

DV AWARENESS COURSE OUTLINE

Critical Support Part 1: Mindfulness-Based Stress Reduction

1. Introduction to Mindfulness (self-awareness/self-regulation)
2. Be Right Where You Are (developing present moment awareness)
3. Our Storytelling Minds (challenging beliefs)
4. Cultivating Kindness for Self and Others (emotional awareness/regulation)
5. Willingness to be with Things as They Are (tolerance)
6. Finding Compassion Within (self-love/self-acceptance)
7. Enhancing Resilience (utilizing internal/external resources)

Critical Support Part 2: Understanding Self

1. Mindful Self-Care
2. Personality, Birth Order, Gender Roles & Stereotypes
3. Communicating with Respect & Understanding Feelings
4. Building Self-Worth
5. Trauma Recovery (ACES Survey)/Healing Triggers
6. Developing Personal Morals, Values, Intentions
7. Emotional Management Strategies (ANS overview)

Critical Support Part 3: Domestic Violence Awareness

1. Defining Domestic Violence
2. Understanding the Cycle of Violence
3. Impact of DV on Victims/Children
4. Understanding Substance Abuse
5. Conflict Resolution
6. Creating a Safety Plan - Focusing Forward