

Free Domestic Violence Workbooks

Talking about Domestic Abuse A Domestic Violence Workbook Healing the Trauma of Domestic Violence The Domestic Violence Survival Workbook Recover and Rebuild: Moving On from Partner Abuse The Power to Break Free Workbook Drinking and Drugs in My Family Recover and Rebuild Domestic Violence Workbook Domestic Violence Safety Plan Workbook Called to Peace Keeping Kids Safe Unfinished Courage After Fire A Separation in My Family GROW: No More Hurt GROW: I Saw It Happen Grow: My Own Thoughts and Feelings (for Girls) GROW: My Own Thoughts and Feelings (for Boys) Someone I Love Died GROW: Living with My Family *Cathy Humphreys Peggy Lindholm Edward S. Kubany John J. Liptak Stacie Freudenberg Anisha Durve Wendy Deaton Stacie Freudenberg Kellie Jo Holly Joy Forrest Pnina Tobin D.J. Burr-Welborn Keith Armstrong Wendy Deaton Wendy Deaton Wendy Deaton Wendy Deaton Wendy Deaton Wendy Deaton Wendy Deaton*

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talking about domestic abuse is an activity pack for children of nine years and above and adolescents where families have experienced domestic abuse to help and encourage them to open up to their mothers about their distressing experiences based on the authors work with families who have experienced domestic abuse the activities are designed around four important themes building self esteem naming feelings facilitating communication between mothers and children and talking about personal experiences including domestic violence and are accompanied by photographs which act as prompts for discussion the authors explain the need of young people to communicate with their parents about painful memories they also establish practical ground

rules on how mothers can enter into that communication successfully and how to make the most of the activities provided further information is also given on support services that are available to families coping with domestic abuse this will be an essential tool for families including young people who have lived through domestic abuse as well as social workers and other professionals working with them

a domestic violence expert offers the first ever ptsd treatment approach to help abused women overcome the trauma they have endured and regain control of their lives

domestic abuse is very complex and can take many different forms physical sexual psychological emotional and verbal the five sections of the workbook help participants learn skills for recognizing and effectively dealing with abusive relationships the self assessments activities and educational handouts are reproducible

your healing is in your hands with this survivor s recovery workbook it s time to turn the page and start the next chapter of your life s journey the recover and rebuild domestic violence workbook is an easy to use workbook full of healing exercises and journaling prompts to empower survivors of abusive relationships the self guided approach offers critical thinking coping skills and other proven tools to help you strengthen and rebuild from domestic violence and move forward into a new stage of life find answers about domestic violence and explore the types of trauma you may be dealing with in the wake of an abusive relationship work through simple exercises and thoughtful writing prompts designed to help you process your feelings and let go of the ones that don t serve you discover advice for building healthy communication skills and navigating future relationships your story is just beginning the recover and rebuild domestic violence workbook includes inclusive support this workbook is geared toward survivors of any kind of domestic violence or abuse with guidance you can use no matter your gender or relationship type proven techniques rebuild using effective therapeutic methods from cognitive behavioral therapy mindfulness practice assertiveness training and other empirically supported tools all facets of healing find the helping hand you need to recover from domestic violence with exercises on combating negative self talk working through guilt or shame releasing anxiety and anger and more you are resilient take steps toward healing with the recover and rebuild domestic violence workbook

this workbook for victims and survivors of domestic violence offers healing and empowering exercises to facilitate processing the abuse providing clarity about one s relationship and evaluate true change healing exercises to move forward and embrace a new abuse free future are empowering this is an excellent resource for healing retreats and workshops for victims the supportive materials in this workbook are intended to be used in conjunction with reading the book the power to break free surviving domestic violence

drinking and drugs in my family is a creative child friendly program designed for use with elementary school children filled with illustrations and original exercises to foster healing self understanding and optimal growth

your healing is in your hands with this survivor s recovery workbook it s time to turn the page and start the next chapter of your life s journey the recover and rebuild domestic violence workbook is an easy to use workbook full of healing exercises and journaling prompts to empower survivors of abusive relationships the self guided approach offers critical thinking coping skills and other proven tools to help you strengthen and rebuild from domestic violence and move forward into a new stage of life find answers about domestic violence and explore the types of trauma you may be dealing with in the wake of an abusive relationship work through simple exercises and thoughtful writing prompts designed to help you process your feelings and let go of the ones that don t serve you discover advice for building healthy communication skills and navigating future relationships your story is just beginning the recover and rebuild domestic violence workbook includes inclusive support this workbook is geared toward survivors of any kind of domestic violence or abuse with guidance you can use no matter your gender or relationship type proven techniques rebuild using effective therapeutic methods from cognitive behavioral therapy mindfulness practice assertiveness training and other empirically supported tools all facets of healing find the helping hand you need to recover from domestic violence with exercises on combating negative self talk working through guilt or shame releasing anxiety and anger and more you are resilient take steps toward healing with the recover and rebuild domestic violence workbook

this domestic violence workbook helps you to prepare a comprehensive safety plan and take the first steps to emotional abuse recovery domestic partner abuse creates serious emotional damage whether it happens in a short dysfunctional relationship or a long abusive marriage this domestic violence safety planning workbook helps you to

if you or someone you love is in an abusive relationship this companion study to called to peace a survivor s guide to finding peace and healing after domestic abuse is the perfect resource the workbook is a gospel based support group curriculum specifically for domestic violence survivors and has been powerful and life changing for many women

teaches adults simple and specific ways to educate their children as early as possible to protect themselves from sexual abuse and includes a facilitator s guide and two curricula designed to help educators incorporate the safety lessons into their classrooms

unfinished a glbt domestic violence workbook is a thought provoking eye opening look at gay lesbian bisexual and transgender domestic violence the

media occasionally highlights instances of violence against the glbt population but rarely are the blinds opened to view the violence within the community this support manual takes a small but important step toward opening our eyes to the violence that affects an estimated 1 out of 4 relationships in this community the manual provides readers the opportunity to complete exercises that will help expand their awareness and provide the necessary educational tools needed to break the cycle of violence violence does not have to end your life finish what you started

offers soldiers and their families a comprehensive guide to dealing with the all too common repercussions of combat duty including posttraumatic stress symptoms anxiety depression and substance abuse

a separation in my family is a creative child friendly program designed for use with elementary school children filled with illustrations and original exercises to foster healing self understanding and optimal growth

no more hurt is a creative child friendly program designed for use with elementary school children filled with illustrations and original exercises to foster healing self understanding and optimal growth

a workbook for therapists who are counseling children who have witnessed violence

my own thoughts and feelings for girls is a creative child friendly program designed for use with elementary school girls filled with illustrations and original exercises to foster healing self understanding and optimal growth

my own thoughts and feelings for boys is a creative child friendly program designed for use with elementary school boys filled with illustrations and original exercises to foster healing self understanding and optimal growth

someone i love died is a creative child friendly program designed for use with elementary school children filled with illustrations and original exercises to foster healing self understanding and optimal growth

living with my family is a creative child friendly program designed for use with elementary school children filled with illustrations and original exercises to foster healing self understanding and optimal growth

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