

AGENDA

Interventions in Intimate Partner Violence (IPV) and Domestic Violence Focused Couples Therapy (DVFCT) – Part I

(01.10.2025, 18:00 – 20:00 Uhr)

Referentin: Ph.D. Chelsea Spencer

Ort: online (Zoom)

Sprache: Englisch

Programm (Änderungen vorbehalten; Stand: 01.08.2025)

Uhrzeit	Thema
18:00 – 18:30	Brief Introduction on DVFCT Negotiated Timeout (DVFCT) • Anger Warning Signs (physical, cognitive, emotional, behavioral) • Implementing the Negotiated Time-out
18:30 – 19:00	Additional Anger Management Strategies (DVFCT) • Mindfulness • Calming/grounding techniques • Cognitive Distortions
19:00 – 19:15	Pause
19:15 – 19:45	Additional Anger Management Strategies (DVFCT) • Identifying underlying emotions • Communication techniques • Behavioral changes
19:45 – 20:00	Fragerunde + Verabschiedung