

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.

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."

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.

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"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 16, 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 23rd. 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 19th).**
- 5. Close in Prayer – just pray what you feel in your heart**
- 6. NEXT PART WILL BE POSTED SATURDAY FEB 23rd IF YOU COMPLETE THIS PART**
- 7. If you have any questions let me know.**

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 – 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 – Feb 9th**
- III. Take Action By Taking Responsibility – Homework – Feb 9th**
 - A. Forgiveness – 1E – Feb 16th**
 - **The Forgiveness Affidavit – 1E – Feb 16th**
 - **Prayer Against Unforgiveness – 1E-1 – pray during session – Feb 16th**
 - 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 – Mar 2nd**
 - **Levels of Bitterness (4-6) – 1G-1 – Mar 9th**
 - **The Bitterness Affidavit – 1G -1a – Mar 16th**
 - **Prayer Against Bitterness – 1G-1b – pray during session – Mar 16th**
 - 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 Recovery Program – Feb 16th
Pray this prayer for each name on your “Forgiveness Affidavit”
(from previous page)

III. Take Action By Taking Responsibility

A. Forgiveness

▪ **Prayer Against Unforgiveness – Pray during session for each person - 1E-1**

In the name of Jesus, and as an act of my free will, I purpose and choose to forgive (the person) from my heart for (what they did).

In the name of the Lord Jesus, I cancel all (the person's) debts or obligations to me. Lord Jesus, forgive me for my bitterness towards (the person).

In the name of Jesus, I break and cancel Satan's power over me in this memory, and the resulting pain. I hate the devil.

In the name of Jesus, I command that all the tormentors that have been assigned to me because of my unforgiveness to leave me now. In the name of Jesus, I command the bitterness to go.

Holy Spirit, I am asking that You heal my heart of this pain and hurt and reveal to me God's truth in this situation, in Jesus' name, Amen.

Note:

Goal is for deliverance; not speeding through the prayers. If an issue returns, write it in your “Forgiveness Journal” (label which one of these issues are trying to return – deal with issues as they arise not let them control you again) and let me know so we can pray through that memory again in the next session. Therefore, praying through the issues may take longer than one session or two or even three sessions.

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 – Feb 9th**
- + Closing Scriptures & Prayers Against Domestic Violence – Part 1D – Feb 9th**

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

- + Review Previous Section – Part 2A – Feb 16th**
- + Premise Before Start Next Section Part 2A – Feb 16th**
- + 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 Two's Goal: to recognize Abuse and its Cycle

- + Review Previous Section – Part 2A – Feb 16th
- + Premise Before Next Section – Part 2A – Feb 16th
- + 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

Review Previous Session:

Types of Abuse:

- **Physical Abuse – obvious kinds:** pushing, shoving, slapping, and punching. **Less obvious kinds:** abandonment, reckless driving, forcing someone off the road, refusal to get help when someone is sick or injured, or threaten with a weapon.
- **Sexual – obvious kinds:** forced sexual activity of any kind, as well as jealousy and sexual accusations; 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.
- **Social Abuse** – isolation of victim from family or friends. Unable to use phone or go anywhere alone.
- **Financial Abuse** – begins with abuser taking complete control of the household finances, giving victims little or no money to cover living expenses. Then, they put all assets into their name, causing the victim to become financially dependent on them.

Cause & Effect of Abuse:

- Anger and fear are the causes for inflicting violence and abuse.
- Fear and intimidation are the effects of abuse.



Read Premise before you start: God always provides a way of escape (**Psalm 71:2**). To be empowered with information about adverse situations, is to be prepared to respond in a healthy manner that will keep you free from violence and abuse. It is important that we begin to recognize abuse and understand its cycles. No one deserves to be abused. We each have a right to live a healthy, happy, violence free life. We are empowered to do so, when we understand our personal rights and take control of our own life; therefore becoming the steersman of our future.

Scripture basis: Read Psalm 91

¹ Those who live in the shelter of the Most High
will find rest in the shadow of the Almighty.

² This I declare about the LORD:

He alone is my refuge, my place of safety;
he is my God, and I trust him.

³ For he will rescue you from every trap
and protect you from deadly disease.

⁴ He will cover you with his feathers.

He will shelter you with his wings.

His faithful promises are your armor and protection.

⁵ Do not be afraid of the terrors of the night,
nor the arrow that flies in the day.

⁶ Do not dread the disease that stalks in darkness,
nor the disaster that strikes at midday.

⁷ Though a thousand fall at your side,
though ten thousand are dying around you,
these evils will not touch you.

⁸ Just open your eyes,
and see how the wicked are punished.



Premise - Scripture basis: Read Psalm 91 (Continued)

⁹ If you make the LORD your refuge,
if you make the Most High your shelter,
¹⁰ no evil will conquer you;
no plague will come near your home.

¹¹ For he will order his angels
to protect you wherever you go.

¹² They will hold you up with their hands
so you won't even hurt your foot on a stone.

¹³ You will trample upon lions and cobras;
you will crush fierce lions and serpents under your feet!

¹⁴ The LORD says, "I will rescue those who love me.
I will protect those who trust in my name.

¹⁵ When they call on me, I will answer;
I will be with them in trouble.

I will rescue and honor them.

¹⁶ I will reward them with a long life
and give them my salvation."

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 – Feb 9th
- + Have a Quiz on Anger – Complete First – Part 2C – Feb 9th

Anger Management (Session Three – Part 3A) – Goal: to explain the God given emotion, anger. To accomplish this goal in this session, we will – This is a review of Session Two:

- + Summarize what we learned from Session Two – Part 3A – Feb 16th
- + 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



Anger Management Recovery Program

Lesson: Session Three Part 3A – Feb 16, 2013 – Study This

Open in Prayer – Pray from your heart

Discuss the Goal: to explain the God given emotion, anger – **this is a review of Session Two**

- ⚡ 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

Review Previous Session – Just Refresh Yourself:

Four Classes of Anger:

- Resentment** – ill will and suppressed anger generated by a sense of grievance.
- Anger** – a feeling of extreme displeasure, hostility, indignation or exasperation toward someone or something; rage, wrath. 2) Trouble, pain, and affliction.
- 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.
- Fury** – more destructive
- Wrath** – fervid anger that seeks vengeance or punishment on a large scale.

What Makes Us Angry?

- **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



Anger Management Recovery Program

Lesson: Session Three Part 3A – Feb 16, 2013 – Study This

Review From Session Two – What Makes Us Angry? (Continued):

- **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).

We also learned that for years, even now in some cultures, and in some households – anger is the only acceptable emotion for a man to display, and the only unacceptable emotion for a woman to show. But we know the truth – the truth is that God gave us this emotion and therefore, the emotion is not wrong, but rather what we do with it or how we deal with it is where we can go wrong and enter into sin.

We took a look at some inappropriate expressions of anger and when anger becomes a real problem, especially when anger is the only emotion you allow anyone to see in you.

We identified some inappropriate expressions as physically abusing others; breaking personal items, and breaking other people's possessions.

We talked about the importance of performing self-examination and the importance of the role of journalizing helps in that process. Before I go any further, let's discuss your anger journal; how many times did you get angry yesterday and today and how did you handle the anger?

What were the three basic responses to anger that learned in Session Two?

- **Suppression (“Crème Puffs”)**. These people don't want to acknowledge their anger so they: deny it, ignore it, over controlled, and are over responsible. How can this affect their bodies?: depression (depression can be anger turned inward); physically sick; emotionally sick.



Review From Session Two – What Makes Us Angry? (Continued):

- **Repression (“Steel Magnolias”).** These people stuff their anger down: have a hard cord inside; may smile but you can feel the knife in your back; often sarcastic; they say things that really hurt and then turn it around on you – “Gee I had no idea you were so sensitive;” hand out the silent treatment; send mixed messages. This type of handling anger can also be hazardous to our health, we harbor all that anger inside – this too can cause depression, it can cause physical ailments.
- **Uncontrolled Expression- (“Locomotive”).** This is where we can find ourselves in trouble with others. These people: let it all hang out; they explode – intending to hurt anyone or anything in their path; they often are hostile; combative; critical; they shame others; they do anything they can do to make the other person feel their wrath; it’s always someone else’s fault.

Take courage – you can change – claim the promise of God, Phil 4:13: “I can do all things through Christ who strengthens me!” Remember – God did not say you have to do it alone. His Word says that He will never leave you or forsake you -You are not alone even when you are angry!