

# WHY BUY!

The 28 PowerPoint Domestic Violence Classes (940 slides, 48 videos)

by Dennis Fitzpatrick

Click [HERE](#) for a 13 min video explanation

## AGENCY ADVANTAGES

*There are 20 Advantages of the PPT class. Here are the main ones:*

- ❖ **65% retention rate by visual and oral means over 10% oral only presentations. (OSHA US Dept. of Labor Outreach Training Study, 1996)**
- ❖ **81% (visuals and kinesthetics) are not being effectively taught, only orals.**
- ❖ **Images are processed 60,000 times faster than text (Stohlman, 2009, 2010)**
- ❖ **Students like visuals better: 74% approval went to 98% (Coohill, Penn State, 2010). Watching videos is considered fun, sadly, reading is not today. Approximately 20% of Domestic Violence clients are reading impaired.**
- ❖ **Counselors are teaching uniform approaches in all classes**
- ❖ **It takes 11 repetitions to learn a new idea. Review of skills is organized.**
- ❖ **No drills=No skills. 40 Drills and Self-Evaluation Quizzes featured.**
- ❖ **Printed books not used. Attention should be on the screen and the counselors. Clients who want copies can download them for free or counselors can print out requested drills, quizzes or main slides from this free online PDF entitled, "[Free DV Slides.](#)"**

## COUNSELOR ADVANTAGES

- ❖ **No hunting for Videos or DVDs, then cueing them. Just push a button. The PowerPoint presentation features 28 classes with 48 Videos and 940 slides.**
- ❖ **No hunting for follow up video questions.**
- ❖ **No hunting for Drills or a Quiz on Jealousy, for example.**
- ❖ **Can you remember more than 5 provocative beliefs about Domestic Violence? There are at least 18.**
- ❖ **Can you remember which skills you reviewed lately and which you did not review? How long has it been since you reviewed Fair Fight Negotiation?**
- ❖ **Incorporate your favorite materials in the slides. Ask for a quote.**
- ❖ **Introverts participate equally with extroverts due to drill rotation.**
- ❖ **5 Discussion Topics included for each class.**
- ❖ **A co-counselor page is provided so two counselors can divide the work.**
- ❖ **There is a 714 page free Slide Guide which contains comments on how the author, Dennis Fitzpatrick, teaches each slide.**
- ❖ **There is also a free Log available which lists the 28 classes with their videos, special features, self-evaluation Quizzes and other material.**
- ❖ **PowerPoint teaches more skills and material effortlessly in half the time.**

Compare Other Programs with the Fitzpatrick Domestic Violence PowerPoint Classes

Criteria & Comment	Average Program	Fitzpatrick's 26 PPT Classes
1. <u>Length of Program</u> : Most programs do not handle topics with depth since they are short or not organized. Consequently many classes turn into "complaining and whining" sessions.	Short or not organized	6 months-26 classes; can repeat with more demanding variations for a 1 year class
2. <u>Organized Review</u> : Usually there are none. As a result clients learn few of the skills.	NO	YES
3. <u>Visual Presentation</u> : Only 19% (aurals) learn from lectures. 46% are visuals and the remaining 35% are doers or kinesthetics (only 8% use all 3 ways of learning). 81% are not effectively reached in a lecture program.	NO	YES
4. <u>Drills</u> : No drills, no skills. It takes 11 repetitions to learn a new idea. Drills help measure the effectiveness of teaching.	NO	YES
5. <u>Self Evaluation Quizzes</u> : A client breaks through their own denial with Self Evaluation Quizzes. Most programs have few or cannot find them. Fitzpatrick has 35 Self Evaluation Quizzes.	FEW	YES-35
6. <u>Retention Rate</u> : A lecture presentation has only a 10% retention rate while visual presentations have a 65% retention rate (OSHA US Dept. of Labor Outreach Training Study, 1996).	10%	65%
7. <u>Important Topics Missing</u> : Many important topics are missing such as the effects of sexual addiction on Domestic Violence, Fair Fight Negotiation graded topics, Jealousy with solutions, 7 peaceful answers to conflict, Financial Pressures on Domestic Violence etc., all of which are in the Fitzpatrick PowerPoint program.	FEW	26 topics
8. <u>Unevenness of Counselors</u> : Many programs have unevenness in their counselors. Some are inexperienced or under educated. With the use of Fitzpatrick's PowerPoint, the level of teaching of the counselors is raised and the counselors do better.	NO	YES
9. <u>Use of Videos</u> : There are very few appropriate videos for use that are edited and ready to be cued, around 15 minutes in length, that don't show violence, are intended for Domestic Violence clients, have credibility, teach skills and not just lecture, and relate to topics presented.	FEW	48
10. <u>Before and After Video Set Up Questions</u> : Showing videos without focused listening is a waste of time. Set up questions, usually three, focus the clients on the lessons to be learned from the video which will be discussed at the end of the video.	NO	YES
11. <u>Memories Are Limited</u> : What counselor, especially a new one, can remember more than 3 or 5 provocative beliefs and myths about Domestic Violence? There are 18 which are presented on the slide. There are a number of lists that are difficult to remember such as a list of stereotypes of women, men, the elderly, cultural and racial stereotypes and Domestic Violence statistics.	NO	YES

12. <a href="#">Add Your Favorite Slides and Videos:</a> Let us quote on adding your favorite slides and videos to our classes and make the presentation your own.	NO	YES
13. <a href="#">Use of Animation for Questions and Answers:</a> It is very useful to present Questions and Answers in sequence to train clients. Even the introverts participate. Also, bullet points are easier for the client to understand than extensive paragraphs.	NO	YES
14. <a href="#">Use of Provocative Quotes:</a> The thinking and progress of the clients can be improved by having them comment on thought provoking quotations. Classical music selections are chosen for their ability to calm the spirit. They are embedded and can be played 10 minutes or so before the class. Several inspiring quotes are also given to prime the mind. When class starts the clients are asked to explain the meaning of the quotes. Click <a href="#">HERE</a> to see a 13 min video of our sample slides.	NO	YES
15. <a href="#">Relationship of the Topic to Domestic Violence:</a> This is an important point to establish to maintain interest of the clients in the class.	NO	YES
16. <a href="#">Appropriate Jokes:</a> Not every counselor can tell a funny clean joke. Prepared slides solve this issue. Light moments are needed between serious topics. Also, jokes for children give the client a healthy way to communicate with their children.	NO	YES
17. <a href="#">Meditation Screens:</a> A 2 minute non-religious meditation is useful in each class because the client listens to their conscience and learns how to reduce their stress.	NO	YES
18. <a href="#">5 Discussion Topics:</a> These are effective when related to the topic of the week. Fitzpatrick's PowerPoint has at least 5 in every class.	FEW	5 in every class
19. <a href="#">Group Rules Review:</a> These are reviewed whenever a new client joins the class. The slide makes an easy review. Many classes have no such review.	NO	YES
20. <a href="#">Handouts or Book:</a> Many classes have expensive required manuals despite the fact that some clients cannot read and approximately 20% of Domestic Violence clients are reading impaired. That is one of the reasons a visual approach is more effective. The day of Ph.D. lectures is over. When one attends a movie, one is not handed a script.	NO or Expensive	Internet for free

In the Fitzpatrick approach the counselor gives a handout copy to the client when requested. Otherwise handouts end up in the trash. Also, Fitzpatrick's Domestic Violence slides can be accessed and printed from the internet for free by clients at ["Free DV Slides."](#)

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Total: **A 20 point criteria**

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## Contents:

- ✓ [Summary: Review copy, Other Services, Cost, PowerPoint equipment, Meditation CD, Embedded Videos](#)
- ✓ [Overview of Classes](#)
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## Summary:

The main advantages of these 28 Domestic Violence presentations for males and females are organized instruction with review, rotating questions and answers that involve the introverts, and best of all, the drills. Clients stay interested because the presentation is like a TV or Internet show in short bites. These presentations get better results than lecturing, counselors are prepared without a lot of preparation and teaching is uniform. The presentations can also be used in private practice when you want to teach living skills or how to handle conflict correctly and you can't find the tape, CD or DVD you want to play. See the total list of 20 advantages explained below:

- |                                |                                     |
|--------------------------------|-------------------------------------|
| 1. Counselors Increase Skills  | 11. Organized Weekly Review         |
| 2. TV-Internet like            | 12. Skills Reinforced Weekly        |
| 3. Introverts Participate      | 13. Class Relevance Established     |
| 4. Gripe Sessions Eliminated   | 14. Videos Organized                |
| 5. Unified Point of View       | 15. Group Rules Reinforced          |
| 6. Counselor's prepared        | 16. No Lectures but Self Evaluation |
| 7. Accountability              | 17. Creative Counselors             |
| 8. Organized Teaching          | 18. No Copyright Issues             |
| 9. Visuals, Aural, Doers Learn | 19. Trains New Counselors           |
| 10. Ahead of Competitors       | 20. Group is Focused on Same Point  |

There are 26 Domestic Violence Classes (and 2 extra free classes on Smoking Cessation and Food Addiction at no extra charge) consisting of 940 slides with over 16,000 clicks including sound, 48 videos and different multi colored slides (not the same template). A *Slide Guide* is available separately that explains the use of each slide. Anger Management and Alcohol and Drug Abuse PowerPoint classes are available separately.

**How to play the Review Copy:** Request your free sample copy for review if you do not have it already. Insert DVD, wait for menu to appear automatically, select the class you want to view. Right click "Go to slide" to skip slides. Escape returns you to the Menu. You do not need Microsoft PowerPoint 2003 or higher to view the classes since Microsoft Viewer will automatically appear (not compatible with a Mac computer).

### Other Services:

1. Would you like a Workshop conducted by Dennis Fitzpatrick to teach your counselors how to present his PowerPoint Domestic Violence Class presentation? CEUs could possibly be arranged. This could cost less than you think.
2. Would you like to cut down your secretarial intake system to 30 minutes with either handwritten or keyboard entry? We have the forms and know how.
3. Would you like to like to keep your counselor 1on1 Domestic Violence interview at 30 minutes with our forms? Save 30 minutes a day on paperwork and you save \$1,250 every year (50 weeks x 2.5 hours a week = 125 hours a year x \$10 an hour wages = \$1,250 savings).

**PowerPoint Equipment:** We can help you set up for a PowerPoint presentation. We can answer your questions about the equipment and best prices (we get no commission) to buy for your laptop (\$400) and 2500 Lumen PowerPoint Projector (\$300). The addition of certain \$25 speakers will improve sound volume and quality over that of your laptop and PPT projector. All slides have various sounds.

**Embedded Videos:** Microsoft PowerPoint 2010 is used. It is more reliable since it embeds videos rather than linking to them.

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**OVERVIEW OF CLASSES:** each presentation includes the following:

- **Welcome Screen:** Classical music selections are chosen for their ability to calm the spirit. They are embedded and can be played 10 minutes or so before the class. Several inspiring quotes are also given to prime the mind. When class starts the clients are asked to explain the meaning of the quotes.
- **Review Last Week:** Skills are reviewed such as timeouts, bounce it, Fair Fight Negotiation etc. The skills are staggered over the 26 weeks so they are all covered frequently. The material taught last week is then reviewed.
- **Is There A Relationship Between (the topic) and Domestic Violence? What Is It?** Relevance needs to be established between the topic for the week and Domestic Violence to get and keep the attention of the class. Several examples are given in the form of questions. The following slides teach the new material.
- **Video Screen:** 48 Short videos (available on a “click”) are included lasting around 10 minutes with follow up questions. Sometimes a second video is suggested.
- **Joke Screen:** family type jokes are used each week that can be used at home with the client’s children. Such jokes are hard to find and helpful in providing an occasional light touch in contrast to the serious nature of the rest of the class.
- **Quizzes:** 40 Quizzes (usually 20 Questions) and Drills. There is at least one quiz per week. Quizzes drill skills. Rare quizzes are included such as Internet Addiction, Sports, Competitiveness, Jealousy, Sarcasm, Work, Worry, etc.

➤ **40 SELF EVALUATION QUIZZES:**

5 Genetic Needs Quiz (Class 11)  
6 Living Skills Quiz-20Q (1)  
7 Stages of Life Quiz-42 (19)  
12 Steps with Comments (9)  
Alcohol-Drugs Addiction-20 (8)  
Answering Others Drill-15 (2)  
Brain Type Test-20 (26)  
Codependency Addiction-25 (10)  
Competitive-Female Test-12 (20)  
Competitive-Male Test-12 (20)  
Competitiveness Addiction-25 (20)  
Complaining Addiction-20 (21)  
Conflict Drills-20 (2 & 22)  
Dating Questions-13 (12)  
Debt-Shopping Addiction-25 (5)  
Defensiveness Addiction-25 (11)  
Depression-Grief Addiction-20 (24)  
Emotional Growth Test-50 (17)  
Fear Addiction-20 (15)  
Food Addiction-20 (28)

Forgiveness Drill-20 (24)  
Forgiveness Skills-20 (23)  
Gambling Addiction-20 (18)  
Internet Addiction-20 (14)  
Jealousy Addiction-20 (16)  
Negativity Addiction-20 (3)  
Overeaters Addiction-20 (28)  
Punishment Addiction-25 (6)  
Raging Addiction-25 (16)  
Religious Cult Addiction-20 (15)  
Resentment Addiction-20 (23)  
Sarcasm Addiction-20 (12)  
Second Thought Drill-20 (1)  
Sex (level 1) Addiction-20 (7)  
Sports-Games Addiction-20 (20)  
Stereotype Test-20 (4)  
Stress Addiction-20 (25)  
Violence Addiction-20 (22)  
Work Addiction-20 (18)  
Worry Addiction-20 (13)

- **Meditation Screen:** sounds and scenes vary week to week for a 5 minute optional meditation. This is a popular and important part of the class because clients are taught to focus on their conscience to find areas that need improvement (class 15).
- **Special Feature:** Cultural stereotypes can be examined through songs or a touching story from Story Corp related to the class topic.
- **Discussion Topics:** related to that class are given at the end. These questions could also be used as written homework as well as the Questionnaires.
- **15 Group Rules:** Suggestion: review whenever there is a new client.
- **Appendix:** Some presentations have appendices with other material that could be included if the counselor so wishes.

**DESCRIPTION of the 26 Domestic Violence (DV) Classes (876 slides) plus two free optional classes (940 total slides) including 48 short videos**

- [01 DV & Impulsive Thinking-The Second Thought](#)
- [02 DV & Handling Conflict](#)
- [03 DV & Fair Fight Negotiation 1](#)
- [04 DV Cycles & Stereotypes](#)
- [05 DV & Financial Pressures](#)
- [06 DV & Child Abuse](#)
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- [08 DV & Addiction Recognition](#)
- [09 DV & Addiction Recovery](#)
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**01 DV & Impulsive Thinking-The Second Thought**

I begin each class with a discussion of thought provoking quotations. It raises the emotional level of the students to a higher plane for the rest of the class.

The living skills of the students are evaluated so they see the necessity for this class. Students are taught how to overcome impulsive reactions to events and provocations from others. They are taught how to use a second thought as a creator instead of reacting as a victim from the lizard brain. There are videos and 20 drills to reinforce this concept. They are asked to do 4 experiments for next time. There are discussion questions and a review of group rules.

**02 DV & Handling Conflict**

Handling conflict well is the measure of a person. After reviewing last week's experiments, there are 15 drills on how to respond correctly to others instead of arguing. Then the student is taught the *7 Peaceful Answers to Conflict*. Each of these answers are explained in detail and taught with the help of videos. The use of timeouts is stressed. There are 10 drills on how to respond to conflict. More will follow in other classes.

The student must learn how to handle conflicts peacefully. Resolving conflict is the key to emotional intimacy. The *3 Stages of a Relationship* are taught and a vision is given in *The*

*Three Floors* of how good a relationship can become if the student becomes a creator. There are discussion questions and a review of group rules if a new student is admitted.

### 03 DV & Fair Fight Negotiation 1

As always the last class is reviewed. Usually the students take the drills home and go over them with their mates. I ask about reactions from home. The most important conflict skill to learn is *Fair Fight Negotiation*. It is so important that there are 3 classes on it out of the 26. Each class presents scenarios more difficult to deal with than the last. The more experienced students serve as coaches as the class reforms in groups of three to practice resolving conflict. The co-counselors then demonstrate how a skilled person deals with an unskilled mate.

Students are taught how to set boundaries correctly and calmly otherwise they are likely to blow up and could become violent.

This class also uses a video and a 20 question test on *Worry* so the students can self-evaluate this trait. There are discussion questions and a review of group rules if a new student is admitted.

### 04 DV Cycles & Stereotypes

After the review stereotypes of various kinds are addressed. The patterns and *Cycle of Violence* is balanced with the *Cycle of Love* that can be achieved between the couple. Eighteen provocative false beliefs and myths are reviewed that have to do with blaming my partner for my violence. Domestic Violence statistics are reviewed. *A Plan of Control* is developed. Twelve of the most common male-female stereotypes are exposed. Ten of the most common cultural stereotypes are discussed. Relapse prevention is suggested. A 20 Question test is given to see if the students still hold any stereotypes. There are discussion questions and a review of group rules if a new student is admitted.

### 05 DV & Financial Pressures

A major contributor to Domestic Violence is financial pressure. After the usual review, the class examines 10 steps they could take to reduce financial pressures, calmly, and in harmony with their mate. A 25 question test about *Debt and Shopping Addiction* is given to let the student self-evaluate the relationship between finances and Domestic Violence. There are discussion questions and a review of group rules if a new student is admitted.

### 06 DV & Child Abuse

When there is Domestic Violence with a mate, it usually means that the children are also victims of violence. After the review, this class examines the relationship between Domestic Violence and punishment, generational violence, the strict parent vs. the nurturing model and the ineffectiveness of spanking.

An in depth examination of the drawbacks of punishment, restriction and rewards is presented along with an example of the correct approach, *Fair Fight Negotiation* with a blend of flexible and non-negotiable boundaries. Teaching integrity to the child through the parent handling conflict is also discussed along with some helpful books. A 20 question test on the *Addiction to Violence* is presented to permit the students to self-evaluate. There are discussion questions and a review of group rules if a new student is admitted.

### 07 DV & Sexual Abuse

After the usual review the question, "Is There A Relationship Between Sexual Tensions and Domestic Violence?" is posed. This is followed by a presentation of the levels of sexual addiction. Many offenders are likely level 1 sex addicts. Some are love addicts. A 20 question test on this topic is presented for self evaluation purposes. An effective video on Aids is presented.

The highlight of this class is a presentation and discussion of love definitions and how to attain them. There are discussion questions and a review of group rules if a new student is admitted.

#### 08 DV & Addiction Recognition

Most counselors are aware that at least 60% of Domestic Violence offenders are also drug or alcohol addicts. After the review this class examines the relationship between drug and alcohol addiction and Domestic Violence. Alcohol stereotyped attitudes are examined. A self evaluation test is given of 20 questions on *Drug and or Alcohol Addiction* (10 this week and 10 next week). The same test can be used for both alcohol and drugs. It is also useful for teens.

Social drinking vs. alcoholic drinking is discussed as is using alcohol as an excuse for Domestic Violence. Definitions of alcoholism are explored. Denial is dealt with. High relapse rates are examined through a short video excerpt on the *Rewired Brain*. Most videos are only 10-20 minutes to allow discussion in depth about a few points given in the slides. There are discussion questions and a review of group rules if a new student is admitted.

#### 09 DV & Addiction Recovery

The second week on the theme of addiction and Domestic Violence turns to recovery. The role of AA and the 12 Steps is presented. The last 10 self evaluation questions on Drug and or Alcohol Addiction are reviewed. Examples of recovered persons are given. The most popular video I have shown is the one about the recovery of Eric Clapton. There are discussion questions and a review of group rules if a new student is admitted.

#### 10 DV & Controllers-Enablers

Following the review the following question is examined: "Is There A Relationship Between Controlling Behavior and Domestic Violence?" Obviously there is but it must be investigated to permit self evaluation. Also discussed is the role of the enabler who stuffs conflict and then explodes. A 25 question test is used to identify controlling and enabling attitudes. The domination of codependent attitudes in our culture is examined. Recovery models are given. There are discussion questions and a review of group rules if a new student is admitted.

#### 11 DV & Five Basic Genetic Needs

Codependency addiction and attitudes are reviewed. In this class, an in depth examination of causes and solutions is presented through an examination of our 5 basic genetic needs, the work of William Glasser, M.D.

If I use my mate, or alcohol or drugs to meet my basic genetic need for love and belonging, power, freedom, fun or survival, I become dependent upon my mate. A scorecard for my present or last relationship is given and discussed. There are *10 Hot Topics* that are sick and common in our society. These are discussed. A person who keeps attracting sick mates is presented with 3 key self evaluation questions. A 25 question test on *Defensiveness* is presented for self evaluation purposes. There are discussion questions and a review of group rules if a new student is admitted.

## 12 DV & Choosing & Keeping Healthy Mates

After the usual review, the *5 Basic Genetic Needs Test* is discussed with students who talked to their mates about it. If students scored low in “love and belonging” the students make suggestions about raising their scores. If there is a power struggle between the couple, this is discussed. If freedom needs differ, this is examined. If the relationship is not fun, joint activities are discussed. If financial survival needs are troublesome, a plan to resolve differences about handling money is looked at.

Dating exercises before and after marriage are given. The 13 key dating questions are examined. The 9 reasons for the importance of dance are discussed. A 20 question test on *Sarcasm* is presented for self evaluation purposes. There are discussion questions and a review of group rules if a new student is admitted.

## 13 DV & Fair Fight Negotiation 2

This is the second class to review *Fair Fight Negotiation*, a basic conflict resolution skill missing in most relationships. The scenarios given this time are more challenging than the last time in Class No. 3. After the usual review the class breaks up in groups of three to role play the examples: the coach (an experienced student), role play of one mate and role play of the other. The co-counselors then demonstrate how a skilled person deals with an unskilled mate. This class also uses a 20 question test on Negativity so the students can self-evaluate this trait. There are discussion questions and a review of group rules if a new student is admitted.

## 14 DV & Self-Evaluation

Changes can only happen when a person self-evaluates their behavior. After the usual review this class explores the four steps of self evaluation used in Reality Therapy.

Many people have skills at work but not at home. This class also explores “Boss Management” vs. “Lead Management” and how to transfer good skills from work to home. Instead of making accusations, the top 20 *Self Evaluation questions* are presented that will start discussion rather than force a defensive withdrawal. A 20 question test on *Internet Addiction* is given so students can self-evaluate computer behavior. There are discussion questions and a review of group rules if a new student is admitted.

## 15 DV & Conscience

The most effective way, the only way, to bring about lasting change in attitudes is self examination and evaluation through meditation as taught here. Listening to one’s inner voice is the key to attaining lasting peace. Five minutes are set aside in each class for meditation. The specific details of accessing an alpha state are taught and practiced in this class. Techniques to calm one are presented. A 20 question test on *Fear Addiction* is given so students can self-evaluate their thinking. After the initial review there are discussion questions at the end and a review of group rules if a new student is admitted.

## 16 DV & Jealousy

Jealousy is a major factor in Domestic Violence. It is one of the 5 addictions that must be dealt with before living skills can work. The 5 are addiction to alcohol, drugs, gambling, raging and jealousy. A 20 question test on *Jealousy Addiction* is given as is a 20 question test on *Raging* so students can self-evaluate. After the initial review there are discussion questions at the end and a review of group rules if a new student is admitted.

### 17 DV & Positive Growth Skills

Most of the classes to this point have been about not doing the wrong choice. This class is about start doing the right choice. Twenty percent of a person's growth has to do with stopping negativity. But this class addresses the positive elements that need to be developed such as: courage, hope, forgiveness and amends, emotional honesty, openness, willingness, commitment, responsibility, reason, determination, health, trust, gratitude, compassion, joy peace, service and so on.

A valuable 50 question test is given to measure how much of a person's behavior is still negative and how much is positive. The counselors sit privately with each student and go over the results. Many will take this test home to their mates. After the initial review there are discussion questions at the end and a review of group rules if a new student is admitted.

### 18 DV & Other Addictions

Two other addictions that contribute to Domestic Violence are examined here: work addiction and gambling addiction. When a student stops the most life threatening addiction they throw themselves into work addiction to pay for the financial burdens created in the past.

A 20 question test on *Work Addiction* is given as is a 20 question test on *Gambling Addiction* so students can self-evaluate and break through their own denial. Incorrect thinking behind these addictions is presented. After the initial review there are discussion questions at the end and a review of group rules if a new student is admitted.

### 19 DV & Learning Lessons

After the usual review, a different way of evaluating one's behavior is presented by viewing life as a series of lessons to be learned in the 7 stages of life expanded upon by Joseph Campbell and others. The 7 stages presented here are magical thinking, emotional orphans, martyr thinking, the searcher, warrior, creators and healers. Forty-two questions are posed to see where a student is stuck in each of these stages. The counselors sit privately with each student and go over the results. Many will take this test home to their mates. There are discussion questions and a review of group rules if a new student is admitted.

### 20 DV & Competitiveness

High degrees of competitiveness are a good predictor of Domestic Violence. After the usual review, the thinking behind the "Win At Any Cost" competitor is examined. The right way to compete is explored. Examples are given of both in sports and at home.

There is a 12 question Situation test for males and a different one for females to help the students self-evaluate their competitiveness. A different kind of 25 questions test that measures the *Addiction to Compete* is also given. An additional 20 question test is included for students who use sports or games to mood alter. There are discussion questions and a review of group rules if a new student is admitted.

### 21 DV & Fair Fight Negotiation 3

This is the third and final class to review Fair Fight Negotiation, a basic conflict resolution skill missing in most relationships. The scenarios given this time are more challenging than the last time. After the usual review, the class breaks up in groups of three to role play the examples: the coach (an experienced student), role play of one mate and role play of the other. The co-counselors then demonstrate how a skilled person deals with an unskilled mate. This class also uses a 20 question test on Complaining so the students can self-evaluate this trait. There are discussion questions and a review of group rules if a new student is admitted.

### 22 DV & Conflict Practice Drills

After a review and teaching “How to Ask for a Raise” as a *Fair Fight Negotiation* this class focuses on the other peaceful answers to conflict beside *Fair Fight Negotiation*: the 3 responses to unimportant issues and the 4 responses to important issues. Conflict practice drills are given to sharpen the student’s ability to respond correctly to complaints, whining and argumentativeness. There are discussion questions and a review of group rules if a new student is admitted.

### 23 DV & Forgiveness & Amends

This important class addresses issues of forgiving an ex mate and parents. The need for amends in some situations is also presented. The students are persuaded to forgive through 10 overwhelming reasons given by the author. Learning the lessons behind the need for forgiveness are taught so such occasions do not reoccur.

A 20 question test that measures the student’s *Forgiveness Skills* is used. Resentments are addressed in a different 20 question test that help resentment collectors evaluate their behavior. There are discussion questions and a review of group rules if a new student is admitted.

### 24 DV & Grieving

Last week’s lesson is reviewed. A new 20 question *Forgiveness Drill* is used to assess the student’s progress.

Everyone has grieved or will grieve. A person can grieve like a victim or a creator. This class teaches how to use the energy of grieving like a creator rather than retaliating, blaming a mate, choosing depression, or becoming bitter. Video and other examples are given. A 20 question test on *Depression/Grieving Addiction* is used to help the student self-evaluate. There are discussion questions and a review of group rules if a new student is admitted.

### 25 DV & Stress

Handling stress adequately is a major breakthrough in preventing Domestic Violence. After the usual review this class teaches those skills. This class also teaches how to tell you are stressed. The powerful videos show the long terms harm of not meeting stress with creator skills. Some people like or create stress situations for the high it produces. A 20 question test on *Stress Addiction* is given to help students evaluate their approach to stress. There are discussion questions and a review of group rules if a new student is admitted.

### 26 DV & Tolerance - Brain Types

Tolerance of a mate is important in reducing Domestic Violence. Rather than exploding at a talkative mate, a person can learn to understand that their mate is a hard wired extravert with little likelihood of change. Likewise, a taciturn mate who does not talk about their feelings can be tolerated easier when there is an understanding of that person’s introversion. Also, it is useful to know your children’s brain type to guide them in the right direction.

This is not a presentation of the *Myer/Briggs Personality Assessment* which can be only 50% accurate. The model used is that of Jonathan Niednagel where the brain type is regarded as genetic since it is related to the motor cortex. The 16 basic brain types are presented through videos and slides and a 20 question test to determine one’s braintype. After the initial review there are discussion questions at the end and a review of group rules if a new student is admitted.

### 27 Appendix:: Smoking

This is an extra class presented for those who wish to stop smoking. The percentage of smokers in the US is 25%. The percentage in Domestic Violence classes frequently runs at 50% or higher. Motivating videos are used showing the effect of smoking on one's sex life. "How to quit" is taught from the author's experience of a 66% success rate when he served as a volunteer counselor at the American Cancer Society. After the initial review there are discussion questions at the end and a review of group rules if a new student is admitted.

#### 28 Appendix: Food Addiction

Two thirds of the population are overweight. The percentage is frequently higher in Domestic Violence classes. A 20 question test that assesses Overeating is used. Food addiction is addressed in a different 20 question test. Motivating videos are used. Some little known facts about food are presented in the form of questions and answers. The Body Mass Index chart is explained to see if one is obese. The leading causes of death in the US are also examined. After the initial review there are discussion questions at the end and a review of group rules if a new student is admitted.

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## 20 ADVANTAGES OF POWERPOINT PRESENTATIONS

No matter how experienced the counselor, there are some aspects of teaching Domestic Violence that need to be prepared. You can wing it as a Domestic Violence counselor but can you--

- Find the videos you want to show in a timely manner?
- Can you remember to tell your class what to look for in the video and follow up questions to review after you show the video?
- Can you look up and find the 20 Question Quizzes you want to use? Can you find a Questionnaire on Competitiveness and Domestic Violence?
- When you teach can you remember more than 5 Provocative Beliefs and Myths about Domestic Violence? There are at least 18.
- Can you remember which skills you reviewed lately and which you did not review? How long has it been since you reviewed setting boundaries in a peaceful manner?
- Can you remember 5 Discussion Questions on the topic for this week?

### 1. **Are skills the same among counselors?**

No. The level of instruction of the entire agency is raised. There is a base of instruction that is high. Some counselors can excel over it.

### 2. **Are clients used to TV and Internet sound bytes?**

Yes. Clients read very little, if at all. Clients are used to short sound bytes from TV, MTV and the Internet. PowerPoint presentations are the perfect media to reach these clients. Lecturing at clients bore them.

### 3. **Is getting introverts to participate in group a problem?**

Yes. The structure of the PowerPoint presentation is a question and answer. By going around the room, each person is asked to comment or answer the question before the PowerPoint answer is shown. Everyone participates equally and the session is not dominated by the extroverts (70% of the population).

- 4. Does PowerPoint help eliminate Gripe Sessions?**  
Yes. When the PowerPoint structure is used to teach living skills over a 26 week integrated plan, there is no time for gripe sessions. Groups are not appropriate for processing a person's issues because of problems of confidentiality and dominance of the group by a few. The PowerPoint presentations help the counselors stick to teaching instead of being manipulated by vocal clients.
- 5. Does PowerPoint present a unified agency point of view?**  
Yes. It teaches responsibility: All counselors are teaching from the viewpoint of "Choice Theory" rather than conflicting external control approaches.
- 6. Do counselors have the time to prepare their classes?**  
Not often. Lack of preparation by counselors is no longer a problem since the PowerPoint presentation prepares them.
- 7. Does PowerPoint help counselors to be accountable?**  
Yes. The whole staff starts from the same page. All the recovery skills are taught by all counselors from the same source.
- 8. Is there uniformity in teaching?**  
Yes. There is organization and uniformity in what the agency teaches. In some agencies, the counselors teach material on a "hit and miss" basis.
- 9. Does PowerPoint reach all the senses?**  
Yes. Clients are being reached visually as well as aurally and kinesthetically. At present they are only being taught aurally. There is little or no visual presentation. The visual learners are turned off. The kinesthetics participate in the drills.
- 10. Does PowerPoint keep your agency ahead of the competition?**  
Yes. Most agencies use antiquated "hit or miss" methods of instruction that mainly depend upon the persuasiveness of the counselor rather than the teaching of skills to help the clients.
- 11. Should last week's material be reviewed?**  
Yes. PowerPoint reviews slides from the last class and helps organize the counselor to see changes made by the clients in the last week.
- 12. Should important Living Skills be reinforced weekly?**  
Yes. Each class has slides that organize a review of different skills over the course of 26 classes such as timeouts, second thought, bounce it, Fair Fight Negotiation, setting boundaries, etc.
- 13. Should the relevance of the weekly class topic to Domestic Violence be explained?**  
Yes. The usefulness of the topic needs to be established. There is a slide near the beginning of each class that says "Is there a relationship between (topic of the class) and DV? What is it?"
- 14. Can the counselor always find the correct video to show the class?**  
Maybe not. Unorganized videos and DVDs are a major problem. It is nearly impossible to cue and show a middle section of 7 minutes. Edited videos or DVDs videos are embedded in the presentation and start with a click of the remote in the right place.
- 15. Do Group Rules need to be reviewed?**  
Yes. There is a slide in each presentation that lists the "Group Rules" that could be reviewed every other week or whenever there is a new class member. This reinforces rules with the older members.

**16. Are “lectures” or “self evaluation” questions more effective?**

Self evaluation questions by far. The slides are constructed to ask questions of the clients so they participate in the presentation rather than being lectured at.

**17. How can a counselor prepare to teach a class?**

The Slide Guide contains a copy of each slide usually with a description. The counselor can preview the whole class from the Slide Guide without a projector. The videos should be previewed separately.

**18. How can a counselor be creative when the format is established?**

The creative counselor adds his or her comments on the points presented in the PowerPoint presentation. The counselors can add their material that expands upon the theme for that week.

**19. How can a new counselor be trained?**

PowerPoint is ideal. The slides guide new or inexperienced counselors through 26 classes. Even experienced counselors find the slides a relief from weekly preparation, much less integrating all 26 weeks. After 2 or 3 cycles, counselors master the material.

**20. How can I get clients to focus on the same point?**

PowerPoint is ideal for this. All members of the group focus on the points being presented in the PowerPoint presentation rather than each person reading a book or filling out a questionnaire at different speeds and levels of attention.

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**ABOUT THE AUTHOR**



## Dennis Fitzpatrick

*Counselor: Reality Therapy Certified*

- Retired Supervisor of Interns for the Board of Examiners for Alcohol, Drug and Gambling Counselors for 22 years, *LADC*
- Domestic Violence Supervisor for Legal Rehabilitation Systems (LRS) and New Beginnings Counseling Centers
- Software & PowerPoint developer for DV&CD Programs
  
- Sober alcoholic: 41 years since last drink; Abstinent Gambler: 38 years.
- Masters: classical organ recitalist, recorded composer and conductor.
- Ballroom dance teacher, International and American styles and Salsa.
- Vegan for 25 years for environmental and health reasons; atheist-humanist.
- Competitive tennis player, 77 years old with Brain Type #9 INFJ.
- Favorite Websites: [www.democracynow.org](http://www.democracynow.org) with Amy Goodman; [www.truthdig.com](http://www.truthdig.com), [Noam Chomsky](#), [Glenn Greenwald](#), [Chris Hedges](#) on [www.truthdig.com](#), [Bill Maher on HBO](#), [Ralph Nader](#), [Dean Baker](#), & [The Young Turks & Wolf Pac](#).
- Published three Kindle eBooks on Amazon : [Dating by Brain Type \(2011\)](#); [“Are You Addicted? Is He? Is She?” \(2013\)](#); [7 Basic Living Skills \(2013\)](#).

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4

This Domestic Violence PowerPoint program is largely the result of the work of Dennis Fitzpatrick with mandated Domestic Violence offenders the last 10 years. He has taught over 1,000 classes to over 6,000 offenders. Many of these men and women had no living skills when they were sentenced to six months of weekly classes to improve their behavior. By the time of their third month, most of these clients showed such dramatic changes in their behavior that their partners, who had not attended classes, began to change as well.

Fitzpatrick maintains that any person who changes their own behavior by using the first three living skills can get the same results with difficult partners, children, parents, friends and coworkers if they are addiction free. He says, "The first living skill, the second thought, helps a person not to react to others but handle any situation as a creator. The second living skill, handling conflict, uses the opportunity of conflict to get emotionally closer to others. The third living skill is to be free of active addictions. Such a person gets the confidence with these skills that they can make any relationship work. The other 4 living skills will enrich a person's life with unbelievable depths of happiness and peace." His clients agree with him (see their comments).

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### **What Clients Say about the Author**

- ▶ "Dennis is the greatest therapist I have ever met. I have had more than a few counselors in my life. Dennis is the best. He made me understand what he is teaching. My life has totally changed for the better because of him. I want him to know this." Rick
- ▶ "I have more control over my own emotions. I am able to bounce her efforts to bring me down to a victim thinking level. These classes should be mandatory for both parties especially if married with children. I now have peace, harmony and happiness in my marriage." Michael
- ▶ "My life is now wonderful. The class has made me think before I act, not the other way around. Most important, I believe that I can handle anything that comes my way. Dennis is very kind, compassionate and explains things at my level." Joannessa
- ▶ "Surprisingly, this class helped me more than I thought possible. In a very real way, Dennis' program is very easy to understand and is user friendly. I plan to continue to implement his program with second thought, Fair Fight Negotiation etc. and I meditate regularly. I want a peaceful, integrated and

fulfilling life to understand myself and the world around me as much as possible.” Brian

- ▶ “Looking inside me has been the biggest eye opening event I’ve experienced in my life. I see my faults instead of ignoring them. I use the breathing exercise and meditation.” Travis
- ▶ “I don’t have to be right anymore. I use bounce it and meditation. I want to start a business, pay off my mortgage and continue to live as a creator healer.” Aldino
- ▶ “Dennis is a great teacher. These skills should be taught in Grade School and High School. The class made me look inside myself to see what was bothering me in my life. I think differently now. The knowledge I have about different brain types helps me a lot. I want to finish my real estate classes and use Fair Fight Negotiation at the closing table.” Winston
- ▶ “Every aspect of my life is better, my emotional control, communication skills and home life.” Kathleen
- ▶ “My life is happier in the here and now with the skills I learned from Dennis.” Leo
- ▶ “I choose to be single. However in my next relationship I will be able to pick a creator.” Felicia
- ▶ “On a scale of 1 to 10, Dennis is an 11. He is a wonderful teacher and I’m very glad he was my teacher.” Charlenia
- ▶ “I am using the skills I learned from Dennis to teach my children the right way to handle stressful situations.” Dottie
- ▶ “I meditate more often and find I have much better control over my life and emotions. I will continue to meditate and further my emotional evolution.” Charles
- ▶ “I use the second thought a lot. I bounce things off of me that would normally get to me. I meditate. I know now that I can handle anything that comes up in my life positively.” Jared
- ▶ “I can now solve my family issues and get back with my children. I want to be a good father and get more education.” James

- ▶ “I can resolve conflict peacefully now without the use of my fists.” David
- ▶ “It would be nice if Dennis wasn’t going to retire from teaching these classes.” Beth
- ▶ “We don’t fight or yell at each other no more. We use bounce it, power of surrender, breathing and the second thought.” Anthony
- ▶ “I’m more in control of my inner peace bubble. I want to maintain my inner peace and start a healthy relationship with someone.” Demetrius
- ▶ “I feel more confident in the way I act in my home and at my job as well. Fair Fight Negotiation was the most useful skill.” Renee
- ▶ “I will continue my meditation and self improvement.” Matthew
- ▶ “I use meditation and timeouts. I can deal with stress a lot better than before. I am going to return to college and get a new major.” Christina
- ▶ “I really don’t get mad any more. I don’t let people get to me and I feel good too.” Alvin
- ▶ “Every topic is helpful but timeouts work the best. I have better living skills and a better relationship with a new girlfriend.” Eddie
- ▶ “I use bounce it, the second thought and the nutrition information. My life at work and home is fantastic.” Rob
- ▶ “Dennis is a great counselor. I use all the living skills I have picked up.” Bryan
- ▶ “I am more at peace. I have learned to talk things out.” John
- ▶ “The course was informative and helpful. I want to have a great family and have fun with my two daughters. I want to help my tribe (Paiute) the best way I can.” Darren
- ▶ “I understand that I was in the “searcher” stage. I have less arguments and conflict resolution skills now.” Jason
- ▶ “Dennis really helped me out and covered all the issues that I had the most problems with.” Dennis

- ▶ “I was able to resolve conflict in a peaceful manner rather than having a quick trigger.” Eugene
- ▶ “I have more self control and the positive responses are automatic.” Henry
- ▶ “Dennis gave me a better sense of peace and strength.” Joe
- ▶ “I am able to resolve issues without violence.” Nick
- ▶ “I wish this Class was taught in school because people would understand and deal with life’s problems with tools and skills.” Robert
- ▶ “Dennis taught me about the power of surrender, meditation, and living in the now. As a consequence my life has been more peaceful and I am aware and smart about certain issues.” Tino
- ▶ “The resources I learned have given me the ability to control myself in all avenues of my life.” Dan
- ▶ “I learned to open my mind, control myself and really use the power of my second thought.” Roy
- ▶ “I have a better avenue of communication with my spouse and know we do have choices in our thoughts and actions from the six basic living skills.” Jeffrey
- ▶ “I can handle any situation that is placed before me.” Armando
- ▶ “I am more centered and controlled and I don’t let anyone control my emotions.” Benton
- ▶ “My whole outlook on life has improved! I am very thankful for this opportunity.” Debra
- ▶ “I am more in tune with who I am and focused on keeping my inner peace.” Zach

## **What Counselors Say about the Author's Seminars**

"This training is the most comprehensive and useful 15 hours a counselor could have."

"The information on prison studies and meditation is fascinating. The 7 peaceful answers to conflict are extremely useful. I cannot think of a topic that was missed. The seminar should last more days!"

"Thank you. This was very informative and enjoyable. I not only learned things for the clients but for myself!!"

"I really enjoyed the financial section, meditation and the dating questions."

"I am starting out so you covered things I really never thought about addressing and now I will."

"I learned that I can help my clients identify victim behavior and guide them to becoming creators. Handling conflict with Fair Fight Negotiation was also fabulous."

"Thanks — the seminar gave me a BOOST. It will help me make personal changes to move toward being a better professional."

"The seminar was extremely useful. I intend to use it in teaching middle schools as well as my impulse control class."

"I really enjoyed the entire workshop. Dennis is wonderful instructor, trainer and facilitator. Very credible."

"This class will definitely enhance my skills as an instructor."

"This seminar most definitely will be helpful in my professional life. I appreciate Dennis' time, work and efforts."

"The most helpful instruction was the distinction between non important and important issues in relationships. Also, the concept of the Power of Surrender."

"I wish we could use the PowerPoint presentation Dennis used in our agency."

"Great workshop, Dennis. Thanks!"

"What helped me the most was understanding my mate's brain type and my own. I also learned new information about resolving credit problems and handling money issues in a relationship. I really learned a lot. Thanks so much."

"I would like to attend more workshops like this one!"

"I appreciated the information for clients on handling finances. Most of them need this information and don't always get it."

“There is no need to improve this presentation. It is excellent.”

“The presentation was very inspiring and will make me a better person and counselor.”

“The skill that was most useful for me was the relaxation techniques.”

“It was an excellent presentation with great class dynamics. One of the few presentations I have attended with such Quality.”

“I think Dennis is a great instructor. Very succinct and to the point.”

“The presentation was easy to grasp.”

“The Living Skills were great information. You did a great job! I will attend again.”

“This seminar will be helpful in my professional life as well as my personal life. Great job — well done. Bravo.”

“Dennis was energetic, real, gave information freely and was knowledgeable.”

“I enjoyed the seminar. Dennis is very good in covering everything.”

“All topics covered were a valuable learning experience for me. Most useful was Fair Fight Negotiation, conflict resolution.”

“After such an excellent presentation it is difficult to find room for improvement. It was professionally presented in all ways. There was great variety in the presentation. Thank you. ”

“I do believe that to live is a great opportunity. To have a choice of how to live a better life “is free.” We just have to take it. Thanks for this wonderful course.”

“The section on creator grieving gave me new valuable information. Excellent presentation.”

“I liked the handouts, the videos and the explanation of facts that prove it works. It was a great seminar.”

“The seminar was outstanding. The self evaluation questions will be helpful in my practice.”

“This seminar is excellent.” “The seminar was refreshing. I learned about meditation and how it can help relieve stress. Excellent workshop.”

“Fair Fight Negotiation and meditation helped me the most. It was an excellent presentation! Very practical and applicable.”

“The presentation does not need to be improved. I enjoyed it. I liked the handouts, the visuals, etc. Most presenters don’t understand the different learning types. Thank you.”

“This was a great learning experience.”

“I liked the three stages of a relationship and the three floors. I enjoyed the PowerPoint presentation and the handouts.”

“Great job! I really enjoyed the two days. I hope to participate in more of your presentations. Thanks.”

“It was very complete. It was a very informative and educational seminar.”

“I can take this information and share it with my coworkers and friends. I enjoyed the music, the jokes and the videos. I am working on developing my meditation practices.”

“Dennis, I really appreciate your knowledge and your enthusiasm in presenting your seminars. I have learned a lot from you and will continue to attend your workshops.”

“The 7 Peaceful Answers to Conflict really help clients once they distinguish between issues that are important and unimportant.”

“This seminar is extremely helpful. I look forward to next year’s seminar.”

“I would like to attend again next year. I reviewed the CD and was again inspired.”

“I really liked the dating questions. They are very useful to me personally.”

“I really loved the use and structure of your PowerPoint presentation and your frequent breaks. When somebody believes in and loves what they are teaching, it is evident to the ones learning.”

“I like all your 38 Questionnaires that help self diagnosis. I like your ‘reparenting’ outlook. I appreciate your passion for helping and healing. You have great stamina!”

“I know that I will be a better instructor for having attended your seminar. I will infuse your new ideas and approaches in my teaching style and content.”

—End—