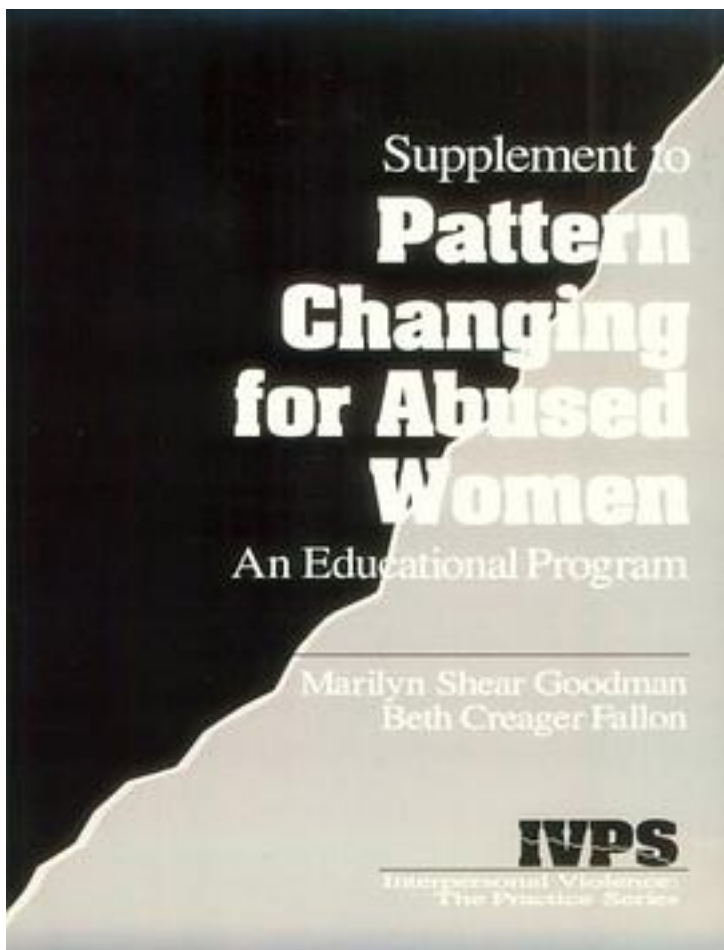


Pattern Changing for Abused Women



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Designed for facilitators of groups for physically, emotionally and sexually abused women, this volume examines a programme that focuses on the woman herself and her power to change the course of her life. The book is based on the accumulated

experience of the authors and their continuing evaluation of groups they have facilitated over the past eight years. Both material for clients and easy-to-follow scripts for group leaders are included. Educational rather than therapeutic, the programme includes sessions on family roles, boundaries, feelings and assertiveness skills. It is designed to enable abused women to: understand the problem and reality of abuse for the entire family; set realistic goals; become aware of lifelong patterns which can change; and learn techniques for developing new patterns of their own choosing.

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