



Abused Woman Ministries' Inc. School of Healing
"Healing through recovery with God's truth"
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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; see 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 – **Last class May 11, 2013**
 - B. Violence & Abuse Recovery Program – **Last class Apr 19, 2013**
 - C. Anger Recovery Program – **Last class Mar 30, 2013**
2. **Emotional Healing Series – Begins Fall Semester 2013 - Aug 10, 2013**
3. **"Unholy Matrimony: Healing For The Abused Woman" book discussion group (includes Study Guide) – Begins Winter Semester 2014 – January 18, 2014**
 - 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 – Feb 2, 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 9th. 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 (Feb 6th).**
- 5. Close in Prayer – just pray what you feel in your heart**
- 6. NEXT PART WILL BE POSTED SATURDAY FEB 9th IF YOU COMPLETE THIS PART**
- 7. If you have any questions, contact me.**

Importance of Forgiveness Recovery Program Outline

- I. Introduction – 1A – Jan 19, 2013/1A-1-Jan 26th**
- II. Connection Between the Mind & Body – 1A-2 – Feb 2nd**
 - **First Point of View – Personal -1A-2-1 – Feb 2nd**
 - **Second Point of View – Medicine/Psychology – 1B – Feb 2nd**
 - **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-1b**
 - **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 – Part 1A-2, 1A-2-1 & 1B – Feb 2nd

II. Connection Between the Mind & Body – 1A-2

Forgiveness is important in a person's life because the toxic emotions listed above create diseases in their souls and physical bodies; there is a connection between a person's thoughts and a disease/sickness. The validity of this concept will be explained using three points of views: personal testimony by Dr. Art Mathias, who has conducted much research on unforgiveness and its correlation between mind and body, medicine/psychology, and Spiritual; they are all in agreement with each other.

A. First point of view – Personal: - 1A-2-1

Dr. Mathias, who I am affiliated with, was healed in January 1999 from a disease called, "Environmental Illness;" after discovering he had toxic emotions (unforgiveness, fear, and resentment), he repented and God healed him. This is what Dr. Mathias said:

"When I went before God and dealt with my sins of unforgiveness and resentment, and cast off fear, God was faithful: He healed me. He produces a radical change in my health that was obvious to many people. People started asking what had happened. I had changed physically, and they saw the difference in my appearance."

From childhood I have been hurt many times by people but I still had to forgive them; it does not matter what they did to me. I also had to forgive myself for making unwise decisions and mistakes throughout my life. I use to live in shame, regret, guilt, confusion, fear, anxiety, etc. until God let me know I had to forgive not only the people but myself. It was not easy but He helped me to forgive and that forgiveness set me free from the other bondages. You must deal with what happened to you! Time does not heal old wounds! But forgiveness does; there is power and freedom in forgiving someone or yourself.

B. Second point of view – Medicine/Psychology: - 1B

Dr. Mathias said there are hundreds of studies that have confirmed negative emotions suppress the immune system. This happens because when our immune system is suppressed, any disease can take over. These studies also confirm that positive emotions enhance the immune system. There is an entire discipline within psychology, called Psychoneuroimmunology, which studies the interaction or interrelations of emotions and behaviors and how they affect the endocrine or hormonal system and the immune system. Psychology teaches that our psychological state (the way we choose to respond to stress and **Stress** is thought to affect immune function through emotional and/or behavioral manifestations such as **anxiety**, **fear**, **tension**, **anger** and **sadness** and physiological changes such as **heart rate**, **blood pressure**, and **sweating**.) creates a central nervous system response (electrical), and endocrine system response (hormonal) and a behavioral change that may result in an immune system change that cause disease susceptibility.

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-1 – Jan 26th**
- + Discuss the Cause & Effect of Abuse – Part 1B – Jan 26th**
- + Discuss the Cycle of Violence in Domestic Abuse – Part 1C – Feb 2nd**
- + 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**



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-1 - Jan 26th**
- ✚ Discuss the Cause & Effect of Abuse – **Part 1B – Jan 26th**
- ✚ **Discuss the Cycle of Violence in Domestic Abuse – Part 1C – Feb 2nd**
- ✚ Explain God's final word on generational sin (Ezekiel 18) – **Part 1D**
- ✚ Other Scriptures & Prayers Against Domestic Violence – **Part 1D**

The Cycle of Violence in Domestic Abuse:

Domestic abuse falls into a common pattern, or cycle of violence:



- **Abuse** – Your abusive partner lashes out with aggressive, belittling, or violent behavior. The abuse is a power play designed to show you "who is boss."
- **Guilt** – After abusing you, your partner feels guilt, but not over what he's done. He's more worried about the possibility of being caught and facing consequences for his abusive behavior.
- **Excuses** – Your abuser rationalizes what he or she has done. The person may come up with a string of excuses or blame you for the abusive behavior—anything to avoid taking responsibility.
- **"Normal" behavior** — The abuser does everything he can to regain control and keep the victim in the relationship. He may act as if nothing has happened, or he may turn on the charm. This peaceful honeymoon phase may give the victim hope that the abuser has really changed this time.



The Cycle of Violence in Domestic Abuse - (Part 1C - continued):

- **Fantasy and planning** – Your abuser begins to fantasize about abusing you again. He spends a lot of time thinking about what you've done wrong and how he'll make you pay. Then he makes a plan for turning the fantasy of abuse into reality.
- **Set-up** – Your abuser sets you up and puts his plan in motion, creating a situation where he can justify abusing you.

Your abuser's apologies and loving gestures in between the episodes of abuse can make it difficult to leave. He may make you believe that you are the only person who can help him, that things will be different this time, and that he truly loves you. However, the dangers of staying are very real.

The Full Cycle of Domestic Violence: An Example

A man **abuses** his partner. After he hits her, he experiences self-directed **guilt**. He says, "I'm sorry for hurting you." What he does not say is, "Because I might get caught." He then **rationalizes** his behavior by saying that his partner is having an affair with someone. He tells her "If you weren't such a worthless whore I wouldn't have to hit you." He then **acts contrite**, reassuring her that he will not hurt her again. He then **fantasizes** and reflects on past abuse and how he will hurt her again. He **plans** on telling her to go to the store to get some groceries. What he withholds from her is that she has a certain amount of time to do the shopping. When she is held up in traffic and is a few minutes late, he feels completely justified in assaulting her because "you're having an affair with the store clerk." He has just **set her up**.

Source: Mid-Valley Women's Crisis Service

Anger Management Recovery Program Outline

Anger Management (Session One – Part 1A – Jan 19, 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 – Part 2B- Feb 2nd**
- + Explain What Makes Us Angry – Part 2B – Feb 2nd**
- + Learn Proper & Improper Ways to Respond to Anger – Part 2C**
- + Have a Quiz on Anger – COMPLETE FIRST - Part 2C**

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 – Jan 26th
- # Define the Four Classes of Anger – Anger, Resentment, Rage & Fury, Wrath – Part 2B - Feb 2nd
- # Explain What Makes Us Angry – Part 2B - Feb 2nd
- # Learn Proper & Improper Ways to Respond to Anger – Part 2C
- # Have a Quiz on Anger - COMPLETE FIRST – Part 2C

During this Session, we are going to define anger and its causes:

Four Classes of Anger Defined:

Webster's definition of Anger: 1) a feeling of extreme displeasure, hostility, indignation or exasperation toward someone or something; rage, wrath. 2) Trouble, pain, and affliction.

1. **Resentment** – ill will and suppressed anger generated by a sense of grievance.
2. **Anger** – a feeling of extreme displeasure, hostility, indignation or exasperation toward someone or something; rage, wrath. 2) Trouble, pain, and affliction (as stated above).
3. **Rage** – closely related to the sense of intense, un-contained, explosive emotion. Rage appears to be more justified by circumstances. For example, when one feels indignation at seeing the mistreatment of someone or something dear and worthy.
4. **Fury** – more destructive
5. **Wrath** – fervid anger that seeks vengeance or punishment on a large scale.



What Makes Us Angry? – Part 2B (Continued)

-Hurt (usually from the past) – childhood experiences – emotional, physical, sexual abuse, adolescence experiences (this is when satan really begin to play with your mind by feeding you lies about yourself and others), also, hurts can come from adult experiences such as job, marriage, and relationships.

-Frustration (usually in the present) – examples:

- Something does not go your way
- You can't do something you want to do when you want to do it
- Can't watch what you want on TV
- You want to take a shower but there is no water
- You want to be alone but people will not leave you alone

-Fear or Anxiety – we feel threatened or anxious

- **Fear** – you are threatened physically or emotionally. This can also be you are afraid you will be made to look like a fool.
- **Anxiety** – you anticipate a problem as if it had already happened. Anxiety is a disturbed state of mind produced by real or imaginary fears. It is overcome by trusting in God (Ps 37:1-5 – read); prayer (Phil. 4:6); God's care (1 Peter 5:6, 7).