

# **Co-Counselor Guide**

*For 28 Domestic Violence PowerPoint Classes by  
Dennis Fitzpatrick*

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# **Class 1: Impulsive Thinking**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Mozart Piano Concerto 22 in E flat K. 482 (3 <sup>rd</sup> movement) 11:16 Quotations _____
2.	Group Rules _____
3.	Review _____
4.	The 7 Basic Living Skills _____
5-6	*7 Living Skills Self-Evaluation 1-20 _____
7.	Jokes for Children: Not my fault _____
8.	*Is There A Relationship Between Impulsive Thinking and Domestic Violence? _____
9.	*Victim Thinking Behavior _____
10-11.	*The 4 Behaviors _____
12.	*PFC (new brain) & Lizard Brain (old brain) _____
13.	Before Video: Lizard Brain Thinking _____
14.	Video: Lizard Brain Thinking (10 min) _____
15.	After Video: Lizard Brain Thinking _____
16-21.	*The 4 Behaviors _____
22.	*I Teach Two Responses When Provoked: _____ _____
23.	*The Experiments _____
24.	Video: Traffic Cop in Rhode Island 1:32 _____
25-28.	*20 Drills On 2 <sup>nd</sup> Thought 1-20 _____
29.	Before Video: John Nash _____
30.	Video: John Nash (12:58) _____
31.	After Video: John Nash _____
32.	Meditation Sounds Seaside _____
33.	*Discussion Questions _____
34.	Closing Music _____

**\*I recommend that at least these essential slides be taught.**

## **Class 2: Handling Conflict**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Viennese Waltzes by Johann Strauss Jr. Blue Danube, Op. 314; Emperor Waltz, Op. 437 (13:53) and Quotations
2.	Group Rules
3.	Review: Last Class
4.	Review: The 4 Behaviors
5.	Review: The Experiments
6-7.	Review: Drills On 2nd Thought 1-20
8.	*Handling the Issues of Others
9-11.	*Drills: Answering Others 1-15
12.	Jokes: Mr. Right
13.	*Is There A Relationship Between Arguing and Domestic Violence?
14.	The 7 Basic Living Skills
15.	*Conflict – 7 Peaceful Answers
16.	*Power Of Surrender
17.	*More–7 Peaceful Answers
18.	Before Video: Timeout Signal
19.	Video: Timeout Signal (8:32 min.)
20.	After Video: Timeout Signal
21.	*10 Steps to Successful Timeouts
22.	*ASIA3: Fair Fight Negotiation1
23.	*ASIA3: Fair Fight Negotiation2
24.	*Setting Boundaries
25-26.	*10 Conflict Drill Questions:
27.	*3 Stages of Relationships
28.	*The Three Floors
29.	Interview on Faithfulness
30.	Meditation Sounds – Ocean
31.	Before Video Dennis & Bijan on “Worry” (8:34)
32.	Video Dennis & Bijan on “Worry”
33.	After Video Dennis & Bijan on “Worry”
34.	*Discussion Questions
35.	Closing Music

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## **Class 3: Fair Fight Negotiation (1 of 3 FFN Classes)**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Mozart 3 Arias from the Marriage of Figaro: Atto Terzo N.21 2:54; Atto Quarto N.24 1:50; Atto Secundo N.12 3:06 Total 7:50 and Quotations_____
2.	Group Rules_____
3.	Review: Last Week _____
4.	Review: Conflict–7 Peaceful Answers (#1-7)_____
5.	Review: Power Of Surrender (#1)_____
6.	Review: Conflict–7 Peaceful Answers (#2-4)_____
7-8.	Review: 10 Conflict Drill Questions 1-10_____
9.	*Asia3: Fair Fight Negotiation1_____
10.	*Asia3: Fair Fight Negotiation2_____
11.	Review: Setting Boundaries_____
12.	*Is There A Relationship Between Stuffing Issues and Domestic Violence?_____
13.	Joke: Niagra and Viagra_____
14.	*Coaches: ASIA3: Fair Fight Negotiation1_____
15.	*1. Easy ASIA3: Fair Fight Negotiation1_____
16.	*2. Harder ASIA3: Fair Fight Negotiation1_____
17.	*3. Hardest ASIA3: Fair Fight Negotiation1_____
18.	*Counselors: ASIA3: Fair Fight Negotiation1_____
19.	Country Codependent Song _____
20-21.	Country Codependent Song Issues_____
22.	*Anger: Is It OK?_____
23.	Before Video: Timeout Song_____
24.	Video: Timeout Song (2:58)_____
25.	After Video: Timeout Song _____
26.	*10 Steps to Successful Timeouts_____
27-28.	*Worry Self Evaluation Quiz 1-20_____
29.	Meditation Sounds – Waterfall-Forest_____
30.	*Discussion Questions _____
31.	Closing Music_____

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# **Class 4: Cycles & Stereotypes**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: “Beautiful River” (3:02); “Deep River” (3:18) and “Simple Gifts” (2:18) Total 8:37 and Quotations_____
2.	Group Rules_____
3.	Review: Last Week_____
4.	Review: ASIA3: Fair Fight Negotiation1_____
5.	Review: ASIA3: Fair Fight Negotiation2_____
6.	*Is There A Relationship Between Stereotypes and Domestic Violence?_____
7.	*Patterns & Cycle of Violence _____
8.	*Cycle of Violence to Cycle of Love_____
9-11.	*Provocation Beliefs and Myths _____
12.	*Domestic Violence Statistics_____
13.	Plan Of Control NAC 228.170_____
14.	*Male-Female Stereotypes_____
15.	*Cultural Stereotypes_____
16.	Before Video: “Beauty”_____
17.	Video: “Beauty” 11:39_____
18.	After Video: “Beauty”_____
19.	*Relapse Prevention_____
20.	Joke: Definition of a Male Counselor_____
21-22.	*Stereotype Self Evaluation Quiz 1-20_____
23.	Meditation Sounds – Seaside_____
24.	*Discussion Questions_____
25.	Closing Music_____

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## **Class 5: Financial Pressures**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Bach Partita for Violin Solo No. 3 in E, BWV 1006 Prelude (4:01) and Gavotte (3:10) Total 7:11 and Quotations <hr/>
2.	Group Rules <hr/>
3.	Review: Last Week <hr/>
4.	Review: Cycle of Violence <hr/>
5.	Review: Cycle of Violence to Cycle of Love <hr/>
6.	Review: Relapse Prevention <hr/>
7.	*Is There A Relationship Between Financial Issues and Domestic Violence? <hr/>
8-9.	*Finances & Domestic Violence 1-10 <hr/>
10.	*Before Video: Payday Loans <hr/>
11.	*Video: Payday Loans (12:11) <hr/>
12.	*After Video: Payday Loans <hr/>
13.	Joke: Marriage – no more kids <hr/>
14-15.	*Debt and Shopping Self-Evaluation Quiz 1-25 <hr/>
16.	Blues Codependent Song 3:29 <hr/>
17-18.	Blues Codependent Song Issues <hr/>
19.	Meditation Sounds – Stream <hr/>
20.	*Discussion Questions <hr/>
21.	Closing Music <hr/>

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## **Class 6: Child Abuse**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Mozart Piano Concerto 21 in C, 2nd movement Total 7:40 and Quotations _____
2.	Group Rules _____
3.	Review: Last Week _____
4.	Review: Handling the Complaining of Others _____
5.	Review: Finances & Domestic Violence 1-7 _____
6.	Review: Finances & Domestic Violence 8-10 _____
7.	Review: Debt and Shopping Addiction 1-13 _____
8.	Review: Debt and Shopping Addiction 14-25 _____
9.	*Is There A Relationship Between Punishment and Domestic Violence? _____
10.	*Generational Violence _____
11.	*Strict Parent vs. Nurturing Model _____
12.	*AMA Finds Spanking Hinders Discipline _____
13.	*Before Video: Childhood Victim _____
14.	*Video: Childhood Victim (14 min) _____
15.	*After Video: Childhood Victim _____
16-22.	*Drawbacks of Punishment, Restrictions, Rewards _____
23.	*Boy, 8, Kills Himself Fearing Discipline _____
24-36.	*Drawbacks of Punishment, Restrictions, Rewards _____
37.	Joke: Marriage & yell at same kids _____
38-56.	*Punishment, Restrictions, Rewards or Fair Fight Negotiation _____
57.	*ASIA3: Fair Fight Negotiation With a Child _____
58-64.	*Punishment, Restrictions, Rewards or Fair Fight Negotiation (Integrity Question) _____
65.	Helpful Books _____
66.	Interview on Spanking _____
67-68.	*Punishment Self Evaluation Quiz 1-25 _____
69.	Meditation Sounds – Waterfall _____
70.	*Discussion Questions _____
71.	Closing Music _____

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# **Class 7: Sexual Abuse**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Ludwig Van Beethoven Concerto #5 Slow Movement 8:25 and Quotations _____
2.	Group Rules _____
3.	Review: Last Week _____
4.	Review: Drawbacks of Punishment, Restrictions, Rewards _____
5.	Review: Punishment, Restrictions, Rewards or Fair Fight Negotiation (Integrity Question) _____
6.	Review: ASIA3 FFN with a child _____
7.	*Is There A Relationship Between Sexual Tensions and Domestic Violence? _____
8-21.	*Levels 1-3 Sex Addiction _____
22.	*Level 1 Sex Addiction _____
23.	Rock Codependent Song 4:35 _____
24.	Rock Codependent Song Issues 1-5 _____
25.	*Love Definitions _____
26.	*Before Video: "Aids & Teens" _____
27.	*Video: "Aids & Teens" (7 min) _____
28.	*After Video: "Aids & Teens" _____
29.	Joke: Sex Talk _____
30.	*Level 1 Sex Addiction Questionnaire 1-11 _____
31.	*Level 1 Sex Addiction Questionnaire 12-20 _____
32.	Meditation Sounds – Amazon Forest _____
33.	*Discussion Questions _____
34.	Closing Music _____

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# **Class 8: Addiction Recognition**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Ravel's "Pavane for a Dead Princess" (6:31) and Quotations _____
2.	Group Rules _____
3.	Review: Last Week _____
4.	Review – Love _____
5.	Review ASIA3: Fair Fight Negotiation1 _____
6.	*3 Stages of all Addictions _____
7.	*Before Video: Brain Scans _____
8.	*Video: Brain Scans (9 min.) _____
9.	*After Video: Brain Scans _____
10.	*Is There A Relationship Between Alcohol and Domestic Violence? _____
11-30.	*Alcohol-Drug Use Quiz _____
24.	*Breakdown of 10% Alcoholics _____
31.	*Social Drinking Quiz _____
32.	Joke: Marriage – no more kids _____
33.	*More on Alcoholism _____
34.	*Definitions of Alcoholism _____
35.	Blues Alcohol Addiction Denial Song (4:07) _____
36.	Blues Alcohol Addiction Denial Song Issues 1-5 _____
37.	Blues Alcohol Addiction Denial Song Issues 6-9 _____
38.	*Alcohol-Drug-Adult-Teen Addiction Test #1-7 _____
39.	*Alcohol-Drug-Adult-Teen Addiction Test #8-10 _____
40.	Before Video: "Rewired Brain" _____
41.	Video: "Rewired Brain" (11 min) _____
42.	After Video: "Rewired Brain" _____
43.	Meditation Sounds – Rain _____
44.	*Discussion Questions _____
45.	Closing Music & Appendix _____
46.	Alcohol-Drug-Adult-Teen Addiction Test 1-11 _____
47.	Alcohol-Drug-Adult-Teen Addiction Test 12-20 _____
48.	Alcohol-Drug-Adult-Teen Addiction Test with 3 Stages 1-7 _____
49.	Alcohol-Drug-Adult-Teen Addiction Test with 3 Stages 8-14 _____
50.	Alcohol-Drug-Adult-Teen Addiction Test with 3 Stages 15-20 _____

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# Class 9: Addiction Recovery

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Mozart Piano Concerto 22 in E Flat Major K. 482 (3rd Movement) Pianist: Geza Anda Total 11:16 and Quotations _____
2.	Group Rules _____
3.	Review: Last Week _____
4.	Review: 3 Stages Of All Addictions _____
5.	Review: Breakdown Of 10% Alcoholics _____
6.	*Is There A Relationship Between Addiction Relapse and Domestic Violence? _____
7.	Before Video: "Binge Drinking" _____
8.	Video: "Binge Drinking" (8 min.) _____
9.	After Video: "Binge Drinking" _____
10.	Jazz Alcohol Addiction Denial Song 3:01 1 of 2 _____
11.	Jazz Alcohol Addiction Denial Song 3:01 2 of 2 _____
12.	Jazz Alcohol Addiction Denial Song Issues 1-4 _____
13.	Jazz Alcohol Addiction Denial Song Issues 5-8 _____
14.	*Cycle of Recovery _____
15.	*Quality Pictures _____
16.	*The Universal Twelve Steps _____
17.	Joke: 18 <sup>th</sup> Step _____
18.	*Alcohol-Drug-Adult-Teen Addiction Test #11-17 _____
19.	*Alcohol-Drug-Adult-Teen Addiction Test #18-20 _____
20.	Before Video: Celebrity Alcohol/Drug Recovery _____
21.	Video: Celebrity Alcohol/Drug Recovery (14 min) _____
22.	After Video: Celebrity Alcohol/Drug Recovery _____
23.	Meditation Sounds – Seaside _____
24.	*Discussion Questions _____
25.	Closing Music _____
25.	<u>Appendix</u> <i>Use slides 26-27 if you want to do the entire test or print it to take it home.</i>
26.	Alcohol-Drug-Adult-Teen Addiction Test #1-11 _____
27.	Alcohol-Drug-Adult-Teen Addiction Test #12-20 _____
	<i>Slides 28-29 include the answers Mood Altering, Relationships or Health.</i>
28.	Alcohol-Drug-Adult-Teen Addiction Test #1-7 _____
29.	Alcohol-Drug-Adult-Teen Addiction Test #8-14 _____
30.	Alcohol-Drug-Adult-Teen Addiction Test #15-20 _____
	<i>Use slides 31-38 if you want the clients to read the commentary out loud rather than the counselor commenting on each step.</i>
31.	The Universal 12 Steps With Commentary By DF #1-2 _____
32.	The Universal 12 Steps With Commentary By DF #3-4 _____
33.	The Universal 12 Steps With Commentary By DF #4-5 _____
34.	The Universal 12 Steps With Commentary By DF #6-7 _____
35.	The Universal 12 Steps With Commentary By DF #8-9 _____
36.	The Universal 12 Steps With Commentary By DF #9 _____
37.	The Universal 12 Steps With Commentary By DF #10-11 _____
38.	The Universal 12 Steps With Commentary By DF #12 _____
39.	The Universal 12 Steps Appear Together _____

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# **Class 10: Controllers & Enablers**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Bach Cello Suite #1 Menuetto (3:35) and Quotations. _____
2.	Group Rules_____
3.	Review: Last Week _____
4.	Review: 3 Stages Of All Addictions _____
5.	Review: Cycle Of Recovery _____
6.	Review: Quality Picture_____
7.	*Is There A Relationship Between Controlling Behavior and Domestic Violence?_____
8.	*Cycle Of Codependent Recovery_____
9.	*The Universal Twelve Steps-CODA_____
10.	Joke: On and On Anon_____
11-61.	*Codependency Addiction: 25 Question Test_____
62.	Before Video: Celebrity Codependent Recovery (22 min.)_____
63.	Video: Celebrity Codependent Recovery _____
64.	After Video: Celebrity Codependent Recovery _____
65.	Meditation Sounds – Stream_____
66.	*Codependent Love Song_____
67.	*Codependent Love Song Issues _____
68.	*Healthy Song _____
69.	*Discussion Questions_____
70.	Closing Music_____

**\*I recommend that at least these essential slides be taught.**

# **Class 11: Five Basic Genetic Needs**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Johann Strauss Jr. "Tales from the Vienna Woods" (6:13) and Quotations. _____
2.	Group Rules _____
3.	Review: Last Week _____
4.	Review: Codependency Addiction 1-13 _____
5.	Review: Codependency Addiction 14-25 _____
6.	*Codependency Discussion Of 8 Points _____
7.	*Is There A Relationship Between Enabling Behavior and Domestic Violence? _____
8.	*The 5 Basic Genetic Needs in order (write scores on white board) _____
9.	*The 5 Basic Genetic Needs with best scores in red: <i>The counselor can replace the scores given with those of a client by using Power Point as follows: Escape/Highlight/Change5x/Enter5x/Next Column/Shftf5. Or the counselor can write in the scores on a white board screen using the next slide</i> _____
10.	*The 5 Basic Genetic Needs with Underlines (write in scores) _____
11.	*Sick Mate? Then 3 Questions _____
12.	*Quality Pictures-Visualize Romantic Moment _____
13.	*I teach Two Responses When Provoked _____
14.	Joke: Codependent's Anonymous _____
15.	*10 Hot Topics! _____
16.	*Defensiveness Addiction 1-9 _____
17.	*Defensiveness Addiction 10-18 _____
18.	*Defensiveness Addiction 19-25 _____
19.	Country Codependent Enabling Song 3:14 _____
20.	Country Codependent Enabling Song Issues 1-4 _____
21.	Before Video: "Self-Love" (6 Min) _____
22.	Video: "Self-Love" _____
23.	After Video: "Self-Love" _____
24.	Meditation Sounds – Waterfall _____
25.	*Discussion Questions _____
26.	Closing Music _____

HANDOUT: The 5 Basic Genetic Needs: print out the 2 pages at the end of class 11 of the Slide Guide.

**\*I recommend that at least these essential slides be taught.**

## **Class 12: Choosing-Keeping Healthy Mates**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Quotes & Music Before Class: Chopin: Waltz in C# Minor Opus 64 #2 (3:34); Brahms intermezzo Opus 117 #2 (4:26) Total 8 minutes and Quotations. _____
2.	Group Rules_____
3.	Review: Last Week_____
4.	Review: The 5 Basic Genetic Needs in order_____
5.	Review: The 5 Basic Genetic Needs with best red scores: <i>The counselor can replace the scores given with those of a client by using PowerPoint as follows: Escape/Highlight/Change5x/Enter5x/ Next Column/Shftf5. Or the counselor can write in the scores on a whiteboard screen using the next slide.</i> _____
6.	Review: The 5 Basic Genetic Needs with Underlines (write in scores)_____
7.	Review: Codependency Discussion of 8 points_____
8.	Review: Quality Pictures & Visualize Romantic Moment_____
9.	Review: 10 Hot Topics!_____
10.	Review: Sick Mate?_____
11.	*Is There A Relationship Between Dating and Domestic Violence?_____
12.	*Dating Exercises _____
13.	*Dating Questions: 1-4_____
14.	*Dating Questions 5-8_____
15.	*Dating Questions: 9-13_____
16.	*Dancing On Clouds Of Love_____
17.	Joke: Lie for 2 <sup>nd</sup> date _____
18.	Before Video: Dating Research (22 min)_____
19.	Video: Dating Research_____
20.	After Video: Dating Research _____
21.	*Addiction To Sarcasm 1-11 _____
22.	*Addiction To Sarcasm 12-20 _____
23.	Interview On Marriage 3:11 _____
24.	Meditation Sounds – Amazon Forest _____
25.	*Discussion Questions _____
26.	Closing Music_____

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## **Class 13: Fair Fight Negotiation (2 of 3 FFN Classes)**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1-2.	Music Before Class: Mendelssohn Violin Concerto-andante (6:33) and Quotations. _____
3.	Group Rules _____
4.	Review: Last Week _____
5.	Review: Dating Exercises _____
6.	Review: Conflict–7 Peaceful Answers _____
7.	*Is There A Relationship Between Arguing and Domestic Violence? _____
8.	*Review: ASIA3: Fair Fight Negotiation1 _____
9.	*Review: ASIA3: Fair Fight Negotiation2 _____
10.	*Coaches: ASIA3: Fair Fight Negotiation1 _____
11.	*4. Easy ASIA3: Fair Fight Negotiation1 _____
12.	*5. Harder ASIA3: Fair Fight Negotiation1 _____
13.	*6. Hardest ASIA3: Fair Fight Negotiation1 _____
14.	*Counselors: ASIA3: Fair Fight Negotiation1 _____
15.	Joke: “Boys need someone to clean up” _____
16.	Before Video2: Dennis & Bijan “On Resolving Conflict” (15 min) _____
17.	Video 2: Dennis & Bijan “On Resolving Conflict” _____
18.	After Video 2: Dennis & Bijan “On Resolving Conflict” _____
19.	*Negativity Self Evaluation Quiz 1-11 _____
20.	*Negativity Self Evaluation Quiz 12-20 _____
21.	Country Codependent Victim Song (2:46) _____
22.	Country Codependent Victim Song Issues1-4 _____
23.	Before Video: Karma (6:24 min.) _____
24.	Video: Karma _____
25.	After Video: Karma _____
26.	Meditation Sounds – Forest _____
27.	*Discussion Questions _____
28.	Closing Music _____

**\*I recommend that at least these essential slides be taught.**

## **Class 14: DV & Self Evaluation**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: "Clouds" by Claude Debussy (8:03) and Quotations_____
2.	Group Rules_____
3.	Review: Last Week_____
4.	Review: Asia3: Fair Fight Negotiation1_____
5.	Review: Asia3: Fair Fight Negotiation2_____
6.	*Is There A Relationship Between Work Disputes and Domestic Violence?_____
7.	*How To Counsel Yourself & Others (Reality Therapy-WDEP) _____
8.	*Management Styles & DV _____
9.	Before Video: Lead Management SAS _____
10.	Video: Lead Management SAS (13 min)_____
11.	After Video: Lead Management SAS _____
12.	Joke: Marriage – Pain and Jewelry_____
13.	*How Can I Tell If I Am Mentally Healthy?_____
14.	*Self Evaluation Questions To Correct 1-10_____
15.	*Self Evaluation Questions To Correct 11-20_____
16.	*Self Evaluation Questions Restated 1-10_____
17.	*Self Evaluation Questions Restated 11-20_____
18.	*Are There Quality Schools?_____
19.	Before Video: Lead Management SA_____
20.	Video: Lead Management SA (5:30) _____
21.	After Video: Lead Management SA _____
22.	*Story Corp: Julio Diaz 2:51_____
23.	Internet Addiction Test 1-11_____
24.	Internet Addiction Test 12-20_____
25.	Meditation Sounds – Rain_____
26.	*Discussion Questions_____
27.	Closing Music_____

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## Class 15: DV & Conscience

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1-2.	Music Before Class: Pachelbel Canon in D Major (7:13) and Quotations _____
3.	Group Rules _____
4.	Review: Last Week _____
5.	Review: How To Counsel Yourself & Others (Reality Therapy-WDEP) _____
6.	Review: Management Styles _____
7.	Review: Self Evaluation Questions 1-10 _____
8.	Review: Self Evaluation Questions 11-20 _____
9.	*Is There A Relationship Between Inner Peace and Domestic Violence? _____
10.	Before Video: Medical Self Hypnosis _____
11.	Video (10 min.): Medical Self Hypnosis _____
12.	After Video: Medical Self Hypnosis _____
13.	*Meditation I-5 <sup>th</sup> Living Skill _____
14.	*Meditation II-5 <sup>th</sup> Living Skill _____
15.	*Meditation Sounds – Ocean _____
16.	Joke: “Sitting Around Doing Nothing.” _____
17.	*Meditation III Q&A - 5 <sup>th</sup> Living Skill _____
18.	*PFC Powerful Quake Rocks Central China _____ <i>Hand to the forehead or the pre frontal cortex knobs brings the blood from back of the head to the front. This calms a person (alpha state) and is an automatic body response in times of tragedy or joy.</i>
19.	*PFC Virginia Tech Massacre _____
20.	*PFC Mother Grieving Over Son _____
21.	*PFC Home Destroyed _____
22.	*PFC Bush and Parents _____
23.	*PFC In a joyful moment _____
24.	*Meditation IV Q&A - 5 <sup>th</sup> Living Skill _____
25.	*Fear Addiction Test 1-12 _____
26.	*Fear Addiction Test 13-20 _____
27.	Top 10 Codependent Country Songs 6-10 _____
28.	Top 10 Codependent Country Songs 2-5 _____
29.	Top 10 Codependent Country Songs 1 _____
30.	Before Video: Benefits of Silence _____
31.	Video: Benefits of Silence (5 min.) _____
32.	After Video: Benefits of Silence _____
33.	*Discussion Questions _____
34.	Closing Music and Appendix _____
35.	Religious Cult Self-Evaluation Quiz 1-9 _____
36.	Religious Cult Self-Evaluation Quiz 10-18 _____
37.	Religious Cult Self-Evaluation Quiz 19-25 _____

**\*I recommend that at least these essential slides be taught.**



## **Class 16: DV & Jealousy**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1-2.	Music Before Class: Mozart “Eine Kleine Nachtmusik-Romanze” 5:40 and Quotations. _____
3.	Group Rules _____
4.	Review: Last Week _____
5.	*Is There A Relationship Between Jealousy and Domestic Violence? _____
6.	*Jealousy Q&As _____
7.	Blues Jealousy Song 1:29 _____
8.	Blues Jealousy Song Issues 1-7 _____
9.	*Jealousy Addiction 1-11 _____
10.	*Jealousy Addiction 12-20 _____
11.	*Review: Sick Mate? _____
12.	Movie: Jealousy (4:11) _____
13.	Movie: Jealousy Words _____
14.	Jealous Issues 1-2 _____
15.	Jealous Issues 3-4 _____
16.	Joke: Marriage – “You’re Stuck With” _____
17.	*Raging Addiction 1-9 _____
18.	*Raging Addiction 10-18 _____
19.	*Raging Addiction 19-25 _____
20.	Meditation Sounds – Seaside _____
21.	*Discussion Questions _____
22.	Closing Music _____

**\*I recommend that at least these essential slides be taught.**

# **Class 17: DV & Positive Growth Skills**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Before: Vivaldi “Spring” From The Four Seasons (12:08) and Quotations_____
2.	Group Rules_____
3.	Review: Last Week _____
4.	*Is There A Relationship Between Victim Behavior and Domestic Violence?_____
5.	*Positive Growth Skills_____
6-8.	*Positive Skills Growth Chart _____
9.	*Positive Growth Skills Questions-Victim Thinker Questions 1-12
10.	*Positive Growth Skills Questions-Victim Thinker Questions 13-25 _____
11.	*Positive Growth Skills Questions-Creator Questions 26-39 _____
12.	*Positive Growth Skills Questions-Creator Questions 40-50 Scoring _____
13.	Joke: “Look He’s Moving”_____
14.	Story Corp: On Martin Luther King 4:50 _____
15.	Before Video: Kindness_____
16.	Video: Kindness (13:23 min) _____
17.	After Video: Kindness_____
18.	Meditation Sounds – Stream_____
19.	*Discussion Questions_____
20.	Closing Music _____

**\*I recommend that at least these essential slides be taught.**

# **Class 18: DV & Other Addictions**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: "Pavane" by Faure (7:44) and Quotations _____
2.	Group Rules _____
3.	Review: Last Week _____
4.	*Is There A Relationship Between Work Addiction and Domestic Violence? _____
5.	Before Video: Work Addiction _____
6.	Video: Work Addiction (9:15) _____
7.	After Video: Work Addiction _____
8.	*Work Addiction 1 of 2 _____
9.	*Work Addiction 2 of 2 _____
10.	*3 Stages of all Addictions _____
11.	*Work Addiction Questions 1-12 _____
12.	*Work Addiction Questions 13-20 _____
13.	Joke: "It's Benign" _____
14.	*Is There A Relationship Between Problem Gambling and Domestic Violence? _____
15.	*Gambling Addiction 1-11 _____
16.	*Gambling Addiction 12-20 _____
17.	Gambling Quotes 1-7 Blues Gambling Addiction Song _____
18.	Gambling Quotes 8-12 _____
19.	*Gambling Addiction Questions _____
20.	*Gambling Addiction Questions _____
21.	Before Video: Gambling Addiction _____
22.	Video: Gambling Addiction (8 min) _____
23.	After Video: Gambling Addiction _____
24.	Meditation Sounds – Waterfall _____
25.	*Discussion Questions _____
26.	Closing Music _____

**\*I recommend that at least these essential slides be taught.**

## **Class 19: DV & Learning Lessons**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Bach “Organ Trio #4 andante” (4:56) and Quotations_____
2.	Group Rules_____
3.	Review: Last Week_____
4.	Review: Work Addiction Questions 1-12_____
5.	Review: Work Addiction Questions 13-20_____
6.	Review: Gambling Addiction Questions 1-11 _____
7.	Review: Gambling Addiction Questions 12-20 _____
8.	*Is There A Relationship Between Unlearned Lessons and Domestic Violence? _____
9.	*The Seven Stages_____
10.	* “7 Stages of Life” Questions 1-13_____
11.	* “7 Stages Of Life” Questions 14-28_____
12.	* “7 Stages Of Life” Questions 29-42_____
13.	* “7 Stages Of Life” Scoring Questions _____
14.	Joke For Children: “Bison”_____
15.	Codependent Controller Song_____
16.	Codependent Song on Controller Issues 1-5 _____
17.	Meditation Sounds – Amazon Forest _____
18.	Before Video: Top Principles_____
19.	Video: Top Principles (13:32) _____
20.	After Video: Top Principles _____
21.	*Discussion Questions _____
22.	Closing Music_____

**\*I recommend that at least these essential slides be taught.**

# **Class 20: DV & Competitiveness**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Beethoven Violin Concerto In D Larghetto (8:45) and Quotations _____
2.	Group Rules _____
3.	Review: Last Week _____
4.	Review: The Seven Stages _____
5.	Review: "7 Stages Of Life" Scoring Questions _____
6.	*Is There A Relationship Between Competitiveness and Domestic Violence? _____
7.	*Reasons To Compete _____
8.	Before Video: Win At Any Cost _____
9.	Video: Win At Any Cost (11:30) _____
10.	After Video: Win At Any Cost _____
11.	Bill Gates, Warren Buffet _____
12.	*Victims Compete, Creators Excel _____
13.	*Causes of Daily Death In The World! _____
14.	Movie star before helping others _____
15.	Movie star after helping others _____
16.	Before Video: Helping Others _____
17.	Video: Helping Others (6 min) _____
18.	After Video: Helping Others _____
19.	*Male Competitor Questions 1-3 _____
20.	*Male Competitor Questions 4-6 _____
21.	*Male Competitor Questions 7-9 _____
22.	*Male Competitor Questions 10-12 _____
23.	*Male Competitor Questions Scoring _____
24.	*Female Competitor Questions 1-3 _____
25.	*Female Competitor Questions 4-6 _____
26.	*Female Competitor Questions 7-9 _____
27.	*Female Competitor Questions 10-12 _____
28.	*Female Competitor Questions Scoring _____
29.	Joke: Keep Chips and Dip Coming _____
30.	*Addiction To Compete 1-13 _____
31.	*Addiction To Compete 14-25 _____
32.	Top 10 Codependent Victim Thinker Country Songs #6-10 _____
33.	Top 10 Codependent Victim Thinker Songs #5-2 _____
34.	Top 10 Codependent Victim Thinker Songs #1 _____
35.	Meditation Sounds – Ocean _____
36.	Sports/Game Self-Evaluation 1-11 _____
37.	Sports/Game Self-Evaluation 12-20 _____
38.	*Discussion Questions _____
39.	Closing Music _____

**\*I recommend that at least these essential slides be taught.**

# **Class 21: DV & Fair Fight Negotiation** (3 of 3 FFN Classes)

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Corelli “Concerto 1 In D Major” 7 Movements (11:38) and Quotations_____
2.	Group Rules_____
3.	Review: Last Week_____
4.	Review: Conflict–7 Peaceful Answers_____
5.	Review: Addiction To Compete 1-13_____
6.	Review: Addiction To Compete 14-25_____
7.	Before Video: Marriage Issues _____
8.	Video (9:15 min.): Marriage Issues_____
9.	After Video: Marriage Issues_____
10.	*Is There A Relationship Between The Need To Be Right and Domestic Violence?_____
11.	*Asia3: Fair Fight Negotiation1_____
12.	*Asia3: Fair Fight Negotiation2_____
13.	*Coaches: Asia3: Fair Fight Negotiation1_____
14.	*7. Easy Asia3: Fair Fight Negotiation1 _____
15.	*8. Harder Asia3: Fair Fight Negotiation1_____
16.	*9. Hardest Asia3: Fair Fight Negotiation1_____
17.	*Asia3: Counselors FFN 1_____
18.	Country Low Self Esteem Song (2:47) _____
19.	Country Low Self Esteem Song Issues 1-4_____
20.	*Complaining Addiction Test 1-11_____
21.	*Complaining Addiction Test 12-20_____
22.	Joke: “Dump Truck” _____
23.	Before Video: Openness_____
24.	Video (7 min.): Openness_____
25.	After Video: Openness_____
26.	Meditation Sounds – Waterfall-Forest_____
27.	*Discussion Questions _____
28.	Closing Music_____

**\*I recommend that at least these essential slides be taught.**

## **Class 22: DV & Conflict Practice Drills**

*Co-counselor Guide: decide if you will alternate points or slides.*

Slides    Title

1. Music Before Class: Marin Marais: Improvisation & La Reveuse (6:01) and Quotations \_\_\_\_\_
2. Group Rules \_\_\_\_\_
3. Review: Last Week \_\_\_\_\_
4. Review ASIA3: Fair Fight Negotiation1 \_\_\_\_\_
5. Review ASIA3: Fair Fight Negotiation2 \_\_\_\_\_
6. \*ASIA3: "Ask boss for a raise" (give reason) Fair Fight Negotiation1  
\_\_\_\_\_
7. \*Is There A Relationship Between Intimidation and Domestic Violence? \_\_\_\_\_
8. \*Review: CONFLICT–7 Peaceful Answers \_\_\_\_\_
9. \*10 Conflict Drill Questions: 11-15 (See Drills 1-10 in Lesson #2) \_\_\_\_\_
10. \*10 Conflict Drill Questions: 17-20 \_\_\_\_\_
11. Joke: "Those men have boyfriends" \_\_\_\_\_
12. Marriage: Name the three top priorities? \_\_\_\_\_
13. \*Love and Emotional Growth Definitions \_\_\_\_\_
14. Before Video: Justified Resentments \_\_\_\_\_
15. Video: Justified Resentments (15 min) \_\_\_\_\_
16. After Video: Justified Resentments \_\_\_\_\_
17. Country Codependent Song on Male Chauvinism 1 of 3 \_\_\_\_\_
18. Country Codependent Song on Male Chauvinism Issues 1-5 2 of 3  
\_\_\_\_\_
19. Country Codependent Song on Male Chauvinism Issues 6-10 3 of 3  
\_\_\_\_\_
20. \*Violence Self-Evaluation Quiz 1-11 \_\_\_\_\_
21. \*Violence Self-Evaluation Quiz 12-20 \_\_\_\_\_
22. \*Before Video: Can Money Buy Happiness? \_\_\_\_\_
23. \*Video: Can Money Buy Happiness? (3 min) \_\_\_\_\_
24. \*After Video: Can Money Buy Happiness? \_\_\_\_\_
25. Meditation Sounds – Rain \_\_\_\_\_
26. \*Discussion Questions \_\_\_\_\_
27. Closing Music \_\_\_\_\_

**\*I recommend that at least these essential slides be taught.**

# **Class 23: DV & Forgiveness & Amends**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: 5 Mozart Arias : Duettino: La Ci Darem La Mano from Don Giovanni 3:02; Atto Quarto N.24 from The Marriage of Figaro 1:50; Atto Secundo N.12 from The Marriage of Figaro 3:06; Atto Terzo N.21 from The Marriage of Figaro 2:54; Non Piu andrai Atto Primo N.10 from The Marriage of Figaro 3:43 (Total 15 Minutes) and Quotations_____
2.	Group Rules_____
3.	Review: Last Week_____
4.	Review: Conflict–7 Peaceful Answers_____
5.	Review:10 Conflict Drill Questions: 11-15 (See Drills 1-10 In Lesson #5) _____
6.	Review: 10 Conflict Drill Questions: 17-20_____
7.	*Is There A Relationship Between Resentment and Domestic Violence?_____
8.	*Forgiveness and Amends 1-3 _____
9.	*Forgiveness and Amends-Shakespeare Quotation_____
10.	*Forgiveness and Amends 4-10 _____
11.	*Forgiveness and Amends-Action & Lesson_____
12.	*Forgiveness Skills 1-11 _____
13.	*Forgiveness Skills 12-20 _____
14.	*Amends _____
15.	Story Corp: On Forgiveness 3:35 _____
16.	*Forgiveness FAQs_____
17.	Before Video: Gandhi on Forgiveness_____
18.	Video (8 min.): Gandhi on Forgiveness_____
19.	After Video: Gandhi on Forgiveness _____
20.	Joke: “You Are Bad Luck!” _____
21.	*Resentment Addiction 1-11_____
22.	*Resentment Addiction 12-20_____
23.	*Violence vs. Peace _____
24.	Before Video: The Amish on Forgiveness_____
25.	Video (3:18): The Amish on Forgiveness_____
26.	After Video: The Amish on Forgiveness _____
27.	Meditation Sounds – Seaside _____
28.	*Discussion Questions _____
29.	Closing Music _____

**\*I recommend that at least these essential slides be taught.**



## **Class 24: DV & Grieving**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: The Swingle Singers sing Bach: Bach: Organ Fugue from Fantasia and Fugue BWV 542 2:40; Bach: Aria from Orchestral Suite No.3 In D minor BWV 1068 3:19; Bach: Choral: Wachtet Auf, Ruft Uns Die Stimme BWV 645 2:40; Bach: Herz Und Mund Und Tat Und Leben BWV 147 3:20; Bach: Concerto in F minor No. 5 for One Harpsichord, BWV 1056: Largo movt 3:03. Total 15:02 and Quotations_____
2.	Group Rules_____
3.	Review: Last Week _____
4.	Review: Resentment Addiction 1-11 _____
5.	Review-Resentment Addiction 12-20 _____
6.	*Is There A Relationship Between Grieving and Domestic Violence? _____
7.	*Forgiveness Drill 1-4 _____
8.	*Forgiveness Drill 5-8 _____
9.	*Forgiveness Drill 9-12 _____
10.	*Forgiveness Drill 13-16 _____
11.	*Forgiveness Drill 17-19 _____
12.	*Forgiveness Drill 20 & Scoring_____
13.	*Grieving: Victim or Creator_____
14.	*Before Video: The Biehls_____
15.	*Video: The Biehls (13 min)_____
16.	*After Video: The Biehls _____
17.	*Grieving: Creator _____
18.	*Non-Violence: MLK On Forgiveness and Reconciliation_____
19.	Story Corp: On Grieving_____
20.	Meditation Sounds – Stream _____
21.	Joke: “Even Boys. . .”_____
22.	*Depression/Grieving Addiction 1-11 _____
23.	*Depression/Grieving Addiction 12-20 _____
24.	Before Video: Don’t Die With Your Music Still In You_____
25.	Video: Don’t Die With Your Music Still In You (3 min)_____
26.	After Video: Don’t Die With Your Music Still In You_____
27.	*Discussion Questions _____
28.	Closing Music_____

**\*I recommend that at least these essential slides be taught.**

## Class 25: DV & Stress

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Satie “Gymnopedie” #1 & #3 (6:48) and Quotations _____
2.	Group Rules _____
3.	Review: Last Week _____
4.	Review: Grieving: Victim or Creator _____
5.	Review: Depression/Grieving Addiction 1-11 _____
6.	Review: Depression/Grieving Addiction 12-20 _____
7.	*Is There A Relationship Between Stress and Domestic Violence? _____
8.	*Before Video: Stress (Telomeres) _____
9.	*Video (10 min.): Stress (Telomeres) _____
10.	*After Video: Stress (Telomeres) _____
11.	*Stress Solutions _____
12.	PFC Hand to the Head-Andre Agassi _____ <i>Hand to the forehead or the pre frontal cortex knobs brings the blood from back of the head to the front. This calms a person (alpha state) and is an automatic body response in times of tragedy or joy.</i>
13.	PFC Hand to the Head-Martina Hingis _____
14.	PFC Hand to the Head-The Utah Jazz _____
15.	PFC Hand to the Head-Roger Federer After Wining _____
16.	*Stress Addiction 1-11 _____
17.	*Stress Addiction 12-20 _____
18.	Joke: “It’s Benign” Woody Allen _____
19.	Before Video: Meditation and Grades _____
20.	Video: Meditation and Grades (10 min) _____
21.	After Video: Meditation and Grades _____
22.	Country Codependent Song on Neediness _____
23.	Country Codependent Song on Neediness Issues 1-5 _____
24.	Meditation Sounds – Waterfall _____
25.	*Discussion Questions _____
26.	Closing Music _____

**\*I recommend that at least these essential slides be taught.**

## **Class 26: DV & Tolerance**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Bach Air for the G String; Fugue 5 in D Major; Gavotte in D Major and Quotations _____
2.	Group Rules _____
3.	Review: Last Week _____
4.	*Is There A Relationship Between Not Understanding My Mate and Domestic Violence? _____
5.	*Brain Type History _____
6.	*Jonathan Niednagel _____
7.	*Introduction to Brain Typing Video _____
8.	*Video (12:15) _____
9.	*16 BRAIN TYPES _____
10.	*1-2 Extraversion & Introversion _____
11.	Extraversion & Introversion Video _____
12.	Video (6:46) _____
13.	*3-4 Sensing & Intuitive _____
14.	Sensing & Intuitive Video _____
15.	Video (4:30) _____
16.	*5-6 Thinking & Feeling _____
17.	Thinking & Feeling Video _____
18.	Video (3:45) _____
19.	*7-8 Judging & Perceiving _____
20.	Judging & Perceiving Video _____
21.	Video (3:06) _____
22.	*Joke: Female Brain _____
23.	*Joke: Male Brain _____
24-25.	Glasser Connection: Decision to Action _____
26.	*Family Brain History _____
27.	*DF Brain Type: 9. INFJ: The Compassionate One _____
28.	The 16 Brain Types (list) _____

**\*I recommend that at least these essential slides be taught.**

29. \*Your Brain Type\_\_\_\_\_
30. 1. ENFJ: The People Person\_\_\_\_\_
31. 2. ENFP: The Energetic Charmer \_\_\_\_\_
32. 3. ENTJ: The Leader\_\_\_\_\_
33. 4. ENTP: The Improviser\_\_\_\_\_
34. 5. ESFJ: The Host/Hostess\_\_\_\_\_
35. 6. ESFP: The Spontaneous One\_\_\_\_\_
36. 7. ESTJ: The Achiever\_\_\_\_\_
37. 8. ESTP: The Doer \_\_\_\_\_
38. 9. INFJ: The Compassionate One\_\_\_\_\_
39. 10. INFP: The Idealist \_\_\_\_\_
40. 11. INTJ: The Master Thinker \_\_\_\_\_
41. 12. INTP: The Analytical One \_\_\_\_\_
42. 13. ISFJ: The Helper\_\_\_\_\_
43. 14. ISFP: The Artist\_\_\_\_\_
44. 15. ISTJ: The Dependable One\_\_\_\_\_
45. 16. ISTP: The Intense One \_\_\_\_\_
46. \*Conclusion: Uses of Brain Typing Video\_\_\_\_\_
47. \*Video (1:23)\_\_\_\_\_
48. Meditation Sounds – Amazon Forest\_\_\_\_\_
49. Joke: 2 Brain Jokes for Children\_\_\_\_\_
50. \*Discussion Questions \_\_\_\_\_
51. Closing Music and Appendix\_\_\_\_\_
52. Brain Type Questionnaire by Dennis J. Fitzpatrick 1-5 \_\_\_\_\_
53. Brain Type Questionnaire 6-13 \_\_\_\_\_
54. Brain Type Questionnaire 14-20 \_\_\_\_\_
55. Brain Type Questionnaire Scoring\_\_\_\_\_

**\*I recommend that at least these essential slides be taught.**

## **Class 27: Appendix-Smoking**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: "Water Music" By G.F. Handel (10:33) and Quotations _____
2.	Group Rules _____
3.	Review Last Week _____
4.	*Is There A Relationship Between Smoking Cigarettes and Domestic Violence? _____
5.	*3 Stages Of All Addictions _____
6.	*Before Video: Brain Scans and Smoking _____
7.	*Video: Brain Scans and Smoking (2 min) _____
8.	*After Video: Brain Scans and Smoking _____
9.	*Smoking Q&As _____
10.	Cigarette Face _____
11.	Video: Anti-Smoking Ad-Australia (2:30) _____
12.	Dead From Smoking _____
13.	*Smoking Cycle Of Recovery _____
14.	*When Smokers Quit 1 Of 2 _____
15.	*When Smokers Quit 2 Of 2 _____
16.	Before Video: Bill Jenkins _____
17.	Video: Bill Jenkins (4 min) _____
18.	After Video: Bill Jenkins _____
19.	*How To Stop Smoking 1 _____
20.	*How To Stop Smoking 2 _____
21.	*How To Stop Smoking 3 _____
22.	*How To Stop Smoking 4 _____
23.	*Before Video: Smoking and Sexual Dysfunction _____
24.	*Video: Smoking and Sexual Dysfunction (14 min) _____
25.	*After Video: Smoking and Sexual Dysfunction _____
26.	*Quality Pictures-Visualize Negative Pix _____
27.	*Video: Mouth Cancer-Australia (:32 sec) _____
28.	Meditation Sounds – Seaside _____
29.	Joke: Marriage – No More Kids _____
30.	*Discussion Questions _____
31.	Closing Music _____

**\*I recommend that at least these essential slides be taught.**

## **Class 28: DV & Food Addiction**

*Co-counselor Guide: decide if you will alternate points or slides.*

<u>Slides</u>	<u>Title</u>
1.	Music Before Class: Vivaldi "Concerto in D Minor for 2 Violins. RV 522 (7:45) and Quotations _____
2.	Group Rules _____
3.	Review: Last Week _____
4.	Before Video: Cheeseburger & Vanilla Shake _____
5.	Video: Cheeseburger & Vanilla Shake (4 min) _____
6.	After Video: Cheeseburger & Vanilla Shake _____
7.	*Is There A Relationship Between Food and Domestic Violence? _____
8.	*Deadly clogged arteries start early in males _____
9.	*Quality Picture & Food _____
10.	*Overeating Addiction _____
11.	*Food Addiction _____
12.	"David" Before _____
13.	"David" After _____
14.	*Food Addiction Recovery 1 _____
15.	*Food Addiction Recovery 2 _____
16.	*Food Groups _____
17.	*1 Food FAQs _____
18.	*2 Food FAQs _____
19.	*3 Food FAQs _____
20.	*Some Glycemic Loads Of Common Foods Under 100 _____
21.	*Some Glycemic Loads Of Common Foods Over 100 _____
22.	*Body Mass Index Chart _____
23.	*Leading Causes Of Death In US _____
24.	Before Video: Junk Food Issues _____
25.	Video (7 min.): Junk Food Issues _____
26.	After Video: Junk Food Issues _____
27.	Meditation Sounds – Ocean _____
28.	*Discussion Questions _____
29.	Closing Music and Appendix _____
30.	Overeating Self Evaluation Quiz 1-11 _____
31.	Overeating Self Evaluation Quiz 12-20 _____
32.	Food Addiction Self Evaluation Quiz 1-11 _____
33.	Food Addiction Self Evaluation Quiz 12-20 _____

**\*I recommend that at least these essential slides be taught.**