

CATHOLIC CHARITIES
Women's Domestic Abuse
Counseling Program



Outcomes

Participants will have more awareness:

- Of their feelings
- Of their self-talk
- Of their behaviors and the effects on themselves and children
- Of their personal boundaries
- About domestic violence

Participants will develop more skills:

- To calm their bodies
- To manage feelings
- To improve their self-esteem
- To improve their personal boundaries
- For better decision-making

Participants will gain knowledge about:

- Socialization of women
- Managing feelings
- Building their self-esteem
- Mental health
- Domestic violence
- Family of origin issues

Referrals are accepted from County Probation Officers, Child Protection Workers, County Social Workers, Mental Health Case Managers, Clergy and self referral.

Call today for more details
320-650-1660

Services through Catholic Charities are available to all eligible people regardless of race, color, creed, religion, national origin, sexual orientation, sex, marital status, disability, or age.

Equal Employment Opportunity/ Affirmative Action Employer



*Increasing awareness about abuse and trauma
and
Enhancing Self-Esteem*

CATHOLIC CHARITIES

Caritas Mental Health Clinic

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www.ccstcloud.org/MentalHealthClinic



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Mission

The Women's Domestic Abuse Program strives to:

1. Assist group members to understand the impact of trauma on their physical self, their emotions, and self-esteem.
2. Assist group members to trust themselves in order to build self-confidence.
3. Assist group members to identify their feelings about their experiences.
4. Assist group members to improve their personal boundaries.
5. Assist group members to understand the effects of domestic violence on themselves, their children, and others.
6. Assist group members to be more mindful in their thoughts and actions

Group Therapy for Women

The Women's Domestic Abuse Counseling Program is a twelve (12) week closed group for women who want to build their self-esteem and develop better skills in managing their feelings.

The facilitator will provide a therapeutic psycho-educational group for victim/survivors of domestic abuse in a weekly two hour session. Sessions will include:

1. Phase I: Get Acquainted first night (1 session)
 - Group rules
 - Philosophy of program
 - Exercises to learn more about each other
2. Phase II: Basic Education (3 sessions)
 - Four different kinds of abuses
 - Cycle of Violence
 - Why do we stay/characteristics of an abusive person
 - Women using violence
3. Phase III: Learning to trust myself (4 sessions)
 - Emotional Regulation/managing anger, upset feelings
 - Safety planning/intuition
 - Self care questionnaire and beliefs about myself
 - Making personal boundaries
4. Phase IV: Other abusive patterns in our lives (2 sessions)
 - Abuse in family of origin
 - Our children, the impact of domestic violence on them
 - What is a healthy relationship?
5. Phase V: Ways to Heal (2 sessions)
 - Learning to be self compassionate
 - Detaching from emotional pain, body scans, and grounding
 - Journaling, art, yoga, music
 - A narrative exercise
 - Moving away from victim-hood



WHO: For women who want to understand the impact of trauma and domestic abuse, and how to move beyond.

WHAT: Twelve week closed group therapy facilitated by a licensed mental health provider.

WHERE: YMCA Rainbow Room
CHILD CARE PROVIDED for a nominal fee.

WHEN: Thursdays from 6 to 8 p.m.

FEE:

- Most medical insurances can be used
- Sliding fee available with proof of income
- Full rate: \$90.00 per session

An individual counseling option is offered for women who may not benefit from the group format.