



Resources on Domestic Violence and Healthy Relationships Available At Connecticut Clearinghouse

For more information about these resources please visit www.ctclearinghouse.org and click on Resource Catalog or call 800.232.4424

Audiovisuals

The Abused Woman: A Survivor-Therapy Approach With Dr. Lenore Walker (VHS)

Summary: In this program, internationally-acclaimed psychologist and expert witness, Lenore Walker demonstrates the course of therapy with a middle-class, 35 year old woman who has a history of childhood sexual abuse and battering by her current husband. Illustrates the effectiveness of the survivor therapy approach, which combines interventions derived from both feminist and post-traumatic stress disorder approaches

Abusive Relationships And Acquaintance Rape (VHS)

Summary: This program was developed to identify types of abuse (emotional, physical and sexual), explain the reasons why it exists (why people abuse, why victims stay, the effects on the victim's self-esteem) and detail the steps of getting out of an abusive relationship. High school and college age students describe their own experiences while segments from experts offer advice on how to identify and leave abusive relationships

Broken Vows: Religious Perspectives On Domestic Violence (VHS)

Summary: A documentary about religious perspectives on domestic violence. Presents the stories of six formerly battered women from diverse religious traditions, including Jewish, Roman Catholic, Protestant, and Evangelical Christian.

Building And Maintaining Healthy Relationships (VHS)

Summary: Features an open-forum discussion on what it takes to be in a good relationship. This could involve honesty, trust, communication, partnership, intimacy and respect. It is important to know who you are and what you want out of a relationship, if the relationship is to survive and last.

Causing Pain: Real Stories Of Dating Abuse And Violence (DVD)

Summary: This DVD encourages teens and adults to openly discuss respect as a choice as a choice and to make sound relationship decisions. The DVD contains two video programs of true stories of teens, parents, and professionals who have been in, or who have witnessed abusive relationships. The first part is 13-minutes and is geared towards teens, while the second part is 30-minutes and is aimed at parents and other adults. Both videos describe experiences and insights, so that teens and parents can recognize and prevent dating abuse in their own lives or in the lives of their friends

Last update: August 29, 2008

Compassion: Activating Compassion In Spouse Abusers (VHS)

Summary: Shows how compassion for oneself and for loved ones builds a greater sense of inner strength than abusive behavior. Demonstrates HEALS, an emotional regulation technique. A companion to the video "Shadows of the Heart."

Dating And Violence Should Never Be A Couple (DVD)

Summary: Teenagers talk about their personal experiences with dating violence to raise awareness of the problem and to highlight the need for effective prevention strategies.

Dating Violence: The Hidden Secret (VHS)

Summary: Addresses abuse in teen dating relationships and defines emotional, physical and sexual abuse. Helps young people recognize the signs of abuse and gives them the skills and resources to get help if they are in an abusive relationship.

Defending Our Lives (VHS)

Summary: Shows the magnitude and severity of domestic violence in this country. Features the personal testimonies of four women imprisoned for killing their batterers.

Domestic Violence (VHS)

Summary: Volume one presents general information about domestic violence and focuses on establishing a framework for understanding the batterer. Volume 2 presents a detailed plan for assisting victims of domestic violence.

Domestic Violence And Childhood Trauma (VHS)

Summary: his segment deals with the effects of domestic violence on children. Trauma in childhood can cause a variety of physical and emotional problems for children and adults, creating a need for intervention. Jane Middleton-Moz, a relationship and trauma expert featured in this program, states that children who experience domestic violence grow up learning to stuff feelings and emotions. They go through a world in deep freeze, and have whole parts of themselves cut off. In domestic violence, if a partner wasn't allowed their vulnerability as a child, then as an adult, if that vulnerability is touched, they will act out their anger.

For Families: Bridging Domestic Violence And Child Abuse (VHS)

Summary: The experiences of three families provide insight into how professionals in the fields of domestic violence and child abuse can effectively intervene to keep mothers and children safe, while holding perpetrators accountable.

Healing Adult Children: The Roots Of Violence (VHS)

Part 1: A child's view of the world

Part 2: Children of addiction

Part 3: Children of violence

Part 4: Children of neglect

Part 5: The perfect child

Summary: These films explore the roots of violence in relationship to family damage and dysfunction. Healing is done through acceptance of what really happened, grieving the losses and changing through stopping reactive behaviors, and taking active steps toward recovery.

Identifying And Responding To Trauma: Ages 6 To Adolescence (VHS)

Summary: This segment deals with the effects of trauma on children and adolescents. Older children suffering from the effects of emotional trauma are frequently misdiagnosed as having attention deficit disorder or chronic depression. Misdiagnosed characteristics of trauma are typically sex related: boys are hyperactive and act out, and girls dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems for adolescents also include learning difficulties, test anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behavior. Gives suggestions to teachers to help them form positive attachments and offer concrete help to students who are victims of emotional trauma. Sample guidelines include being respectful, giving positive reinforcement, investing quality time and attention, being consistent, and building honest relationships.

In & Out Of Control: Emotional, Physical And Sexual Violence (VHS)

Provides insight into the psychological complexities of violence from the viewpoint of victim, witness, and perpetrator. Examines the influence of alcohol and other drugs as escalators for a predisposed personality. Identifies triggers to violence and presents methods of treatment and prevention.

It's Not Ok: Let's Talk About Domestic Violence (VHS)

Summary: Children narrate their experiences of domestic violence. Includes a safety planning segment designed to teach children how to respond safely to domestic violence.

Men's Work: How To Stop The Violence That Tears Our Lives Apart (VHS)

Summary: Uses role play and discussion to help men recognize violence in various forms, including verbal violence and sexual harassment. Discusses ways to break the cycle of violence in behavior.

Primero Protejase (VHS)

Summary: This Spanish-language program provides an overview of steps domestic violence survivors can take to keep themselves and their children safe. Protective orders - what they are and where and how to get them, safety planning, and documenting evidence and proof of abuse are described. Other topics include, overcoming objections, the importance of confiding in a trusted friend, and planning ahead.

Recognizing Unhealthy Relationships (VHS)

Summary: A group of young people discusses warning signs of an unhealthy relationship, and most importantly, offers suggestions for getting out and seeking help. This video also includes factual information presented by psychologists and social workers.

A Safe Home (DVD)

Summary: A Safe Home is the perfect vehicle to motivate health care professionals to take the time to learn more about domestic violence. It is an excellent way to open or close a class or in-service session on the subject, and is also a compelling introduction for students in all health care professions

Safe: Inside A Battered Women's Shelter (VHS)

Summary: Every 12 seconds in America, a woman is beaten by her husband or boyfriend. This program presents the experiences of three women who sought to break

the cycle of violence by seeking refuge at a safe house, a place providing sanctuary for physically abused mothers and their children. Through their stories, Nancy, Jasmine, and Yenesia reveal a way of life in which the victims, hurt most by those who supposedly love them, often feel like the culprits. Safe at last, they realize that the abuse they suffered is not their fault; freed of guilt and fear, they can break the emotional ties that bind them to their abusers.

Secrets, Lies And Apologies: America's Domestic Violence Crisis (VHS)

Summary: Abusers talk about how and why they became violent. Victims talk about the abuse they suffered, why they did not end the relationship and why they still love their batterers.

Shadows Of The Heart (VHS)

Summary: Combining the components of dramatic art with psychotherapy techniques, this video prepares highly resistant male batterers for treatment by enabling them to perceive and change the emotional mechanisms which control their violent behavior.

Something My Father Would Do: Overcoming Legacies Of Family Violence (DVD)

Summary: This documentary shows the stories of three men who grew up with abusive fathers and had to grapple with their own choices as intimate partners and fathers.

There's No Place Like Home: Growing Up With Family Violence (DVD)

Summary: Through a series of interviews, this documentary examines domestic violence. Part one: Denise, 12, and her mother, Christina, moved across the country to flee their abuser. Denise witnessed her dad beat her mom for years. She insisted to her mom that they must leave, but it took a long time for Christina to realize it. They have since sought counseling from the Domestic Violence Division of their local police department. Their social worker, Heidi, talks about the trauma Denise experienced as a result of the abuse. Part two: Katlin, 19, experienced neglect by his mother and beatings by her boyfriend. He was later rescued by his aunt. He has since struggled with substance abuse and suicidal feelings. Part three: Mary and her children Josh, 14, and Ophelia, 12, have only been away from their abuser for a few weeks. To the outside world, he was a well-respected minister, but at home he was violent and controlling. Both children are extremely fearful their stepfather will find them. Part four: Sandy, 45, is nearing the end of a twenty-year sentence for armed robbery. In prison, counseling helped him deal with his troubled past. At the age of 8, he witnessed his father shoot his mother and then commit suicide. Following this, he was sexually abused in several different foster homes. He does not make excuses for his past criminal behavior, but believes that physical and sexual abuse are the root causes of his problems as an adult.

Think: Violence Is For People Who Don't (VHS)

Summary: Eight vignettes focusing on violence in the home, dating situations, self-esteem, fighting, parents and children, respect, and peer pressure.

To Save A Life: Ending Domestic Violence In Jewish Families (VHS)

Summary: Provides information about domestic violence in Jewish families and reassurance to Jewish women that the abuse is not their fault. Includes a comprehensive discussion of theological issues such as Shalom bayit, forgiveness and atonement. Also describes the effects of domestic violence on children.

Tough Guise: Violence, Media, And The Crisis In Masculinity (DVD & VHS)

Summary: Looks systematically at the relationship between the images of popular culture and the social construction of masculine identities in the U.S. at the end of the 20th century. Jackson Katz argues that there is a crisis in masculinity and that some of the guises offered to men as a solution (e.g., rugged individualism, violence) come loaded with attendant dangers to women, as well as other men.

Trauma And Healing (VHS)

Summary: Explains how adults who suffered trauma in their childhood often have difficulty expressing anger. Uses stories of three recovering trauma victims to address the steps toward recovery.

Twisted Love: Dating Violence Exposed (VHS)

Summary: Examines the problem of dating violence

Violencia Familiar: Una Perspectiva Masculine (VHS)

Summary: Four men talk about how they overcame the need to abuse and control their partners; the effects of abuse had on their children; and how treatment helped.

Violence And Conflict Resolution (DVD & VHS)

Summary: Dramatic vignettes illustrate: possible consequences of arguments erupting into physical violence, results of vengeful actions, and the dangers of abusive relationships. Classroom activities examine additional instances of violent behavior. Appropriate violence intervention strategies are discussed.

What Is Childhood Trauma? (VHS)

Summary: Defines childhood trauma as an experience that raises a child's stress response for an unreasonable amount of time. Delves into the ranges of childhood trauma, symptom assessment, impact on the child's physical and emotional health, development, and its potential impact on society as a whole. Considering the 2001 terrorist attacks on the World Trade Center, describes the criteria that define post-traumatic stress disorder.

Wings Like A Dove: Healing For The Abused Christian Woman (VHS)

Summary: The program directly addresses the religious issues that may be troubling women and preventing them from seeking help. Designed for use in battered women's shelters, churches, fellowship meetings and other settings where women come together.

Women And Domestic Violence (VHS)

Summary: Tells the story of how one woman took action to protect herself and her son from domestic violence. Viewers learn the characteristics of an abuser and the steps women should take to get to a safe house. The basic legal actions that are available to protect women from an abuser are outlined, as well as types of help available, including support groups.

Ya No Mas! Siete Historias De Violencia Domestica (VHS)

Summary: Spanish language video-based workshop about emotional and physical violence toward women. Re-enactments of actual case histories portray situations of domestic abuse.

You're Hurting Me Too (VHS)

Summary: Examines short and long term effects of domestic violence on children. Includes interviews with legal experts, outreach workers, adult and teen survivors of domestic violence as well as young children.

Books

Alternatives To Violence: Empowering Youth To Develop Healthy Relationships
Call Number: 362.8292 W853

Assessment Of Family Violence: A Handbook For Researchers And Practitioners
Call Number: 362.8292 F298

The Batterer As Parent: Addressing The Impact Of Domestic Violence On Family Dynamics
Call Number: 362.8292 B213B

Batterer Intervention Systems: Issues, Outcomes, And Recommendations
Call Number: 362.8292 G636

Breaking Free From Domestic Violence
Call Number: 362.8292 B858

Breaking The Silence: Domestic Violence In The South Asian-American Community : An Anthology
Call Number: 362.8292 B828

But I Love Him: Protecting Your Teen Daughter From Controlling, Abusive Dating Relationships
Call Number: 306.73 M982

Chain Chain Change: For Black Women In Abusive Relationships
Call Number: 362.8292 W583

Child Protection In Families Experiencing Domestic Violence
Call Number: 362.76 B813

Children Exposed To Marital Violence: Theory, Research, And Applied Issues
Call Number: 362.8292 C5361

Children In The Crossfire: Violence In The Home--How Does It Affect Our Children
Call Number: 362.82 R888

Current Controversies On Family Violence
Call Number: 362.8292 C976

Effective Intervention In Domestic Violence And Child Maltreatment: Guidelines For Policy And Practice
Call Number: 362.8292 E27

Family Interventions In Domestic Violence: A Handbook Of Gender-Inclusive Theory
And Treatment

Call Number: 362.8292 F198F

Family Violence

Call Number: YOUTH 362.8292 G168

Family Violence Across The Lifespan: An Introduction

Call Number: 362.8292 B261

Family Violence And Men Of Color: Healing The Wounded Male Spirit

Call Number: 362.8292 F198

Family Violence: Prevention And Treatment

Call Number: 362.8292 H232

Family Violence Statistics: Including Statistics On Strangers And Acquaintances

Call Number: 364.155 F198

Handbook Of Domestic Violence Intervention Strategies: Policies, Programs, And Legal
Remedies

Call Number: 362.8292 H233

I Closed My Eyes: Revelations Of A Battered Woman

Call Number: 362.8292 W445

In Love And In Danger: A Teen's Guide To Breaking Free Of Abusive Relationships

Call Number: YOUTH 306.73 L668

Intervention For Men Who Batter: An Ecological Approach

Call Number: 362.8292 E23

Intimate Partner Violence: A Clinical Training Guide For Mental Health Professionals

Call Number: 362.8292 I61

Intimate Violence In Families

Call Number: 362.8292 G318 1997

It's My Life Now: Starting Over After An Abusive Relationship Or Domestic Violence /
Meg Kennedy Dugan & Roger R Hock.

Call Number: 362.8292 D866

Mejor Sola Que Mal Acompañada: Para La Mujer Golpeada

Call Number: 362.8292 Z24

Men's Work: How To Stop The Violence That Tears Our Lives Apart

Call Number: 155.632 K62

Preventing Violence: Research And Evidence-Based Intervention Strategies

Call Number: 303.6 P944P

Protecting Children From Domestic Violence: Strategies For Community Intervention

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Call Number: 362.8292 P967

Resource Guide For Rabbis On Domestic Violence

Call Number: 362.8292 T749

Respect: A Girl's Guide To Getting Respect And Dealing When Your Line Is Crossed

Call Number: YOUTH 158.1 M117

Stopping The Violence: A Group Model To Change Men's Abusive Attitudes And Behaviors

Call Number: 362.8292 D295

Substance Abuse, Family Violence And Child Welfare: Bridging Perspectives

Call Number: 362.76 S9412

Substance Abuse Treatment And Domestic Violence

Call Number: 616.86 TIP NO. 25

A Terrible Thing Happened

Call Number: YOUTH FICT H752

Verbal Abuse Survivors Speak Out: On Relationship And Recovery

Call Number: 362.8292 E92

The Violence And Addiction Equation: Theoretical And Clinical Issues In Substance Abuse And Relationship Violence

Call Number: 362.8292 V795

Violence In Families: Assessing Prevention And Treatment Programs

Call Number: 362.8292 V7952

Violent No More: Helping Men End Domestic Abuse

Call Number: 362.8292 P344

When Men Batter Women: New Insights Into Ending Abusive Relationships

Call Number: 362.8292 J17

When Something Feels Wrong: A Survival Guide About Abuse For Young People

Call Number: YOUTH 362.76 P724

When Violence Begins At Home: A Comprehensive Guide To Understanding And Ending Domestic Abuse

Call Number: 362.8292 W7491

Why Does He Do That? : Inside The Minds Of Angry And Controlling Men

Call Number: 362.8292 B213

Working With Children From Violent Homes: Ideas And Techniques

Call Number: 362.82 DAV

Curricula

Alternatives To Domestic Violence: A Homework Manual For Battering Intervention Groups

Call Number: ALT

The Anger Workbook For Women: How To Keep Your Anger From Undermining Your Self-Esteem, Your Emotional Balance, And Your Relationships

Call Number: ANG

Beyond Trauma: A Healing Journey For Women

Call Number: BEY

A Career And Life Planning Guide For Women Survivors: Making The Connections Workbook

Call Number: CAR

Caring Dads: Helping Fathers Value Their Children

Call Number: CAR

Domestic Violence 2000: An Integrated Skills Program For Men

Call Number: DOM

Family Violence Education Programs: Curriculum Workbook

Call Number: FAM

Learning To Live Without Violence: A Handbook For Men

Call Number: LEA

LINK: Violence Against Women And Children In Relationships And The Use Of Alcohol And Drugs: Searching For Solutions

Call Number: LIN

Love Is Not Abuse: A Teen Dating Violence Curriculum

Call Number: LOV

Men's Work: Facilitator's Guide

Call Number: MEN

The Relationship Workbook: 72 Reproducible Worksheets About: Evaluating Your Relationships, Understanding Abuse, Exploring Values, Building Healthy Relationships, Making Good Decisions

Call Number: REL

Relationships And Communication Activities

Call Number: REL

Safe Dates Program

Summary: Dating violence prevention program with three components: 1.

Dramatization/play. 2. nine-session curriculum 3. Poster contest

The Teen Relationship Workbook: For Professionals Helping Teens To Develop Healthy Relationships And Prevent Domestic Violence
Call Number: TEE

Think, Act, Feel Curriculum
Call Number: THI

Trauma Recovery And Empowerment: A Clinician's Guide For Working With Women In Groups
Call Number: TRA

Triad Girl's Group Treatment Manual
Call Number: TRI

Triad Women's Project: Group Treatment Manual
Call Number: TRI

Unequal Partners: Teaching About Power And Consent In Adult-Teen And Other Relationships
Call Number: UNE

Violencia Domestica 2000: Programa Integrado De Habilidades Para Hombres Latinos Con Adaptaciones Culturales
Call Number: VIO

Violence Intervention Curriculum For Families
Call Number: VIO

Young Men's Work: Stopping Violence And Building Community: A Multi-Session Group Program
Call Number: YOU

Young Women's Lives: Building Self-Awareness For Life: A Multi-session Curriculum
Call Number: YOU

The Youth Relationships Manual: A Group Approach With Adolescents For The Prevention Of Woman Abuse And The Promotion Of Healthy Relationships
Call Number: YOU