

# How Learned Behavior Impact Interpersonal Relationships (trigger warning\*)

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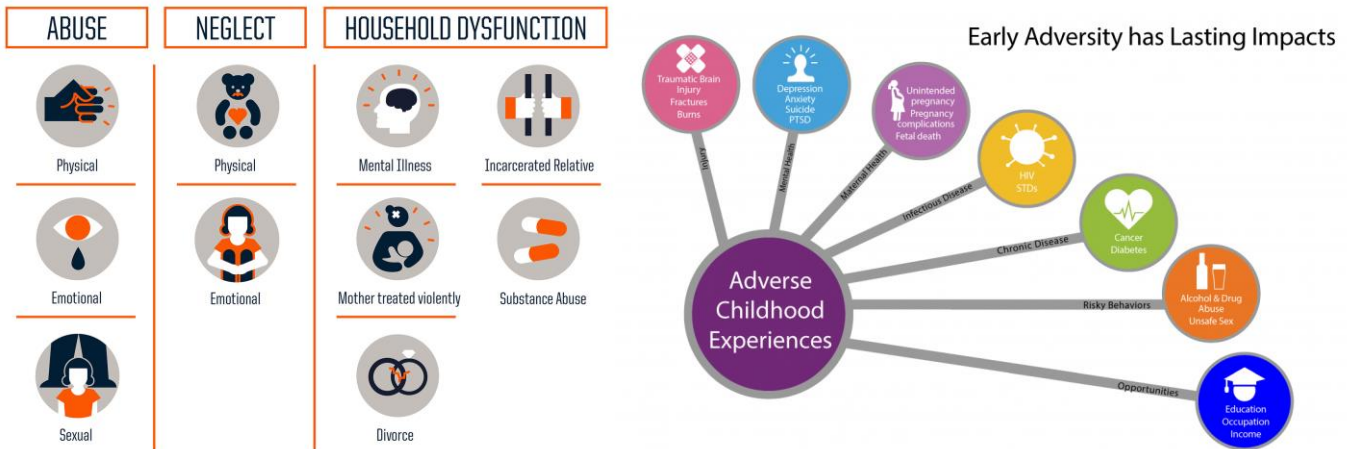
Level: Beginner

Length: 10 minutes

Materials: handout

**Session Description:** This session will cover psycho-educational material on the risk factors that lead to abusive/violent behavior and ways to challenge the norm to create a healthier environment.

## Adverse Childhood Experiences (ACEs) study:



Learn more here: <https://www.cdc.gov/violenceprevention/aces/index.html>

## Intergenerational Cycle of Trauma:

Video- First Impressions: Exposure to Violence and a Child's Developing Brain

Watch video: [here](#)

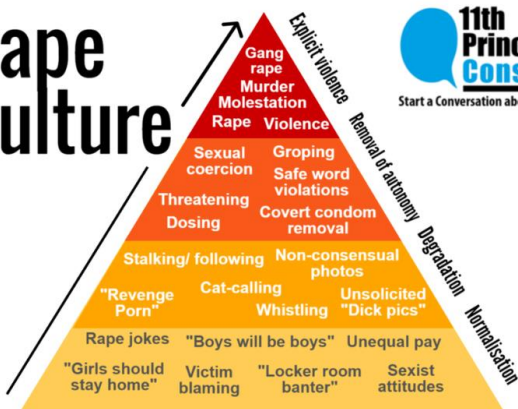
## Anger Management Tools:

| Deep Breathing  | Progressive Muscle Relaxation  | Assertive Communication   | Cognitive Restructuring   | Problem-Solving  |
|---|--|---|---|--|
| <ul style="list-style-type: none"> <li>From your diaphragm</li> </ul> | <ul style="list-style-type: none"> <li>Tighten and relax your muscles, starting from your toes and working your way up to your head</li> </ul> | <ul style="list-style-type: none"> <li>Using "I" statements to express how you feel and what you want, respectfully without shouting or attacking others</li> </ul> | <ul style="list-style-type: none"> <li>Identify the automatic thought, challenge and replace</li> </ul> | <ul style="list-style-type: none"> <li>Strategize, outline objectives</li> </ul> |

Source: <https://www.apa.org/topics/anger/control>

**Challenging Sexual Violence Behavior:**

# Rape Culture



These are not isolated incidents. The attitudes and actions on the bottom tiers reinforce and excuse those higher up. This is systematic. If this is to change, the culture must change. **Start the conversation today.**

- Educate yourself and others
- Speak up
- Make reports
- Support those impacted

| SHAME   | EMPATHY  |
|---|--|
| Fear, blame, disconnection  | Courage, compassion, connection  |
| "I am bad", never good enough   | "I get it; I've felt the same way.   |
| Increased rates of addiction, depression, suicide, bullying, violence | What you are feeling is normal. It's OK<br>I understand what you are going through." |

Source: <https://positivepsychology.com/shame-resilience-theory/>

**Resources:**

|                                     |  |  |                                   |   |
|-------------------------------------|--|--|-----------------------------------|---|
| Saving Our Sons and Daughters       | Catholic Charities                     | COPE Family Support Center             | Mt. Diablo Adult Education        | Touchstone Counseling Services          |
| • (925) 432-4200<br>• Pittsburg, CA | • ccyoso.org/wellness<br>• Yolo-Solano | • (925) 689-5811<br>• Walnut Creek, CA | • (925) 685-7340<br>• Concord, CA | • (925) 932-0150<br>• Pleasant Hill, CA |