



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:

Wanda Matthews:

The book *Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook* can give more knowledge and also the precise product information about

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Alexander Snider:

The feeling that you get from Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook is the more deep you looking the information that hide inside the words the more you get enthusiastic about reading it. It does not mean that this book is hard to recognise but Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook giving you thrill feeling of reading. The author conveys their point in selected way that can be understood by means of anyone who read the idea because the author of this book is well-known enough. This specific book also makes your personal vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are available. We highly recommend you for having this Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook instantly.

Margaret Gray:

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Kathryn Granger:

People live in this new day time of lifestyle always attempt to and must have the time or they will get great deal of stress from both way of life and work. So , if we ask do people have extra time, we will say absolutely yes. People is human not really a robot. Then we ask again, what kind of activity are there when the spare time coming to an individual of course your answer will unlimited right. Then ever try this one, reading publications. It can be your alternative with spending your spare time, the book you have read is Beyond Violence: A Prevention Program for Criminal Justice-Involved Women Facilitator Guide and Participant Workbook.

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