



Recovering from IPV through Strengths and Empowerment (RISE)

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

What RISE is: An evidence-based, trauma-informed therapy program for VA patients who have experienced IPV, such as verbal threats, controlling behaviors, coercive or unwanted sexual behavior, and physical aggression. RISE typically consists of up to approximately 8 sessions that are chosen by the Veteran in collaboration with the therapist. For treatment contact: Dr. Freda Johnson, DHA ,LCSW (832) 628-3553.

Sessions focus on:



Safety Planning

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 through a written worksheet.



The Health Effects and Warning Signs of IPV

Understanding the effects of trauma and IPV on different parts of your life (for example, your physical, mental, and social health, and the well-being of your children).
Understanding Warning Signs of IPV, including red flags in partners and the difference between aggressive behavior and assertive behavior



Improving Coping and Self-Care

Learning about and practicing 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

Learning about resources available in the community for a variety of topics (like housing, employment, legal aid, and restraining orders). Reflect on things you've accomplished and plan ahead for life's ups and downs by identifying red flags to watch out for and ways to RISE up and cope.



Sexual Violence Over the Lifespan

Recognize different forms of sexual violence that are commonly experienced by individuals who experience IPV and make the connection between experiences of sexual violence and health.