

## **PROGRAM 1: Clarifying Overt and Hidden Forms of Abuse and Double Abuse**

This 2.5-hour CE program, co-sponsored by The Institute on Violence, Abuse and Trauma and The MEND Project, is a part of a training curriculum for identifying and responding to emotional abuse, the common thread among all forms of relational abuse, and Double Abuse and identifying unconscious biases that contribute to original and Double Abuse dynamics. Program 1 covers 2 chapters of a 7-session comprehensive curriculum, designed for individuals and organizations responding to reported abuse, such as licensed therapists, counselors, educators, faith leaders, and other responders).

This introductory practical program will begin to equip you to recognize psychological abuse in clear and defining ways that provide a pathway to healing.

Program 1 Recording of Live Lesson: MEND Founder, Annette Oltmans – a high-demand speaker, educator, writer, qualitative researcher, empathic advocate, and survivor - teaches about covert emotional abuse and Double Abuse®.

**Annette Oltmans'** determination to fully understand what was happening within her own marriage catapulted her into several years of intense research, therapy, writing and healing. Her research and personal experience with abuse and her search for qualified therapists, informed pastors, and physicians who were qualified to identify the abuse and diagnose her CPTSD led her to found MEND.

**Co-Presenter David Hawkins**, Ph.D., MSW is a clinical psychologist who has brought healing and restoration to thousands of marriages and individuals since he began his work in 1976. He is CEO/Founder of Marriage Recovery Center and the Clinical Director of Pacific Psychological Associates, a consortium of private practitioners. He specializes in developing programming and counseling strategies for helping couples in severe conflict due to narcissistic and emotional abuse. He is a certified sex offender treatment provider, domestic violence treatment provider, and board-certified forensic examiner. He is the author of over 30 books, most recently, *Why Marriage Counseling Fails*. Dr. Hawkins addresses queries and content-specific aspects per postdoctoral education and training.

This training covers two program topics: Introduction and Clarify –

**Introduction:** This session opens the discussion about emotional abuse and Double Abuse, focusing on the types of cultural and personal biases that contribute to, foster, and sustain psychological abuse and Double Abuse. Participants will identify cultural and personal unconscious biases inadvertently preventing them from providing the therapeutic care victims need in order to heal.

**Clarify:** Topics included are identifying covert and overt forms of psychological abuse, including a comprehensive list of terms and definitions of covert emotional

abuse, identifying and understanding the nature of abuse, clarifying signs of abuse:  
The Foundation for Healing,

Addressing Common Myths About Domestic Violence in LGBTQ+ population, Two  
Reasons

Victims Remain Silent (Stigma and Double Abuse), Power and Control Wheel, and  
The MEND

Project Founder's Personal Experience with Covert Emotional Abuse, Spiritual  
Abuse and Double Abuse®.

### Goals & Objectives

At the conclusion of this activity, participants will be able to

1. Describe psychological abuse and aspects of overt and covert emotional abuse and provide behavioral examples utilizing a comprehensive list of terms and definitions presented in the curriculum.
2. Identify unconscious biases within oneself or the community that can affect therapeutic objectives and client outcomes. Explain biases preventing clients' ability to recognize the abuse they are enduring or causing.
3. Describe what is meant by "Double Abuse."
4. Describe what it means to live in "Separate Realities."
5. Demonstrate a deeper understanding of the emotional, physical and sexual violence represented by the Power and Control Wheel.

## **Program 2: Detecting Destructive Attitudes and Beliefs that Perpetuate Abuse**

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Program 2 of 4: (T-602) MEND Founder, Annette Oltmans – a high-demand speaker, educator, writer, qualitative researcher, empathic advocate, and survivor - will teach about covert emotional abuse and Double Abuse®.

**Annette Oltmans'** determination to fully understand what was happening within her own marriage catapulted her into several years of intense research, therapy, writing and healing. Her research and personal experience with abuse and her search for qualified therapists, informed pastors, and physicians who were qualified to identify the abuse and diagnose her CPTSD led her to founding MEND.

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This training covers the topic Educate and includes -

Focusing on understanding The Terms of Abuse, the Statistics of Abuse, Double Abuse and how it sustains original abuse, defining Covert Emotional Abuse more deeply through the Maze of Confusion, The Iceberg Analogy of Abuse, and The Four Pillars of Abuse. This program additionally covers couples therapy and discusses why it is strictly contraindicated when psychological abuse is happening within the relationship.

Goals & Objectives:

At the conclusion of this activity, participants will be able to

1. Describe what is meant by Maze of Confusion
2. Give 14+ examples of Double Abuse

3. Define the Iceberg analogy
4. Identify the four pillars of abuse that most commonly define the abusive mindset contributing to destructive behavioral patterns.

### **Program 3: Strategies for Effective Restoration From Abuse**

This 2.5-hour CE program, co-sponsored by The Institute on Violence, Abuse and Trauma and The MEND Project, is part of a training curriculum for identifying and responding to emotional abuse, the common thread among all forms of relational abuse, Double Abuse and unconscious biases that contribute to original and Double Abuse dynamics. Program 3 covers 2 chapters of a 7-session comprehensive curriculum, which is designed for individuals and organizations who are responding to reported abuse, such as licensed therapists, counselors, educators, faith leaders, and other responders). This practical program will begin to equip you to recognize psychological abuse in clear and defining ways that provide a pathway to healing.

Video Teaching 3 of 4: (T-603)

MEND Founder, **Annette Oltmans** – a high-demand speaker, educator, writer, qualitative researcher, empathic advocate, and survivor - will teach about covert emotional abuse and Double Abuse®. Annette Oltmans' determination to fully understand what was happening within her own marriage catapulted her into several years of intense research, therapy, writing and healing. Her research and personal experience with abuse and her search for qualified therapists, informed pastors, and physicians who were qualified to identify the abuse and diagnose her CPTSD led her to founding MEND.

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This Program covers the topics Equip and Restore which introduce how others help victims find their voice, show compassion, identify victims' needs, the Post Separation power and Control Wheel, Controlled Separation, and the Healing Model of Compassion. This program also describes the steps in the Accountability Model of Courage, helping registrants to interface with those who cause harm and more.

This program focuses on such topics as helping a victim find their voice to contribute to change, obstacles victims face, the post-separation control wheel. The Restore section covers such topics as what victims need, the Healing Model of Compassion, practicing empathy in connection, what offenders need, the Accountability Model of Courage, what

happens when a victim is not ready to speak up, and when an abuser is not ready to accept accountability or take responsibility.

### Goals & Objectives

After this activity, participants will be able to

1. Describe the risk factors associated with an assessment for domestic homicide
2. Discuss cultural and other issues causing victims to lose their voice
3. Describe the steps from the Healing Model of Compassion for interfacing with victims
4. Explain steps clinicians can use when interfacing with an abuser who denies the abuse

## **Program 4: The Trajectory of Abuse-Induced Trauma**

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Recording of Live Lesson for Program 4 of 4: (T-604)

MEND Founder, **Annette Oltmans** – a high-demand speaker, educator, writer, qualitative researcher, empathic advocate, and survivor - will teach about covert emotional abuse and Double Abuse®. Annette Oltmans' determination to fully understand what was happening within her marriage catapulted her into several years of intense research, therapy, writing and healing. Her research and personal experience with abuse and her search for qualified therapists, informed pastors, and physicians who were qualified to identify the abuse and diagnose her CPTSD led her to found MEND.

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This training covers the topics The Reason and Next Steps and includes -

Focusing on understanding the relationship between psychological abuse and trauma, how abuse conditions the brain, forms of trauma, physiological manifestations of PTSD and Complex PTSD, the importance of responding well, trauma and attachment, Developmental Trauma Disorder, ACES, and risks, children in the foster system, and the economic cost of abuse.

Next Steps focuses on the responsibility of someone on the frontlines of responding to abuse, the specific kinds of roles you'll engage in, the role of family and community, the Equality Wheel, controlled reconciliation, and reconciliation outside of couple relationships, and recognizing spiritual abuse and the roles that complementarianism and egalitarianism play within the context of faith-based families and communities. Participants will learn to apply the Terms and Definitions, Healing Model of Compassion, and Accountability Model of Courage taught in Programs 1-3 using hypotheticals.

Goals & Objectives:

After this activity, participants will be able to

1. Describe Trauma-Bonding
2. Identify 3 signs of Post Traumatic Growth
3. Recognize covert emotionally abusive behaviors
4. Understand the dynamics and effects of Institutional Abuse