



Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook

By Stephanie S. Covington

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A gender-responsive, trauma-informed treatment program for mental health, addiction, and domestic violence professionals working within the criminal justice system

Beyond Violence: A Prevention Program for Criminal Justice-Involved Women is a forty-hour, evidence-based treatment program specifically developed for women who have committed aggressive or violent crimes and are in prisons, jails, and community correctional settings.

The curriculum employs the Social-Ecological Model used by the Centers for Disease Control and Prevention to understand violence, as well as by the Prison Rape Elimination Act (PREA) research on women in prison. This four-level model of violence prevention considers the complex interplay between individual, relationship, community, and societal factors. It addresses the key issues that put women at risk for experiencing or perpetrating violence.

Included in this package are:

- **Facilitator Guide** presenting a 20-session format, with the theory, structure, and content needed to run effective groups. Written for those who will be facilitating the *Beyond Violence* program, the guide provides an overall description of the program, step-by-step instructions for conducting each session, and *What I Want My Words to Do to You*, an award-winning documentary DVD offering an unprecedented look in the hearts and minds of women in a maximum-security prison.
- **Participant Workbook** designed to allow women to process, record, and refer back to their therapeutic experience. Participants can use this workbook to review the content of the sessions, express their thoughts and reactions, and complete activities during and after sessions. In addition, it helps participants learn new skills, including communication, conflict resolution, de-escalation strategies, decision-making, and calming self-soothing techniques.

Praise for *Beyond Violence*

"A pioneer in trauma-informed and gender-responsive treatment for prisoners, Covington has once again brought to the field an immensely important, timely, and useful resource. *Beyond Violence* offers an approach to working with imprisoned women that is approachable and adaptable. *Beyond Violence* offers the opportunity for imprisoned women to understand their trauma, relate their experience to their justice system involvement, and begin a journey toward recovery. As always, Covington's work is thoughtful, sensitive, and well organized. It provides facilitators with tools that are understandable and useable. Her work is insightful, smart, and on target."

—**Martin F. Horn, Distinguished Lecturer, John Jay College of Criminal Justice; Executive Director, New York State Sentencing Commission**

"No one is more qualified than Stephanie Covington to design this prevention program for women tangled in the criminal legal system. Her decades-long commitment to incarcerated women and girls, research on these women and girls, and practices to best assist them is unprecedented. Even knowing all of this, I am impressed with the comprehensiveness, compassion, creativity, and sensibility of the *Beyond Violence* curriculum and design."

—**Joanne Belknap, PhD, Professor and Department Chair of Sociology, University of Colorado–Boulder; President-Elect, American Society of Criminology**

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Editorial Review

Review

Incarcerated women face tremendous obstacles in their quest for justice, health and healing. *Beyond Violence* offers a concrete tool that could be used to equip service providers who are committed to join them in their quest. The curriculum reflects a solid understanding that women who use violence have often been victimized themselves and builds on strengths rather than furthering pathology. It is a user-friendly intervention tool that promises to make a difference in women's lives. Covington has made a critically important contribution that will benefit one of the most disadvantaged groups in our society.

—Beth Richie

Professor, African American Studies and Director of IRRPP
University of Illinois at Chicago (UIC)

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—Joanne Belknap, PhD

Professor and Department Chair of Sociology, University of Colorado-Boulder
President-Elect, American Society of Criminology

Dr. Covington once again breaks ground with *Beyond Violence* in making a significant contribution to the treatment field by addressing a critical and often-ignored segment of the women offender world: violent female offenders. Drawing on the science of transformation and what we know about the context of violence for women as offenders and as victims, this curriculum offers women a gendered path away from violence, anger and trauma and toward personal healing and prevention of future victimization.

—Barbara Owen, PhD

Professor Emerita
Department of Criminology
California State University-Fresno

With creativity, depth and wisdom, Dr. Covington builds on her previous evidence-based work to create an intervention specifically designed with and for women who have been incarcerated for violent crimes, the

majority of whom are victims of violence, themselves. Part of what is so compelling about Stephanie's work is the ease with which she distills such a vast wealth of knowledge and experience—including up-to-date research, cutting-edge theory, clinical expertise and the voices of women talking about their lives—into such a clear, accessible and deeply touching treatment program. With grace, honesty and compassion, *Beyond Violence* offers an island of reflection and safety for women to explore the impact of violence on their lives, to develop new understanding and skills, and to create a larger sense of community to support and nurture these changes.

—Carole Warshaw, MD

Director, National Center on Domestic Violence, Trauma & Mental Health
Chicago, IL

Beyond Violence addresses a widely ignored, but crucial aspect of women's healing as they traverse through the criminal justice system. It provides a tangible and effective path for women to move beyond the grip of anger and the destructiveness of violence toward self-realization and empowerment. It is an important addition to any provider's tool kit!

—Lorraine Robinson, LSW, ACSW

Executive Director, TJ Mahoney & Associates and Ka Hale Ho`ala Hou No Na Wahine
Honolulu, HI

Relevant and timely, the *Beyond Violence* curriculum teaches, motivates and transforms behavior. Effectively crafted, the information in the Facilitator's Guide and Participant Manual brings the classroom to life with compelling facts, meaningful exercises and opportunity for rich dialogue. The use of the DVD *What I Want My Words To Do To You* provides a riveting tale that enables brilliant epiphany and new ways of knowing. Rich in theory, yet simply stated, the curriculum provides a path for a transformative journey for women seeking a peaceful relationship with self, community and society. *Beyond Violence* is Dr. Stephanie Covington's comprehensive gift to women, their therapists and ubiquitous advocates who want to make this world a safe and just world in which to live.

Able expressed by members of the target population, "*Beyond Violence* helped me understand the cost of violence. Now, I can begin to forgive, heal and love again."

—Melanie Spector, EdD, LPC

Programs Specialist
Department of Corrections
Tulsa, OK

About the Author

STEPHANIE S. COVINGTON, PhD, LCSW, is a clinician, author, and organizational consultant. She is a pioneer in the design and implementation of gender-responsive and trauma-informed services for women in public, private, and institutional settings.

Users Review

From reader reviews:

Owen Ray:

Playing with family within a park, coming to see the coastal world or hanging out with friends is thing that usually you may have done when you have spare time, after that why you don't try point that really opposite

from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook, it is possible to enjoy both. It is very good combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout folks. What? Still don't obtain it, oh come on its named reading friends.

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Are you kind of occupied person, only have 10 or maybe 15 minute in your time to upgrading your mind skill or thinking skill even analytical thinking? Then you are having problem with the book compared to can satisfy your short time to read it because this time you only find reserve that need more time to be read. Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook can be your answer because it can be read by you actually who have those short time problems.

Kimberly Moore:

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Christopher Gobert:

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