

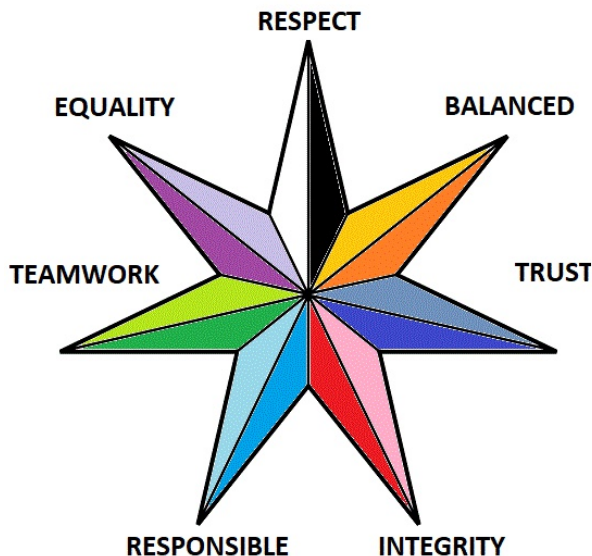
STAHRs STudent Athletes for Healthy Relationships

Presents

Relationships 101:

A Workshop for Student Athletes
& Coaches

to Reduce Teen Dating Violence,
Sexual Assaults, & Bullying



Relationships 101 is the culmination of my nearly 30 years of experience within mental health, court-ordered domestic violence treatment, and private counseling...AND my marriage since 1989.

CHANGE LOCKER ROOM ATTITUDES OF ENTITLEMENT

Learn how entitlement drives relationship violence AND sexual assaults.

PARTICIPANTS WILL:

- Learn about statistics associated with domestic violence and sexual assault. Learn about patterns of intimate partner abuse.
- Understand the effects of witnessing DV & other risk factors in childhood. Recognize the intergenerational aspects of family abuse and the perpetuation of violence.
- Build understanding, compassion, and empathy for others. Accept individual differences.
- Learn about male / female socialization differences associated with communication, use of violence, entitlement, etc.
- Understand why people develop their action and reaction patterns based on their experiences.
- Build healthy communication and conflict resolution skills. Learn WHAT to communicate. Learn to interpret others.
- Learn how to assess the quality of relationships. Become better individuals.

Dysfunctional relationships have been at the heart of most issues for which people have sought support and advice. Anger & violence, substance abuse, criminal behaviors, and mental health issues typically have similar origins and roots.

The workshop explains and illustrates the illogic of domestic violence, which seems to be driven by fears and insecurities.

The **Relationships 101** workshop is the foundation of what I teach my clients based on what they have taught me about their lives. Healthy relationship dynamics are explained as well as how & why they deteriorate with anecdotal information to illustrate.

Coaches can learn a simple paradigm to understand their athletes' and (partners') underlying psychological and emotional processes and needs. Learn about yourself.

Let's reduce and prevent domestic violence and sexual assaults starting with your athletes!

PLEASE ENCOURAGE YOUR COACHES TO BRING THIS WORKSHOP TO YOUR ATHLETES. LET'S CHANGE THEIR FUTURES.

Duane Barone, MA
Clinical Director / DV Therapist
303-478-7311
www.caledonia-counseling.com
caledoniacounseling@hotmail.com