

Abused Woman Recovery Program (AWRP) **"Empowering the abused woman to recover"**

What It Is: A program designed to provide educational support, through training, to abused and battered women of domestic violence. The AWRP is the reason "Journey of Freedom" exist; she more about "Journey of Freedom" on next page.

Mission: To teach abused women how to recover from the bondage of domestic violence and abuse.

Purpose/Goal: To help abused women realize they can recover from the bondage of domestic violence/abuse and show them how to recover.

Program Theme: The theme of the program is "Recovering From Abuse." Each book or teaching/lecture we discuss will be centered on recovering from the bondage of domestic violence. However, the main tool that will be used in the AWRP is an educational skills training program called, "Tools for Triumphant Living." However, for this particular part of the recovery program, only the Basic Course from the "Tools for Triumphant Living" will be used which are "Violence & Abuse" and "Anger Management Recovery" Programs (see attached syllabus) along with the "Importance of Forgiveness Recovery Program." "Journey of Freedom" is another training program which is geared to help the whole person recover: spirit, soul, and body – heal the mind the body will heal – the soul is made up of mind, will, emotions; these are the parts of a person's make up which is damaged during a domestic/abusive relationship. The spirit man is healed by accepting Jesus as your person Lord and Savior and He will heal you spiritually.

Program Vision: To empower abused women of all nationality through education and training so they will be set free from the bondage of domestic violence.

How Does It Work: This program is an interactive one. **Each week on Saturday I will post a part of this teaching on the Recovery page at Facebook. If there is a question with an asterisk (*) in the middle of the lesson for that week, answer that question and send it back to me by Wednesday of that week. Also, I would like for you all, the ones who are going through this program, to get together and have a discussion about one (1) mutual thing you all are experiencing and send me the discussion (tell me what was the issue and what was the solution – one person can be the spokesperson) by Thursday of that week. The exercises at the end of each lesson are due by Friday of each week. We will have a live conference call on Tuesday or Thursday evening; you let me know what is best for you and the time.** If you have any questions about any part, let me know. This is all designed to help you apply what you learn here to your life every day and this will help with your recovery process. Recovery is a process and the more you work on that process, the sooner you will get through to it.



"Journey of Freedom: Pursuing Freedom From The Bondage of Traumatic Experiences" 2013

What it consists of:

1. **AWM Counseling Recovery Program**
 - A. The Importance of Forgiveness Recovery Program
 - B. Violence & Abuse Recovery Program
 - C. Anger Recovery Program
2. **Emotional Healing Series**
3. **"Unholy Matrimony: Healing For The Abused Woman" book discussion group (includes Study Guide)**
 - A. Rejection
 - B. Loneliness

About It! The name says it all! "**Journey of Freedom: Pursuing Freedom From The Bondage of Traumatic Experiences**" is a declaration for 2013 and beyond that you are going to continually pursue your freedom from **whatever** that has had you in bondage for years, recently, or at present!! Continually pursuit of your freedom means that you will stay free by any means necessary!! You will no longer tolerate foolishness of any kind!! You will rise up and by God's grace take back everything that the enemy has stolen from you (your self-esteem, your self-worth, your freedom to live life as God designed you to, your boldness God gave you through Jesus, and much, much more!! This year, 2013, is the beginning of your life and the best is yet to come!!! God has a plan and purpose for your life and I am your life coach; I am here to show you how to be set free from bondages so you can know and embrace God's will for your life!!

Abused Woman Ministries, Inc. is dedicated to helping women, their children and men who have been abused! We do this by providing them with the tools they need to recover from the bondage of domestic violence and abuse. However, we know that domestic violence/abuse is not the only traumatic event that can keep a person from having a healthy relationship! Therefore, we will also focus on recovering from the following traumatic experiences in the "**Journey of Freedom: Pursuing Freedom From The Bondage of Traumatic Experiences:**" sexual assault, rejection, abandonment, neglect, loneliness...(whatever other traumatic experience God gives me to include).

The AWM Counseling Recovery Program which started on Jan 19th is the first course to your "**Journey of Freedom!**" I am dedicated to walking with you (I cannot do it for you - I am an instrument that God is using to help you recover - as He gives me your tools of recovery, I give them to you then you must decide to take this journey) so are you dedicated to take the journey? If so, let me know by responding to this post!

The journey may not be easy but we are in this together and we will hold each other up; no person left behind!!! If you have any problem, post it here and we will respond or contact me directly!! We got you!! Most importantly, God got you in the palm of His hand and nothing and nobody will be able to pluck you out!! God will **NEVER** leave you nor forsake you!! **Trust Him!!**

Now let's do this!! We are moving forward; not backward!!! We are gaining our momentum; God is catapulting us into our destiny!!!

Welcome to your "Journey of Freedom!!!" Let the Recovery begin!!!

Theme Song: "[Freedom](#)" by Eddie James

May God give you the strength you need for your journey!

Dr. Dorothy E. Hooks



AWM Recovery Program Agenda – Jan 26, 2013

- 1. Start session with prayer – ask Holy Spirit to give you understanding and give you inner healing**
- 2. Study each part of session – all programs focus on healing of the spirit, soul, & body. The AWM Recovery Program consists of three recovery programs into one:**
 - Importance of Forgiveness Recovery Program**
 - Violence & Abuse Recovery Program**
 - Anger Management Recovery Program**
- 3. Rap Up – write down any questions you may have and send them to me before the next part is sent to you on Saturday, Feb 2nd. The next part will not be posted until the first part is completed; you can quit at any time – if you do not turn in homework or contact me to let me know you want to continue, I will assume you want to stop the program.**
- 4. Homework: complete any homework for this session and return to me by Wed of next week (Jan 30th).**
- 5. Close in Prayer – just pray what you feel in your heart**
- 6. NEXT PART WILL BE POSTED SATURDAY FEB 2ND IF YOU COMPLETE THIS PART**
- 7. Live Conference Tuesday nights @9:00 pmEST-Jan 29th**

NOTE: These materials are copyright protected therefore you must request permission to reproduce any part of this material. To request permission, please contact Dr. Dorothy E. Hooks: dehooks@abusedwoman.org.

Importance of Forgiveness Recovery Program Outline

- I. Introduction – 1A – Jan 19, 2013/1A-1-Jan 26, 2013**
- II. Connection Between the Mind & Body – 1A-2**
 - **First Point of View – Personal -1A-2-1**
 - **Second Point of View – Medicine/Psychology – 1B**
 - **Third Point of View – Scriptures – 1C/1D**
- III. Take Action By Taking Responsibility – Homework**
 - A. Forgiveness – 1E**
 - **The Forgiveness Affidavit – 1E**
 - **Prayer Against Unforgiveness – 1E-1 – pray during session**
 - B. Self-Bitterness – 1F**
 - **The Self-Bitterness Affidavit – 1F**
 - **Prayer to Overcome Self-Bitterness – 1F -1 – pray during session**
 - C. Bitterness – 1G**
 - **Levels of Bitterness (1-3) – 1G/(4-6) - 1G-1**
 - **The Bitterness Affidavit – 1G -1a**
 - **Prayer Against Bitterness – 1G-1b – pray during session**
 - D. Rejection – 1H**
 - **What is Rejection? – 1H**
 - **Root of Rejection – 1H-1**
 - **Walls of Rejection – 1H-1a**
 - **Who You Are In God – 1H-1d**
 - **Release from Rejection – 1H-1c**
 - **Prayer and Process for Overcoming Rejection – 1H-1d/1H-1e**
 - E. Discovery Prayer – 1I/1I-1**



Importance of Forgiveness Program – Introduction 1A-1 –Jan 26, 2013

Once bitterness sets up in a person's heart, it defiles them until they are destroyed! This happens because if unforgiveness is not deal with, it opens the door for resentment, then resentment opens the door for retaliation, then retaliation opens the door for anger, anger opens the door for hatred, hatred opens the door for violence and violence opens the door for murder; all these spirits cause the principality of bitterness to set up and begin to rule and reign in the person's life, eventually destroying them.

Is unforgiveness worth losing your soul over? Let it go! When you don't forgive, you are not hurting the person who hurt you, you are hurting yourself. Forgiveness is not a feeling, it is a choice. You must decide to forgive the person and no matter what don't let anything change your mind. Keep telling yourself, "I forgive them." Jesus said in **Matthew 18:22** we should forgive someone 70 times 7; He gave us a guideline to show us there are no limits on how many times we are to forgive. It is not easy but it can be done by persevering.

I am going to give you several ways to keep unforgiveness out your life:

1. Recognize who you fighting against in the first place. **Ephesians 6:12** lets us know who we are fighting against: **"For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places"** (www.biblegateway.com NKJV). Once we have settled this in our spirit, it will cause us to be more forgiving of people and begin to come against those spirits that are using them. We will see the spirits behind the person as the culprit instead of looking at the person.
2. Love God, His Word, and His people this will keep you from getting offended when someone hurt you. **Psalms 119:165** says: **Great peace have they who love Your law; nothing shall offend them or make them stumble AMP (expound on – do not render evil for evil, if your enemies hunger feed them, pray for them that despitefully uses you, etc. if we love God's law, His commandments, His Word, then when people hurt us we will follow the directions God has already gave us, to keep us offense free.** If we love God, His Word, and His people we will keep unforgiveness out of our life. Unforgiveness comes when **we think** someone has done us wrong and we get offended. A lot of time we think people have wronged us and they have not; it is our own twisted perception of ourselves that we reflect onto people. We perceive that people are one way when in reality it is ourselves we are seeing in people. If we take our focus off ourselves and keep it on Jesus, we will not have time to analyze every little thing people do or do not do to us; the devil will not be able to put these unrealistic thoughts in our head. That is why it is so important for us to have our minds transformed by the Word of God so we will not be conformed to the ways and actions of the world – we will not behave like the world when something happen to us. If the offense is not dealt with, it opens the door for unforgiveness which opens the door as I stated earlier for the principality of bitterness to set up in your life.

If you hear what God is saying to you today, by using these two ways alone, I know there more but this is what God gave me, you will stay free of unforgiveness; you will not give place to the devil.

Abused Woman Recovery Program (AWRP) **"Empowering the abused woman to recover"**

Basic Course - 12 Hours Certificate Program **Syllabus**

Basic Course Program Topics:

- + Getting Beyond the After Effects of Violence & Abuse (Three Sessions)
- + Anger Management (Five Sessions)

Description of Basic Course Program Topics:

Violence & Abuse (Session One) - Goal: to define violence & abuse. To accomplish this goal, we will:

- + List Types of Abuse - Part 1A - Jan 19, 2013/Jan 26th
- + Define each type - Part 1A - Jan 26th
- + Discuss the Cause & Effect of Abuse - Part 1B - Jan 26th
- + Discuss the Cycle of Violence in Domestic Abuse - Part 1C
- + Explain God's final word on generational sin - Part 1D

Violence & Abuse (Session Two) - Goal: to recognize Abuse & its Cycle. To accomplish this goal, we will:

- + List the ways to recognize Abuse
- + Learn & Understand the Cycles of Abuse
- + Explore how to Stop the Cycle of Abuse
- + Establish a Personal Bill of Right

Violence & Abuse (Session Three) - Goal: to recognize Abuse & its Cycle. To accomplish this goal, we will:

- + Understand Why Abusers Abuse
- + Understand Why The Victim Stays
- + Develop Strategies for Breaking the Cycle of Abuse



Violence & Abuse Recovery Program

Lesson: Session One – Part 1A – Jan 26, 2013 – Study This

Open in prayer: Father I thank You for giving these group members Your wisdom, knowledge and understanding as they study this teaching; help them to recover completely in the Name of Jesus, Amen!

Session One's Goal: to define Violence & Abuse

- + List Types of Abuse – **Part 1A - Jan 19, 2013/Jan 26th**
- + Define each type – **Part 1A - Jan 26th**
- + Discuss the Cause & Effect of Abuse – **Part 1B – Jan 26th**
- + Discuss the Cycle of Violence in Domestic Abuse – **Part 1C**
- + Explain God's final word on generational sin (Ezekiel 18) – **Part 1D**
- + Closing Scriptures & Prayers Against Domestic Violence – **Part 1D**

Types of abuse: physical, sexual, psychological, social, financial

Definition of each type of abuse:

- + **Physical abuse – Obvious kinds:** pushing, shoving, slapping, punching, kicking, biting, choking and pinching. **Less obvious kinds:** abandonment, reckless driving, forcing someone off the road, refusal to get help when someone is sick or injured, threats or use of an object or weapon.
- + **Sexual – Obvious kinds:** forced sexual activity of any kind, as well as jealousy and sexual accusations. Starts with demeaning through jokes, name calling, or unwanted touching. Victims submit because they don't think they have a right to refuse and it is easier to give in and be left alone afterwards.
- + **Psychological Abuse – Greater than emotional or verbal abuse:** psychological abuse induces fear in the victim due to the fact that threats of violence in the past have been accompanied by at least one episode of physical abuse. **Threats include:** those against an individual or their family, forcing the individual to do degrading things, verbally attacking, or belittling and controlling an individual's behavior. **Other types of threats:** to remove, conceal, or harm the children if a victim leaves.
- + **Social Abuse** – Isolation of victim from family or friends. Unable to use phone or go anywhere alone. Victim is dependent upon the abuser for all social contacts, which creates an atmosphere or environment where there is no place to go when abuse takes place. Victims begin to feel like a prisoner in their own home.
- + **Financial Abuse** – Begins with the abuser taking complete control of the household finances. Victim must turn over all money to abuser and are only given a small amount of money which will not cover living expenses. All family assets are placed in the name of the abuser only. Victims become financially dependent upon the abuser.



Cause & Effect of Abuse (Part 1B):

Cause of Abuse: Most times the abuser has been abused themselves. Violence runs from one generation to the other until someone decides to STOP the behavior, receive healing, and begin teaching those within their family how to live free from violence and abuse.

So anger and fear are the root causes for inflicting violence and abuse. Because the abuser fears being out of control, they dominates and controls the victim; exerting their power over and over again. **The method the abuser uses with the victim, are the same kind they received when they were abused. They learn other forms of abuse through methods such as: pornography opens the door to sexual abuse/pseudo masochism, etc.**

(A sadomasochist is basically someone with the fetish of hurting others/being hurt in a sexual way. It stands for sadism/masochism. www.wikianswers.com).

Masochism: sexual pleasure obtained from receiving punishment (physical or psychological) wordnetweb.princeton.edu/perl/webwn

Sadism refers to sexual or non-sexual gratification in the infliction of pain or humiliation upon another person. Masochism refers to sexual or non-sexual gratification from receiving the infliction of pain or humiliation.

Effects of Abuse: Victims of violence and abuse often lose all sense of self. They begin to see themselves in the actions and words of their abuser. They will often end up thinking that their life is hopeless and that they somehow deserve to be handled the way the abuser is treating them – **the devil always try to make people hopeless so they can commit suicide.**

Fear and intimidation are the effects of abuse. Sometimes, victims will become angry and lash out at the abuser, even murdering the perpetrator to end the cycle of abuse.

Anger Management Recovery Program Outline

Anger Management (Session One - Part 1A - Jan 18, 2013) - Goal: to explain the God given emotion, anger. To accomplish this goal in this session, we will:

- + Give an introduction about Anger
- + Complete the "Anger Ruler"- Homework - turn in by Wed Jan 23rd
- + Prayer and Declaration to Overcome Anger

Anger Management (Session Two) - Goal: to explain the God given emotion, anger. To accomplish this goal in this session, we will:

- + Summarize what we learned from Session One - Part 2A - Jan 26th
- + Define the Four Classes of Anger - Anger, Resentment, Rage & Fury, Wrath
- + Explain What Makes Us Angry
- + Learn Proper & Improper Ways to Respond to Anger
- + Have a Quiz on Anger - COMPLETE FIRST

Anger Management (Session Three) - Goal: to explain the God given emotion, anger. To accomplish this goal in this session, we will:

- + Summarize what we learned from Session Two
- + Define the Four Classes of Anger - Anger, Resentment, Rage & Fury, Wrath
- + Explain What Makes Us Angry
- + Learn Proper & Improper Ways to Respond to Anger

Anger Management (Session Four) - Goal: to explain the God given emotion, anger. To accomplish this goal in this session, we will:

- + Summarize what we learned from Session Three
- + Define the types of Anger expression: Suppression, Repression, & Uncontrolled Expression
- + Learn Relaxation techniques for controlling Anger

Anger Management (Session Five) - Goal: to explain the God given emotion, anger. To accomplish this goal in this session, we will:

- + Summarize what we learned from Session Four
- + Discuss Anger Interruption Techniques and Strategies (AITs)
- + Learn Relaxation techniques for controlling Anger
- + Finish this session with an Anger Management Final Evaluation which must be passed before receiving Certificate of Completion



Open in prayer - Pray what's on your heart

Discussion Goal: to explain the God given emotion, anger.

✚ Summarize what we learned from Session One - Part 2A

✚ Define the Four Classes of Anger - Anger, Resentment, Rage & Fury, Wrath

✚ Explain What Makes Us Angry

✚ Learn Proper & Improper Ways to Respond to Anger

✚ Have a Quiz on Anger - Complete First

Review Previous Session:

- Anger is the second most frequently mentioned emotion in Scripture; mentioned more than 455 times in Old Testament with 375 of those referring to God's anger.
- Anger is a God-given emotion and is one of the most powerful and controlling of all the emotions. When anger is not properly dealt with, it is one of the most dangerous.
- God gave us anger as an emotion, but He also gave us instructions on how to handle, express, or control it. We read and discussed Scriptures on Anger. In those Scriptures, we are instructed how to handle this powerful emotion and use it productively. Remember, "Everything we say and do is to be used to His honor and glory." This means with anger too.
- We touched briefly on the fact that there is an appropriate anger found in the Bible, one example was when Jesus became angry at the money changers and the Pharisees.
- Anger is not the problem. The problem is how we handle or express our anger. An unhealthy expression of anger is Sin.