



# 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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**Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook By Stephanie S. Covington Bibliography**

- Sales Rank: #1581486 in Books
- Published on: 2013-12-09
- Original language: English
- Number of items: 1
- Dimensions: 11.90" h x 4.30" w x 11.50" l, .0 pounds
- Binding: Loose Leaf
- 840 pages

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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:

#### Amy Cason:

The particular book *Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook* has a lot of information on it. So when you read this book you

can get a lot of gain. The book was authored by the very famous author. The author makes some research just before write this book. That book very easy to read you can get the point easily after scanning this book.

**Anne Bonk:**

Do you really one of the book lovers? If yes, do you ever feeling doubt if you find yourself in the book store? Make an effort to pick one book that you just dont know the inside because don't evaluate book by its protect may doesn't work at this point is difficult job because you are scared that the inside maybe not since fantastic as in the outside look likes. Maybe you answer might be Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook why because the excellent cover that make you consider regarding the content will not disappoint an individual. The inside or content is usually fantastic as the outside or even cover. Your reading 6th sense will directly make suggestions to pick up this book.

**Lena Garcia:**

The book untitled Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook contain a lot of information on that. The writer explains the girl idea with easy means. The language is very clear and understandable all the people, so do not really worry, you can easy to read it. The book was published by famous author. The author will take you in the new time of literary works. It is easy to read this book because you can read more your smart phone, or product, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open their official web-site in addition to order it. Have a nice read.

**Patricia Humes:**

In this period globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of references to get information example: internet, magazine, book, and soon. You will observe that now, a lot of publisher this print many kinds of book. The book that recommended for your requirements is Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook this reserve consist a lot of the information in the condition of this world now. This kind of book was represented just how can the world has grown up. The terminology styles that writer value to explain it is easy to understand. The actual writer made some analysis when he makes this book. That's why this book ideal all of you.

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