

LIVING SAFELY AND WITHOUT VIOLENCE FACILITATOR TRAINING

Program Description

The Living Safely and Without Violence (LSWV) program is designed specifically for women who have been charged with violent crimes and/or report a history of aggressive behavior (self-harm and violence toward others). During this program an emphasis is placed on:

- exploring the nature and dynamics of violent behavior;
- the relationship between negative emotions and violence (to self and others);
- mobilizing and building self-change and maintenance strategies including self-regulation, interpersonal, problem-solving and relationship skills;
- incorporating mindfulness practice and other calming techniques to assist women to tolerate and when necessary manage emotions and;
- assisting women to respond to adverse life events (e.g., trauma, abuse, neglect, etc.) and to use adaptive strategies and social resources that will permit them to live safely and without violence.

Training Description

The LSWV training of facilitators is provided to 14 participants over a four-day period. Training time for participants who have been certified in Moving On prior to LSWV can be reduced to 2 days. In this training the emphasis is placed on modeling skills and practices that support staff in helping women to understand why they have used violence and to develop alternative options to self-harm and aggressive behavior. The training is highly interactive and includes an orientation to the theoretical and research framework, skill practice, video demonstrations and activities. At the end of this training participants will be prepared to facilitate the LSWV program with justice involved women.

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Learning Objectives

- Review the literature that pertains to justice involved women with an emphasis on the use of intimate and generalized violence.
- Familiarize participants with the biopsychosocial model of violence.
- Introduce an integrated and multi-method approach to address violent and self-harm behaviors, including trauma-informed practice, relational and strengths-based strategies (e.g., motivational interviewing), cognitive-behavioral intervention and mindfulness practices.
- Provide a detailed overview of program content.
- Increase understanding of the screening and assessment process.
- Discuss issues related to program delivery, evaluation, and implementation.
- Encourage participant learning through reading assignments, knowledge tests, submission of lesson plans, and presentation of assigned sessions.
- Build a network of facilitators who can offer mutual support and encouragement.

Certification

A certificate of participation is awarded to all trainees who complete the training.