

Hosting a PEACE Program Group Session Using an Online Video Platform

Colleen Making, PEACE Counsellor, SAFE Society: outreachsafe@shaw.ca

Pre group check list:

Grounding assumptions that you all would be doing within your agency already:

- Confidentiality
- Digital consent forms
- Intake previously completed / known to your client
- You are all experts in the tools you use; there is no right way to do this. Use what makes sense for you.

New group guidelines for a digital platform I use (not the right way or the only way)

- Keep group small
- Only invite existing clients (there is already a mutual respect and understanding of each other and the program)
- Confidentiality expanded about not taping or recording group sessions
- Individual conversations with participants prior to group regarding privacy digital consent etc. first session consent privacy is confirmed by all participants

Structure of group: Topic / length of time/ structure

PEACE Program goals: To stop the intergenerational cycle of violence

Goal of Group: To bring awareness and education of the very complex issues involved with dating violence and exploring what makes for healthier relationships.

Topic: Healthy relationships

Length of time: 1 1/2 hours max / 6 sessions

Structure while in online video platform:

- Welcome
- Mindful moment; grounding activity or icebreaker activity
- Content about topic; introduction of theme
- Brainstorm / engaged discussion with participants activity based
- Video
- Check out

After session:

Email participants individually (confidentiality) any paperwork / activities covered in session / resources

Session 1:

Welcome / group guidelines / review of consent and privacy

Mindful moment: Breath like a Bear book by Kira Willey: Candle Breath

Introduction: your name / siblings / school / share what you would like us to know

Group discussion on: expectations of group, what would you like from this?

Introduce, feelings: what are they??/? How do they work? Discussion

- All feelings are ok
- Feelings are a message from our body that we need to focus on
- If I feel hungry is it your fault? Can you eat something to make my hungry feelings go away?
- Feelings don't hurt us: it is data from our body to our brain
- We are good at taking care of some feelings but not others and boys have been taught that feelings are a feminine trait
- If we ignore feelings we can die: if I don't feel cold I will freeze to death if I don't feel thirsty and don't drink I'll die
- We all have choices on how we take care of our feelings

(note: this is valuable because unhealthy relationships focus on blaming another person for their own feelings)

Belief and value activity: Shout out first thought that comes to your mind:

I learnt that little girls should be _____

I learnt that little boys should be _____

Women should be _____

Men should be _____

Teenagers should be _____

Families are _____

Mistakes are _____

Success is _____

I am _____

Video: Killing us softly 3, Jean Kilbourne: Advertising and effects on abuse against women begin at 2:35

<https://www.bing.com/videos/search?q=killing+us+softly+violence+against+women&ru=%2fvideos%2fsearch%3fq%3dkilling%2bus%2bsoftly%2bviolence%2bagainst%2bwomen%26FORM%3dHDRSC3&view=detail&mid=4BE38DFC8E26DB9CD2E64BE38DFC8E26DB9CD2E6&rvsmid=566CFF207F7ED0496BC1566CFF207F7ED0496BC1&FORM=VDRVRV>

Jackson Katz

<https://www.bing.com/videos/search?q=killing+us+softly+violence+against+women&ru=%2fvideos%2fsearch%3fq%3dkilling%2bus%2bsoftly%2bviolence%2bagainst%2bwomen%26FORM%3dHDRSC3&view=detail&mid=3E7B44A88A4E3F23F1D63E7B44A88A4E3F23F1D6&&FORM=VDRVRV>

Debrief what the videos show us and how they tie into our beliefs/values?

Close: what did you like, what didn't you like any comments questions

Session 2: Rights versus Power

Check in: What was the best part of your week?

Review any comments questions from previous week

Icebreaker Questions

A series of questions are asked to the group members, with the option to pass.

- ☐ What is the best movie you have ever seen?
- ☐ What would you like to be doing in 5 years?
- ☐ If you had \$5,000.00, what would you do with it?
- ☐ My favourite entertainer is?
- ☐ If you were stranded on a deserted Island and could only take two things, what would you take?

Identifying Rights versus Power: Brainstorm

- Who seems to have more rights in our society? Use the image of the bullseye showing the center of the bullseye as older white men and moving out from there: example if you are a minority and a child with a disability how from the centre of the bullseye are you? (this creates great dialogue on the difference between the “rights” we have versus power.
- Who seems to have fewer? Why do you think this is?
- What does the term “rights” mean to you?
- Flipchart: brainstorm basic human rights (examples: the right to express feelings, the right to be respected...)
- Discussion:
 - How does the lack of awareness of our rights affect our behaviour?
 - How can we change this?

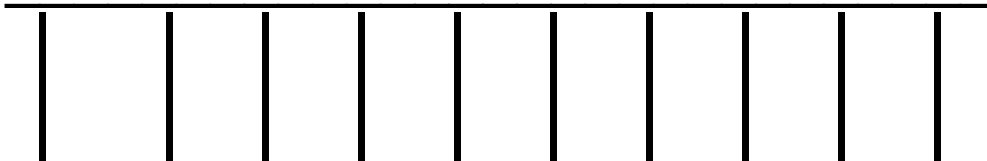


Whiteboard: continuum of abuse / power over someone looking at behaviours;
discussion

Psychological / Emotional Abuse
(Crazy making)

Least

Worst



Personal Rights

You have...

1. The right to act in ways that promote your dignity and self-respect as long as others rights are not violated in the process.
2. The right to be treated with respect.
3. The right to say no and not feel guilty.
4. The right to experience and express your feelings.
5. The right to take time to slow down and think.
6. The right to change your mind.
7. The right to ask for what you want.
8. The right to do less than you are humanly capable of doing.
9. The right to ask for information.
10. The right to make mistakes.
11. The right to feel good about yourself.

From "*The Assertive Option: Your Rights and Responsibilities*" (pg. 80 - 81)
P. Jakubowski and A.J. Lange
1978, Research Press, Champaign IL.

Resources and Handouts/ rights.doc

Close: Check in; what did you like, what didn't you like any questions or concerns

Session 3: Why is he abusive

(we will explore if feeling angry is abusive (ties us back to feelings and values and beliefs)

Check in: what was the best part of your week

Icebreaker: Brain Teaser activity

SGEG	NO WAYS IT WAYS
ALL WORLD	N E V E S
ASTRO 0	EILNPU

Video: Beyond the post

<https://www.bing.com/videos/search?q=beyond+the+post+video+abusive+relationships&&view=detail&mid=A79DD423C5FE02EBC747A79DD423C5FE02EBC747&&FORM=VRDGAR>

Why are Some Partners (or others) Abusive?

(Taken from "When Love Hurts" by Jill Cory and Karen McAndless-Davis, WomanKind Press, Surrey BC, chapter 7)

- Flipchart on zoom I would use whiteboard
 - o Brainstorm answers for the topic question
 - o Possible responses include:
 - He has a problem with anger
 - He has a hard time staying in control
 - He's been really stressed out
 - He has some form of mental illness
 - He drinks too much
 - He was abused as a child
 - It's just how he deals with anger
 - o Examine each of the answers. Is this valid? Do you buy this as an excuse? Is this excuse true for your partner in every situation or does he only behave this way at home? Would you apply the same excuse to yourself, or to anyone other than your partner?
- Recent studies at UBC by Dr. Mary Russell and Jobst Froberg suggests the abuse may be accounted for by the belief system held by many abusive men. The belief system is three pronged:
 1. He is CENTRAL to the relationship
 2. He is SUPERIOR in the relationship
 3. He is DESERVING of many privileges within the relationship
- Flipchart:
 - o Brainstorm each part of the belief system
 - o If your partner believes he is CENTRAL to the relationship what attitudes, behaviours and expectations could be expected from him?
 - o If your partner believes he is SUPERIOR in the relationship what attitudes, behaviours and expectations could be expected from him?
 - o What tactics does partner use to impose his belief system (that he is central, superior, and deserving)?
 - o If your partner is CENTRAL, SUPERIOR, and DESERVING...what are you?

Session 4: Power and Control

Check in: What was the best part of your week

Breathing activity: by invitation we ask participants if they wish to participate

We breathe using two sets of muscles. One set pulls the ribs forward (making the chest appear bigger). The other set lowers the diaphragm (a sheet of tissue separating the chest from the abdomen). This makes your stomach stick out. This breathing exercise uses both sets of muscles. (If you have moderate to severe asthma or other breathing difficulties, consult your physician before trying it out.) First, place one hand on your abdomen and the other hand on your upper chest. Then proceed through these four steps:

1. Breathe in deeply using your diaphragm. Your stomach should expand while your chest remains still. You may find it helpful to imagine that you are inflating an extra set of lungs located in your stomach.
2. Without breathing out, breathe in further -- this time using the muscles of your chest. Your chest should expand while your stomach remains inflated.
3. Breathe out slowly and naturally. Don't push or blow the air out; simply relax and let go.
4. Pause for a few seconds before starting the whole process over again. Since you are getting more air with each breath you will need to breathe at a much slower pace than usual.

Power and Control: How do we begin to accept what we can't control versus what we can

As a teenager think of what you would like to control in your life?

Examples:

- Friends hanging out with me
- How my parents behave
- The grades I get
- What my girlfriend/boyfriend does
- What I choose to do
- Honesty from my friends
- How my teammates play the game

Can we actually control all of these things? Or do we just wish we could? If we believe we can control others and their actions our world feels out of control and this can lead to abuse.

Power and Control Wheel

Explanation:

- The Power and Control Wheel was developed by the Domestic Abuse Intervention Project in Duluth, Minnesota.
- At the center of the wheel and at the center of abusive behaviour, is Power and Control. The purpose of the abuse is to maintain power and control over another individual. You are made to feel you do not have an equal voice in the relationship.
- The different types of abuse surrounding the wheel represent different tactics used to maintain power and control over another individual.
- **Verbal Abuse:** Any use of words or volume of voice to threaten, belittle or injure you
- **Psychological/ Mental Abuse:** Any act intended to undermine your mental well-being
- **Physical/Threat of Physical Abuse:** Any unwanted physical contact or threat of physical contact
- **Sexual Abuse:** Any unwanted sexual contact
- **Spiritual Abuse:** Any word or action that damages you spiritually
- **Cultural Abuse:** Any use of cultural ideas as a way to dominate you
- **Using Children:** Any involvement or use of children in the abuse
- **Social Abuse:** Any attempt to cut you off from sources of support and care
- **Emotional Abuse:** Any act intended to undermine you emotional well-being
- **Intellectual Abuse:** Any act intended to make you question your intellectual ability
- **Financial Abuse:** any intentional act that deprives you (or your children) of financial security or limits your access to financial decision making
- **Abuse of Pets and Property:** Hurting pets or damaging property in order to intimidate, control and hurt you

Close: What did you like, what didn't you like any questions or concerns

Session 5: Becoming more assertive

Check in: What was the best part of your week?

Mindful moment: Breathe Like a Bear by Kira Willey: Scrunch and let go

Explore communication and how it is learned

Behaviour Styles: Passive, Aggressive, Passive/Aggressive and Assertive

	Passive	Aggressive	Passive/Aggressive	Assertive
Behaviour	<ul style="list-style-type: none"> Self-denying Avoids conflict Allows others to choose Neglects own needs Intimidated by others 	<ul style="list-style-type: none"> Expressive at the expense of others Creates conflict Chooses for others Insensitive to others feelings and wishes Intimidates others 	<ul style="list-style-type: none"> Indirect Avoids confronting real issue Allows others to choose, but lets them know objections Sarcastic and cynical Punishes others 	<ul style="list-style-type: none"> Honest and direct Willing to compromise Makes choices for self Considers others rights and feelings Respectful of others and self
Feelings	<ul style="list-style-type: none"> Frustrated Anxious Hurt Resentful Inferior 	<ul style="list-style-type: none"> Righteous Hostile Superior Guilty later (sometimes) 	<ul style="list-style-type: none"> Resentful Feels vindicated (when revenge is obtained) 	<ul style="list-style-type: none"> Feels good about self
Results	<ul style="list-style-type: none"> Does not achieve desired goal Is a victim for the aggressor Relationships deteriorate 	<ul style="list-style-type: none"> Achieves goal by hurting others Alienates others 	<ul style="list-style-type: none"> Does not usually achieve goals Relationships deteriorate 	<ul style="list-style-type: none"> May achieve desired goal Satisfying and caring relationships
Feelings of Others Involved	<ul style="list-style-type: none"> Pity Irritation 	<ul style="list-style-type: none"> Hurt Humiliated Defensive Angry 	<ul style="list-style-type: none"> Confusion Frustration Feels manipulated 	<ul style="list-style-type: none"> Respect Feels valued
Position	<ul style="list-style-type: none"> I'm not OK You're OK 	<ul style="list-style-type: none"> I'm OK You're not OK 	<ul style="list-style-type: none"> I'm not OK You're not OK 	<ul style="list-style-type: none"> I'm OK You're OK

Video Dinner for 2: <https://www.youtube.com/watch?v=dYd2jNcTQHU>

Debrief: who was passive / aggressive?

Close: What did you like, what didn't you like any questions or concerns

Session 6: Healthy relationships

Check in: What was the best part of your week?

Icebreaker activity: 2 truths and a lie

Healthy Relationships??? What does that look like?

- The ALTERNATIVE: Healthy relationship dynamics
 - A Relationship Belief System
 - Connected
 - You make major decisions together
 - You enjoy activities together
 - The needs of the individual do not come at the expense of the family or the relationship
 - Equal
 - Each partner's needs are equally considered
 - The strengths of each person are valued
 - Each is seen as intelligent and competent
 - The contributions of each are valued
 - Mutual
 - You share parenting and household responsibilities
 - You care for each other
 - You support each other's interests
 - You are respectful of each other
- Brainstorm
 - What are realistic expectations for a relationship which is connected, equal and mutual (i.e. in a relationship belief system)? What is such a relationship like?

Are You the One for Me?

7

Six Qualities to Look for in a Partner

1. **Commitment to personal growth.**

- your partner is committed to learning everything he can about how to be a better person and a better spouse.
- he is willing to receive help and guidance in the form of books, tapes, lectures, seminars, and counselling if necessary.
- he is conscious of his blind spots and childhood programming and is aware of what emotional baggage he has brought into your relationship.
- he has personal goals for his own self-improvement and you can see specific, positive changes in him over time.

2. **Emotional openness.** If your partner can't identify and share his feelings with you, he's not ready to be in an intimate relationship.

3. **Integrity.** Honesty, integrity and trustworthiness are essential ingredients for a healthy relationship. Look for a partner who is up front about how he feels and what he wants, and someone whose actions match his words.

4. **Maturity and responsibility.** He can take care of himself (financially, keeping a clean house, cooking). He's responsible and accountable. He's respectful.

5. **High Self-Esteem.** A person with low self-esteem loves in order to feel good about himself. A person with high self-esteem loves because she feels good about herself. The more you love yourself, the less you'll allow others to mistreat you.

6. **Positive attitude toward life.**

- Negative people
 - always focus on the problems, and resist solutions
 - always find something or someone to complain about
 - allow fear and worry to rule them
 - are cynical and pessimistic about the future
 - don't trust easily
- Positive people
 - always focus on finding the solution
 - turn obstacles into opportunities and adversity into lessons
 - trust in their ability to make a difference
 - believe that things can always get better
 - use their vision to change their reality

Adapted from:
Are You the One For Me: Knowing Who's Right and Avoiding Who's Wrong
Barbara DeAngelis, Ph.D.
Delacorte Press

Are You the One for Me?

8

Compatibility Check List

A truly compatible relationship will resonate in the majority of areas while still maintaining the individuality of each partner. The differences add spice, challenge, and opportunities for growth, but the majority of the relationship is a strong, central core of resonance and harmony. Ultimately, all that matters is your own happiness and what YOU think of your relationship.

1. Physical Style

- appearance
- eating habits
- personal fitness habits
- personal hygiene

2. Emotional Style

- attitude toward romance and affection
- how he treats you
- how he expresses feelings
- how he treats the relationship

3. Social Style

- personality traits
- how he interacts with others

4. Intellectual Style

- educational background
- attitude toward learning
- attitude toward culture
- attitude toward world affairs
- creative expressions

5. Sexual Style

- attitude
- skill
- ability to enjoy

6. Communication Style

- how he communicates
- attitude toward communication
- other forms of expression

7. Professional/ Financial Style

- relationship with money
- attitude toward success
- work and organisation habits

8. Personal Growth Style

- attitude toward self-improvement
- ability to look at self and change
- willingness to work on relationship

Adapted from:
Are You the One For Me: Knowing Who's Right and Avoiding Who's Wrong
Barbara DeAngelis, Ph.D.
Dalacarta Press

Are You the One for Me?

9

9. *Spiritual Style*

- attitude toward higher power
- spiritual practices
- philosophy of life
- moral views

10. *Interests and Hobbies*

The Sixty-Second Compatibility Test

Ask yourself the following four questions about your prospective or present partner.

1. Would I want to have a child with this person?
2. Would I want to have a child just like this person?
3. Do I want to become more like this person?
4. Would I be willing to spend my life with this person if he never changed from the way he is now?

If you answered yes to all four questions, you're probably compatible with one another. If you answered no, ask yourself why not.

Adapted from:
Are You the One For Me: Knowing Who's Right and Avoiding Who's Wrong
Barbara DeAngelis, Ph.D.
Dalacanto Press

Close: What did you like, what didn't you like any questions or concerns