



# INDEPENDENCE HOUSE, INC.

Cape Cod's leading resource, counseling, and advocacy center to address and prevent domestic and sexual violence.

*Promoting Safe and Healthy Relationships*

## SUPPORTING RESILIENCE: Parenting After Trauma



**When: Thursdays beginning October 12, 2023 • 5:00-6:30pm for 6 weeks**

**Program dates: October 12, 19, 26, November 2, 9, 16.**

**Where: Falmouth Location. 220 Main St. Suite 200, Falmouth, MA**

**To register contact Jenifer at (508) 771-6507 x250 or Denise x253**

**All services are free and confidential. An intake must be completed prior to attending this group. Please contact Jenifer or Denise to schedule an intake.**

This 6-week program will teach parents how to relate and better understand their children's feelings, needs and wants in the wake of domestic violence. The program supports parents and children using the Trauma Informed Parenting (TIP)\* model of feeling and need identification, communication and coping skills. Additionally, research is presented on the effects of trauma, the cycle of violence and changing habits in a new life phase. This program is for adult parents with children only being invited to attend the week 2 session.

- Week 1:** Research on Domestic Violence adverse effects (ACE), the body and brain on trauma, and the cycle of violence.
- Week 2:** Common feelings – big and small - following trauma. The TIP approach to look at an event- the feeling- the maintainer. **(children are invited for week 2 only)**
- Week 3:** Self-regulation with a focus on understanding feelings and needs.
- Week 4:** Well-being and the five centers of feelings and needs; asking for what you want.
- Week 5:** The window of tolerance and finding new and better coping strategies.
- Week 6:** Review, next steps and the circle of support.

Each session will include time for check-in from the previous session, lecture, discussion and experiential learning with time for practicing new skills. Journaling time will be available and home practice with parent and child will be assigned.

\*Boston University School of Medicine