

April 2021

## Manual: Wife Beating – Counselor Training Manual

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## WIFE BEATING -- COUNSELOR TRAINING MANUAL

### A. COUNSELOR'S ROLES

1. Practical Helper and Educator--where to go for legal, medical and social service; help with appointments if necessary
2. Advocate--counselor should keep in contact with legal, medical and social service and authorities...to keep her informed about what is happening and be sure that all possible is being done
3. Counselor-Supporter--provide emotional support, encourage her to talk about experiences and to help her identify and understand feelings.

### B. TYPES OF CLIENTS

1. Variations in Background--all economic, ethnic, educational and social divisions as well as ages.
2. History of Being Assaulted--some have long history (nightmare state) vs. crisis state

### C. INITIAL INTERVIEW-INTAKE

1. Victim Anxiety
  - A. Worries About how to communicate with counselor
  - B. Fears that counselor will be judgemental
  - C. Embarrassment in labeling self as a "battered wife"
  - D. Confidentiality
  - E. Commitments--worried she might be pressured into filing for divorce or criminal proceedings.
2. Practical Aspects
  - A. Where to Meet
  - B. Assailant (do not meet with woman's assailant anywhere)
  - C. Setting limits--set limits on how involved you will be with client--phoning, visits, etc.
  - D. Setting time and energy boundaries--don't get into rescuer syndrome
3. Range of Emotional Reactions
  - A. Loss of Control, helplessness
  - B. Fear
  - C. Anger
  - D. Guilt
  - E. Embarrassment
  - F. Doubts about sanity
4. Counseling skills and techniques
  - A. Listening and Summarizing
  - B. Sorting Aspects
  - C. Labeling a Client's Feelings
  - D. Ventilation
  - E. Appraisal of strengths and assets--personal and outer (friends, family)
  - F. Realistic goals and sub-goals. defining these behaviorally  
For example a goal of getting a job; sub-goals would be 1. investigating day care facilities; enrolling children in one and going to employment office

G. Plan of action

H. Record keeping--client fill out intake form; judge best time to do it. beginning, middle or end. They counselor make notes in addition to intake form--assessing what client is doing and where she is.

I. Terminating Hour

D. Counselor Training Sessions -- The training of Domestic Violence Counselors has been divided into three sessions. This manual covers:

1. Initial interviewing
2. Community Resources and Information
3. Role Playing (3 examples)

E. ROLE PLAYING--following role play situations; situation is initial interview face to face contact between counselor and client. Stated are client details.

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EXAMPLE A: Janet Keene

Age: 49

Married 10 years

Husband: Joseph, 60

Both client and husband have been married once before

-as a child, client was "kept in line by physical punishment

-client has a license to sell real estate, but has really never been successful at efforts to do so

-husband is a barber

-husbands income is \$11,000 yr.

-no children from either marriage

-Husband does not habitually use any drugs, including alcohol

--husband began beating client in the early months of marriage, beatings have escalated in intensity and frequency over the years

-In last 4 years, client has been hospitalized at other times, client walked around with scars, black eyes, etc.

- client signed a criminal complaint against husband six days ago, husband has not yet been served with warrant

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EXAMPLE B: Sandy Watts

Age 25; Married 4 years

Husband-Peter, 29 yrs. old

-client is a LPN earning \$12,000 yr.

-Husband is third year lw student with no income

-one child, age 2 1/2 yrs

-husband began beating client during pregnancy, although he said that he was pleased and excited about having child

-client has never sought medical treatment for injuries, although warranted

- client has never called police

-client has not told anyone before about husband's physically abusive behavior

-client and husband smoke marijuana several times weekly or as a couple

-client does not want divorce, but would like husband to get psychological help, either alone or in marriage counseling format. He refused to go saying he is happy and has no problems

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EXAMPLE C: Wanda Richards, 31 years old

Husband: Lee, 28 years old

Husband, has been an alcoholic for 10 yrs.

-Husband has criminal record, with 3 convictions for drunking driving, 1 for assault and batters against a co-worker and 1 conviction for Breaking & entering. Has been ordered by 2 judges to attend AA meetings. Both times he went for 2 or 3 meetings and then stopped attending.

Husband is currently laid off job.

- client has 5 children 3 of which are Lee's. Neither client nor husband was married previously. Client has high school education. Over years, client has worked as waitress, receptionist, and cashier but is now unemployed & and frankly hates to work. Client has filed complaint against husband. He is charged with felonious assault. Client signed complaint the night he stabbed her with a screwdriver. ~~She~~ are now feeling guilty cause she thinks her husband might go to jail