



Dual (sexual violence and domestic violence) program training syllabus

Organizing the training

NJCASA recognized the needs of dual-service programs and partnered with the New Jersey Coalition for Battered Women (NJCWB) to provide guidance to these programs on volunteer training. Feedback from programs indicated a need for a clear outline to plan and structure training. The outline included in this section is a modified version of NJCBW's outline for domestic violence specific training and includes a column for DVS credits.

These modules are presented in the suggested order for presentation. However, programs are welcome to vary the order accordingly to program choice and the availability of presenters.

There is an additional table at the end of the outline that lists the remaining training topics to meet CSVA requirements. Both NJCASA and NJCBW believe, although there is *some* overlap with concepts, there is still significant differences between the two advocate roles and responsibilities. It is estimated a dual service training could take between 58-63 hours.

Planning Recommendations

Programs are encouraged to use a balance of NJCBW's and NJCASA's resources. This may mean revising current training materials, outlines, and implementation to reflect guidance. Both coalitions acknowledge this is a process and may take time.

Programs are encouraged to use relevant and up-to-date resources to support participant engagement.

Because in-group or in-person time may be a barrier, programs can look at online and independent learning opportunities (included in NJCASA's *Core Competencies: Confidential Sexual Violence Advocates* manual) and have volunteers submit a **reflection sheet, summary, or some form of documentation** to serve as "proof" of completion.

OUTLINE	CSVA COMPETENCIES	MODULE	RESOURCES & EXERCISES	DVS CREDITS
I. Orientation (3 Hours) <i>Two hours plus one hour dedicated to local issues and resources</i>	Orientation (1 Hour)	Basic Training: State Local, and National resources; Local program issues and resources, Syllabus For DVRT/Volunteer Training: Introduction, Models of CITs, Volunteer Involvement, Structure of the program-a who's who, CIT Volunteer position description Agenda and Housekeeping.	Barriers exercise	(1) Organizing for Change (Community Organizing)
II. History of the Battered Women's Movement (1 or 2 Hours)		History of Violence Against Women: Definition of a social problem; common law; early prohibitions; 1960's reform; shelter movement; criminalization of acts of domestic violence	Timeline	(1) Gender Issues & Empowerment
III. Values and Ethics (3 Hours) <i>Usually three hours and throughout</i>	Advocates understand roots causes and dynamics of violence. (1 Hour) Advocates engage in ethical practice. (1 Hour)	Values Clarification: Values description (myths and realities), sex roles and women, hierarchies and DV and SV; ethics and responsibilities (confidentiality and what not to do i.e. mediation, etc), Examination of self-values	Films: <i>Tough Guise</i> and <i>Killing Us Softly</i>	(1.5) Confidentiality & Counseling Ethics (1.5) Values & Attitudes Toward Violence
IV. Anti- Oppression (3.5 Hours)	Advocates understand roots causes and dynamics of violence. (3 Hours)	Cultural Competency: Racism, power and privilege, Accessibility for families of color, Battered Lesbians and gay men, Heterosexism CSVA Considerations: Contextualize violence through oppression. For example, how oppression creates a constellation of risk factors and vulnerabilities for communities and individuals.	Use Three hours of NJCBW Diversity Curriculum Outline Film: <i>My Girlfriend Did It</i>	(3.5) Issues of Race & Culture

Notes:



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V. Overview of the Problem (8 Hours) Victims (4 hours) Children (2 Hours) Batterers (2 Hours)	Advocates understand roots causes and dynamics of violence. (2 Hours)	<p>Victims : Experiences of Victimization and trauma, how DV never ends, Bidermen’s chart, DV 101: Definitions, Statistics, Dynamics (Coercive Control Tactics, Power and Control Wheel, Debunking Cycle of Violence, Myths and Realities; Batterer Dynamics, Susan’s story)</p> <p>Children & the Impact of DV: Child abuse (physical, sexual, and emotional abuse); connections presenting problems, interventions skills with children; DYFS issues (when do you have to call them <i>and Protocol</i>); sibling abuse; general resources and assistance.</p> <p>Batterers 2; Why men batter: Theories Cycle of Violence, Characteristics of Abusers, Intervention Models and Accountability, Impact on Victim decision-making</p>	Film: <i>Susan’s Story</i>	(6) Basic Knowledge (2) Restructuring Toward a Non-violent Family
VI. The Prevention of Domestic Violence Act (2.5 Hours)		Legal: Prevention of Domestic Violence Act; overview of 2C-25 (criminal and civil); filing procedures per county; policy and protocols; Police flow chart and response;	Tracy Thurman film	(2.5) Legal

Notes:



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<p>VII. Intervention Skills (5 hours)</p> <p>8 Additional on the job training hours</p>	<p>Advocates use survivor-centered communication styles.</p> <p><i>Necessary hours with considerations</i></p>	<p>Intervention Skills: Empowerment versus rescuing; support; validation, and assessing strengths; using power and control wheel; effective problem solving; listening skills; empathetic response; advocacy; developing a safety/escape plan, The role of an advocate, Advocate self-care and safety, ethics & confidentiality; releases; sharing documents; Compassion fatigue, vicarious trauma</p> <p>CSVA Considerations: Identifying and planning for triggers and safety, trauma-informed communication approaches</p>	<p>“In her Shoes” type exercise.</p>	<p>(5) Intervention Skills</p>
<p>VIII. Sexual Assault (2 Hours)</p>	<p>Advocates understand roots causes and dynamics of violence. (2 Hours)</p>	<p>Sexual violence and marital rape, Acquaintance and Date Rape, Child Sexual Abuse, Adult survivors of Sexual Abuse (asking the right questions to make the proper referral)</p>	<p>Power and Control Wheel with highlight on sexual violence & marital rape</p> <p>Statistics</p>	<p>(2) Sexual Abuse</p>
<p>IX. Substance Abuse (2 Hours)</p>	<p>Advocates can describe the effects of trauma on survivors. (30 minutes)</p>	<p>DV and SA commonalities, DV and Substance Abuse barriers, resources</p>		<p>(2) Substance Abuse</p>
<p>X. Mental Health (1 or 2 Hours)</p>	<p>Advocates can describe the effects of trauma on survivors. (2 Hours)</p>	<p>Mental Health (not including compassionate fatigue and vicarious trauma, how difficult it is if victims have mental health issues, psychopathology; interventions and services (exceptions to confidentiality, PTSD, suicidality; anxiety; depression.</p> <p>Victimization: Response to trauma, common coping mechanisms including AOD, misdiagnosis, Battered Woman's Syndrome.</p>		<p>(1) Mental Health</p>



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XI. Diversity (8 Hours)		Diversity: Battered men; elder abuse immigration (that they have the same rights); sibling violence; parent abuse; religious perspectives; teen dating violence; disabled; trafficked victims; incarcerated victims	Film: <i>Just to have a peaceful life</i>	(2) Issues of Race & Culture (6) Domestic Violence in Special Populations
XII. Services & Resources (3 Hours)	Advocates connect survivors with resources. (1.5 Hours)	Services and Resources: Domestic Violence Core Services, Immigrant women's issues, legal representation, financial resources, housing, local batterers programs, how to refer, DYFS, wrap up		(3) Community Resources & Networking

Notes:

CSVA Competencies Remaining

Competency	Required Hours	Estimated remaining time
Advocates understand roots causes and dynamics of violence.	10	3 Hours
Advocates practice cultural humility.	3	3 Hours
Advocates can describe the effects of trauma on survivors.	3	30 minutes
Advocates engage in ethical practice.	5	4 Hours
Advocates implement survivor-centered communication styles.	10	Up to 5 Hours
Advocates support and empower survivors when interacting with various systems.	5	5 Hours
Advocates connect survivors with resources.	2	30 minutes
Advocates treat themselves and others with care and respect.	2	2 Hours
	TOTAL	18-23 Hours

Notes:



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