

***Women's Healing and
Empowerment Network***

***List of
Support Group Studies Available***



Women's Healing and Empowerment Network

Healing and Empowerment Support Group

1. Domestic Violence: Definitions/Characteristics/Cycle/Continuum
2. Domestic Violence: Effects/Perspectives/Victimization Process
3. Domestic Violence: Forms/Behaviors/Myths/Facts
4. Domestic Violence: How to Get and Give Help
5. Coping with Loss/Grief/Depression
6. Family of Origin Issues
7. Co-Dependency and Setting Boundaries
8. Self-Esteem/Empowerment
9. Dealing with Anger (Guilt and Shame) /Conflict Resolution Skills
10. Assertiveness Training Skills
11. Forgiveness: Reconciliation /Restoration?
12. Emotional Abuse and Messages
13. Relationship Styles: How to From a Healthy One
14. Study on Temperaments
15. Stress Management
16. Goal Setting and Reality Testing

Women's Healing and Empowerment Network

Christians in Recovery Support Group

- Week 1:** Orientation/ Who am I? (The Core Beliefs)
- Week 2:** Family of Origin Issues
- Week 3:** The Power of Messages/ Communication Skills
- Week 4:** Coping with Loss/Grief/Depression
- Week 5:** Handling Stress
- Week 6:** Co-Dependency and Setting/Boundaries (Assertiveness)
- Week 7:** Dealing with Anger/ Conflict Resolution
- Week 8:** Relationship Styles: How to Form a Healthy One
- Week 9:** Forgiveness/Reconciliation
- Week 10:** Self Care and Celebration

Women's Healing and Empowerment Network

Bible Studies on Domestic Violence Support Group*

Biblical Perspectives on Domestic Violence: An Overview

Lessons from David and Saul

God Teaches About Domestic Violence

Control and Isolation

How Abuse Escalates

The Cycle of Violence

Fleeing Domestic Violence

Who is to Blame for Abuse

Confronting Abuse

Winning at Any Price

Lessons from Abigail

Abigail's House

Was Abigail Submissive

Biblical Submission

Biblical Headship, Part 1

Biblical Headship, Part 2

Searching for a Way Out

Confronting Sin as Abuse

Verbal Abuse, Part 1

Verbal Abuse, Part 2

Dealing with Destruction Under our Roof

Healthy Boundaries

Godly Boundaries

Forgiveness Boundaries

Turning the Other Cheek

Loving Boundaries

Vows and Covenants

Divorce and Remarriage

Does God Permit Divorce

What the Bible says About Marriage and Divorce

Forgiveness

When is it Appropriate to Forgive

Forgive Yourself

Forgiving God

Forgiveness and Trust

Does Forgiveness Mean Going Back?

Jesus-Style Forgiveness

On Your own Again

God's Promises for Single Women

Mileposts and Pot Holes

Dating is not for Weaklings

Seduction is not love

Appendix

These Bible Studies developed by Judy Kennedy for Olympia Union Gospel Mission Abigail's House (www.ougm.org) and used by permission are designed to help victims understand domestic violence/sexual abuse. The studies show us Godly ways to respond to these issues. The topics such as the dynamics of domestic violence, verbal and emotional abuse, Godly submission and Godly headship, leaving an abusive situation, forgiveness, boundaries, and much more. I have added supplemental materials and an appendix to help you in your continued journey of healing. -Mable Dunbar

Women's Healing and Empowerment Network

Empowerment Support Group

Our Right to Be

How we limit our right to be

Negative Messages

Positive Messages

Affirmation of our right to be

Our Right to Individuality/Personal Power:

How we limit our right to individuality/personal power

Affirmation of our right to individuality/personal power

Our Right to Think and Feel

How we limit our right to think and feel

Affirmation of our right to think and feel

Our Right to Do:

How we limit our right to do

Affirmation of our right to do

