



Survivor Transition

A short term, trauma-informed brief intervention

Every survivor deserves to thrive!

If you have worked in the field of intimate partner violence (IPV) for a while you know that victims and survivors often suffer unfathomable abuse and violence. The trauma they endure has the potential to derail the rest of their lives, yet they persist. The truth about IPV victims and survivors is that beneath their pain, their tears, and even their injuries, they are strong, capable and above all... RESILIENT!

Now, imagine the possibilities for your clients if the support they received in your program saw them first from these strengths, not their brokenness.

The Survivor Transition Program

A short term, trauma-informed, brief intervention for IPV survivors that promotes healing & fosters independence

Designed by a group of women, including an IPV survivor and clinicians, the Survivor Transition Program has been offered for 9 years in a nonresidential community-based setting to IPV victims and survivors who still live with their abusive partner, have recently left the relationship or have been out the relationship and are unable to move forward.

The program framework is designed to be offered by clinically trained therapists and is short term, typically 8-15 sessions. It has three phases: psycho-education and coping; healing, reframing and claiming; and establishing healthy relationships.

Program participants consistently report the following:

- ✓ Perceived improvements in overall quality of life
- ✓ Increased confidence and personal control
- ✓ Believed they gained skills to prevent violent/abusive relationships in the future
- ✓ Improved physical health & psychological well-being (such as improvements in depressive symptoms & trauma responses)

Research on the program's effectiveness and acceptability was published in the *Journal of Community Psychology* (Jan 2018) and it was designated "a promising practice". The model's developer is seeking opportunities to train partner agencies to expand evaluation. Training and program supervision will be provided for a fee.

About Resolve of Greater Rochester, Inc.

For 20 years, RESOLVE has been delivering on our mission to develop innovative solutions that empower people and communities to break the cycle of intimate partner violence.

In addition to delivering direct services, we aim to foster collaboration across historically siloed systems of care so that communities are equipped to improve systemic responses to IPV -- a preventable problem that plagues families regardless of socioeconomic status, race or religion and has consequences that span generations.



RESOLVE

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