

Sin Golpes: Como Transformar la Respuesta Violenta de los Hombres en la Pareja y la Familia

An Integrated Skills Program for Latino Men With Cultural Adaptations*

Group Leaders' Manual and Men's Workbook

Christauria G. Welland & David B. Wexler

Translation: José Antonio Valenzuela & Christauria Welland

"In any kind of psychological treatment, it is essential to take cultural contributions to behavior into account. With great respect for Latino culture, the authors have developed an excellent resource for combating domestic violence."

Bernardo Ferdman, Ph.D., Professor, Alliant International University, San Diego, U.S.A., and Past President of the Interamerican Society of Psychology.

"Definitely the best and most culturally relevant domestic violence manual available. The model is effective, the translation is solid, and the additional material that specifically addresses the cultural differences that we encounter in the Hispanic community makes this book a must-have for any agencies dealing with Spanish-speaking domestic violence clients." Customer, 20th Century History Books.com

Sin Golpes was originally developed and field-tested in English for the U.S. Navy over a 13-year period. Using client centered guidelines, the manual integrates a lively package of cognitive-behavioral skills and psychoeducation about abuse while maintaining the primary emphasis on respect for the abuser himself.

This new Spanish edition is much more than a translation.

It contains:

- Adaptations and expansion of content specific to Latino culture, based on qualitative research, demographic data, and the literature on family violence.
- An introduction to the Spanish edition, including cultural guidelines on methodology for Latino offenders and therapeutic strategies that are likely to be effective for Latinos.
- The use of simple vocabulary, with definitions of words that many group members may not have heard.

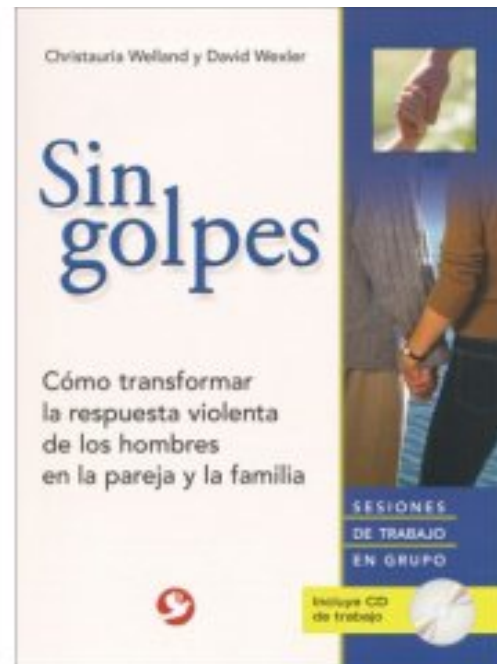
The eight sections are presented from the perspective of Latino clients:

Foundations, brief interventions, self-management, human rights, parent education, relationship skills, spirituality and prevention, and relapse prevention.

The program includes:

- A compact disc included with the manual, of relaxation exercises to be used in group.
- Exercises, handouts, and homework assignments to help clients deal with the powerful issues with which they are struggling. Client workbooks are also available for purchase. Please note that client workbooks are protected by copyright and may not be reproduced.

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Christauria Welland, Psy.D., practices clinical psychology in Solana Beach, California. She began her work with families in Mexico in 1976, and is currently engaged in research and teaching on Latino family violence in the U.S., Mexico, and Peru. Adjunct Faculty at Alliant International University, Dr. Welland also volunteers with Mexican migrant workers in San Diego County. She is the author of the cultural adaptations in this manual and also collaborated with José Antonio Valenzuela in the translation of the original.

David Wexler, Ph.D., is the Executive Director of the Relationship Training Institute in San Diego, California, and conducts professional training throughout North America for the treatment of family violence. He received the *Distinguished Contribution to Psychology* award from the California Psychological Association in 2003 and has published *When Good Men Behave Badly* and *Is He Depressed or What?* (New Harbinger). Norton recently published his *STOP Domestic Violence* treatment program.