

**Westlake Village Family Services**  
**3625 E. Thousand Oaks Blvd. Suite 225**  
**Westlake Village, CA. 91362**

Batterers' Treatment Program  
Checklist of Forms

- \_\_\_\_\_ Copy of Client's Photo Identification
- \_\_\_\_\_ Personal Data Sheet & Financial Evaluation Forms
- \_\_\_\_\_ Consent for Treatment-Adult
- \_\_\_\_\_ Fee Policy
- \_\_\_\_\_ Clients Rights
- \_\_\_\_\_ Notice of Privacy Practices & Acknowledgement of Receipt Form
- \_\_\_\_\_ Signed copy of Program Rules
- \_\_\_\_\_ Intake Assessment Form
- \_\_\_\_\_ Group Treatment Plan & Update Form
- \_\_\_\_\_ Victim's name, address and phone-Signed permission to contact victim
- \_\_\_\_\_ Victim Notification Letter
- \_\_\_\_\_ Signed group Confidentiality Statement
- \_\_\_\_\_ Signed limitations of confidentiality
- \_\_\_\_\_ Signed release to communicate with Court and Probation Department (Authorization to Release Confidential Information; Authorization to Exchange Confidential Information & B.I.P. Meeting)
- \_\_\_\_\_ Nondiscrimination Policy

\_\_\_\_\_ Techniques for Stopping Abuse

\_\_\_\_\_ What is Domestic Violence.

\_\_\_\_\_ Ways to Stop the Violence: Time Out Method

\_\_\_\_\_ Unpaid Balances

\_\_\_\_\_ Pretest and Posttest

\_\_\_\_\_ Attendance Sheet

\_\_\_\_\_ Program Schedule

\_\_\_\_\_ Progress Note

\_\_\_\_\_ Progress Report

**Westlake Village Family Services  
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**CONSENT FOR TREATMENT-ADULT**

I, \_\_\_\_\_, HEREBY GIVE PERMISSION TO WESTLAKE VILLAGE FAMILY SERVICES TO EVALUATE AND IF DEEMED NECESSARY OR BENEFICIAL, PROVIDE ME WITH COUNSELING AND/OR CASE MANAGEMENT SERVICES.

I UNDERSTAND...

THAT AS PART OF THE AGENCY'S SERVICE DELIVERY SYSTEM, INFORMATION ON MY PROGRESS MAY BE SHARED WITH STAFF AT WESTLAKE VILLAGE FAMILY SERVICES;

THAT THE AGENCY MAY INCLUDE TRAINING FOR MENTAL HEALTH PROFESSIONALS AND I MAY BE SEEN BY A CLINICAL INTERN WHOSE WORK WILL BE SUPERVISED BY A LICENSED MENTAL HEALTH PROFESSIONAL; AND

THAT AS A PART OF THE AGENCY'S EVALUATION COMPONENT, YOU MAY BE CONTACTED AFTER TERMINATION BY AGENCY STAFF TO DETERMINE YOUR SATISFACTION WITH THE SERVICES RENDERED.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
WITNESS

\_\_\_\_\_  
DATE

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**FEE POLICY**

**\$ 35/per session is made payable to Westlake Village Family Services at the time of session, unless other arrangements are made at the onset of services. Westlake Village Family Services does not bill insurance, but can provide an invoice for you to provide to your insurance company, if needed.**

**CANCELLATION POLICY**

**There will be no charge for cancellations made at least 24 hours in advance of session.**

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
WITNESS

\_\_\_\_\_  
DATE

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**CLIENT'S RIGHTS**

We are pleased that you have called upon Westlake Village Family Services for professional services. Westlake Village Family Services offers client's service regardless of their race, color, religion, national origin, gender, sexual orientation, age or disability. We will do our best to serve you well. As a client of Westlake Village Family Services, you are both entitled and welcome to:

1. Ask about professional qualifications.
2. Ask about and comment on agency policies and operations.
3. You have the right to participate in decisions regarding services provided to you or your family.
4. Know about our policies and procedures to protect your privacy.
5. Discuss any concerns with staff and, if you need further assistance, you may discuss your concerns with your therapist. Unsolved grievances or complaints may be taken to the Executive Director. All grievances will be responded to in writing within 30 days.
6. Refuse any service or treatment.

Under the laws of the State of California, this agency and its professionals employed by it are required to report information to police and/or various government social agencies in the following situations:

1. Reports of abuse to:
  - Children
  - Elderly
  - Dependent adults
2. Threats of violence
3. Threats of suicide

If you make statements to Westlake Village Family Services personnel concerning any of these categories, reports will be made by law. If you have any questions about these reporting requirements, please raise them.

Westlake Village Family Services reserves the right to terminate or not provide service at any time for such issues as: nonpayment of bills, in our professional judgment our services are not clinically appropriate or, in our professional judgment your behavior is threatening the well-being of our staff or clients.

Westlake Village Family Services will make every effort to provide service satisfactorily in all respects, and we welcome your suggestions and inquiries.

I have read the foregoing and understand it.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
WITNESS

\_\_\_\_\_  
DATE

## Notice of Privacy Practices

### **I. THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.**

#### **II. I HAVE A LEGAL DUTY TO SAFEGUARD YOUR PROTECTED HEALTH INFORMATION (PHI)**

I am legally required to protect the privacy of your PHI, which includes information that can be used to identify you that I've created or received about your past, present, or future health or condition, the provision of health care to you, or the payment of this health care. I must provide you with this Notice about my privacy practices, and such Notice must explain how, when, and why I will "use" and "disclose" your PHI. A "use" of PHI occurs when I share, examine, utilize, apply, or analyze such information within my practice; PHI is "disclosed" when it is released, transferred, has been given to, or is otherwise divulged to a third party outside of my practice. With some exceptions, I may not use or disclose any more of your PHI than is necessary to accomplish the purpose for which the use or disclosure is made. And, I am legally required to follow the privacy practices described in this Notice.

However, I reserve the right to change the terms of this Notice and my privacy policies at any time. Any changes will apply to PHI on file with me already. Before I make any important changes to my policies, I will promptly change this Notice and post a new copy of it in my office and on my website (*if applicable*). You can also request a copy of this Notice from me, or you can view a copy of it in my office or at my website, which is located at (*insert website address, if applicable*).

#### **III. HOW I MAY USE AND DISCLOSE YOUR PHI.**

I will use and disclose your PHI for many different reasons. For some of these uses or disclosures, I will need your prior written authorization; for others, however, I do not. Listed below are the different categories of my uses and disclosures along with some examples of each category.

##### **A. Uses and Disclosures Relating to Treatment, Payment, or Health Care Operations Do Not Require Your Prior Written Consent.** I can use and disclose your PHI without your consent for the following reasons:

**1. For Treatment.** I can use your PHI within my practice to provide you with mental health treatment, including discussing or sharing your PHI with my trainees and interns. I can disclose your PHI to physicians, psychiatrists, psychologists, and other licensed health care providers who provide you with health care services or are involved in your care. For example, if a psychiatrist is treating you, I can disclose your PHI to your psychiatrist to coordinate your care.

**2. To Obtain Payment for Treatment.** I can use and disclose your PHI to bill and collect payment for the treatment and services provided by me to you. For example, I might send your PHI to your insurance company or health plan to get paid for the health care services that I have provided to you. I may also provide your PHI to my business associates, such as billing companies, claims processing companies, and others that process my health care claims.

**3. For Health Care Operations.** I can use and disclose your PHI to operate my practice. For example, I might use your PHI to evaluate the quality of health care services that you received or to evaluate the performance of the health care professionals who provided such services to you. I may also provide your PHI to my accountant, attorney, consultants, or others to further my health care operations.

**4. Patient Incapacitation or Emergency.** I may also disclose your PHI to others without your consent if you are incapacitated or if an emergency exists. For example, your consent isn't required if you need emergency treatment, as long as I try to get your consent after treatment is rendered, or if I try to get your

consent but you are unable to communicate with me (for example, if you are unconscious or in severe pain) and I think that you would consent to such treatment if you were able to do so.

**B. Certain Other Uses and Disclosures Also Do Not Require Your Consent or Authorization.** I can use and disclose your PHI without your consent or authorization for the following reasons:

1. When federal, state, or local laws require disclosure. For example, I may have to make a disclosure to applicable governmental officials when a law requires me to report information to government agencies and law enforcement personnel about victims of abuse or neglect.

2. When judicial or administrative proceedings require disclosure. For example, if you are involved in a lawsuit or a claim for workers' compensation benefits, I may have to use or disclose your PHI in response to a court or administrative order. I may also have to use or disclose your PHI in response to a subpoena.

3. When law enforcement requires disclosure. For example, I may have to use or disclose your PHI in response to a search warrant.

4. When public health activities require disclosure. For example, I may have to use or disclose your PHI to report to a government official an adverse reaction that you have to a medication.

5. When health oversight activities require disclosure. For example, I may have to provide information to assist the government in conducting an investigation or inspection of a health care provider or organization.

6. To avert a serious threat to health or safety. For example, I may have to use or disclose your PHI to avert a serious threat to the health or safety of others. However, any such disclosures will only be made to someone able to prevent the threatened harm from occurring.

7. For specialized government functions. If you are in the military, I may have to use or disclose your PHI for national security purposes, including protecting the President of the United States or conducting intelligence operations.

8. To remind you about appointments and to inform you of health-related benefits or services. For example, I may have to use or disclose your PHI to remind you about your appointments, or to give you information about treatment alternatives, other health care services, or other health care benefits that I offer that may be of interest to you.

**C. Certain Uses and Disclosures Require You to Have the Opportunity to Object.**

**1. Disclosures to Family, Friends, or Others.** I may provide your PHI to a family member, friend, or other person that you indicate is involved in your care or the payment for your health care, unless you object in whole or in part. The opportunity to consent may be obtained retroactively in emergency situations.

**D. Other Uses and Disclosures Require Your Prior Written Authorization.** In any other situation not described in sections III A, B, and C above, I will need your written authorization before using or disclosing any of your PHI. If you choose to sign an authorization to disclose your PHI, you can later revoke such authorization in writing to stop any future uses and disclosures (to the extent that I haven't taken any action in reliance on such authorization) of your PHI by me.

#### **IV. WHAT RIGHTS YOU HAVE REGARDING YOUR PHI**

You have the following rights with respect to your PHI:

**A. The Right to Request Restrictions on My Uses and Disclosures.** You have the right to request restrictions or limitations on my uses or disclosures of your PHI to carry out my treatment, payment, or health care operations. You also have the right to request that I restrict or limit disclosures of your PHI to

family members or friends or others involved in your care or who are financially responsible for your care. Please submit such requests to me in writing. I will consider your requests, but I am not legally required to accept them. If I do accept your requests, I will put them in writing and I will abide by them, except in emergency situations. However, be advised, that you may not limit the uses and disclosures that I am legal-ly required to make.

**B. The Right to Choose How I Send PHI to You.** You have the right to request that I send confidential information to you to at an alternate address (for example, sending information to your work address rather than your home address) or by alternate means (for example, e-mail instead of regular mail). I must agree to your request so long as it is reasonable and you specify how or where you wish to be contacted, and, when appropriate, you provide me with information as to how payment for such alternate communications will be handled. I may not require an explanation from you as to the basis of your request as a condition of providing communications on a confidential basis.

**C. The Right to Inspect and Receive a Copy of Your PHI.** In most cases, you have the right to inspect and receive a copy of the PHI that I that I have on you, but you must make the request to inspect and receive a copy of such information in writing. If I don't have your PHI but I know who does, I will tell you how to get it. I will respond to your request within 30 days of receiving your written request. In certain situations, I may deny your request. If I do, I will tell you, in writing, my reasons for the denial and explain your right to have my denial reviewed.

If you request copies of your PHI, I will charge you not more than \$.25 for each page. Instead of providing the PHI you requested, I may provide you with a summary or explanation of the PHI as long as you agree to that and to the cost in advance.

**D. The Right to Receive a List of the Disclosures I Have Made.** You have the right to receive a list of instances, i.e., an Accounting of Disclosures, in which I have disclosed your PHI. The list will not include disclosures made for my treatment, payment, or health care operations; disclosures made to you; disclosures you authorized; disclosures incident to a use or disclosure permitted or required by the federal privacy rule; disclosures made for national security or intelligence; disclosures made to correctional institutions or law enforcement personnel; or, disclosures made before April 14, 2003.

I will respond to your request for an Accounting of Disclosures within 60 days of receiving such request. The list I will give you will include disclosures made in the last six years unless you request a shorter time. The list will include the date the disclosure was made, to whom the PHI was disclosed (including their address, if known), a description of the information disclosed, and the reason for the disclosure. I will provide the list to you at no charge, but if you make more than one request in the same year, I may charge you a reasonable, cost-based fee for each additional request.

**E. The Right to Amend Your PHI.** If you believe that there is a mistake in your PHI or that a piece of important information is missing, you have the right to request that I correct the existing information or add the missing information. You must provide the request and your reason for the request in writing. I will respond within 60 days of receiving your request to correct or update your PHI. I may deny your request in writing if the PHI is (i) correct and complete, (ii) not created by me, (iii) not allowed to be disclosed, or (iv) not part of my records. My written denial will state the reasons for the denial and explain your right to file a written statement of disagreement with the denial. If you don't file one, you have the right to request that your request and my denial be attached to all future disclosures of your PHI. If I approve your request, I will make the change to your PHI, tell you that I have done it, and tell others that need to know about the change to your PHI.

**F. The Right to Receive a Paper Copy of this Notice.** You have the right to receive a paper copy of this notice even if you have agreed to receive it via e-mail.

#### **V. HOW TO COMPLAIN ABOUT OUR PRIVACY PRACTICES**

If you think that I may have violated your privacy rights, or you disagree with a decision I made about access to your PHI, you may file a complaint with the person listed in Section VI below. You also may send a written complaint to the Secretary of the Department of Health and Human Services at 200 Independence Avenue S.W., Washington, D.C. 20201. I will take no retaliatory action against you if you file a complaint about my privacy practices.

#### **VI. PERSON TO CONTACT FOR INFORMATION ABOUT THIS NOTICE OR TO COMPLAIN ABOUT MY PRIVACY PRACTICES**

If you have any questions about this notice or any complaints about my privacy practices, or would like to know how to file a complaint with the Secretary of the Department of Health and Human Services, please contact me at:

Michael Kaufman, M.F.T., Psy.D.  
Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225 Westlake Village, CA 91362  
818-730-2960

#### **VII. EFFECTIVE DATE OF THIS NOTICE**

This notice went into effect on April 14, 2003.

**ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES**

By signing this form, you acknowledge receipt of the *Notice of Privacy Practices* that I have given to you. My *Notice of Privacy Practices* provides information about how I may use and disclose your protected health information. I encourage you to read it in full.

My *Notice of Privacy Practices* is subject to change. If I change my notice, you may obtain a copy of the revised notice from me by contacting me at: 805-413-1130

If you have any questions about my *Notice of Privacy Practices*, please contact me at: Westlake Village  
Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362  
1-818-730-2960

I acknowledge receipt of the *Notice of Privacy Practices* of Westlake Village Family Services.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(patient/parent/conservator/guardian)

\_\_\_\_\_

**INABILITY TO OBTAIN ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES**

I made good faith attempts to obtain my patients acknowledgement of his or her receipt of my Notice of Privacy Practices, including [describe good faith attempts]. However, because of [*insert reasons why acknowledgement was not obtained*] I was unable to obtain my patient's acknowledgement.

Signature of Provider: \_\_\_\_\_ Date: \_\_\_\_\_

**Westlake Village Family Services**  
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**Westlake Village, CA. 91362**

**Batterers' Treatment Program**  
**Program Rules/Client Contract**

Failure to comply with the following rules will be reported to the Court and Probation Department and can lead to your dismissal from the program.

1. You may not annoy, molest, attack, strike, threaten, harass, stalk sexually assault, batter or disturb the peace of the victim. A participant who acts in any of these ways may be required to attend additional sessions, be terminated from the program, or bear other consequences.
2. You must pay Program fees, which are based upon your ability to pay. A participant is expected to keep Program fees current. Unpaid balances will be reported to your court or Probation Officer, or both. Unpaid balances may result in a violation report to the court and a court hearing on the matter. A certificate of completion will not be issued until all Program fees have been paid.
3. The victim of your alleged battering will be informed of your participation in treatment and told that your participation in the Program does not guarantee that you will not be violent. You must furnish the Program with your alleged victim's name, address, and telephone number and sign a release allowing us to contact them.
4. You are required to provide proof of enrollment in a Batterers' Treatment Program to the court and/or probation after your screening appointment. You must attend 52 consecutive weeks with no more than 3 excused absences in order to successfully complete the Program. These groups will be gender specific.
5. You are required to be on time to group sessions. If you are late, you will not be allowed to enter group.
6. You must attend group free of chemical influence. If you are in the group apparently under the influence of chemicals, you will be told to leave, and that week will not be counted in your attendance.
7. A participant may not disrupt a group meeting or be uncooperative on Westlake Village Family Services or surrounding premises. If you are disruptive, you will be asked to leave the group and that session will not be counted in your attendance. The police may be called and you may be terminated from the Program.

8. Westlake Village Family Services will submit to the Court and Probation Department proof of enrollment in the Program, payment history, progress reports and final evaluation. Unsatisfactory performance, including failure to cooperate with the Program rules will be reported to the Court and Probation.

9. You will sign a document stating that any information you learn from other people in your group is confidential.

10. You are required to purchase a workbook and bring it with you to all group sessions along with your assignments. If you lose it, you will be required to purchase a new one.

11. You must attend the group on the start date to which you agreed to. Failure to do so will result in termination from the Program. Should you wish to reenroll, you will need to schedule a new screening appointment and pay the requisite fees.

12. You will need to participate in an exit interview upon completion of all mandated sessions. This interview will be an individual session for which you will be charged the same fee as your group fee.

13. If recommended by the Court, Probation, or by Westlake Village Family Services, you will obtain a chemical dependency evaluation and follow recommendations for recovery. Failure to comply may result in dismissal from the program.

14. While in group you may not wear a hat or sunglasses (unless with doctors note), leave group without permission, use swear words, and must have cell phones or pagers turned off.

15. Westlake Village Family Services reserves the right to refuse treatment to anyone who, in our professional judgment, would not benefit from the Program.

The Rules are subject to revision in order to maintain compliance with agency, county, state and federal regulations.

I have had these rules explained to me and have received a copy.

Start Date: \_\_\_\_\_

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date

**Westlake Village Family Services**  
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**Virtual Group Rules**

1. Camera must be on at all times (even if you leave and go to bathroom)
2. Full face to top of shoulders in camera at all times
3. If outside must have headphones/earbuds and be alone with back against wall
4. No face masks allowed must see entire face
5. No walking around
6. No smoking
7. No cooking
8. No eating a meal
9. Must have good lighting and be seen clearly
10. Must be alone (if not must have wall behind you with headphones/earbuds)
11. No Driving
12. Must not be a passenger in a car
13. If in a parked car must be alone and must have good lighting
14. No filters allowed at all
15. No lying down must be sitting upright directly in front of camera
16. No watching TV
17. Not be distracted doing anything other than group
18. No children over the age of 2 allowed
19. Participants must be dressed appropriately
20. No answering or talking on another phone
21. Provider must have defendant to sign rules at intake
22. If a rule is broken defendant can be removed from the group with no credit given and no refund of fee
23. These are not limited and can be amended; other rules will be added if needed
24. Facilitator/Therapist camera must be on at all times

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Westlake Village Family Services**  
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**Westlake Village, CA. 91362**

**Intake/Assessment**

The following form was developed to make the intake process easier for clients entering our program. The questions are designed so that a minimum of writing is necessary; however, we ask you to elaborate on questions when requested. This form makes our work easier in that it standardizes the information we have on each of our clients. Hopefully it will begin to get you thinking about domestic violence and how it relates to your life. This form is part of your confidential file and it is available for your review at any time.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_  
                    First                    Middle                    Last

ADDRESS: \_\_\_\_\_  
                    Street/Apt. No.                    City                    State                    Zip Code

TELEPHONE NUMBER: \_\_\_\_\_ MESSAGE NUMBER: \_\_\_\_\_

MARITAL STATUS: single\_\_ married\_\_ separated\_\_ divorced\_\_

LIVING SITUATION: live with partner\_\_ live alone\_\_

DEPENDENTS: children: yes\_\_ no\_\_ how many\_\_  
                    Spouse\_\_\_\_ other\_\_\_\_

OCCUPATION: \_\_\_\_\_

PRESENTLY EMPLOYED: yes\_\_ no\_\_ Income (monthly)\_\_\_\_\_

EMPLOYER: \_\_\_\_\_  
                    Company

\_\_\_\_\_  
                    Street address                    City                    State                    Zip Code

\_\_\_\_\_  
                    Phone Number

**Westlake Village Family Services**  
**3625 E. Thousand Oaks Blvd. Suite 225**  
**Westlake Village, CA. 91362**

The following questions refer to the alleged victim of your violence.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_  
                    First                    Middle                    Last

ADDRESS: \_\_\_\_\_  
                    Street/Apt. No.                    City                    State                    Zip Code

TELEPHONE NUMBER: \_\_\_\_\_ WORK: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_

EMPLOYER: \_\_\_\_\_  
                    Company

\_\_\_\_\_  
Street address                    City                    State                    Zip Code

\_\_\_\_\_  
Phone Number

Children:

Name	Sex	Age
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- 1.
- 2.
- 3.
- 4.
- 5.

**Please answer the following questions as best as you can. If you have any questions, please discuss them with therapist during your intake session.**

Were you ever physically punished as a child? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Did you consider yourself physically or psychologically abused as a child? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Did you ever know of or observe your father physically, sexually, or psychologically abuse your mother or destroy property in a fit or anger? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Did you ever physically attack one of your parents? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Who was the primary disciplinarian in your family? Father \_\_\_ Mother \_\_\_ Other \_\_\_  
Any comments?

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Have you ever been a victim of sexual assault by a family member or anyone outside your family? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Did you have any problems with violent behavior as a child or teenager? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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How many episodes of violence have there been in the past year of the relationship?  
Physical \_\_\_\_\_ Property \_\_\_\_\_ Sexual \_\_\_\_\_ Psychological \_\_\_\_\_

How frequent have these incidents been in the past six months? Please explain.

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How soon after you met your partner did the physical violence begin? Please explain.

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Have you ever noticed that the violence is increasing in frequency over time?

Yes\_\_ No\_\_

If yes, please explain.

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Have you noticed that the violence is increasing in severity over time? Yes\_\_ No\_\_

If yes, please explain.

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Have you or your children been involved in or observed any violent episodes between you and your partner? Yes\_\_ No\_\_ If yes, please explain.

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How do you discipline your children? Please explain.

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Do you own or have in your possession firearms, knives, or any other kinds of weapons?

Yes\_\_ No\_\_ If yes, please explain.

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Have you removed these weapons from the home? Yes \_\_\_ No \_\_\_ Please explain. If no, state reason; if yes state how you will arrange for the removal of these weapons.

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Describe the violence that occurred.

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Were the police called after this incident? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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What kinds of injuries have your partners in the past sustained as a result of your violence?

Knocked or choked unconscious \_\_\_ Bleeding \_\_\_ Swelling \_\_\_  
Wounds from use of weapons \_\_\_ Broken nose \_\_\_ Broken bones \_\_\_ Scratches \_\_\_  
Bruises \_\_\_ Black eye \_\_\_ Muscle sprains \_\_\_ Needed surgery \_\_\_ Other \_\_\_

Have you ever sought professional help in the past to stop the violence? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Did you or your partner use alcohol or other drugs prior to or during this incident?

Yes \_\_\_ No \_\_\_

If yes, please explain.

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Have you ever received counseling or psychotherapy? Yes \_\_\_ No \_\_\_

If yes, please explain.

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Have you ever been hospitalized for mental health reasons? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Do you drink alcohol? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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How often to you drink? \_\_\_\_\_

How much do you drink at a time? \_\_\_\_\_

How often do you get drunk or loaded? \_\_\_\_\_

Do you use drugs? \_\_\_\_\_

How much do you use at a time? \_\_\_\_\_

How often do you use these drugs? \_\_\_\_\_

If you do not use drugs, have you ever used them? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Have you ever used violence while under the influence of alcohol or drugs?  
Yes \_\_\_ No \_\_\_

Have you ever used violence while not under the influence of alcohol or other drugs?  
Yes \_\_\_ No \_\_\_

Have you ever been violent in situations not involving your family? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Are you presently involved with the criminal justice system? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Have you ever been found guilty of a crime? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Have you ever been arrested? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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Do you feel your use of violence is an acceptable way of solving conflict and/or disagreements? Yes \_\_\_ No \_\_\_  
If yes, please explain.

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What would you like to learn from attending this group?

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**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

**Group Treatment Plan**

<b>Problems/Needs</b>	<b>Goals</b>	<b>Interventions Tx Approaches</b>
Inability to manage anger	Increase anger management skills	Batterers' Treatment Group
Poor conflict resolution skills	Improve conflict resolution skills	Batterers' Treatment Group
Poor communication skills	Improve communication skills	Batterers' Treatment Group
Poor assertiveness skills	Improve assertiveness skills	Batterers' Treatment Group
Poor identification of feelings	To be able to identify feelings more readily	Batterers' Treatment Group
Poor coping skills	Improve coping skills	Batterers' Treatment Group

Anticipated length of treatment \_\_\_\_\_ Adjunctive Services (check)

Substance Abuse Tx \_\_\_\_\_ Medication Referral \_\_\_\_\_ Parent Ed. \_\_\_\_\_  
 Child Care \_\_\_\_\_ Batterers' Tx \_\_\_\_\_ Rec. Prgm. \_\_\_\_\_  
 Day Tx \_\_\_\_\_ Educ./ Voc. Skills \_\_\_\_\_ Medical Svs. \_\_\_\_\_  
 Psych. Assess. \_\_\_\_\_  
 Other \_\_\_\_\_

Signatures:

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
WITNESS

\_\_\_\_\_  
DATE

**Westlake Village Family Services**  
**3625 E. Thousand Oaks Blvd. Suite 225**  
**Westlake Village, CA. 91362**

**Treatment Plan Updates (Every Three Months From Intake Date)**

(note changes in goals, objectives, diagnosis, client involvement, etc.)

Therapist: \_\_\_\_\_ Date: \_\_\_\_\_

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Therapist: \_\_\_\_\_ Date: \_\_\_\_\_

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Therapist: \_\_\_\_\_ Date: \_\_\_\_\_

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Therapist: \_\_\_\_\_ Date: \_\_\_\_\_

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Therapist: \_\_\_\_\_ Date: \_\_\_\_\_

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Therapist: \_\_\_\_\_ Date: \_\_\_\_\_

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Therapist: \_\_\_\_\_ Date: \_\_\_\_\_

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Therapist: \_\_\_\_\_ Date: \_\_\_\_\_

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Therapist: \_\_\_\_\_ Date: \_\_\_\_\_

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**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

**Victim Notification Form**

I, \_\_\_\_\_, give permission for Westlake Village Family Services to contact \_\_\_\_\_, who is the alleged victim of my violence.

I understand that Westlake Village Family Services will inform my alleged victim of my participation in the program, to offer resources to them and to inform them that my participation in the program does not guarantee that I will not be violent to them again. They will be encouraged to report any violations of my diversion or probation.

Alleged victim's name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone number: \_\_\_\_\_

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date

**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

**Victim Notification Letter**

**Date:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dear: \_\_\_\_\_:

We are writing to inform you that

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has entered the Domestic Violence Batters' Treatment Program at Westlake Village Family Services. He has been referred for treatment by the court or probation department because of alleged violence to you. If you need any assistance or referrals to recover from this violent act, please contact our office and we will assist you in finding the help you need.

Be aware that just because he has enrolled in our Program does not mean he will not be violent to you.

If he is violent, intimidates, harasses, stalks, or annoys you, call the police, probation and Haven House, or if it is not an emergency, please inform probation and Westlake Village Family Services at 1-805-413-1130.

If you have to call the police, probation and Haven House, please inform Westlake Village Family Services.

Sincerely,

---

Domestic Violence Program Facilitator

Domestic Violence Resources:

"A Safe Way Out": Domestic Violence Hotline 1-800-978-3600

Haven House: 1-323-681-2626

**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

**Statement of Group Confidentiality**

I, \_\_\_\_\_, agree to keep confidential any information I learn from individuals also enrolled in group treatment at Westlake Village Family Services. I understand that not following or agreeing to the above statement will be terms for removal from the Domestic Violence Batterers' Treatment Program.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date

**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

**Limitations of Confidentiality**

I, \_\_\_\_\_, understand that the staff of the Batterers' Treatment Program will report to the court, Probation Department and/or local law enforcement my participation in group, any threats to do bodily harm or kill another person, serious suicidal threats, violation of restraining orders, and violation of Program Rules. Suspected child abuse or neglect, will be reported to the Department of Children's Services and to the Court or Probation Department.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date

**Westlake Village Family Services**  
**3625 eE Thousand Oaks Blvd. Suite 225**  
**Westlake Village, CA. 91362**

## **Authorization to Release Confidential Information**

I, \_\_\_\_\_

hereby authorize Westlake Village Family Services

to release confidential information obtained during the course of my treatment to: Courts and Probation

This Authorization permits the release of the following information:

Any and All Information Necessary

Diagnosis  Treatment Plan  Prognosis

Progress to Date  Clinical Test Results  Dates of Treatment

Patient Records  Summary of Treatment

Other

\_\_\_\_\_  
I authorize the release of the information described above for the following purpose(s):

The recipient may use the information described above solely for the following purpose(s):

I understand that I have a right to receive a copy of this authorization. I also understand that any cancellation or modification of this authorization must be in writing.

This Authorization shall remain valid until: ("Expiration Date") \_\_\_\_\_

By: \_\_\_\_\_ Date: \_\_\_\_\_

(Patient or Patient's Representative\*)

\*If signed by other than Patient, please indicate the relationship between  
Patient \_\_\_\_\_ and \_\_\_\_\_ his/her \_\_\_\_\_ Representative:

**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

## **Authorization to Exchange Confidential Information**

I, \_\_\_\_\_  
hereby authorize Westlake Village Family Services  
to release confidential information obtained during the course of my  
treatment to: Courts and Probation

This Authorization permits the release of the following information:

- Any and All Information Necessary  
 Diagnosis  Treatment Plan  Prognosis  
 Progress to Date  Clinical Test Results  Dates of Treatment  
 Patient Records  Summary of Treatment  
 Other

\_\_\_\_\_

I authorize the release of the information described above for the following  
purpose(s):

The recipient may use the information described above solely for the  
following purpose(s):

I understand that I have a right to receive a copy of this authorization. I also  
understand that any cancellation or modification of this authorization must  
be in writing.

This Authorization shall remain valid until: ("Expiration Date") \_\_\_\_\_

By: \_\_\_\_\_ Date: \_\_\_\_\_  
(Patient or Patient's Representative\*)

\*If signed by other than Patient, please indicate the relationship between  
Patient \_\_\_\_\_ and \_\_\_\_\_ his/her \_\_\_\_\_ Representative:

**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

I, \_\_\_\_\_  
(Client's Name)

hereby authorize \_\_\_\_\_  
(Program Name)

to release confidential information with the Batterers Intervention Program Providers' Committee. The committee is comprised of program providers and probation officers supervising domestic violence cases in Ventura County. The committee oversees domestic violence cases and program standards.

I authorize the release and exchange of all information, including but not limited to diagnosis, treatment plan, prognosis, progress, clinical test results, dates of treatment, client records, and summary of treatment to the above recipient solely for the purpose of case management and continuity of care.

I understand that I have a right to receive a copy of this authorization. I also understand that any cancellation or modification of this authorization must be in writing.

This Authorization shall remain valid until: Date: \_\_\_\_\_  
(Expiration Date)

By: \_\_\_\_\_ Date: \_\_\_\_\_  
(Client or Client's Representative\*)

\_\_\_\_\_  
( Relationship: If signed above by Client's Representative)

**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

**Nondiscrimination Policy**

Westlake Village Family Services in accordance with applicable Federal and State law does not discriminate in its employment practices and provision of benefits and services on the basis of race, color, national origin, religion, gender, gender identity, pregnancy,<sup>1</sup> disability, age, medical condition (cancer related), ancestry, marital status, citizenship, sexual orientation or status as a Vietnam-era veteran or special disabled veteran.

Westlake Village Family Services also prohibits sexual harassment. This nondiscrimination policy covers admission, access, and treatment in Westlake Village Family Services programs and activities. This is pursuant to Title VI of the Civil Rights Act of 1964 (Section 2000d, Title 42, United States Code); the Rehabilitation Act of 1973 (Section 794, Title 29, United States Code); the Americans with Disabilities Act of 1990 (Section 12132, Title 42, United States Code); Section 11135 of the California Government Code; and Chapter 6 (commencing with Section 10800), Division 4, Title 9 of the California Code of Regulations.

Inquiries regarding Westlake Village Family Services nondiscrimination policies may be directed to Dr. Michael Kaufman, Executive Director of Westlake Village Family Services.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
<sup>1</sup> Pregnancy includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth.

**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

**Techniques for Stopping Abuse**

- Non-threatening behavior: talking & acting so that the other person feels safe  
Respect: listening to the other person, being affirming and understanding, value their opinions.  
Trust: respecting the other's right to their feelings, friends, activities and opinions  
Accountability: accepting responsibility for self, acknowledging behavior, admission of guilt  
Honesty: communicating openly and truthfully, making decisions together.  
Cooperation: sharing parental responsibilities, agreeing on a fair distribution of work.  
Economic partnership: making sure both partners benefit from financial arrangements.  
Negotiation: conflict resolution, accepting change, being willing to compromise, flexibility.  
Recognitions of anger: anger and violence are different. Be angry without being violent.  
Anger management: Time-out; Positive self talk: what you say to yourself when you are angry; Anger journal: keeping track of your anger by writing it down; Avoid stuffing or escalating emotion: express yourself but non-violently.

I have read and understand these ways for stopping violence.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date

**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

**What is Domestic Violence?**

“Domestic violence” means willfully or recklessly causing or trying to cause bodily injury to a household member or placing a household member in fear or serious injury.

There are many ways of exerting power and control over another person which are considered violent.

**Physical Violence:** This includes striking, hitting, grabbing, slapping, shoving, pushing kicking, choking, scratching, punching pulling, hitting with weapons or objects, stabbing or shooting.

**Emotional Violence:** This includes a systematic attempt to control another person’s thinking and control of another person’s behavior by the threat or perceived threat of violence.

**Sexual Violence:** This occurs when someone forces another person to have sexual contact by means of physical force or threats. Included are oral sex, sodomy, or forced sex with objects or with other people.

**Economic Violence:** This involves control of another person’s behavior through the threat of economic repercussions.

**Verbal Abuse:** This involves consistent degradation of another person verbally.

All these types of violence are ways in which someone can dominate, control and intimidate another person.

All these types of violence have serious psychological and physical consequences for the victim and for the unintended victim such as children or other household members.

I have received a copy on the definition of Domestic Violence and abuse, and the techniques to stop the abuse.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date

**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

**Ways To Stop The Violence: Time-Out Method**

The “time-out” is a way to stop the violence in a relationship immediately. It consists of eight steps that should be followed closely when first beginning to use the technique. Many men have found it to be highly effective.

When you begin to feel angry, say, “I’m beginning to feel angry. I need to take a Time-Out. I’ll be back in one hour.”

Leave home for one hour

Do something physical. Walk, run, bicycle, etc.

Do not drink, use drugs, or drive.

If you think of the situation and begin to become angry, say to yourself, “I’m beginning to feel angry and I need to take a Time-Out.” Take a mental timeout.

Return home in one hour (no longer, no shorter).

Check in with your partner, Ask if she wants to talk.

Talk with her only if both of you want to talk. Tell her what made you feel angry and what it was like to take a Time-Out.

I have received a copy Ways to stop violence: Time-out Method.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date

**Westlake Village Family Services  
3625 E. Thousand Oaks Blvd. Suite 225  
Westlake Village, CA. 91362**

**Unpaid Balances**

In compliance with your signed contract, and the responsibility you have for your program fees, Westlake Village Family Services is issuing this policy.

If your current balance is zero, you will need to keep that balance current. If your balance becomes two payments behind, a violation will immediately be sent to court and/or probation and you may be terminated from the Program.

If you have a current balance, you must pay in addition to your fee each week until your balance is zero. If you fail to do this a violation will be sent to court and you may be terminated from the program.

I have read the foregoing and understand it.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
WITNESS

\_\_\_\_\_  
DATE

**Westlake Village Family Services**  
**3625 E. Thousand Oaks Blvd. Suite 225**  
**Westlake Village, CA. 91362**

**Pretest**

Note: Please circle your answer.

The proper way to take a “timeout” and cool off during an argument with your partner is to:

- a) Send your partner to a separate room for two hours after which you are both calmer.
- b) Leave the house without saying a word to do some physical exercise, and return several hours later, calmed down.
- c) Tell your partner you are going to take a “time-out,” leave the house and do some physical exercise, return calmed down in one hour and discuss the incident with your partner.
- d) Tell your partner that you are going to take a “time-out,” and go hang out with friends, and return several hours later calmer.

You work all day and your partner is at home more. Your partner has suddenly stopped cooking for you. You are angry about it. What would be the best way to communicate this with your partner?

- a) “I work all day-the least you could do is cook!”
- b) “I miss your good cooking. Why is it hard for you to cook right now? Is something wrong?”
- c) “Are you messing around during the day? You certainly aren’t taking care of me!”
- d) Say nothing because you know it will start a fight.

You would like your partner to help you with doing the bills. The best way to say what you need is:

- a) “Come help me with the bills, now!”
- b) “I would like some help with the bills when would be a good time this morning to do that?” Later at the agreed upon time remind her that you are ready to do the bills.
- c) You do the bills yourself and avoid an argument.

When someone is feeling stressed, some good things to do to help manage the stress are:

- a) Sleep, eat or drink.
- b) Exercise, talk with friends, listen to music, list what you can do to solve the problem.
- c) Leave home for a few days to get away from it all, don't tell anyone where you are going.
- d) Do nothing out of the ordinary, keep on as usual.

You partner does several things to annoy you. You don't say anything about them until things build up and you explode. Then you list all the things that have been annoying you. This is called:

- a) Stuffing the anger.
- b) Escalating the anger.
- c) Directing your anger.
- d) None of the above.

The first step in learning to manage your anger is:

- a) Learning to control your temper.
- b) Recognizing your anger in the early stages before it gets more difficult to contain.
- c) Recognizing it once you are ready to explode.
- d) Letting your anger out verbally so that you do not hit your partner.

Violence is:

- a) Against the law.
- b) Psychologically and physically damaging for the victims or unintended victims.
- c) A way in which someone can demonstrate control and intimidate another person.
- d) Only one way of dealing with anger conflict and disagreement in a relationship.
- e) All of the above.

Physical abuse includes all of the following:

Pushing, pinching, slapping, shoving, kicking, stepping-on, holding down, biting, hair pulling, punching and strangling.

- a) true
- b) false

Assertiveness means:

- a) Getting what you want most of the time.
- b) Asking for what you want and saying no to what you don't want.
- c) Getting pushy when you get angry.

**Westlake Village Family Services  
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Westlake Village, CA. 91362**

**Post Test**

Part 1:

What are the dangers of violence?

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Is stress management important to you? How do you manage your stress?

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How do you control your anger?

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How do you achieve balanced communication?

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Discuss the socialization of sex roles-the realization of equality in the relationship.

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How do alcohol and drugs contribute to the violence?

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What were you thinking or feeling about his group when it started?

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Do you feel differently now?

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What influenced you most from this group?

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This is what helped me the most from this group:

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These are my suggestions for future batterers' treatment groups:

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## Part 2

I have learned new techniques for dealing with my anger from this class.

1                      2                      3                      4                      5  
Strongly Agree                      Agree                      Strongly Disagree

I feel I am better as a husband or partner because of attending this group:

1                      2                      3                      4                      5  
Strongly Agree                      Agree                      Strongly Disagree

I am less likely to hit my wife or partner since attending this group:

1                      2                      3                      4                      5  
Strongly Agree                      Agree                      Strongly Disagree

I am less likely to yell at my wife or partner since attending this group:

1                      2                      3                      4                      5  
Strongly Agree                      Agree                      Strongly Disagree

I now feel that I know some people who I can call for help, if I am having problems with my wife or partner.

1                      2                      3                      4                      5

Strongly Agree

Agree

Strongly Disagree

If I have needs, I know more places to call to access resources.

1

2

3

4

5

Strongly Agree

Agree

Strongly Disagree

I feel better about my life and myself since taking this class.

1

2

3

4

5

Strongly Agree

Agree

Strongly Disagree

**Westlake Village Family Services**  
**3625 E. Thousand Oaks Blvd. Suite 225**  
**Westlake Village, CA. 91362**

**Attendance Sheet**

(This is for you to keep track of your attendance)

Attended Sessions

1)	___/___/___	27)	___/___/___
2)	___/___/___	28)	___/___/___
3)	___/___/___	29)	___/___/___
4)	___/___/___	30)	___/___/___
5)	___/___/___	31)	___/___/___
6)	___/___/___	32)	___/___/___
7)	___/___/___	33)	___/___/___
8)	___/___/___	34)	___/___/___
9)	___/___/___	35)	___/___/___
10)	___/___/___	36)	___/___/___
11)	___/___/___	37)	___/___/___
12)	___/___/___	38)	___/___/___
13)	___/___/___	39)	___/___/___
14)	___/___/___	40)	___/___/___
15)	___/___/___	41)	___/___/___
16)	___/___/___	42)	___/___/___
17)	___/___/___	43)	___/___/___
18)	___/___/___	44)	___/___/___
19)	___/___/___	45)	___/___/___
20)	___/___/___	46)	___/___/___
21)	___/___/___	47)	___/___/___
22)	___/___/___	48)	___/___/___
23)	___/___/___	49)	___/___/___
24)	___/___/___	50)	___/___/___
25)	___/___/___	51)	___/___/___
26)	___/___/___	52)	___/___/___

Excused Absences

1)	___/___/___
2)	___/___/___
3)	___/___/___

**Westlake Village Family Services**  
**3625 E. Thousand Oaks Blvd. Suite 225**  
**Westlake Village, CA. 91362**  
**Program Schedule**

**Men's Program Schedule**

Group Rules And Timeouts

Defining Violence

Recognizing Anger

Three Ways To Handle Anger (Stuffing, Escalating, Directing)

I-Statements

Directing Anger

Stages Of Anger

Power And Control Dynamics Wheel

Equality Wheel

Jealousy

Cycle Of Violence and Multi-Cultural Diversity (SCAGSO)

Alcohol, Other Drugs And Violence

Alcoholism: A Clinical View

Other Drugs And Violence

Men Who Use Violence And The Victims (Characteristics, Common Beliefs)

Domestic Violence: The Woman's Perspective

Family Of Origin Effects On Violence

Causes Of Domestic Violence: Societal Attitudes

Effects Of Abuse On Children And Others (Effects On Relationships, Self, Statistics)

Assertiveness Skills 1: Asking For What You Want

Assertiveness Skills 2: Saying No

Assertiveness Skills 3: Exercises And Wrap-Up

The Four Boxes Of Life: I Want, Should, Have To, Can't

Personal Responsibility And The Power Of Choice

Couples Communication: Fighting Dirty

Couples Communication: Fighting Fair

Recognizing Anger (Differentiating Anger From Violence, Body Signals, Anger Behaviors, Levels Of Anger, Anger Journal)

The Three Ways To Handle Anger (Stuffing, Escalating, Directing)

Identifying Feelings

Expectations And Anger

Owning Anger

Letting Go Of Resentments  
Alcohol, Other Drugs And Violence: Basics  
Alcoholism: A Non-Clinical View  
Co-Dependency  
Power And Control Dynamics Wheel & Equality Wheel Review  
Gender Roles And Stereotypes  
Differences In Control At Job And At Home  
Traits And Emotions Of Self And Others: Projective Identification  
Learning To Listen  
Responding To Another's Anger  
Improving Your Relationship  
Assertiveness Skills 1: Asking For What You Want  
Assertiveness Skills 2: Saying No  
Assertiveness Skills 3: Exercises And Wrap-Up  
Self-Esteem 1: What Is It?  
Self-Esteem 2: How Can You Build It?  
Stress Management 1: Defining Stress, Stressors, Stress Relating Illness,  
Exercises  
Stress Management 2: Exercise  
Stress Management 3: Exercises And Wrap-Up  
Holiday Stress And Violence  
Values Clarification

### **Women's Program Schedule**

Foundations  
What is Domestic Violence? Using the Cottage of Abuse & Journaling  
Cultural Influences  
Differences Between Women and Men  
Anger and Depression  
Alcohol and Drugs: Its Impact on Us  
Self Management  
Responsibility: Acceptance of Our Own Actions  
Time-Outs: Behavior Management  
Stress Management  
Bottom Lines and Boundaries  
Self-Esteem and Self Care  
Self-Talk, Beliefs and Our Identity  
Changing Self-Talk and Beliefs  
Family Of Origin  
Family Of Origin: How We Learned Our Behaviors and Beliefs

Who Am I, Who I Want to Be  
Victimization  
Communication  
Feelings  
Communication: "I" Messages  
Becoming Assertive  
Dealing With Conflict and Learning How to Solve Problems Effectively  
Family Issues  
Family Album  
Domestic Violence and Children: Parenting Issues  
Intimacy: What Does It Mean?  
Understanding Love  
Understanding and Meeting Your Own Needs  
About Sex  
Relapse Prevention