

# JBWS PROFESSIONAL TRAINING TOPICS

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JBWS provides training opportunities to increase professionals' awareness and understanding of domestic violence, as well as to encourage and empower professionals to appropriately respond to domestic violence within their particular professional role. Topics can be tailored to meet the specific needs of your group.

To discuss or schedule a professional training, please contact the Professional Training Manager at 973-267-7520 ext. 121 or [training@jbws.org](mailto:training@jbws.org)

## PROFESSIONAL TRAINING TOPICS:

### ***DOMESTIC VIOLENCE—UNDERSTANDING THE ISSUE***

- **Domestic Violence: An Overview of the Issue**

Domestic violence is defined as a pattern of coercive behaviors used by one person to establish and maintain control over an intimate partner. This workshop will discuss the prevalence of domestic violence in our communities as well as define the dynamics of power and control in an abusive relationship. Participants will also discuss the question of “why victims stay”, and the barriers that persist in our communities that prevent a victim or survivor from safely leaving an abusive relationship. Finally, an overview of JBWS programs and referral process will be addressed.

- **Domestic Violence Law**

This workshop will discuss The NJ Prevention of Domestic Violence Act by defining how the legislature defines a victim and acts of domestic violence. Participants will learn about the civil and criminal processes available under this law, including the process for obtaining a Temporary and Final Restraining Order.

- **Essential Information for Family and Friends: How to Support Survivors**

While domestic violence is often kept a family secret, friends and family are often knowledgeable or privy to some of the abusive and controlling behaviors their loved one may be experiencing. This workshop will educate family members and friends to understand the signs of a potentially abusive situation, to understand why victims may stay or go back to abusive partners, as well as discuss opportunities for interventions.

- **Healthy Relationships**

Domestic and dating abuse prevention often starts with understanding what a healthy relationship looks like. This workshop will help providers define with their clients the values and behaviors demonstrated in a healthy relationship and to discuss where we learn these value systems. This workshop will also discuss how providers can engage and encourage young people to develop healthy relationships early on starting with friendships.

- **Low-Level DV Cases: More Harmful Than They Seem**

Most domestic violence cases start with what one might consider low-level or minor forms of abuse. Some abusive relationships may appear to stay at this low-level of risk. However, this workshop will highlight how even low-level or minor abuse can pose risks that could potentially lead to lethality against the victim. Individuals will also learn how to assess low-level incidents for potential risk and how to help inform other providers and systems when a potential risk is identified.

- **Male Victims**

85% of victims and survivors are female, so what about the remaining 15%. This workshop will discuss the dynamics and barriers that may be unique to male victims of domestic violence, the services that are available to male victims, as well as tools for engaging men and women in discussions about domestic violence across sexes and gender.

- **Safety Planning: Successful Strategies for Reducing Risk**

A safety plan is an individualized plan that victims and survivors of domestic abuse develop to reduce the risks they and their children face. This workshop will discuss the provider's role in the safety planning process, as well as the goals and purpose of safety planning. Participants will learn how to identify batterer-generated and life-generated risks with a victim, as well as strategies that survivors may develop in an effort to keep themselves safe from violence and abuse.

- **Screening and Assessing Abuse: Planting a Seed for Change**

Individuals impacted by domestic violence regularly engage with providers in the community including, but not limited to, healthcare providers, mental health professionals, and other social service providers. This training will provide the goals, principles and ethics surrounding screening for domestic violence. Participants will be lead through a step-by-step approach to screening and assessing, as well as basic interventions for appropriately responding to disclosures of abuse.

- **Stalking: A Dangerous Extension of Power and Control**

Stalking is a common tactic used by many perpetrators of domestic violence to track and control their intimate partners. This workshop will define stalking based on the legal and behavioral definitions as well as provide an overview of the dynamics of stalking within intimate relationships. Participants will also learn how they can help their clients assess and safety plan around their partners' stalking behaviors.

- **Technology: A New Tool for Abuse**

Technology can be very helpful to survivors of domestic violence, but is also often misused by abusers to harass, threaten, coerce, monitor, exploit, and violate their victims. This workshop will explain the ways advancing technology can lead to additional opportunities for abuse and the impact this type of abuse can have on victims. Participants will also learn about resources that can assist victims in using technology safely.

- **Working with People Who Use Abusive Behaviors in Intimate Relationships**

While working with victims of domestic violence is critical to their and their children's safety, working with those using abuse is critical to helping them learn from their experiences and behaviors as well as offering tools and skills to help them change their abusive patterns of behavior. This workshop will discuss tools for engagement through screening, assessing and interview skills and will define the difference between men and women's use of force and abuse within intimate relationships. This workshop will also identify best practices for batterers' intervention which will include a discussion on the differences between Anger Management and Batterer's Intervention Programs.

## ***CHILDREN & TEENS***

- **Engaging Adolescents in Discussions on Dating Safety**

Dating relationships for teenagers can be just as dangerous as adult domestic violence, however, with unique and sometimes life-threatening barriers that may prevent a victim from breaking up with her/his partner safely. This workshop will discuss the definition, dynamics and prevalence of teen dating abuse, the tools for assessing abuse with a teen, as well as tools for engaging teens in a dialogue that promotes healthy relationships as well as challenges messages of power, control and abuse.

- **Healthy Relationship Skill-Building with Children**

Values found in a healthy relationship include empathy, sharing, respect, communication, problem-solving and helping others. This workshop will give providers tools to engage youth in developing the values and skills needed in a healthy relationship.

- **Impact on Children**

Over five million children were exposed to domestic violence in the last year. This workshop will discuss the physical, psychological, and developmental impacts that this type of violence can have on children. Participants will also learn how to address responses from children who disclose abuse, as well as tools for addressing the violence and abuse with parents and guardians.

- **Working with Youth Toward Prevention**

Domestic and dating abuse, while extraordinarily prevalent in our society, they are also both preventable. This workshop will engage providers working with youth to understand some of the social and cultural norms that contribute to intimate partner violence, the impact that trauma may have on youth, and learn how to prevent intimate partner violence by utilizing strategies that touch on the primary, secondary and tertiary levels of prevention.

### ***CULTURAL CONSIDERATIONS***

- **Abuse in Later Life**

Domestic violence can often affect individuals later in life whether it is “domestic violence grown old” or a new relationship later in life. This workshop will address the dynamics of abuse in later life, and the various ways in which it may manifest. Participants will learn the barriers and myths that often prevent older adults from seeking support, as well as tools for interventions and resources.

- **Faith Based Issues**

Faith based and religious communities can be important places for support and healing for survivors and families impacted by domestic violence. However, religious beliefs and traditions may also pose barriers that prevent victims from disclosing abuse as well as prevent opportunities for gaining supportive services. This workshop will discuss how religious and faith based communities may serve as a resource or roadblock for survivors in domestic violence situations, how perpetrators may use spiritual abuse as an additional layer of control over their partners, and how faith based communities can respond to and prevent domestic violence as part of a coordinated community response.

- **DV in LGBTQ+ Communities**

Domestic violence exists in all intimate relationships including same-sex relationships. This workshop will define the dynamics and barriers that are unique to the experiences of individuals in the LGBTQQI communities while also incorporating this information as part of the larger context of heterosexism and homophobia in our society. Participants will also learn tools for appropriate interventions including additional resources.

- **DV in Military Families**

About 33 percent of combat veterans with PTSD report having been aggressive with their intimate partner at least once in the previous year, a slightly higher rate than amongst civilian populations. This workshop will discuss the ways domestic violence may manifest in military families and their unique risk factors, including PTSD, Traumatic Brain Injury (TBI) and a high prevalence of substance use disorders. Participants will also learn about best practices when working with military families impacted by domestic violence.

### ***IMPACT ON HEALTH***

- **Impact on Health**

Living with chronic trauma will often impact a survivor's health and well-being, both in the short term, as well as over the course of their lifetime. This workshop will discuss the impact that domestic violence can have on an individual's health and well-being, as well as the role that the health care community can play as part of the coordinated community response to domestic violence.

- **Intersection of HIV & IPV**

Research shows us that violence is both a significant cause and a significant consequence of HIV infection among women. This workshop will explore the relationship between the experience of violence within a relationship and the contraction of HIV. Participants will also explore the ways in which living with an abusive partner can impact HIV treatment.

- **Strangulation Response**

Nonfatal strangulation is a leading precursor to domestic homicide, and 68 percent of domestic violence victims will experience near-fatal strangulation by their partners. This workshop identifies the risks associated with strangulation and provides participants with tools for identifying signs and symptoms of strangulation. This workshop will also explain how to document these cases to support evidence-based prosecution of perpetrators.

- **Mental Health: Simple Strategies for Identifying IPV in Your Caseload**

The majority of survivors and perpetrators in domestic violence cases do not have diagnosed mental health conditions. However, there are a large number of trauma survivors who have been negatively impacted by abuse, including their mental health and well-being. This workshop will discuss the impact of trauma on individuals, and how chronic domestic violence may negatively impact survivors and how they present to outside providers, as well as some of the common coping and defense mechanisms survivors may develop in response to that violence. This workshop will also include tools for screening, assessment and basic interventions.

- **Reproductive Coercion: Power and Control over Reproductive Health**

Many victims of domestic violence often find their ability to manage their own reproductive health is compromised and controlled by their abusive partner. This workshop will define and discuss the dynamics of reproductive coercion, the impact of reproductive control on a woman's health, and the opportunities for providing education and options regarding reproductive health to women in abusive relationships.

### ***INTERSECTING ISSUES***

- **Human Trafficking: An Overview of the Issue**

Human Trafficking is a form of modern-day slavery where people profit from the control and exploitation of others. This workshop will discuss the prevalence of human trafficking in our communities as well as define the dynamics of power and control a trafficker uses to keep their victims from being able to safely leave. Participants will also discuss ways community members can raise awareness and take a stand against human trafficking. Finally, an overview of the connection between domestic violence and human trafficking will be discussed.

- **Police Perpetrated Domestic Violence**

Individuals in law enforcement are not immune to experiencing domestic violence in their own families. This workshop will discuss the tactics of abuse and dynamics of power and control unique to perpetrators who are law enforcement officers; identify the barriers that prevent victims from reporting police-perpetrated domestic violence and obtaining safety; as well as provide tools to encourage victim safety when the perpetrator and/or victims is an officer.

- **Immigration Issues in Domestic Violence**

Victims and survivors of domestic violence who are originally from another country often find their immigration status compromised or utilized by their abusive partner as another form of control over them, and as tool to further isolate them. This workshop will discuss how immigration issues may further compromise a victim's safety, how to engage victims and survivors in a discussion about their immigration status, as well as to inform participants of the resources and relief available to victims and survivors through the Violence Against Women Act (VAWA).

- **Substance Use & Intimate Partner Violence**

While we know that substance use is not a natural cause for domestic violence, there is an extraordinary correlation between these two issues. This workshop will define domestic violence and substance use, misuse and abuse and how these issues compound to negatively affect victims of domestic violence. Participants will learn the prevalence of victims and survivors impacted by substance use, and the risk factors that substances may introduce whether they and/or their partner uses.

- **Victims and Perpetrators with Disabilities**

Studies indicate that individuals with disabilities will experience more instances of violence and abuse at the hands of a trusted family member and/or caregiver. This workshop will define disability and its various forms, the risk factors that may be unique to an individual with a disability, the barriers that may impact an individual's ability to obtain supportive services, and opportunities for providers to assess and intervene in situations where abuse is suspected or disclosed.

## **VICTIM SERVICE VALUES**

- **Boundaries**

Empathy, support and empowerment are the cornerstones of victim services, especially when working with survivors of domestic violence. However, maintaining boundaries, while important, can often be a challenging part of providing victim support. This workshop will define what boundaries are, the different types of boundary issues that advocates and providers may experience, and tools to establish and address boundaries in the helping relationship.

- **Cultural Humility**

Domestic abuse affects individuals from all demographic backgrounds regardless of race, ethnicity, religion, or socio-economic background. This workshop will discuss how culture impacts individuals' and communities' understanding of families, relationships, abuse, and privacy. Participants will also learn how to integrate culture into their screening, assessments and interventions as they address domestic violence cases.

- **Ethics**

Being in social services, providers and advocates are often willing to go above and beyond to help and support clients experiencing a variety of challenges and circumstances. However, it is critical that providers work within a certain set of ethics to ensure both victims are supported appropriately, as well as to ensure the ongoing health and wellbeing of the provider themselves. This workshop will define ethics, and the values and standards of behaviors that are specific to victim service providers and advocates.

- **Trauma Informed Care**

Trauma informed care has become the best practice standard across all service programs, but can be applied in any setting. This workshop defines trauma-informed services and provides an understanding of the impact of trauma. Participants will also learn how to identify signs that someone has experienced trauma and how to respond.