

ARE YOU ABUSIVE?

- Have you ever hit, kicked, or thrown things at your partner?
- Are you extremely jealous or possessive?
- Have you threatened your partner?
- Do you insult or belittle your partner?
- Have you threatened to hurt yourself if your partner leaves you?
- Were you abused by anyone in your family?
- Have your children witnessed or overheard violence in their family?

STOP DOMESTIC VIOLENCE



Whether you utilize these abusive behaviors regularly or have done so in an isolated incident, our program can help you to understand the dynamics of abusive relationships and learn healthier and more appropriate ways to solve conflict. Schedule an appointment with one of our trained counselors.

What to Do:

If You Are Mandated To Attend A Women As Defendants (WADS) Group:

1. Call to set up an appointment for registration with one of our counselors as soon as possible

Note: Progress reports are sent to the courts on a weekly basis.

2. There is a \$35 orientation fee and a weekly class fee of \$5-\$20 based on a sliding fee scale.
3. Classes are offered Mondays from 12:30pm – 1:30pm

Note: If there is a conflict with scheduling, please be sure to address this with the counselor

4. Voluntary participants are accepted after successful completion of the program.



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Women As Defendants Program



YWCA of the Tonawandas
49 Tremont St.
N. Tonawanda, N.Y. 14120

Tel: (716) 692-5580
Fax: (716) 694-4550

WOMEN AS DEFENDANTS

About the program:

This program addresses issues pertaining to women who have engaged in inappropriate conflict resolution and/or are in unhealthy relationships. A growing trend in the court system finds an increasing number of women identified as the “primary aggressor.” Participants are referred by the courts or Child Protective Services and held accountable to the mandating agency through compliance.

The YWCA understands the exceptional perspective of these clients and approaches their issues through a 26-week psycho-educational curriculum covering all aspects of Domestic Violence.



Times and Fees:

Women as Defendants are currently seen in a 26-week group that is offered Mondays from 12:30-1:30. Primarily based on the Duluth Model, curriculum also includes Types of Abuse, Conflict Resolution Skills, and Building Healthy Relationships. The fee is minimal at \$5-\$20 per class based on a sliding fee scale.

Abuse Is About Power And Control

When most people hear the words Domestic Violence, they think of black eyes and broken noses. Domestic Violence is much more than this and far more damaging. Recognizing what behavior constitutes abuse is not always easy, even for those experiencing it. Many men who are controlled by their partners have never been physically assaulted.

Domestic Violence almost never starts with physical violence. It usually begins in more subtle forms and is defined by power and control. When one tactic employed by an abuser no longer works, more coercive tactics replace it.



Without intervention, a vicious cycle develops and the abuse often escalates. In most cases violence begins with emotional and psychological abuse in the forms of criticism, jealousy, isolation and intimidation. The intention of these behaviors is to establish power and control. They almost always are precursors to physical violence.

WHO is appropriate for WADS:

Domestic Violence is a patterned response of coercive tactics used to gain power and control over an intimate partner. Not all women mandated to the program would fall under this category. Many women, who find themselves in unhealthy relationships, may choose violent behavior in response to their situation. With the exception of acting in self-defense, whenever individuals choose violence they must be held accountable for their actions.



Topics Covered:

- Progression of violence
- Self control plans
- Choosing violence and its effects on relationships
- Effects on children
- Assertive communication
- Conflict Resolution
- Cues that trigger violence