

## Class & Referral Information

Target Population: Male clients at risk or who have had incidents of domestic abuse.

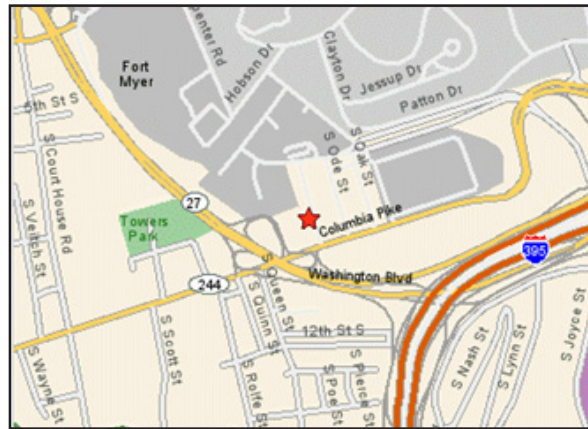
A participant may attend more or fewer sessions to meet state, court or any program requirements.

Members may be referred on a continuous basis from any branch of the military.

In order to receive a certificate of completion, participants must attend all 26 sessions.

Please complete the attached referral form and return it to the Henderson Hall FAP program as directed.

## Location



Marine & Family Programs  
Family Advocacy  
1555 Southgate Road  
Bldg. 12, Conference Room  
Arlington, Virginia 22214  
703-614-7204

For GPS users  
1555 Southgate Road  
Fort Myer, Virginia 22214

Gate 1: Open daily 5 AM – 11 PM to DoD and federally-affiliated ID card holders only.

Hatfield Gate: Open 24 hours. All non-DoD, non-federally-affiliated visitors must use Hatfield Gate to access Fort Myer and Henderson Hall. The address is Washington Boulevard and 2nd St. South, Fort Myer, Virginia 22211.



# THE STOP PROGRAM

FOR BETTER RELATIONSHIPS

innovative **S**kills,  
**T**echniques,  
**O**ptions,  
and **P**lans

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## Stop Intervention Group

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Innovative Skills, Techniques, Options and Plan for Better Relationship (STOP)\* by Dr. David Wexler is a treatment program designed to reduce the risk of future relationship violence.

### The Training Model

We believe that clients want the best for themselves and their family but something seem to come along and bring out behaviors in them that they thought they would never do. We want to provide participants new tools to help them handle things differently.

*\*Wexler, D. B. (2013). The stop domestic violence program: Innovative skills, techniques, options, and plans for better relationships: group leader's manual.*

## What makes **STOP** unique?

This group is led by licensed clinicians. Each week, participants are engaged through a combination of skills training exercises that focus on a particular aspect of relationship health. New ways of understanding yourself, understanding others, and relating to other people are strongly emphasized.

### Goals

- New ways of handling stress
- New ways of thinking about difficult relationship situations
- New ways of problem solving

## Program Sessions Include:

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- Red Flags of Anger
- Mindfulness & Gratitude
- Self-Talk & Personal Stories
- Masculinity Traps
- Jealousy & Misinterpretations
- Substance Abuse & Relationship Abuse
- Accountability
- Put-Downs from Parents
- Survivor Guilt & Moral Injury
- Assertiveness & Asking for Change
- Handling Criticism
- Feelings, Empathy, & Active Listening
- Hurting the Ones You Love
- Apologies
- What's Up with Sex?
- Kids Who Witness