

Justice Institute of British Columbia COURSE OUTLINE

Course Code: COUNS124

Course Title: Reaching the Heart of Violence: Compassionate Approaches to Ending the Use of Violence

Prerequisite Courses:

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and Community Safety

Previous Course Code & Title:

Course Effective Date:

# of Credits:	1.0
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Course Description:

The history of helping those who perpetrate violence has often seen confusion between therapy and punishment. In this educational and experiential course for social workers, alcohol and drug counsellors, psychologists, therapists, probation officers, group therapists and pastoral counsellors, we will explore a compassionate model of engagement and change that is supported by theory and research. Participants can expect to learn: skillful questions that both confront and invite responsibility and compassion; ways to manage and understand their experience of anger, frustration and powerlessness as helpers; how to evaluate their progress with a client and know where to go next; and methods for managing relapse that can enhance learning and change rather than shame, blame, and defeat.

Course Goal(s):

To enhance participants knowledge, skill and confidence in working with clients who use violence so as to end violence and the misuse of power and control.

To assist in clients in living relationships which are grounded in respect and equality.

Course Learning Objectives:

Upon successful completion of this course, the participant will be able to:

1. Use a compassionate model as a framework to understanding change
2. Use effective, compassion based strategies to facilitate change
3. Use skillful questions that both challenge abuse and invite compassion
4. Use tools to manage their own experience of anger, frustration and helplessness as helpers
5. Evaluate their progress with clients
6. Manage relapse in ways that can enhance learning and change

Course Topics/Content:

- Therapy as punishment vs. compassion based therapy
- Research supporting compassion as an intervention
- A compassionate model of therapy

- Understanding and managing the “Inner Tyrant” of the therapist
- Language that reveals violence vs. language that obscures violence
- Recognizing and managing the feelings and emotions of the therapist
- The place and misplacement of “anger management”
- Myths of anger, aggression and violence
- Techniques for soothing and calming clients and therapists
- Violence and abuse as a choice vs. an effect
- Strategies for engagement of reluctant clients and reluctant therapists
- Experiential exercises
- Violence through and attachment lens

Text and Resource Materials: Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

Required:

Recommended:

Course Level:

X	First Year		Second Year		Third Year		Fourth Year
	Other (describe):						

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	14.0			

Comments on Delivery Methods:



Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input type="checkbox"/>	Pass/Fail	<input checked="" type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

Passing Grade:	Attendance Only
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	F	0.00	0-49

Evaluation Activities and Weighing: (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation:

100% attendance in all classes.

Active contribution in large and small group discussions and activities.

Other Course Guidelines, Procedures and Comments:

This course is an elective credit.

View the Justice Institute of BC Policies listed below at:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy
Harassment Policy
Prior Learning Assessment Policy
Student Code of Conduct

Academic Appeals Policy
Intellectual Property Rights Policy
Research on Human Subjects: Ethics
Student Records