

The Core Value (Compassion) Anger Management Program Approval Information

This document is designed to show any solicitor, judge, magistrate, human resource representative or other referral source how the Core Value (Compassion) Anger Management Program works and what is required to receive a certificate of completion of this program.

Compassion Coach Denis Hay (www.compassioncoach.com) is PACFA registered professional counsellor. He has received training in conducting this highly regarded anger management programs. This anger management program is designed and developed to be the highest quality online anger management program available in Australia. It is a distance learning program that teaches skills in many core areas.

THE CORE VALUE (COMPASSION) PROGRAM

A brief, intensive and effective program for mending (healing) abusive relationships through the self-regulation of anger and anxiety.

The Core Value (Compassion) program is a disciplined, intensive, skill-building instruction in basic self-regulation skills that reduce the motivation to abuse. The format of the anger management program is a 12-week, 2-hours per session domestic violence treatment program with demonstrated effectiveness. Research to date has shown offenders are 87% violence-free and 71% verbal aggression-free based on victim reports. Additionally, of those ordered into the program, 74% complete (<http://compassionpower.com/statisti.html>).

The major skills and concepts imparted in the program include:

- * Sensitivity to internal experience of self and loved ones;
- * Internal causes of abusive behaviour;
- * Self-regulation as the only route to personal power;
- * Well being and self-esteem *depend* on compassionate behaviour;
- * Perspective-taking in disputes (Value while disagreeing).

This innovative program uses compassion for self and loved ones as an incompatible response to the motivation to control and abuse.

Interventional Methods

The Core Value (Compassion) program uses a presentation style with a variety of interventional methods, including:

- Online presentation supplemented with two video.
- Each session has "homework" which is required to be completed before the next session.
- An official manual supplemented with extra relevant handout material (which may vary to address specific needs) is used to enhance understanding of concepts discussed in sessions.
- Contact details (my email and telephone) are given to participants to give assistance with homework (e.g. lack of literacy skills) and with understanding issues such as personal conflict.
- One-on-one focussed telephone session is given at the end of each session to discuss session content understanding, address any concerns and to gauge progress.

A Brief Overview of The Core Value (Compassion) Program - A 12-session program.

Module One:

Session 1: Focuses on engagement of the participant as well as giving an overview of the program, and expectations for satisfactory completion of the workshop. Also, the first of two video is processed with the client.

Session 2: Understanding the process of anger physically, cognitively and behaviourally.



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Session 3: A five-step healing technique is taught to process hurt, and change motivation from attack/avoid motivations to approach motivations, which are to heal, improve and correct.

This technique is then practiced by the client. An audio CD version of the steps of the technique is supplied to each participant. Participants are required to listen to the CD 12 times a day for 4 to 6 weeks to generate automatic healing response to anger.

Session 4: A consolidation session to reinforce the concepts taught to date and to make sure participants clearly understand the subject matter, as this is the foundation of the remainder of the program.

Module Two:

Session 5: The functions of compassion and how that relates to unwise trust and disagreement are explained. The abuse cycle is discussed and finally a discussion about normal feeling and how our thinking changes them into symptoms and defences.

Module Three:

Session 6: Video version of the healing technique showing a role-play of the use of the technique under stressful circumstances. A quiz to highlight how socialisation of the "macho" image is not in the participant's best interest is presented. Self-esteem, blame and responsibility and building immunity to core hurts is covered.

Module Four:

Session 7: Empowering loved ones, avoiding power struggles and parenting skills.

Module Five:

Sessions 8: Empowering children (continued), family empowerment agreement, family solution finding guide and how to disagree are taught.

Session 9: Family problems are discussed; the different worlds of work and family, enriching attachment relationships, post traumatic stress, the great threats of intimacy (fear of abandonment and engulfment) and how to regulate these are discussed.

Session 10: This session covers resentment and how to prevent it, the requirements of intimacy and protecting the attachment bonds.

Module Six:

Session 11: Consolidating gains and relapse prevention are the key topics of this session and clients recite the gains they have made from the program.

Session 12: Processing a "Letter of Compassion" written by the participant to the person hurt (it is not necessary that this letter be sent). This is a way of formally drawing a line between the past, controlled by anger and hurt, and the present, in control of self, competent, growth-oriented, compassionate, and healing.

A completion certificate is issued to participants who fulfil all requirements for the Core Value (Compassion) program. Any participants who do not fulfil requirements will not receive a completion certificate.

Facilitation of "The Core Value Program"

The Core Value program is personally facilitated by Mr Denis Hay. Denis has a great passion for this work and an affinity with the offenders. He has received training under Dr Steven Stosny in CompassionPower programs.

Denis has worked as a Lifeline telephone counsellor for approximately 8 years. During that time he became a group leader and training facilitator. Additionally, Denis has worked with men in industry as a tradesperson for 40 years and for over 8 years in a face-to-face counselling role. He has completed a Men's Group Facilitators Training Course conducted by Yaro Starak who is co-director of the Brisbane Gestalt



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Institute. Qualification include Masters of Counselling degree and a Bachelor of Social Science (Psych) degree and as well as a Cert VI in Assessment and Workplace Training.

Denis is a clinical member of the Queensland Counsellors Association and a member of the Men's Health and Wellbeing Association (Qld) and has been a member of both organisations management committee. He is registered on the Psychotherapy & Counselling Federation of Australia (PACFA) national register, which has high eligibility criteria for inclusion.

Students of this online anger management program have certain responsibilities:

1. All students are required to complete all 12 sessions, complete all the homework assignments, and demonstrate improvement in emotional regulations.
2. All sessions are delivered one week apart to give students time to absorb the information and put it into practice.
3. To receive a certificate of completion signed by Denis Hay, all students must complete all the sessions, complete all the homework assignments, and demonstrate improvement in emotional regulation.
4. All students will be emailed a "proof of enrolment" form when they sign up for the program, but all certificate of completions are signed by Denis Hay personally with a stamp of authenticity. If this stamp is not on the certificate, the certificate is not valid.
5. Any court official may request, at no charge, a complementary copy of your anger management curriculum.

Why is this online anger management program a superior way of completing an anger management class requirement?

1. Online education has become one of the most acceptable ways of completing educational requirements as evidenced through almost all major universities offering online classes.
2. There are several advantages of taking this online Core Value (Compassion) anger management program vs. a face-to-face class. Some of these advantages to the client include:
 - ❖ A reduction of cost to the client vs. a face to face program. This program is about half the cost of a live program.
 - ❖ This program is self-paced and can be worked on any time of the day or night.
 - ❖ Participants do not have the excuse that they couldn't find a class close to work or home.
 - ❖ Participants do not lose wages from work because sessions can be worked on in their own available time
 - ❖ Interaction with the client is much easier because it is not in a group setting; therefore individual questions and requests can be answered on a one-to-one basis.

For more information or to verify this program please feel free to contact me.

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Online contact details below



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