

Counseling Program Standards

1. **Individual Counseling for Adult Survivors** includes therapy or counseling delivered by an individual who is a Master's level or licensed clinician and regulations pertaining to a psychologist, counselor, or social worker who also has specific training in addressing issues of domestic and sexual violence (Missouri Coalition Against Domestic Violence).

2. **Support Groups for Adult Survivors**

- a. Staffing – Support groups can be co-facilitated by advocates, crisis workers, a licensed social worker or clinician, a master's level intern, as well as by survivors themselves.

3. **Individual Counseling for Children who Witness**

4. **Support Groups for Children who Witness**

5. **Intake for Survivors and Children**

- a. Current domestic violence situation
- b. Abuse history
- c. Current and past mental health concerns
- d. Substance use
- e. Survivor's goals
- f. Addressing suicidal ideation
- g. Case notes
 - i. Separate data from detailed case notes

6. **Family Counseling**

- a. To be completed with non-offending parent only.
- b. Marriage counseling and couples counseling is not recommended.

7. **Abuser Intervention Program**

- a. Intake
- b. Individual
- c. Group
- d. For safety and confidentiality reasons, it is a best practice to have separate spaces and entrances for survivors and abusers.

Best Practices For Support Groups for Adult Survivors

TREM:

Seeking Safety:

Peer-led groups:

Best Practices For Individual Counseling for Adult Survivors

Eye Movement Desensitization and Reprocessing: "Focus is given to past disturbing memories and related events... and to current situations that cause distress, and to developing the skills and attitudes needed for positive future actions. With EMDR therapy, these items are addressed using an eight-phase treatment approach" (EMDR Institute).

Cognitive Behavioral Therapy: Focus is on "examining the relationships between thoughts, feelings and behaviors. By exploring patterns of thinking that lead to self-destructive actions and the beliefs that direct these thoughts, people with mental illness can modify their patterns of thinking to improve coping. CBT is a type of psychotherapy that is different from traditional psychodynamic psychotherapy in that the therapist and the patient will actively work together to help the patient recover from their mental illness." (NAMI).

Best Practices For Support Groups for Child Survivors

Play and art therapy:

Trauma-Focused Cognitive Behavioral Therapy:

Strengthening Families Coping Resources:

Draft

Additional topics to address:

- *Record retention*
- *Supervision*
- *Sample release forms*
- *Confidentiality and conflict of interest – no note in survivor or abuser file about other people offering up their notes*
- *Databases*
- *Interns and how to address school requests for videotaping or recording*

Best Practices For Family Counseling

Strengthening Family Coping Resources:

Trauma-Focused Cognitive Behavioral Therapy:

Continuing draft developed by committee: 1.22.15, 3.6.15