

# Waking Up to Violence

**This video provides the opportunity to challenge excuses and denial and ultimately validates the experience of women."**

- Executive Director, Northern Society for Domestic Peace

Many families wake up to a violent home every day of their lives. As a society, we need to be aware that escalating violence is occurring in thousands of families. Men who use violence need to wake up to the fact that someone else can't cause their violent behaviour; it is their choice and their responsibility.

*"Waking Up to Violence"* powerfully depicts men defending, rationalizing and denying their violence. Dramatic scenes show common themes and excuses men use to avoid accepting responsibility such as job stress, alcohol, their partner, the "system", their rights, culture, or history. Violence is a crime and there is no excuse.

This video shows men beginning to face the impact their violence has on the lives of their partners and children. Following each dramatic segment, Dale Trimble, a therapist who has over 25 years experience working with men in the field of family violence prevention, shows how taking full responsibility for violent behaviour is the essential first step towards ending it. Clarity and unflinching directness are used to place the responsibility for the violence where it belongs, with the one who has chosen to use it. As Dale points out in this program: "You can't stop something until you admit that you're doing it."  
(58 min., 2000, PPR)

**Price: \$169 on VHS or DVD format.**  
**Price includes a 40 page Facilitator's Guide for training purposes.**

(Previous edition entitled: "Themes of Defense: Understanding Men Who Assault Their Partners")



## Who should see "Waking Up to Violence"?

1. Women in an abusive relationship or from a violent family.
2. Men who are abusive in relationship or from a violent family.
3. Concerned members of the community.
4. Professionals who work with men, women and children affected by violence:
  - Counsellors, Psychologists, Therapists
  - Women's Shelter Workers
  - Men's Group Leaders
  - Hospital Staff, Doctors, Nurses, Crisis-Line Workers
  - Social Workers, Agency Directors
  - Clergy, Church Groups
  - Police
  - Lawyers, Judges, Probation Officers
  - Government Policy-makers

**NOW ON DVD!**

**- Used by 50% of Canadian Women's Shelters**

**- A required resource for the B.C. provincial Relationship Violence Treatment Program for court-mandated men**

**- Part of the public library collections sponsored by the National Clearinghouse on Family Violence**

**\$169**

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