

STEP: Manualized Treatment for Survivors of Domestic Violence

Survivors of domestic violence have many psychological effects similar to other trauma victim/survivors, particularly those who have experienced gender-based violence such as sexual assault, rape, sexual exploitation, trafficking, and child sexual abuse. Although many different types of psychotherapy and other interventions have been described in the literature, the consensus is that trauma-specific treatment has the best efficacy in helping victims become survivors with new resilience. Using an evidence-based, trauma-specific treatment program, the Survivor Therapy Empowerment Program (STEP-2) helps move victims to a survivor status with a tripartite program. The three areas are psychoeducation to assist in the understanding of the various trauma responses, a period of discussion where the impact of these trauma responses are understood from an individual perspective, and a skill-building period where new skills are learned and old skills reinforced. The transparent intervention program has 12 units that can be broken down into smaller sessions if necessary. Goals are negotiated with the clients as part of modeling the empowerment process necessary to heal from trauma. Rebuilding lost resilience is included as a part of healing from PTSD.

Topics include safety planning, relaxation training, cognitive restructuring faulty cognitions, boundaries and assertiveness, cycle of violence, trauma and PTSD, numbing behaviors and substance abuse, attachment and emotional re-regulation, impact of domestic violence on children, dealing with legal issues, grieving and letting go of old relationships, and building wellness and resilience. Each STEP can be used in a group or individually, in sequence or using each unit as its own stand alone section.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses

Course Level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Define the elements of a trauma-specific treatment program
2. Explain 3 new skills to a domestic violence survivor
3. Describe a safety plan a client can use for protection
4. Define the important psychoeducation about trauma, PTSD & domestic violence.
5. Adapt the STEP-2 program to their own practice

Outline

Begin 1 PM ET
What is STEP-2
Group Dynamics
12 Steps
Sessions vs. Units
Labeling
Relaxation Training
Cognitive Restructuring
Boundaries
Break 2:30-2:45 PM ET
Battered Women Syndrome
Trauma Triggers
Numbing Behaviors
Empathy
Impact On Children
Legal Issues
Grieving
Wellness
Data
Self-Care
End 4:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars (Provider Number 1242), is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: (3/28/19 to 3/28/2022). Social workers completing this course receive 3 continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tzkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tzkseminars is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The Presenter

Lenore Walker received her doctorate at Rutgers, the State University of New Jersey in 1972 and immediately went on the psychiatry faculty at the then CMDNJ Rutgers Medical School where she began her research about the psychological effects of domestic violence on women and children. In 1978 Walker received an ROI research grant from NIMH to study what she named "Battered Woman Syndrome". She continued that research on the faculty of Nova Southeastern University Center for Psychological Studies where she is the Coordinator of the Clinical Forensic Psychology Concentration in the doctoral program and Director of the Masters in Forensic Psychology program. During the almost forty years, Walker has engaged in clinical and forensic practice and policy issues around the world in the area of gender violence, published twenty books and authored numerous chapters and articles, and is working on the fourth edition of *The Battered Woman Syndrome*. She is known internationally for her keynote speeches and workshops to professionals as well as expert witness testimony in high publicity legal cases.

General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with a commercial interest pertinent to the content of this seminar.

Individuals with a disability or special need can go to tzkseminars.com to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



Tzkseminars
6030 Daybreak Circle, Suite A150/355
Clarksville, Md. 21029