NJCBW Welcomes New Executive Director, Tay L. Walker!

After a thorough search, we are extremely excited and fortunate to announce that Tay L. Walker has joined us as the new Executive Director of the New Jersey Coalition for Battered Women. Ms. Walker has had a very extensive career in public health serving in a variety of capacities, most recently as the President/CEO of Family Planning Center of Ocean County in Lakewood, NJ. We are confident that under her leadership NJCBW will make great strides in its vision to end violence and oppression in the lives of women in New Jersey.

Thanks Sandy

In May 2010, Sandy Clark assumed the role of Interim Executive Director of NJCBW. Later that year she accepted the offer to become the Executive Director. Due to personal family reasons Sandy has decided to step down, but has agreed to stay on with the Coalition as the Associate Director. As Associate Director, Ms. Clark will refocus on legislation and public policy which provides for the overall advocacy of domestic violence victims. The NJCBW Board, staff and membership wish to thank Sandy for her numerous valuable contributions to this NJCBW, her dedicated service and her efforts to eliminate domestic violence in New Jersey.
SPA DAY AT WHOLE FOODS MARKET RAISED FUNDS FOR NJCBW!

On Saturday, December 10, 2011, Annette McDonald, NJCBW Development Director joined The Whole Body department at Whole Foods Market, which held its First Annual Spa Day where customers were pampered from 1-4pm at the Bergen Town Center Mall NJ. Whole Foods partnered with many of their vendors who generously donated their services along with providing gift baskets that were later raffled off to raise funds for NJCBW. Our thanks to Giovanni Cardona, Amy Baumuller, Christian Stritter and all the customers who participated!

JANUARY 2012 MEETINGS

Shelter Coordinators Meeting
Friday, January 13, 2012, 10:00am-1:00pm

NJCBW Membership Meeting
Thursday, January 19, 2012, 10:00am-1:00pm

NJCBW Board of Trustees Meeting
Thursday, January 19, 2012, 1:00pm-3:00pm

Cultural Competency Committee Meeting
Monday, January 23, 2012, 10:00am-1:00pm

NJADVP Board Meeting
Monday, January 23, 2012, 10:30am-1:00pm

DVRT Meeting
Tuesday, January 24, 2012, 10:00am-1:00pm

UPCOMING NJCBW INSTITUTE TRAININGS

JANUARY 2012

January 18th, 2012
Energy Leadership and Mindfulness
10:00 am- 1:00 pm
Samita Loomba, CPC, MP-ELI, ACC, Leadership Coach
Are you an energetic leader? Most leaders have years of training behind them, they are experts in their own fields, they are driven and yet they struggle to grow their teams or organization.
Join us as we discuss the ‘Energy’ (thoughts and perceptions) leaders use to drive their leadership. Most of what keeps us from being truly gifted leaders are our own past experiences, beliefs and behaviors that hold us back...but that doesn’t have to be! You will be amazed how quickly you can create a shift within yourself and in your teams once you know how to play with your ‘Energy’. We can shift our roles; make them more FUN, by being mindful of who we are and how we relate to our surroundings.
Experience the CHANGE yourself and then utilize your experience with your clients to help them strengthen their life and career skills.
Key benefits: Understand your ‘Energy’ and your engagement in your role and life; Learn to raise the level of individual and team energy; Discuss tools to create and sustain productive work environment
Who should attend: Leaders and Managers; People in Career and Life transition; People on the path of self-improvement.
$10 NJCBW Member; $35 Non-NJCBW Member
3 DVS Credits: Values and Attitudes

January 25th, 2012
Training Techniques
10:00 am – 4:00 pm
Leslie N. Malkin, Esq.
In the past, conventional theories held that adults could not learn new information as effectively as younger people. People believed that adults had passed their window of opportunity and adhered to the adage “you can’t teach an old dog new tricks.” Today we know that adults can and do learn new knowledge and skills. They just learn differently than children.
Educating the public on the dynamics of domestic violence can be challenging. There are typically three types of adult learners: visual, auditory, and kinesthetic, or those who have a need for tactile, or touch, learning. This highly interactive five hour training will provide a detailed understanding of how adults learn, how to plan and execute a training, and how to develop a power point presentation. They will learn how to explain the dynamics of domestic violence and deal with difficult questions or participants. This training is for anyone who wants to effectively speak in public but currently has little experience or confidence. We will physically walk through the steps in designing a PowerPoint. Participants are asked to bring a laptop if possible. Register early, class size limited to 16 – 18 people.
$15 NJCBW Member; $50 Non-NJCBW Member
5 DVS Credits: Group Dynamics
Who wouldn’t be depressed? Mental Health Symptoms and DV Survivors: What is Trauma Related and What Isn’t.

Tracy Durkin, LCSW
The mental health community has come a long way in seeing the “client in context,” which involves taking a more global, holistic view of an individual’s family and community events and resources as part of assessment. As this applies to survivors of domestic violence, we can feel safer that not all symptoms of depression or anxiety will be viewed as “illness” which requires medication, but may instead be viewed as normal reactions to abuse and trauma. However, the reality is that some survivors are indeed mentally ill and require skilled intervention. This workshop will focus on differentiating between trauma-based symptoms and organic mental illness, and on determining which forms of treatment are most appropriate.

$15 Program staff; $50 Non-Program Staff
5 DVS Credits: Mental Health

Forced Marriage: Impact of Honor & Shame

Vidya Sri, MBA
A unique workshop that uses the powerful personal narrative of a survivor of forced marriage to create context for the intersections of cultural identity, “honor” violence, forced marriage and domestic violence, from an American perspective.

Participants in this workshop will be able to distinguish “forced” from “arranged” marriage, clearly identify “honor” violence and its impact within the home and community, understand the aspects of family honor and shame that challenge acculturation today in homes across America and increase domestic violence.

$10 NJCBW Member; $35 Non-NJCBW Member
3 DVS Credits: Race and Culture

Volunteers of America’s Family Violence Prevention Program

10:00 am – 1:00 pm
Nadine Thomas-Savoy
Willie E. DuBose
Volunteers of America’s Family Violence Prevention Program is an integrated response to intimate partner violence providing treatment, counseling and accountability. It is a comprehensive treatment program in Camden, NJ for perpetrators of domestic violence aimed at helping batterers address and correct the causes of their problems. The Program’s mission is to help batterers become responsible family members and useful adults by enabling them to develop skills to help eliminate violent behavior patterns and take responsibility for their actions.

During the workshop we will offer a rationale for treating male batterers as well as a brief discussion of early warning signs of Domestic Violence. Participants will receive an overview of the VOA Family Violence Prevention Program and its practices for working with perpetrators of domestic abuse.

$10 NJCBW Member; $35 Non-NJCBW Member
3 DVS Credits: Basic Domestic Violence Knowledge

Self-Care for the Helper

Robbin Loonan, MA, DVS, LPC
Have you ever felt emotionally exhausted at the end of a session or hotline shift? Have you ever felt powerless or worried that you were not helping enough? Have you ever had trouble sleeping or had nightmares regarding the traumatic experiences suffered by your client? If so, you may be suffering from Compassion Fatigue or Vicarious Traumatization. As domestic violence professionals, we are often “in the trenches” with our clients. We listen to stories of unbelievable cruelty and bear witness to incredible human suffering. Research has shown that continual exposure to traumatic events can have negative effects. Those negative effects may be similar to those experienced by the primary victim of trauma/abuse, such as intrusive thoughts or images, emotional numbing, and hyper vigilance. This interactive, experiential workshop will explore both the positive and negative impact on the helper in working with traumatized people. In addition, the workshop will offer practical, creative solutions for preventing, recognizing, and healing from Vicarious Traumatization. This hands-on workshop will offer participants a variety of strategies that promote greater emotional well-being for helpers so they can best assist the victims they work with. During this day-long workshop, helpers will have the opportunity to practice and experience valuable self-care exercises and survival strategies.

$10 NJCBW Member, $35 Non-NJCBW Member
3 DVS Credits: Values and Attitudes

Developing High Performance Teams

Yvette Murry, MSW, LSW
Learn how to work with groups and teams to solve problems and accomplish goals. This workshop is designed to enhance participants’ understanding of group dynamic theory. Participants will learn how to identify group behaviors that foster engagement, collaboration and leadership. Strategies on evaluating group health, getting the most out of meetings and increasing team buy-in will be provided.

$10 NJCBW Member, $35 Non-NJCBW Member
3 DVS Credits: Group Counseling Skills
March 22nd, 2012
History of Violence Against Women
10:00 am – 1:00 pm
Lisa Smith, MS, DVS

While presenting a lecture on domestic violence to a community group, I was asked ‘when did violence against women begin?’ The person asking the question thought it probably started about the time women left home to work, meaning during the late 1930’s and early 1940’s, and meaning in the United States.
Violence against women has been occurring for centuries. There are specific references to violence against women as early as 2500 B.C. Quite often, the government and/or religious institutions sanctioned this type of behavior. As domestic violence advocates it is essential for us to learn about and understand this long history of violence against women since it has direct implications on the treatment of women today.

$10 NJCBW Member; $35 Non-NJCBW Member
3 DVS Credits: Basic Knowledge

March 28th, 2012
Creative Approaches to Working with Children
10:00 am – 1:00 pm
Marta Levy, BFA, Cat

Children who have experienced violence or who have been exposed to Domestic Violence have difficulty finding words to express powerful and overwhelming feelings, as a result of traumatic events.
Expressive Therapies helps children express strong emotions through non-verbal communications. The use of two or more Expressive Therapies, or the Integrated Arts Approach, helps foster self-awareness, encourages growth and self-expression, enhances healthy relationships with others by managing behavior and problem solving, it helps reduce anxiety, helps with reality orientation and helps increase self-esteem.
In this workshop we will explore four Expressive Therapies, in individual and group setting with children: Art Therapy, Play Therapy, Sand Play Therapy and Nature Classroom. Through many visual examples and hands on exercises, we will gain a better understanding how creative expression gives children another language with which to share feelings, perceptions and observations about themselves, others and their world.

$10 NJCBW Member; $35 Non-NJCBW Member
3 DVS Credits: Intervention