

**Westlake Village Family Services**  
**3625 E. Thousand Oaks Blvd. Suite 225**  
**Westlake Village, CA 91362**

**Batterers' Intervention Program**  
**Group Curriculum**

- 1) Group Rules And Timeouts
- 2) Defining Violence
- 3) Recognizing Anger
- 4) Three Ways To Handle Anger (Stuffing, Escalating, Directing)
- 5) I-Statements
- 6) Directing Anger
- 7) Stages Of Anger
- 8) Power And Control Dynamics Wheel
- 9) Equality Wheel
- 10) Jealousy
- 11) Cycle Of Violence and Multi-Cultural Diversity (SCAGSO)
- 12) Alcohol, Other Drugs And Violence
- 13) Alcoholism: A Clinical View
- 14) Other Drugs And Violence
- 15) Men Who Use Violence And The Victims (Characteristics, Common Beliefs)
- 16) Domestic Violence: The Woman's Perspective
- 17) Family Of Origin Effects On Violence
- 18) Causes Of Domestic Violence: Societal Attitudes
- 19) Effects Of Abuse On Children And Others (Effects On Relationships, Self, Statistics)
- 20) Assertiveness Skills 1: Asking For What You Want
- 21) Assertiveness Skills 2: Saying No
- 22) Assertiveness Skills 3: Exercises And Wrap-Up
- 23) The Four Boxes Of Life: I Want, Should, Have To, Can't
- 24) Personal Responsibility And The Power Of Choice
- 25) Couples Communication: Fighting Dirty
- 26) Couples Communication: Fighting Fair
- 27) Recognizing Anger (Differentiating Anger From Violence, Body Signals, Anger Behaviors, Levels Of Anger, Anger Journal)
- 28) The Three Ways To Handle Anger (Stuffing, Escalating, Directing)
- 29) Identifying Feelings
- 30) Expectations And Anger
- 31) Owning Anger
- 32) Letting Go Of Resentments
- 33) Alcohol, Other Drugs And Violence :Basics
- 34) Alcoholism: A Non-Clinical View
- 35) Co-Dependency

- 36) Power And Control Dynamics Wheel & Equality Wheel Review
- 37) Gender Roles And Stereotypes
- 38) Differences In Control At Job And At Home
- 39) Traits And Emotions Of Self And Others: Projective Identification
- 40) Learning To Listen
- 41) Responding To Another's Anger
- 42) Improving Your Relationship
- 43) Assertiveness Skills 1: Asking For What You Want
- 44) Assertiveness Skills 2: Saying No
- 45) Assertiveness Skills 3: Exercises And Wrap-Up
- 46) Self-Esteem 1: What Is It?
- 47) Self-Esteem 2: How Can You Build It?
- 48) Stress Management 1: Defining Stress, Stressors, Stress Relating Illness,  
Exercises
- 49) Stress Management 2: Exercise
- 50) Stress Management 3: Exercises And Wrap-Up
- 51) Holiday Stress And Violence
- 52) Values Clarification