



# The Domestic Violence Survival Workbook - Self-Assessments, Exercises & Educational Handouts

By John J. Liptak, Ester R.A. Leutenberg

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## The Domestic Violence Survival Workbook - Self-Assessments, Exercises & Educational Handouts By John J. Liptak, Ester R.A. Leutenberg

### Domestic Violence Worksheets Included

Many workbooks, workshops, and self-help systems have been designed to help people explore ways of overcoming abusive relationships. In the past twenty years, research studies have focused on the value of self-reflection and journaling (domestic violence worksheets) as a way of exploring personal characteristics, identifying ineffective behaviors, and examining thoughts and feelings that lead to these ineffective behaviors. *The Domestic Violence Survival Workbook* is unique in that it combines two powerful psychological tools designed to enhance domestic violence coping skills: self-assessment and journaling.

Recently the problems of family violence and domestic abuse have been brought to the forefront of our consciousness. The reality is that domestic violence occurs in families of all races, cultures, and socio-economic levels. Recognizing early warning signs is critical in the reduction of domestic violence. Part of the problem is that domestic violence encompasses many different types of abuse including physical, sexual, psychological, emotional or verbal, financial, and/or any combination.

The five sections of the workbook help participants learn skills for recognizing and effectively dealing with abusive relationships, utilizing domestic violence worksheets.

- Symptoms of abuse helps survivors to explore the extent to which abuse is impacting their physical wellness, emotions, thought patterns, and detachment from others
- Types of abuse helps survivors explore and examine their relationship with parents, siblings, grandparents, children, friends, and work colleagues. It includes a comprehensive 10-page safety plan.
- Partner behavior helps individuals identify if they are in a potentially abusive relationship.
- Elder abuse helps survivors of elder abuse explore, examine, and manage a variety of emotions.

- Self-empowerment helps survivors examine if they are successfully moving on from the trauma of abuse and living the life they have dreamed of living.

### **Domestic Violence Worksheets**

Each of the five sections contains assessment instruments, activity handouts, domestic violence worksheets, reflective questions for journaling, and educational handouts. They also provide assessment instruments, activity handouts, reflective questions for journaling, and educational handouts.

*The Domestic Violence Survival Workbook* includes instructions for the professional to get the most out of the material. It is a practical tool for helping professionals such as therapists, counselors, psychologists, teachers, group leaders, etc. Depending on the role of the professional using The Domestic Violence Survival Workbook and the specific group's needs, these sections can be used individually, combined, or as part of an integrated curriculum for a more comprehensive approach. The spiral binding makes it easy to place the workbook on a copier to produce your handouts.

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**The Domestic Violence Survival Workbook - Self-Assessments, Exercises & Educational Handouts By John J. Liptak, Ester R.A. Leutenberg Bibliography**

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### **Editorial Review**

About the Author

**Dr. John J. Liptak, EdD** is a nationally-recognized author of career and counseling assessments, journal articles and books. He has worked extensively with students, mental health patients and offenders.

**Ester R. A. Leutenberg** is co-founder of Wellness Reproductions & Publishing and has a strong commitment to the mental health profession. She continues to have a passion for developing therapeutic products that help facilitators help their clients.

### **Users Review**

**From reader reviews:**

**Willie Long:**

What do you regarding book? It is not important together with you? Or just adding material when you really need something to explain what your own problem? How about your spare time? Or are you busy particular person? If you don't have spare time to perform others business, it is make one feel bored faster. And you have free time? What did you do? All people has many questions above. They have to answer that question due to the fact just their can do this. It said that about guide. Book is familiar on every person. Yes, it is correct. Because start from on pre-school until university need this particular The Domestic Violence Survival Workbook - Self-Assessments, Exercises & Educational Handouts to read.

**Eunice Randle:**

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**Veronica Gregor:**

The book untitled The Domestic Violence Survival Workbook - Self-Assessments, Exercises & Educational Handouts contain a lot of information on this. The writer explains her idea with easy approach. The language is very easy to understand all the people, so do definitely not worry, you can easy to read this. The book was

published by famous author. The author provides you in the new era of literary works. You can actually read this book because you can keep reading your smart phone, or device, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official website along with order it. Have a nice learn.

**Jack Rolfes:**

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