

1. Record Nr.	UNINA9910480785503321
Autore	Goodman Marilyn Shear
Titolo	Pattern changing for abused women [[electronic resource]] : an educational program // Marilyn Shear Goodman, Beth Creager Fallon ; with a foreword by Richard J. Gelles
Pubbl/distr/stampa	Thousand Oaks, Calif. ; ; London, : SAGE, c1995
ISBN	0-8039-5493-X 1-322-41346-0 1-4522-2103-0
Descrizione fisica	1 online resource (257 p.)
Collana	Interpersonal violence, the practice series ; ; v. 9
Altri autori (Persone)	FallonBeth Creager
Disciplina	362.83 616.85822
Soggetti	Abused women - Rehabilitation Abused women - Counseling of Assertiveness training Family violence - Prevention Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes supplement (91, [20] p. : ill.).
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; Foreword; Acknowledgments; Introduction; Boundary Setting Using Assertiveness Skills; Overview; First Things First; Format of the Sessions; Common Threads; Myers-Briggs Type Indicator; Chapter 1 - Your Rights and the Impact of Abuse; SESSION I TEXT; Basic Rights; Defining the Abuse Problem; SESSION I SCRIPT FOR LEADERS; Chapter 2 - Family Roles and Abuse: Why Is It So Hard to Leave?; SESSION II TEXT; When There Is Abuse, What Is Whose Problem?; Why It Is So Hard to Leave; SESSION II SCRIPT FOR LEADERS; Chapter 3 - The Dysfunctional Childhood Legacy; SESSION III TEXT; Factors ResultsSESSION III SCRIPT FOR LEADERS; Chapter 4 - Boundaries and Good-Byes to Old Patterns; SESSION IV TEXT; Boundaries; Old Patterns; How to Change Unhealthy Patterns; SESSION IV SCRIPT FOR LEADERS; Chapter 5 - About Feelings: Grief, Fear, and Guilt; SESSION V TEXT; Sadness and Grief; Fear and Anxiety; From Guilt to Responsibility; SESSION V SCRIPT FOR LEADERS; Chapter 6 - More About Feelings:

Anger; SESSION VI TEXT; Understanding Anger; Steps for Handling the Anger Within Yourself; Steps Toward Taking Action; SESSION VI SCRIPT FOR LEADERS

Chapter 7 - Boundary Setting Using Assertiveness Skills 1: Myth and Reality; SESSION VII TEXT; What Is Assertiveness Skills Training?; Definition of Assertiveness; Comparison of Assertive, Nonassertive, and Aggressive Behaviors; Women and Assertiveness; Trusting Yourself to Be Assertive; Stumbling Blocks to Assertiveness; Some Myths About Assertiveness; Assertiveness Practice; SESSION VII SCRIPT FOR LEADERS; Chapter 8 - Boundary Setting Using Assertiveness Skills 2: Techniques; SESSION VIII TEXT; Rules for Assertiveness; Assertiveness Techniques; SESSION VIII SCRIPT FOR LEADERS

Chapter 9 - Boundary Setting Using Assertiveness Skills 3: Requests and Authority Figures; SESSION IX TEXT; Why Is Making a Request So Hard?; Why Is Refusing a Request So Hard?; Dealing With Authority Figures; SESSION IX SCRIPT FOR LEADERS; Chapter 10 - Boundary Setting Using Assertiveness Skills 4: Practice; SESSION X TEXT; Practicing Assertiveness Skills; Assertiveness and Anger; A Word of Caution; SESSION X SCRIPT FOR LEADERS; Chapter 11 - Setting Realistic Goals; SESSION XI TEXT; How to Set Realistic Goals; Achieving Your Goals; I Need . . . , I Want . . . , I Deserve . . .

SESSION XI SCRIPT FOR LEADERS; Chapter 12 - New Patterns of Decision Making; SESSION XII TEXT; Why Decision Making Is So Difficult; Decision Making in a New Light; Decision-Making Steps; After the Decision; SESSION XII SCRIPT FOR LEADERS; Chapter 13 - Healthy Relationships; SESSION XIII TEXT; Do Healthy Relationships Really Exist?; How Healthy Relationships Begin; How a Healthy Relationship Feels; Problems, Conflicts, and Disagreements; We All Need a Sense of Family; Making the Strengths of Strong Families a Part of Your Life; SESSION XIII SCRIPT FOR LEADERS; Chapter 14 - Changed Patterns; SESSION XIV TEXT

Sommario/riassunto

For facilitators of groups for physically, emotionally and sexually abused women, this volume examines a programme that focuses on the woman herself and her power to change the course of her life. Based on the accumulated experience of the authors and their evaluation of groups they have facilitated over the past 8 years.
