

Intensive Treatment

- new innovative approach
- emotions based
- highly successful
- ongoing assessment
- therapeutic individual and group counselling



connecting
the disconnected

The program will benefit

- Abuser
- Victim
- Families
- Organizations
- Communities

Living Without Violence

theRedPath Programs

Living Without Violence

Addictions Treatment
Employment Training
Child and Youth
Life Skills
Literacy
Suicide Prevention

208-311 George Street N,
Peterborough, ON
K9J3H3
(705) 740-2003 or 1-888-887-7981
whitepathconsulting.com
whitepath@bellnet.ca



connecting
the disconnected

Living Without Violence

Module 1 - The Past

- ☞ effects of violence
- ☞ reasons for violence
- ☞ define types of abuse
- ☞ identify features of victims
- ☞ recognize characteristics of abuser
- ☞ build trust

Module 2 – The Hunt

- ☞ examine personal barriers
- ☞ look at self-image
- ☞ avoid quick fix solutions
- ☞ introduce steps for introspection
- ☞ explore relationships
- ☞ conflict resolution

Module 3 – Falling Apart

- ☞ take control of destiny
- ☞ examine triggers
- ☞ take ownership
- ☞ problem solving
- ☞ make decisions
- ☞ deal with disappointment

Topics discussed:

- ☞ Violence & abuse
- ☞ Blaming others
- ☞ Image and truth
- ☞ Self-esteem
- ☞ Introspection
- ☞ Patterns of abuse
- ☞ Shame & guilt
- ☞ Love and respect
- ☞ Web of domination
- ☞ Community
- ☞ Morals & values
- ☞ Relationships
- ☞ Empathy & trust

Participants will learn:

- ☞ Build emotional awareness—recognize one's own emotions & their effects
- ☞ Understand emotional information
- ☞ Understand how emotions change in various stages of relationships
- ☞ Learn one's self-worth & capabilities
- ☞ Effectively communicate needs and opinions
- ☞ Manage disruptive emotions and impulses
- ☞ Pursue goals despite obstacles and setbacks
- ☞ Learn skills to cope with daily stressors
- ☞ Learn social problem solving strategies

Module 4: My Community

- ☞ overcome fear and doubt
- ☞ identify disruptive patterns
- ☞ examine shame and guilt
- ☞ understand web of domination
- ☞ explore jealousy
- ☞ learn to love and respect

Module 5 – Making it Right

- ☞ take responsibility
- ☞ examine intimate relationships
- ☞ form healthy relationships
- ☞ explore empathy
- ☞ learn to give and take compliments
- ☞ overcome obstacles

Module 6 – Practice

- ☞ practice skills learned
- ☞ build personal supports
- ☞ identify community resources
- ☞ expand community network
- ☞ develop a plan for the future