



# Emerge

Counseling and Education to Stop Domestic Violence

March 2006

## **Emerge: Counseling & Education to Stop Domestic Violence ~ E-mail Newsletter** Volume 1 ~ Issue 3

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## **Welcome!**

These first issues of our newsletter have given us an opportunity to feature some of our upcoming plans for articles and ways to communicate our approaches to batterer intervention.

Thanks to those of you who have taken an interest in our e-mails, and welcome to those who have just joined! In this issue, we are highlighting our services for Lesbian, Gay, Bisexual and Transgender abusers, highlighting our upcoming Advanced Training, and giving a description of an educational tool we use during our group sessions.

Please be sure to call or e-mail us if you have any questions or comments or would just like to say hello!

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### **Training for Advanced Group Intervention Skills**

Three times per year, near our Cambridge office, we provide an Advanced Group Skills training for counselors who want to improve their skills.



- **Volunteer & Internship Opportunities**
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EMERGE IS A MEMBER OF...



This training is an opportunity to learn more specific details on how to use the Emerge model to intervene in abusive behavior. This includes watching actual videotapes of Emerge group sessions in order to see the group interventions in action.

Also, as a part of this training, we will spend time giving group participants a chance to present information on difficult group situations they have experienced. They receive feedback and participate in a creative discussion and planning on how to deal with problem clients or supervision issues.

This training is designed for people who have previously attended Emerge's Introductory 3-day training. It can also be useful for people who want to start incorporating some of Emerge's tools into their own interventions, even if they have been trained in a different model of abuser intervention or group work. People who have purchased Emerge materials, but would like more direction on how to use them may also find this training beneficial.

The learning objectives include:

- **Becoming more knowledgeable about later-stage group interventions**
- **Through case conferences, identifying effective interventions for common group process challenges**
- **Learning new educational techniques and strategies**

We are also available to present this and other trainings in your state.

Please contact Ted German, our Director of Training at our office at 617-547-9879 or at [tedemerge@aol.com](mailto:tedemerge@aol.com) for more details.

**To register for Emerge trainings...**

## **LGBT Abusers at Emerge**

**~Part One: A History~**



Over the past 15 years, Emerge has developed

**Emerge's goal is to work with the therapeutic community to provide the best possible services to abusers and their families. Over the past ten years, EmERGE has developed techniques for motivating and engaging clients that go beyond the typical parameters of abuser education. These include parenting education, self-care plans and a detailed relationship history. This expanded definition of abuser education requires greater outreach to outside service providers.**

**We will have a full article on this conference in our next newsletter.**



services for Lesbian, Gay, Bisexual and Transgender (LGBT) abusers. We have seen the need for services since the 1980's, however, LGBT victim services were just becoming organized. Due to EmERGE's belief that services need to be in place for victims *before* there are services for abusers, we held off on adding such groups to our program offerings.

EmERGE supported the development of The Network for Battered Lesbians and actually had some organizational meetings at our former office space. EmERGE was one of the founding members of the Same Sex Domestic Violence Coalition and worked to educate the community about LGBT domestic violence and advocate for more victim services in the community.

In the 90's, EmERGE also worked with lesbian abusers on an individual bases as a way to conduct services before there were enough members to form a group. In 1995, we started our first group session for lesbian and bisexual women and the first group ranged from three to nine group members. Five years later, in 2000, we began seeing gay male abusers individually and then in group sessions.

Working with LGBT abusers required some changes in EmERGE's 40 session curriculum. Since LGBT victims are often incorrectly referred for abuser services, the thoroughness and open-mindedness of our initial orientation and assessment became more important. We use the same EmERGE curriculum but adapt some of the exercises to reflect LGBT cultural differences.

In the next issue of our newsletter, we will highlight some of the specific differences, speak to the idea of cultural representation of group leaders, and talk about the concept of primary aggressors.

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## **An Advanced Group Activity: "Creating Individual Feedback Goals"**

***By Christopher Hall, Group Leader***



During my time as a group leader at EmERGE, I've tried to use the individualized intervention approaches that are critical

Thank you again for your support and continued interest in Emerge! At this point, we are highlighting some of the features we will include in specific interest category newsletters. At some point in the future, we hope to write more detailed newsletters to specific interest groups, so please take the time to indicate your interests by letting us know what you are interested in hearing more about!

We also hope to feature submissions from people around the nation (or from other countries) who are working to end domestic violence. Please e-mail us with ideas, specific questions or your own written materials to include in future submissions.

**Best Regards!**

***Emerge: Counseling  
& Education to Stop  
Domestic Violence***

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to the Emerge model. All of us at Emerge attempt to develop activities that will engage and motivate group members. This is a description of our development of one of these activities, "Creating Individual Feedback Goals."

During group sessions, we take extensive notes on what each group member says about their relationship, as well as how and what they identify as personal goals to stop their destructive and harmful behavior. What I began to notice is that I would ask group members what *they* specifically wanted to do to change, and record that in my group notes.

As a result of discussions in supervision about this topic, I started (along with my co-leaders) to conduct a new activity on a regular basis. We would ask each group member to tell us what *they* wanted to learn and work on during their time in the program by simply asking, "**What would you like feedback on during your time at Emerge?**"

Initially, I was wary of their answers, and concerned that the whole idea could backfire. Amazingly, it did not. Group members came up with very concrete and attainable feedback goals for themselves.

What was fascinating about this was that after giving us these answers, they were much less defensive. When we reminded them of what feedback they wanted during group discussions, they were more willing to talk about challenging topics and give each other direct and respectful feedback.

We keep their individual group feedback lists posted on newsprint in the group room. Group members can more easily give each other feedback and get involved in group discussions when they can see each other's feedback goals.

We discuss this activity and more during our Advanced Training (mentioned above), and I would encourage anyone who would be interested in more specifics about this or other activities to contact me at our office at 617-547-9879 or e-mail us at [emergedv@gmail.com](mailto:emergedv@gmail.com).

**More About Emerge Group Activities...**