

Class: Dealing with Aggression and Violence in the Population You Serve

Instructional time: 8 hours

1. Welcome and Introductions
2. Objectives
  - a. Articulate the origins of violent behavior and the influence of family, community, society and the media on violence.
  - b. Describe which types of early behavior problems point to later violence in adolescence and adulthood.
  - c. Articulate the aspects of antisocial personality disorder that make offenders of this type particularly dangerous.
  - d. Identify the role that culture plays in the aggression of violent offenders.
  - e. Describe the stages of the assault cycle and understand proper responses at each stage.
  - f. Demonstrate verbal and non-verbal responses to an offender exhibiting aggressive or pre-aggressive behavior.
  - g. Identify and differentiate trauma effects on spouses and partners, including Post Traumatic Stress Disorder and explain the impact these have on intervention and treatment.
  - h. Classify the common maladaptive coping mechanisms used by partners/spouses and children.
  - i. Recognize when partners and other victims are in a “trigger state.”
  - j. Demonstrate practical interventions to utilize when dealing with someone in a “trigger state.”
  - k. Identify and utilize appropriate treatment resources.
3. Origins of Violence
  - a. Adolescence
  - b. Oppositional Defiant Disorder
  - c. Conduct Disorder
  - d. Antisocial Personality Disorder
4. Culture and Violence
5. Stages of Assault
6. Responding to Individuals with Anger or Assaultive Behavior
  - a. Verbal Responses
  - b. Non-Verbal Responses
  - c. Physical Non-Violent Responses
7. Scenarios and Putting it into Practice
8. Review / Closing / Evaluations

\*San Diego County hires an external instructor to teach this class therefore the material is not available for review as it is not property of the San Diego County Probation Department.