



## Recovering from IPV through Strengths and Empowerment (RISE)

**Are you currently experiencing** intimate partner violence (IPV) or have you experienced IPV in the last year?  
Are you interested in brief counseling to support your healing?

**What RISE is:** A trauma-informed therapy program for **women** VA patients who have experienced IPV, such as verbal threats, controlling behaviors, coercive or unwanted sexual behavior, and physical aggression. RISE consists of up to 6 sessions that are chosen by the Veteran in collaboration with the therapist.

### Sessions focus on:



#### **Safety Planning**

Consider ways to increase your safety, and that of any children and pets, in different situations, like in an argument or if you are thinking about leaving the relationship.



#### **The Health Effects and Warning Signs of IPV**

Understand the effects of trauma and IPV on your life, as well as the warning signs of IPV, including red flags in partners and the difference between aggressive behavior and assertive behavior.



#### **Improving Coping and Self-Care**

Learn about and practice self-care strategies and ways to relax when you are stressed.



#### **Enhancing Social Support**

Learn and practice how to approach friends or family and ask for support.



#### **Making Difficult Decisions**

A written exercise that may help you think about your options and make decisions if you are thinking about making a change in your relationship.



#### **Resources and Moving Forward**

Learn about resources available in the community. Reflect on accomplishments and plan for life's ups and downs by identifying red flags and ways to RISE up and cope.

**Contact for information and/or referrals:** Kathryn Doyle, Ph.D., 602-277-5551 ext. 2680