

PARTICIPANT WORKBOOK

# Beyond Violence

A Prevention Program for  
Criminal Justice-Involved Women

Stephanie S.  
Covington



WILEY

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A PREVENTION PROGRAM FOR CRIMINAL  
JUSTICE—INVOLVED WOMEN

Stephanie S. Covington

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A PREVENTION PROGRAM FOR CRIMINAL  
JUSTICE—INVOLVED WOMEN

WORKBOOK

## Other Publications by Stephanie S. Covington

*Leaving the Enchanted Forest: The Path From Relationship Addiction to Intimacy*  
*A Woman's Way Through the Twelve Steps*  
*A Woman's Way Through the Twelve Steps Workbook*  
*A Woman's Way Through the Twelve Steps (facilitator's guide and DVD)*  
*La Mujer Y Su Practica de los Doce Pasos*  
*La Mujer Y Su Practica de los Doce Pasos Libro de Ejercicios*  
*Awakening Your Sexuality: A Guide for Recovering Women*  
*Women in Recovery: Understanding Addiction*  
*Mujeres en recuperación: Entendiendo la adicción*  
*Beyond Trauma: A Healing Journey for Women (facilitator's guide, workbook, and DVDs)*  
*Healing Trauma: Strategies for Abused Women (CD-ROM)*  
*Voices: A Program of Self-Discovery and Empowerment for Girls (facilitator's guide and workbook)*  
*Women and Addiction: A Gender-Responsive Approach (manual and DVD)*  
*Helping Women Recover: A Program for Treating Addiction (facilitator's guide and woman's journal)*  
*Helping Women Recover: A Program for Treating Addiction: Special Edition for Use in the Criminal Justice System (facilitator's guide and woman's journal)*  
*Helping Men Recover: A Program for Treating Addiction (facilitator's guide and man's journal)*  
*Helping Men Recover: A Program for Treating Addiction: Special Edition for Use in the Criminal Justice System (facilitator's guide and man's journal)*  
*Beyond Anger and Violence: A Program for Women (facilitator's guide, workbook, and DVD)*

*This book is dedicated to the women incarcerated for violent crimes who courageously shared their life stories with me. Listening to them gave me a greater understanding of the complexities of their lives. They are all survivors of abuse, and they are the inspiration for this work.*

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# Orientation Session

## Introduction to the Program

*Beyond Violence: A Prevention Program for Criminal Justice–Involved Women* is designed to help you to look at the impact of violence in your life and to create an opportunity for you to make changes to prevent violence in the future. The program is divided into four parts: Self, Relationships, Community, and Society. These four content areas will guide you in understanding important issues relating to violence in the lives of many women, both inside and outside your program group.

During this program, you will attend this orientation session and 19 additional sessions with the members of your group. With them, you will have new experiences and learn new ways of looking at the world. The facilitator who will conduct the sessions has experience working with women who have reacted with force toward others, and she understands the issues.

Taking part in this group will allow you to explore how seeing and experiencing violence in your life has affected you and the decisions you have made. You will find support from the other women in your group. As you explore important issues together, you will learn new ways to cope and better ways to make decisions. You will experience a greater sense of power, inner strength, and peace.

# Overview of the Program

The *Beyond Violence* program aims:

- To provide a place for you to reflect and learn more about yourself.
- To provide information in order to help you to better understand the relationships between your thoughts, feelings, and behaviors.
- To help you to understand the effects of your family, your relationships, your community, and the larger society on your life.
- To help you understand more about the roles of anger and violence in your life.
- To provide an opportunity for you to learn new skills, including skills in communication, conflict resolution, decision making, and calming techniques.
- To help you become part of a group of women working to create a less violent world.

## Your Workbook

This workbook is a place for you to record your experiences during the journey that you are about to begin in the *Beyond Violence* program. Using this workbook will help you to remember what you learn, think, and feel. The workbook contains:

- Some of the activities you will do during the group sessions.
- Summaries of information that you will receive in the group sessions.
- Questions and activities for you to do after each session.

The activities will help you to examine many parts of your life. There are no right or wrong answers, and your responses will not be checked. You may be asked to share some of your responses in the group sessions, but this is voluntary, and other group members will be sharing as well. You do not need to worry about your handwriting or spelling. This workbook is a tool to help you with your own growth and recovery.

You will keep your workbook to use between sessions. It is your responsibility to remember to bring your workbook to each group session.

If you are concerned about confidentiality by keeping your journal with you, please discuss this with the group facilitator.

# Group Introductions

The following are questions you can answer as a way to introduce yourself to the group. This introduction allows you and the other group members to begin to get to know one another.

My name: \_\_\_\_\_

When and where I was born: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How I identify myself (including culture, ethnicity, race): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The people in my family (can include a husband or live-in partner, children, mother, father, brothers, sisters, or whomever you consider your immediate family):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you are currently living in a prison and have been here for a very long time, you may want to share who you consider your "family" or best friends to be here in this facility:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

One thing I like about myself or a special gift that I have: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Topics Covered in This Program

1. How our thoughts and feelings affect our behaviors.
2. How to better manage our feelings, especially the powerful and painful ones.
3. The impacts of families and relationships on our lives.
4. Information about abusive and healthy relationships.
5. The role of anger in women's lives.
6. The effects of our communities on our lives, including support for violence in our communities.
7. Making amends and restitution.
8. Envisioning a more peaceful world.

# Group Agreements

Your facilitator explained the purpose of group agreements. These describe behaviors that will help the group to be a safe, respectful, and supportive space for each group member. Please add the agreements from your group.

## Our Group Agreements
