



# The Power Integration Center

*Where People Connect to Peace, Power and Passion!*

## **Research Summary Report; January 2011 by ShannonRae**

As an organization the Power Integration Center internally surveyed all women in attendance at our groups with both a pre and post survey. It is important to note that as a nature of the facility the program is being delivered there is a transient population. Groups are closed groups, however we do lose approximately 40% of our participants over the course of an 8-week group. These are all due to participants who move out of the shelter for one reason or another. While they are invited to return to group once they have exited the shelter, many do not.

This is a summation of 24 completed pre/post surveys with accurate data. The data was collected through quarter 3 of 2010. We continue to survey all participants and will update survey data once another sound and large enough group of data is available.

The results we are sharing here are of those who completed the full 8-week program over the past 3 years the program has been delivered. They are all participants in a homeless shelter, are all women between the ages of 18-80. The additional demographics vary greatly. However, they all have some or all of the following in combination:

- Recovering Substance Abusers
- Victims of Domestic Violence
- Mental Illness (of various degrees)
- Victims of Sexual Assault, Violence, Rape
- Adult Victims of Child Abuse and Neglect
- Police, and/or Felony Records

### **In General we found the following:**

- *We saw an average gain in the overall group in all areas surveyed.*
- *66% of the participants gained practical skills like communication, boundary setting, communicating needs, feeling powerful, personal responsibility and decreased co-dependency behaviors.*
- *63% of participants gained healthier emotional connections with both self and others.*
- *75 % of participants saw a rise in their practical outcomes like decreased self-harming behaviors and drinking to get drunk, and increases in body image, building healthy relationships, engagement and enjoyment in life.*
- *63% of participants found increases in Self-Efficacy*



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## **Greatest specific gains were as follows and in this order:**

### Improving practical results

- I make my own decisions if and when to have sex
- I use protection when having sex
- If I drink I don't get drunk
- I participate in a sport, hobby or activity
- I build relationships with people who help me with my goals
- I take care of my emotions and body
- I enjoy life
- Eating Healthy food (slight gain)

### Improving Emotional Connections (with self and othes)

- I forgive myself when I make a mistake
- I feel good about my body
- I pick close friends who treat me the way I want to be treated
- I tell people how much they mean to me
- When I meet a new person I find things we have in common
- I tell people how much they mean to me
- I use my words to express my feelings (slight gain)
- When I am mad at someone I try to work things out (slight gain)

### I AM Powerful Skills (Power, Leadership, Communication, Responsibility, Boundaries, Choices, Actions and Impacts)

- I honor my own needs
- I feel Powerful
- I know how to affect my own experiences
- I am good enough
- I know what I am NOT responsible for
- I lead others
- I can see other's perspectives
- I allow others to be responsible for themselves
- I am impeccable with my word
- I set clear Intentions
- I speak confidently
- I feel confident communicating my boundaries
- I know what I am responsible for
- I always do my best
- I understand how my actions affect me
- I know how my choices affect others (slight gain)
- I know how to create my own results (slight gain)
- I know how my perspective influences my experience (slight gain)
- I have clear boundaries (slight gain)
- I allow others to be responsible for themselves (slight gain)
- I am able follow others as well (slight gain)