Your Amends
Being empathic to the other’s feelings while you were abused. Fear, pain, sadness, impotence, frustrations children (family, friends) have suffered seeing you in an abusive relationship.

Safety Planning
Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.
Developing a safety plan before you leave
Developing a safety plan after you leave

Closing Sessions
Summarize what was discussed in group.
All group members hold hands and say the Serenity prayer:
  God grant me the serenity to accept the things I cannot change,
  The courage to change the things I can,
  And the wisdom to know the difference

STEP 9
Made amends to such people, except when to do so would injure them or others.

Communicating Your Amends
Using assertive skills such as “I statements” to express to your children, family and friends how you feel about the effects of abuse on them too. The goal in this step is to build better relationships with others and to ask for apologies and make a behavior change.
Being very careful not to disclose anything that will make you be in imminent danger or hurt other people.
Use your good judgment and prudence to express appropriately when making amends.
For example: do not disclose to your children something that will hurt them emotionally and will take them for surprise and is not age appropriate. It might be better to make amends but waiting to disclose “heavy” experiences such as rape to your children. They don’t have to know all the ways you were abused, you have to use your judgment to make such decision.
This step is implemented when you are not in sessions, it’s for you to reflect on who you should need to make amends and visit those people to do so. It might be scary and/or embarrassing because you might not know how people is going to react but you will feel
much better after apologizing and changing your behavior. It will show others and you that you are committed to change.

**Safety Planning**
Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.
Developing a safety plan before you leave
Developing a safety plan after you leave

**Closing Sessions**
Summarize what was discussed in group.
All group members hold hands and say the Serenity prayer:
- God grant me the serenity to accept the things I cannot change,
- The courage to change the things I can,
- And the wisdom to know the difference

**STEP 10**
Continue to take daily self-exploration and admit if we are receiving or giving any type of abuse.

**Relapse Prevention**
Continue examining yourself, your attitudes, and the precipitating situational factors that lead you to go back to an old or new abusive relationship. Depression is a key symptom to introduce relapsing, other symptoms are loneliness, exhaustion, dishonesty, impatience, frustration, self-pity, trusting others easily, it can’t happen again, believing he changed. Members should be taught to anticipate, identify, and counteract warning signals and pitfalls in order to avoid potential relapse.
Understanding that your false notions, mind traps, self sabotage and set-ups, might lead you to go back in the abusive relationship.
If you have contact with the batterer avoid being seduced by him.
Selective forgetting might be present in the honeymoon stage of the cycle of violence. The couple may falsely attribute the violence to a momentarily loss of control, the short-term peaceful moment that follows the abusive incident.
Don’t give in to your impulses. What changes has he made?
You can control the relationship.
What you can do for the children?
Teach to communicate intolerability of violence without allowing a relapse episode to derail the entire recovery process.
If you had a relapse: utilize your feelings of guilt and regret to motivate continued corrective self-exploration, and prevent the negative transformation of such guilt feelings into either hopelessness and depression, or denial and blame.
Learn to identify warning signals of relapse and to develop alternative strategies based on communication and self-control.

**Safety Planning**
Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.
Developing a safety plan before you leave
Developing a safety plan after you leave

Closing Sessions
Summarize what was discussed in group.
All group members hold hands and say the Serenity prayer:
   God grant me the serenity to accept the things I cannot change,
   The courage to change the things I can,
   And the wisdom to know the difference

STEP 11
Sought through prayer and meditation to improve our relationship with God, he will continue to give us his strength, grace and knowledge to overcome the power and control wheel.

Praying and Meditating
Implementing new activities to enrich our lives such as hobbies, activities that will make you happy, something you enjoy. Volunteer at a place you like to give.
Role-play difficult situations and my responses
Being grateful of what you have today.

Safety Planning
Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.
Developing a safety plan before you leave
Developing a safety plan after you leave

Closing Sessions
Summarize what was discussed in group.
All group members hold hands and say the Serenity prayer:
   God grant me the serenity to accept the things I cannot change,
   The courage to change the things I can,
   And the wisdom to know the difference

STEP 12
Having had a spiritual awakening as the result of these steps, we tried to carry this message to other victims, and to practice these principles in our lives.

Sponsorship Becomes an Option
Definition of sponsorship: You need another victim to talk to. You need another survivor of domestic violence just as much as she needs you. In DV-Anon, sponsor and sponsored meet as equals. A survivor who has made some progress in the recovery program shares that experience on a continuous, individual basis with another victim who is attempting to attain or maintain an abuse-free relationship through DV-Anon. To be a sponsor you should be a year or more away from the last domestic violence relationship.
Establishing sponsorship for newcomers. Select a member with whom you feel comfortable, someone who you can trust and talk freely and confidentially, and ask that member to be your sponsor.
Sponsorship is helping another victim, who admits she has no power and control over her life due to domestic violence and decides to seek safety, nourishment and a peaceful environment. The sponsorship is a continuing responsibility for helping a newcomer adjust to a way of life without abuse. 

An advantage to choosing a sponsor is that they both are females so it helps members stay focused on the program.

If your sponsor is unavailable, the member can call another member, go to a DV-Anon meeting, read books and use read the preventing relapse Step 10. It is best to choose only one sponsor, it helps avoid to avoid members seeking advice she wants to hear.

Sponsor duties:

- The sponsor should have the capacity for understanding, patience, and the willingness to devote time and effort to new members.
- She does everything possible to help the newcomer live in a non-abusive relationship.
- Shows that she has been living an abuse-free relationship. It could be that she has ended a domestic violence relationship or started a new one without abuse.
- Introduces the new member to other members.
- Explains the meaning of the Twelve Steps, and its importance.
- Urges the newcomer to join group activities as soon as possible.
- She doesn’t offer professional services such as counseling, legal assistance, medical or social work communities, but may sometimes help the newcomer access those services.

Sponsorship strengthens the older member’s abuse-free environment. The act of sharing experiences makes it easier for a member to live without the perpetrator. It also offers satisfaction that comes from assuming responsibility for someone other than oneself. The sponsor fills the need, felt by most human beings, to help others.

If you would like to read, keep the book in a safe place:

- “Mejor Sola que Mal Acompañada” by Mirna M. Zambrano.
- “Cómo recuperar su autoestima, guía para mujeres que desean sentirse mejor ” by Carolynn Hillman.

Advocating and volunteering in DV programs to give and provide the knowledge that you have. 

Living the joy of a peaceful environment
Practicing all steps over and over as a way of life.

Safety Planning

Provide a list of resources such as legal assistance, hotlines, police stations, shelters and food banks.
Developing a safety plan before you leave
Developing a safety plan after you leave

Closing Sessions

Summarize what was discussed in group.
All group members hold hands and say the Serenity prayer:

God grant me the serenity to accept the things I cannot change,
The courage to change the things I can, And the wisdom to know the difference
CHAPTER 5
SUMMARY AND DISCUSSION

Project Summary

The inspiration for this project began with the perception of women relapsing into an old or a new abusive relationship right after terminating three to six months of counseling services (focused on the treatment of domestic violence). Females presented some symptoms of depression and were prone to continue or start a new relationship to fill their emptiness. No cost community counseling services for Latinas have a limited duration, which make therapists end services when some goals have been met, and it appears that the family/individual is no longer in danger. When no existing ongoing programs were discovered to make referrals, the need to assist women motivated this project.

Suggestions for Future Improvement

Ongoing efforts to implement the 12-Step Program in different community entities such as churches, clubhouses or any type of place that the community provides. There needs to be an increased partnership between DV-Anon and communities. For example, to liaise with Police stations and churches in order to find places to run meetings at.

Also, because this program will be new to the community it will be important to advertise it in the outside of supermarkets such as La Vallarta, Super King, food banks, 99 cent stores, bus stations, radio, churches, women shelters, parks and schools. A barrier for women to attend meetings is childcare. If there are rooms next to where meetings are running, women can leave children there to attend meetings. Childcare is a delicate aspect because of liability, although, if mothers feel children will be safe, that depends on them.
Some limitations are the safety of members in case if a perpetrator comes to DV- Anon. As a safety measure advocates need to have an agreement with the closest Police station, which entails them being aware of locations of meetings and providing random security. Police can drive randomly around the buildings to prevent perpetrators from stalking.

**Full Circle: What Inspired This Project**

This project was inspired by my inability of further assisting victims of domestic violence when they ended treatment and started a new or old abusive relationship. It was created upon my frustration, and my supervisor’s conceptualization to treat DV as an addiction. Upon further research, I encountered that there wasn’t any life-long program to support Latina victims. Recovering from abuse seemed not as easy.

Working with Latinas during my traineeship inspired me to create a more encompassing and long-lasting impact on the people whom I work with daily. This desire to serve the victims better will hopefully provide fewer relapses and strengthen the resolve of the survivors by having the support that they otherwise would not receive to this extent.
REFERENCES


Retrieved October 5, 2012.


APPENDIX A

The Appendix A includes a power point presentation for providers to start the 12-Step DV Anon.
APPENDIX B

Appendix B includes the 12-Step Guide in Spanish for providers who are Spanish speakers and it will be also valuable when implementing it in the community.

Una Guía para el Programa de los 12 Pasos para la Violencia Doméstica,  
(DV- Anon)

Esta es una guía general para implementar el programa.

PASO 1
Admitimos que éramos impotentes ante el abuso de nuestros novios/esposos. Nos dimos cuenta de que nuestra vida se había vuelto incontrolable debido al poder y control de nuestra pareja.

Bienvenido Nuevo Miembro
Cada vez que nuevos miembros se unen nos presentamos.
Para los recién llegados por favor diríjase al paso 12 donde se define el patrocinio y animar a nuevos miembros a elegir un patrocinador.
Explicar la función de grupo: para las víctimas a encontrar apoyo, seguridad, comprensión y educación psicológica acerca de la violencia doméstica.
Cada vez recordar que los asistentes podrán participar a su gusto.

¿Qué es la Violencia Doméstica?
La comprensión del significado es importante debido a conceptos erróneos culturales.
DV es un patrón de comportamiento abusivo en una relación que es utilizado por uno de los socios para ganar o mantener poder y control sobre otra pareja.
Explicación de los diferentes tipos de abuso: físico, sexual, abuso emocional, económico, psicológico, y el niño.
Mostrar la rueda de poder y control y dar ejemplos de cada técnica de poder y control.
Presentar el ciclo de la violencia: Fase 1: Tensión
Fase 2: Maltrato agudo
Fase 3: Luna de miel
Este ciclo no necesariamente aplica para todas las relaciones de DV, a veces sólo tienen "la construcción de la tensión" y "maltrato", otros sólo "maltrato" y "luna de miel".
Como se puede ver este ciclo no es lineal, y se supone que no es lineal, sino que al mismo
tiempo se puede presentar en ese orden.

**Grupo de Discusión**

¿Puede darnos algunos ejemplos de los tipos de maltrato que han sufrido?
¿Eres capaz de reconocer las fases de DV en tu relación?
¿Cuándo fue la última vez que sentiste control de tu vida?
Aconsejamos a los miembros a tener un diario y escribir libre sobre lo que pasan durante y después del grupo.

**Planificación para la seguridad**

Explique que por motivos de seguridad los miembros pueden hacer una verbal o por escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a casa con ellos.
Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra posibilidad podría ser que otros miembros puedan guardarlo en un lugar seguro para ellos.
Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono, las estaciones de policía, centros de acogida y los bancos de alimentos.
El desarrollo de un plan de seguridad antes de salir
El desarrollo de un plan de seguridad después de salir.

**Cierre**

Resumen lo que se discutió en el grupo.
Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:
Dios, concédele la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.

**PASO 2**

Tenemos fe en que un poder superior a nosotros mismos podría devolvernos a nuestra tranquilidad.

**¿Por qué me tratas de esta manera?**

Ninguno de nosotros puede ayudar a lo que sentimos, pero todos nosotros elegir la forma de actuar sobre nuestros sentimientos.
Buscando explicaciones de por qué son abusivos, quedarse atascado en las explicaciones y aceptar que te trata de esa manera porque él elige.
La violencia perpetrada en contra de ella, no es su culpa. Nadie merece ser abusado.

**¿Qué obtiene el al tratarme así?**

Cada miembro de la sala mostrará qué es lo que usted piensa que los beneficios agresor por tratarte de esa manera.
Explora el que se la culpa y la culpa viene.

**Influencias Culturales de abuso**

Abuso se aprende. La sociedad y la cultura latina juegan un papel fundamental en la masculinidad y la feminidad. Entendiendo el machismo, marianismo, los mensajes de la religión y la socialización de los roles de género.
Realidades y mitos de la violencia doméstica.
Grupo de Discusión
Vamos a discutir maneras las mujeres han sido tratadas como sumisas.
¿Alguien ha sido juzgada / criticada porque usted quería dejar la relación abusiva?
¿Cómo se puede entender que el abuso que han sufrido no es tu culpa

Planificación para la seguridad
Explique que por motivos de seguridad los miembros pueden hacer una verbal o por escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a casa con ellos.
Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra posibilidad podría ser que otros miembros puedan guardarlo en un lugar seguro para ellos.
Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono, las estaciones de policía, centros de acogida y los bancos de alimentos.
El desarrollo de un plan de seguridad antes de salir
El desarrollo de un plan de seguridad después de salir.

Cierre
Resumir lo que se discutió en el grupo.
Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:
Dios, concédeame la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.

PASO 3
Estamos dispuestos a recibir apoyo de otros para mantenerse en forma no abusiva, entorno seguro y acogedor.
¿Cómo se puede para la DV?
Desarrollar un ambiente de apoyo y compasivo donde usted puede expresar sus sentimientos y ser comprendido.
Asistir a este grupo, asistir a terapia individual, utilizando líneas telefónicas y el uso de la comunidad apoya a las víctimas, tales como refugios, asistencia legal, comunicarse con familiares, amigos y vecinos.

Tomar una decisión
¿Qué es lo peor que puede pasar si te vas?
Las desventajas de dejar
Las desventajas de permanecer
Protección de sus niños - pueden ser menos miedo a levantarse y ser trasladado fuera de un padre mortal que descubrir en la mañana que ha desaparecido sin decir adiós.
Educar sobre el abuso infantil y la negligencia. El maltrato infantil es cualquier acto u omisión por parte de un padre o cuidador, lo que resulta en la muerte, graves daños físicos o emocionales, abuso sexual o explotación, o una acción u omisión que suponga un riesgo inminente de daños graves al el niño.
La violencia doméstica se considera abuso infantil debido a la negligencia o falta de protección por parte de la víctima / madre.
Los hombres pueden asistir a los programas de intervención agresores, que son una parte integral de cualquier enfoque integral a la violencia doméstica. Se enseña a los hombres a desarrollar conciencia sobre el abuso, la responsabilidad y la forma de controlar su comportamiento.
Planificación para la seguridad

Explique que por motivos de seguridad los miembros pueden hacer una verbal o por escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a casa con ellos.

Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra posibilidad podría ser que otros miembros puedan guardarlo en un lugar seguro para ellos.

Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono, las estaciones de policía, centros de acogida y los bancos de alimentos.

El desarrollo de un plan de seguridad antes de salir

El desarrollo de un plan de seguridad después de salir.

Cierre

Resumir lo que se discutió en el grupo.

Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:

Dios, concédeame la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.

PASO 4

Llevó a cabo una introspección sin miedo de nosotras mismas.

Experiencias en la Niñez

Comience con una exploración de las educaciones infantiles, los valores familiares, los roles culturales y las creencias religiosas que se relacionan con el mantenimiento de los roles de género estrictos dentro de la unidad familiar.

Establecimiento de una conexión entre el abuso del pasado y la violencia doméstica en el presente.

¿Alguna vez ha sido victimizadas repetidas veces?

¿Qué es el Amor?

Definición del amor y de las características

¿Qué significa "estar enamorado" significa?

Teoría triangular del amor: el compromiso, la pasión y la intimidad.

La culpa

Estar atrapada en el sentimiento de culpa

¿De dónde provienen de los sentimientos de culpa?

Los temores que tengo ahora

Grupo de Discusión

¿Te acuerdas de cómo te criaste en lo que respecta a los roles de género? ¿Qué se supone que los hombres hacen y lo que se esperaba de las mujeres?

Alentar a los miembros a compartir si han sentido alguna vez atrapado en el auto-culpa y si tienen sentimientos de culpa en su relación íntima.

Facilitador debe escuchar a las distorsiones cognitivas y tratar de reconocer la manipulación y / o cualquier otro tipo de abuso. El propósito de este paso es que los miembros de desarrollar la conciencia de lo que la sociedad / cultura les enseña y qué papel juegan en su propia relación íntima.

Planificación para la seguridad
Explique que por motivos de seguridad los miembros pueden hacer una verbal o por escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a casa con ellos.

Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra posibilidad podría ser que otros miembros puedan guardarlo en un lugar seguro para ellos.

Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono, las estaciones de policía, centros de acogida y los bancos de alimentos.

El desarrollo de un plan de seguridad antes de salir

El desarrollo de un plan de seguridad después de salir.

Cierre

Resumir lo que se discutió en el grupo.

Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:

Dios, concédele la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.

PASO 5

Admitimos ante Dios, ante nosotros mismos y para sus familiares y amigos, la naturaleza exacta del ciclo de poder y control que nos sumerge.

¿Por qué las Mujeres se Quedan?

Entender por qué las mujeres permanecen en la relación.

Debe al tipo de abuso es difícil para las mujeres a abandonar la relación.

El desarrollo de la compasión y la comprensión de la lucha de las mujeres frente al dejar la relación.

Efectos del Abuso

Efectos de la violencia doméstica en la salud física y mental son señales de que el abuso había ocurrido.

Explora respuestas inmediatas a los abusos, los intentos de hacer frente a los abusos, lo que se hace para evitar que vuelva a suceder, y maneras de negar que no paso nada.

a) Educación sobre la salud mental: trastorno de estrés postraumático, las respuestas al trauma, tales como re-experimentar el evento traumático, evitación, embotamiento, pesadillas, aumento de la ansiedad, baja autoestima, incapacidad para confiar, estado de ánimo deprimido, pérdida de interés en casi todas las actividades, sentimientos de inutilidad o de culpa excesivos o inapropiados casi cada día. A menudo las víctimas están indecisos, tienen pensamientos recurrentes de muerte (no sólo temor a la muerte), ideación suicida recurrente presente con o sin un plan específico.

b) Los efectos físicos del abuso: respuestas físicas al trauma, problemas para dormir, fatiga y disminución de la capacidad para pensar o concentrarse.

Grupo de Discusión

¿Cómo es para usted para conocer de este número de efectos de la violencia doméstica sobre las mujeres?

¿Te has sentido alguna vez cualquiera de estos síntomas?

¿Qué ha hecho usted para resolver el síntoma?

¿De dónde crees que viene?
Al final de la sesión, el facilitador proporcionará referencias para la salud mental en el área.

**Planificación para la seguridad**

Explique que por motivos de seguridad los miembros pueden hacer una verbal o por escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a casa con ellos.

Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra posibilidad podría ser que otros miembros puedan guardararlo en un lugar seguro para ellos.

Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono, las estaciones de policía, centros de acogida y los bancos de alimentos.

El desarrollo de un plan de seguridad antes de salir
El desarrollo de un plan de seguridad después de salir.

**Cierre**

Resumir lo que se discutió en el grupo.
Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:
Dios, concédeme la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.

**PASO 6**

Estamos dispuestas a dejar que Dios nos libere de toda la debilidad, la soledad y el miedo.

**Amor Propio, Autoestima**

Con el fin de eliminar todas nuestras debilidades, hay que llegar a conocer lo mucho que aman y cuidan de ti mismo. Durante el abuso, la autoestima se ve afectada, ya que pierden parte de su identidad, autoestima y lo que realmente eres.

¿Qué es la autoestima? ¿De dónde viene? Consecuencias de la baja autoestima.
Efectos de la violencia doméstica sobre la autoestima.
¿Cómo construir / mejorar su autoestima?

**Grupo de Discusión**

¿Cómo ha sido como escuchar a los efectos de la violencia doméstica en su autoestima?
Hable acerca de si ha experimentado una disminución de su autoestima o si usted cree que su autoestima se ha visto afectada.

Miembros del facilitador ayuda vuelve a encuadrar su autocrítica visto como distorsionadas.

¿Qué ha hecho usted para empezar a obtener un mayor control sobre su vida?
Los miembros tienen la opción de seguir haciendo esta lista todos los días para mejorar la autoestima.

**Actividad**

Los miembros pueden dibujar o escribir cómo se ven y cómo creen que los ven los demás.

**Planificación para la seguridad**

Explique que por motivos de seguridad los miembros pueden hacer una verbal o por escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a casa con ellos.

Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra
posibilidad podría ser que otros miembros puedan guardarlo en un lugar seguro para ellos.
Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono, las estaciones de policía, centros de acogida y los bancos de alimentos.
El desarrollo de un plan de seguridad antes de salir
El desarrollo de un plan de seguridad después de salir.

**Cierre**

Resumir lo que se discutió en el grupo.
Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:
Dios, concédenos la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.

**STEP 7**

Humildemente le pedimos a Dios que nos dé fuerza.

**El Perdón**

Perdóname por los errores que hemos hecho y tener compasión por el hecho de que ha hecho lo mejor con lo que sabía en ese momento.

**Asertividad y Habilidades de Comunicación**

El desarrollo de la asertividad en nuestra vida diaria y para resolver conflictos.
Ser asertivo puede ser muy difícil, pero conducirá a una mejor y más abierta, la comunicación honesta. Cuando alguien se comporta de manera asertiva, se ponen de pie para lo que quieren o necesitan, sin herir a otras personas o negar los derechos de los demás.
Diferencia entre las formas pasivas, asertivo y agresivo para comunicarse.
Pasiva significa que se permite a otras personas para satisfacer sus necesidades sin satisfacer las necesidades propias.
Agresivo es cuando conoces a tus propias necesidades, incluso si eso significa pisotear los derechos de los demás.
Asertiva es la forma ideal de comunicarse, ya que son capaces de satisfacer sus propias necesidades, mientras que no teniendo derecho de los demás a partir de ellos.
Aprenda a decir no.
Mediante el uso de un estilo de comunicación asertiva, una persona es probable que se sienta más amor propio durante el evento y después. También ayuda a una persona a sentirse seguro.
La comunicación asertiva también ayuda a que la otra persona se sienta respetado y menos probabilidades de sentirse herido o humillado.
Indique claramente su posición, ofrecen una razón o explicación y reconocer los sentimientos de la otra persona el uso de "yo".
"Yo": "Me siento _____________ (nombre del sentimiento) cuando ______________ (describa el comportamiento)". Entonces escucha.

**Fortalezas en las Relaciones**

Explora lo que una relación sana debe ser similar.
Facilitador explica la rueda de la igualdad y sus derechos en una relación.
Revisión del plan de seguridad, recursos legales, la carrera profesional.
Grupo de Discusión
Explorar si alguna vez has sentido miedo y si alguna vez has satisfacido tus necesidades. El siguiente juego de roles es para aquellos que ya no están con el abusador.
Juego de roles: Imagine que su compañero le pregunta si le puede cocinar un plato especial para él, pero usted no tiene tiempo para hacerlo. A usted le gustaría que el comiera un sándwich porque tu no tienes tiempo.
¿Cómo expresar sus necesidades de una manera asertiva? Recuerda usar "yo".

Planificación para la seguridad
Explique que por motivos de seguridad los miembros pueden hacer una verbal o por escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a casa con ellos.
Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra posibilidad podría ser que otros miembros puedan guardarlo en un lugar seguro para ellos.
Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono, las estaciones de policía, centros de acogida y los bancos de alimentos.
El desarrollo de un plan de seguridad antes de salir
El desarrollo de un plan de seguridad después de salir.

Cierre
Resumir lo que se discutió en el grupo.
Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:
Dios, concédeame la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.

PASO 8
Hicimos una lista de todas las personas de que nos hemos aislado, aquellos que nos han hecho daño, los que trataron de ayudarme y usted les rechazó y aquellos a quienes usted ofendió y estuvimos dispuestos a reparar a todos ellos.

Introducción Para Todo Tipo de las Relaciones
Enmiente no sólo están pidiendo una disculpa sino también cambiar nuestro comportamiento y entender realmente el efecto del abuso de otros. Trayendo justicia espalda. Pedir al menos una disculpa a sus amigos que intentaron ayudar a que usted hará que ya no evitarlos. Como efecto del abuso sabemos que las mujeres se aíslan, este paso es para que usted haga una lista de todas las personas a las que creemos se vieron afectados por la relación de la violencia doméstica con el fin de alcanzar y mantener mejores relaciones.
Hacer una lista de todas las maneras en que los niños podrían haber sido afectados.
Haga un esfuerzo para ver cómo muchas personas que han lastimado o te han herido, ¿de qué manera, es la reapertura de heridas emocionales, algunos tal vez olvidado otros son recientes y dolorosamente.
Efectos de la Violencia Doméstica en los Niños

Entendiendo que el abuso también afecta a los niños que han sido testigos o víctimas de abuso, sin importar su edad.

Leyes de abuso infantil: es relevante que decir una vez más que la violencia doméstica se considera abuso infantil si el niño fue testigo de la violencia doméstica.

El abuso por parte de un cuidador o afecta a las creencias básicas de los niños acerca de sí mismos, los que tienen autoridad, construir y mantener relaciones con los demás y tienden a hacer suposiciones sobre el mundo. Algunos efectos son difíciles de reconocer, como los efectos emocionales, cognitivas y conductuales y puede expresarse de manera diferente en función de su edad.

Efectos de la violencia doméstica sobre los niños por edades:

- **Beibes**: alteraciones del sueño, llanto continuo, incapacidad para ser consolada, se asustan con facilidad, irritado.
- **Los niños pequeños / preescolares**: la dificultad de ir a dormir, pesadillas frecuentes, sin saber cómo ni cuándo jugar, tristeza general, maldiciendo.
- **La edad primaria**: dificultad para concentrarse, una caída en los grados, incapacidad para seguir instrucciones, timidez extrema o miedo de los adultos, hablar excesivamente, fobia escolar, conductas regresivas, la intimidación, la actuación.
- **Adolescentes**: destrucción de la propiedad, la conducta autodestructiva, crueldad con los animales, los niños pequeños y los compañeros del sexo opuesto, absentismo escolar, fuga, comportamiento agresivo, abuso de drogas y alcohol, hablar de suicidio, amenazas o intentos, depresión, trastornos del sueño, el aislamiento y la falta de compromiso social con sus compañeros y familiares.

Si el padre se sigue viendo a los niños a continuación una lista de maneras en que podría ser abusiva como padre.

¿Qué decir cuando el padre está lejos de los niños? Aprenda las maneras apropiadas para abordar la ausencia del padre.

**Aprenda las Maneras de Comunicar sus Enmiendas**

Ser empático con los sentimientos del otro, mientras que fueron abusados. El miedo, el dolor, la tristeza, la impotencia, las frustraciones niños (familia, amigos) han sufrido verte en una relación abusiva.

**Planificación para la seguridad**

Explique que por motivos de seguridad los miembros pueden hacer una verbal o por escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a casa con ellos.

Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra posibilidad podría ser que otros miembros puedan guardarlo en un lugar seguro para ellos. Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono, las estaciones de policía, centros de acogida y los bancos de alimentos.

El desarrollo de un plan de seguridad antes de salir

El desarrollo de un plan de seguridad después de salir.
Cierre
Resumir lo que se discutió en el grupo.
Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:
Dios, concédeame la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.

PASO 9
Reparamos las relaciones con tales personas, excepto cuando el hacerlo implicaba un gran daño para ellos o para otros.

Comunicar sus Enmiendas
Utilizando las habilidades asertivas, como "I declaraciones" para expresar a sus hijos, familiares y amigos cómo te sientes acerca de los efectos del abuso sobre ellos. El objetivo de este paso es construir mejores relaciones con los demás y para pedir disculpas y hacer un cambio de comportamiento.
Ser muy cuidadoso de no revelar nada de lo que le hará estar en peligro inminente o daño a otras personas.
Use su buen juicio y prudencia para expresar adecuadamente al hacer las paces.
Por ejemplo: no revelamos a tus hijos algo que les hará daño emocional y los llevará por sorpresa y no es apropiado para su edad. Tal vez sería mejor hacer las paces, pero a la espera de conocer "pesados" experiencias como la violación a sus hijos. Ellos no tienen que conocer todas las formas en las que fueron objeto de abuso, usted tiene que usar su juicio para tomar tal decisión.
Este paso se lleva a cabo cuando usted no está en sesiones, es para que reflexionen sobre quién debe usted necesita para hacer las paces y visitar a las personas a hacerlo. Puede dar miedo y / o vergüenza porque no se puede saber cómo la gente va a reaccionar, pero te sentirás mucho mejor después de pedir disculpas y cambiar su comportamiento. Se mostrará a los demás y que está comprometido con el cambio.

Planificación para la seguridad
Explique que por motivos de seguridad los miembros pueden hacer una verbal o por escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a casa con ellos.
Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra posibilidad podría ser que otros miembros puedan guardarlo en un lugar seguro para ellos. Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono, las estaciones de policía, centros de acogida y los bancos de alimentos.
El desarrollo de un plan de seguridad antes de salir
El desarrollo de un plan de seguridad después de salir.

Cierre
Resumir lo que se discutió en el grupo.
Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:
Dios, concédeme la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.

**PASO 10**
Siga tomando diariamente autoexploración y reconocer si estamos recibiendo o dando cualquier tipo de abuso.

**Como Prevenir las Recaídas a una Relación Abusiva**
Continuar el examen de sí misma, sus actitudes, y los factores situacionales desencadenantes que llevan a volver a una relación abusiva vieja o nueva. La depresión es un síntoma clave para introducir las recaídas, otros síntomas son la soledad, agotamiento, falta de honestidad, la impaciencia, la frustración, la autocompasión, confiar en los demás con facilidad, esto no puede suceder otra vez, creyendo que cambiar.
Los miembros deben ser enseñados a anticipar, identificar y contrarrestar las señales de advertencia y las trampas para evitar la recaída.
La comprensión de que sus nociones falsas, trampas de la mente, el auto-sabotaje podría llevarla a seguir una relación abusiva.
Si usted tiene contacto con el abusador no deje seducirse por él.
Olvido selectivo podría estar presente en la fase de luna de miel del ciclo de la violencia. La pareja falsamente atribuye la violencia a una pérdida momentánea de control, el momento de paz a corto plazo que sigue el incidente abusivo.
No ceder a sus impulsos. ¿Qué cambios ha hecho él?
Usted puede controlar la relación.
Lo que usted puede hacer para los niños?
Educar para comunicarse intolerancia de la violencia sin permitir un episodio de recaída para descarrilar el proceso de recuperación.
Si tuvo una recaída: utilizar sus sentimientos de culpa y arrepentimiento para motivar correctivo continuo de auto-exploración, y evitar que la transformación negativa de esos sentimientos de culpa en cualquiera de desesperanza y depresión, o la negación y la culpa.
Aprenda a identificar las señales de advertencia de una recaída y desarrollar estrategias alternativas basadas en la comunicación y el autocontrol.

**Planificación para la seguridad**
Explique que por motivos de seguridad los miembros pueden hacer una verbal o por escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a casa con ellos.
Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra posibilidad podría ser que otros miembros puedan guardarlo en un lugar seguro para ellos. Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono, las estaciones de policía, centros de acogida y los bancos de alimentos.
El desarrollo de un plan de seguridad antes de salir
El desarrollo de un plan de seguridad después de salir.

**Cierre**
Resumir lo que se discutió en el grupo.
Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:
Dios, concédeame la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.

**PASO 11**
Mediante la oración y la meditación mejorar nuestra relación con Dios, él continuará para
darnos su fuerza, la gracia y el conocimiento para superar el ciclo del poder y el control.

**Orar y meditar**
Implementación de nuevas actividades para enriquecer nuestras vidas como hobbies,
actividades que te harán feliz, algo que le guste.
Voluntariarse en un lugar que te guste proveer ayuda.
Escenificación de situaciones difíciles y mis respuestas a estas situaciones.
Ser agradecidos de lo que tenemos hoy.

**Planificación para la seguridad**
Explique que por motivos de seguridad los miembros pueden hacer una verbal o por
escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a
casa con ellos.
Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra
posibilidad podría ser que otros miembros puedan guardarlo en un lugar seguro para ellos.
Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono,
las estaciones de policía, centros de acogida y los bancos de alimentos.
El desarrollo de un plan de seguridad antes de salir
El desarrollo de un plan de seguridad después de salir.

**Cierre**
Resumir lo que se discutió en el grupo.
Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:
Dios, concédeame la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.

**PASO 12**
Habiendo obtenido un despertar espiritual como resultado de estos pasos, tratamos de
llevar este mensaje a otras víctimas, y de practicar estos principios en nuestras vidas.

**Patrocinio se Convierte en una Opción**
Definición de patrocinio: Necesita una víctima más con quien hablar. Necesita otro
sobreviviente de la violencia doméstica, tanto como ella te necesita.
En DV-Anon, el patrocinador y patrocinado se encuentran como iguales. Un
sobreviviente que ha logrado algunos avances en las acciones del programa de
recuperación que experimentan de manera continua e individual con otra víctima que está
tratando de lograr o mantener una relación libre de abuso a través de DV-Anon. Para ser
un patrocinador debe de tener por lo menos año o más sin una relación de violencia
doméstica.
Establecimiento de patrocinio para los recién llegados. Seleccione una persona con la que
se sienta cómoda, alguien que usted puede confiar y hablar libremente y de manera
confidencial, y pedir a ese miembro que sea su patrocinador. Patrocinio ayudando a otra víctima, quien admite que no tiene poder y control sobre su vida debido a la violencia doméstica y decide buscar seguridad y un ambiente tranquilo. El patrocinio es una responsabilidad continua para ayudar a un recién llegado adaptarse a un estilo de vida sin malos tratos. Una de las ventajas de elegir un patrocinador es que ambas son mujeres por lo que ayuda a los miembros mantenerse enfocadas en el programa. Si su patrocinador no está disponible, el miembro puede llamar a otro miembro, vaya a una reunión DV-Anon, leer libros y utilizar el Paso 10 para prevenir recaídas. Lo mejor es elegir un solo patrocinador, para evitar que los miembros busquen consejos en diferentes personas para escuchar lo que ella quiere oír.

Obligaciones del Patrocinador:
• El patrocinador debe tener la capacidad de comprensión, la paciencia y la voluntad de dedicar tiempo y esfuerzo a los nuevos miembros.
• Ella hace todo lo posible para ayudar a que vivan en una relación no abusiva.
• Muestra que ella ha estado viviendo una relación libre de abuso. Podría ser que ella ha terminado una relación de violencia doméstica o iniciado una nueva sin abuso.
• Introduce un nuevo miembro a otros miembros.
• Explica el significado de los Doce Pasos, y su importancia.
• Insta a los recién llegados a participar en las actividades del grupo tan pronto como sea posible.
• No ofrece servicios profesionales tales como asesoramiento, asistencia legal, médica o comunidades de trabajo social, pero a veces pueden ayudar al recién llegado acceso a esos servicios.

Patrocinio fortalece el miembro más viejo abuso entorno libre. El acto de compartir experiencias hace que sea más fácil para un miembro a vivir sin el perpetrador. También ofrece la satisfacción que proviene de asumir la responsabilidad de alguien que no sea uno mismo. El patrocinador satisface la necesidad, sentida por la mayoría de los seres humanos, para ayudar a otros.

Si a usted le gusta leer, guardar el libro en un lugar seguro:
• "Mejor Sola Que Mal Acompañada" autora Mirna M. Zambrano.
• "Como Recuperar su Autoestima, Guía para Mujeres que Desean Sentirse Mejor" autora Carolynn Hillman.

La promoción y el voluntariado en los programas de DV para dar y proporcionar el conocimiento que usted tiene.

Vivir la alegría de un ambiente de paz
La práctica todos los pasos una y otra vez como una forma de vida.

Planificación para la seguridad
Explique que por motivos de seguridad los miembros pueden hacer una verbal o por escrito un plan de seguridad ya que algunos no pueden estar seguros de tomar la escrita a casa con ellos.

Para aquellas mujeres que no pueden estar seguras de llevarse el plan a su casa, otra posibilidad podría ser que otros miembros puedan guardarlo en un lugar seguro para ellos. Proporcionar una lista de recursos, tales como la asistencia jurídica, las líneas de teléfono, las estaciones de policía, centros de acogida y los bancos de alimentos. El desarrollo de un plan de seguridad antes de salir
El desarrollo de un plan de seguridad después de salir.

Cierre

Resumir lo que se discutió en el grupo.
Todos los miembros del grupo toman de la mano y decir la oración de la Serenidad:
Dios, concédele la serenidad para aceptar las cosas que no puedo cambiar,
El valor para cambiar las cosas que puedo,
Y la sabiduría para reconocer la diferencia.