

Volunteer Training Modules Scope and Sequence

	Module Title	Objectives
Module 1 <i>Online</i>	What is My Sisters?	<ol style="list-style-type: none"> 1. Explore the history, values and mission of My Sisters, Inc. 2. Review the significance of My Sister's name 3. Describe a brief history of the battered women's movement 4. Identify the basic underpinnings of feminist theory 5. Explore an overview of volunteer training (know what to expect and what is required) 6. List the main components of the My Sister's, Inc. abuse awareness program
Module 2 <i>Online</i>	What is domestic violence?	<ol style="list-style-type: none"> 1. Explore oppression historically and culturally and define its impact on domestic violence. 2. Describe the culture of violence in our society and explain how it contributes to domestic violence. 3. Analyze how women are portrayed in the media. 4. Define abuse and domestic violence. 5. Describe the power/control wheel and the cycle of violence.
Module 3 <i>Online</i>	What are the dynamics of domestic violence?	<ol style="list-style-type: none"> 1. Identify tactics of power and control used in abusive relationships. 2. Describe the aggression cycle 3. Explain the connection between domestic violence and trauma. 4. Describe the enduring impact of trauma on survivors. 5. List some characteristics of a batterer. 6. Compile a profile of the victim. 7. Explore the impact of domestic violence on children. 8. Analyze the interplay between abuse and substance use/abuse issues.
Module 4 <i>Online</i>	Why does she stay? This is the wrong question! It should be "Why does he do that?"	<ol style="list-style-type: none"> 1. Identify reasons why survivors stay in abusive relationships. 2. Describe some common predictors of family violence. 3. Explore common characteristics of abusive families. 4. Identify ways that immigration status may serve as a barrier to leaving. 5. Explain how the underserved or marginalized face additional barriers to leaving a violent relationship. 6. Analyze how cultural and religious issues keep a survivor in an abusive relationship. 7. Explore how a victimization history impacts a survivor's decision about staying in a violent relationship.

Module 5 <i>Online</i>	How can she stay safe?	<ol style="list-style-type: none"> 1. Describe the provisions of the Violence Against Women Act 2. Explore the legal remedies available to survivors of domestic violence. 3. Define empowerment as it relates to working with survivors of domestic violence. 4. Identify ways to end or restrict unhealthy relationships. 5. Review the elements of safety planning for survivors. 6. Identify key factors for volunteer safety in a correctional facility 7. List some important factors for self-care for both participant and volunteer.
Module 6 <i>Online</i>	What do healthy relationships look like?	<ol style="list-style-type: none"> 1. Explore the characteristics of healthy relationships, both intimate and formal. 2. Review the Equality Wheel and compare it with tactics used on the Power and Control Wheel. 3. Identify characteristics of healthy parenting 4. Define toxic relationships 5. Describe the importance of boundaries in healthy relationships. 6. Describe the red flags for potentially abusive relationships 7. Define vicarious or secondary trauma.
Module 7 <i>Online</i>	How does she reconnect?	<ol style="list-style-type: none"> 1. Review the three stages of survivor healing from abuse. 2. Describe how domestic violence severs relationships. 3. Explain how domestic violence impacts an individual's sense of self. 4. Describe the impact of domestic violence on an individual's spirituality. 5. Describe compassion fatigue or burnout 6. Explore the importance of connection for facilitators through supervision. 7. Analyze the importance of personal values in working with survivors. 8. Review the ethics that must be observed when working with survivors in a correctional setting.

On-Site Modules

	Module Title	Objectives
Module 8 <i>Sat. am</i>	Who is the incarcerated survivor?	<ol style="list-style-type: none"> 1. Review a brief history of the philosophy of incarceration. 2. Identify the differences between punishments versus rehabilitation. 3. Explore research on the pathways to criminal behavior for women. 4. Explore the dynamics of prison culture, language and code of behavior. 5. Describe common characteristics of female inmates.

Module 9 <i>Sat. am</i>	How do I facilitate groups in a correctional setting?	<ol style="list-style-type: none"> 1. Explore some basics of group dynamics. 2. Describe the importance of group norms in the development of group cohesion. 3. Define advocacy as it relates to work with incarcerated survivors. 4. Detail important safety issues when working within a correctional facility. 5. Define “containment” and “grounding.” 6. List some important principles of behavior management when working with inmates. 7. Explain the importance of informed Consent and Group Agreement forms 8. Detail the inclusion/exclusion criteria for group members. 9. Describe some essential group leader qualifications.
Module 10 <i>Sat. pm</i>	How do I become a helper/mentor?	<ol style="list-style-type: none"> 1. Understand the importance of self-awareness and personal therapy when working with victimized individuals. 2. Compare and contrast the terms “mentoring” and “therapy.” 3. Review some basic helping skills 4. Analyze the role of religious faith in work with victims. 5. Describe the proselytizing policy of My Sisters, Inc. 6. Review the ABC Model of crisis helping.
Module 11 <i>Sat. pm</i>	How do I get started?	<ol style="list-style-type: none"> 1. Review common criminal justice terms. 2. List common correctional facility rules for volunteers. 3. Analyze the elements needed to prepare a program proposal. 4. Explore the challenges of recruiting and training volunteers 5. Describe the differences between a jail and a prison.
Module 12 <i>Sun. am</i>	What are the expectations of work in a correctional setting?	<ol style="list-style-type: none"> 1. Explain the importance of volunteer consistency when working with victims. 2. Explore the proper view of authority for volunteers. 3. Describe the importance of modeling proper view of authority for participants. 4. Review the importance of being able to contain and regulate personal as well as group emotions when working with incarcerated survivors. 5. Define “professionalism” and “confidentiality” as it pertains to volunteers in a correctional setting. 6. Explain why “flexibility” is a key characteristic of volunteers.