



Another Way...Choosing to Change-Participant's Handbook: Handouts and Homework for 52-Week Domestic Violence Program

By Nada Yorke

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The goal of any batterer intervention program is to stop violent behaviors; but just as important is the transformation of the participant's thoughts, feelings and behaviors in order to eliminate all forms of abuse in their interpersonal relationships.

Utilizing a strengths-based, cognitive-behavioral, and solution-focused approach, this trauma-informed, 52-week batterer intervention curriculum and program design addresses mindfulness, attachment issues; and when used as designed, the facilitator will be able to see higher retention rates and identifiable changes in participants' thoughts, feelings and behaviors.

This unique program design incorporates adult learning principles and activities to impart information which will

- educate the participant on what constitutes abusive behaviors;
- stimulate introspection;
- promote personal responsibility for abusive behaviors, and;
- teach non-violent conflict resolution.

Some of the sessions are packed with activity and discussion, while others are designed to stimulate deeper introspection. This design helps in keeping the participant's interest and often they don't even realize that two-hours has elapsed. Ultimately, it is anticipated that the participant will develop and demonstrate empathy for those they have victimized.

This material and program design has been praised by participants for what they have learned; by their family members for the positive changes in behaviors and responses to conflict; and by program facilitators who have found the process stimulating and rewarding.

This handbook is designed to accompany the "Another Way...Choosing to Change- Facilitator Guide"

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Editorial Review

About the Author

Nada Yorke, is a Licensed Clinical Social Worker, author, researcher and court-certified as an expert on the dynamics of domestic violence. She founded Yorke Consulting and Correctional Counseling for Change (www.yorkeconsulting.com) since retiring after 25-years as a probation officer supervisor where she developed specialized caseloads for gang members, high-risk substance abusers and worked with victims of violent crime.

In 2007 Nada implemented a certified batterer intervention program (BIP) in a California maximum security prison, and her research results were published in the October 2010 edition of *The Journal of Offender Rehabilitation*. Her most recent BIP's have been in the County jail and in a faith-based community program. Both have seen exceptional retention and significant violence reduction by graduates. A second study is pending based on those results. She has since trained over 100 people to become batterer intervention facilitators in the State of California, and provides consultation and training throughout California to programs seeking facilitator training for their staff and certification of their batterer intervention programs. A sought after trainer and speaker, Nada has spoken to national and international audiences of therapists, forensic counselors and law enforcement personnel about the issues concerning domestic violence and the value of working with perpetrators to stop the intergenerational cycle of domestic violence.

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