Recovering from Intimate Partner Violence (IPV) through
Strengths and Empowerment

RISE

Brief Counseling to Support your Healing

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.

ARE YOU EXPERIENCING IPV?
HAVE YOU RECENTLY EXPERIENCED IPV?

RISE typically consists of up to 8 sessions. Sessions focus on:

- Safety Planning
- The Health Effects and Warning Signs of IPV
- Improving Coping and Self-Care
- Enhancing Social Support
- Making Difficult Decisions
- Resources and Moving Forward
- Sexual Violence Over the Lifespan

VA | U.S. Department of Veterans Affairs

Contact Your VA Coordinator
Intimate Partner Violence Assistance Program
www.socialwork.va.gov/IPV/Coordinators.asp

The National Domestic Violence
HOTLINE
1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)