

*Help is just a phone call away*

If you or someone you know would benefit from our services, call EmPower CTC at  
**507-292-1379**  
Our staff will verify your insurance benefits and seek any necessary Pre-authorization when you call.

**EmPower  
CTC**

*Comprehensive Treatment Center  
(a division of Dunatos, Inc.)*  
Formerly  
Wenden Recovery of Rochester



DeWitz Plaza  
602 11<sup>th</sup> Avenue NW #300  
Rochester, MN 55901  
Phone: 507-292-1379  
Fax: 507-289-4524  
Toll Free: 1-800-585-6002  
[www.empowerctc.com](http://www.empowerctc.com)

## *Our Philosophy*

**EmPower CTC** will offer a complete range of treatment options helping individuals to become violence free. We believe that all individuals, given encouragement and education, are capable of moving toward a more fulfilling life free of violence. In view of this, our services will be psycho-educational in nature; we utilize education, motivational interviewing, encouragement, therapeutic intervention and skill building. We strive to demonstrate a clear belief that each individual can change if they choose to. We further believe that each individual we assist has a unique set of issues to address in their process to be violence free. We strive to match the array of services we offer to the unique individual needs of each person we serve.

### *What's In A Name??*

*EmPower . . .*

is the translation of our parent corporation, Dunatos. *Dunatos* is a Greek word meaning to give power to, empower, make able. The professional staff at EmPower CTC are available to help people become "empowered" to take control of their life journey.

### *CTC*

stands for "Comprehensive Treatment Center - you are more than just your disease, your diagnosis, your billing code, but a unique individual who can best be helped by treatment that addresses your uniqueness in a "*comprehensive*" way.

## *Domestic Violence Treatment*



A Service of

**EmPower  
CTC**

*Comprehensive Treatment Center  
(A division of Dunatos, Inc)*



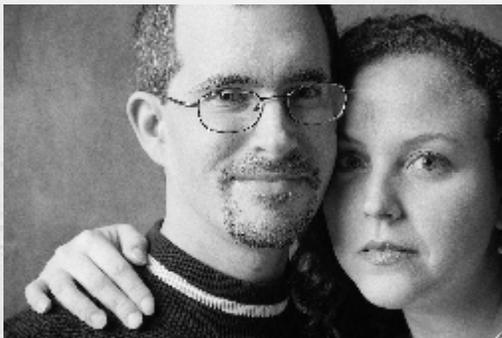
DeWitz Plaza  
602 11<sup>th</sup> Avenue NW #300  
Rochester, MN 55901  
Phone: 507-292-1379  
1-800-585-6002  
[www.empowerctc.com](http://www.empowerctc.com)

*Empowering individuals and families to  
effect change and live fulfilled lives.*

## When You Need Help

Knowing and recognizing potential signs of domestic violence is an important step in helping people who may be experiencing problems. This is where caring persons have the opportunity to help. Our professional and knowledgeable staff can assist you in:

- A thorough evaluation to decide what services would be helpful.
- A treatment plan aimed at the total YOU!
- A focused and intensive program aimed at identified needs.
- Ongoing aftercare to ensure long-term effectiveness.
- Making appropriate referrals as needed.
- Involving family members and loved ones in the treatment process.



## Domestic Violence Treatment Group Services

The domestic violence treatment group is designed to help people understand the impact their violence has on their lives and the lives of their loved ones. It provides a fresh look at alternatives for a safer and happier life.



### Our Program Features:

- ✓ 24 group sessions meeting once a week.
- ✓ Individual sessions as needed.
- ✓ Frequent position checks and progress reports.
- ✓ Specialized programming for those with dual disorders.
- ✓ A smooth transition to healthy relationships.
- ✓ Extended programming for those needing additional help and support.
- ✓ An aftercare component to ensure feedback and follow up.

## We Can Help!

Get out of the trap of Domestic Violence.

The Domestic Violence Treatment Program works with men of all ages who are involved in the legal system or for those who recognize the need for help with issues of Domestic Abuse.



For further information or to schedule an assessment call:

**EmPower  
CTC**

**Erin Parker, BS**  
Case Manager  
Phone: 507-292-1379  
[erin@empowerctc.com](mailto:erin@empowerctc.com)

**Steve Lansing, PhD, MSW, LICSW**  
Clinical Director  
Phone: 507-292-1379  
[steve@empowerctc.com](mailto:steve@empowerctc.com)