

New Program at the I-System Institute Helps Break Cycles of Domestic Violence

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The Mind Body Bridging Clinic at the I-System Institute at Utah State University is launching a new program for people who have used violence in intimate partner relationships. This work brings Mind Body Bridging together with the Strength at Home curriculum to help people build healthier relationships, learn new skills, and break long-standing patterns that cause harm.

Domestic violence affects families and communities across Utah and the rest of the country. Many people want to change but do not always know how or where to start. This program is designed to support that process with practical tools, real accountability, and a trauma-informed approach that helps people slow down, understand their reactions, and choose safer responses.

The program is open to voluntary and court-ordered participants with domestic violence related charges. Sessions focus on emotional regulation, self-awareness, and the ability to stay grounded during conflict. Participants learn how stress, thoughts, and expectations can influence behavior and how simple awareness practices can create space for better choices.

Mind Body Bridging is supported by research that shows meaningful improvements in stress, emotional health, and well-being. Studies also show encouraging outcomes for people with domestic violence related charges, including higher program completion and lower rates of reoffending. These practices help people understand what drives their reactions and give them tools they can use every day.

By combining Mind Body Bridging with the Strength at Home curriculum, the program addresses both inner patterns and relationship dynamics. This includes communication skills, conflict management, and a deeper understanding of power and control cycles. The goal is safer relationships, better emotional health, and long-term change.

This new offering supports the I-System Institute's mission to bring evidence-based, community-focused treatments to individuals and families across Utah.

Learn More or Make a Referral

If you want more information or would like to make a referral, contact the Mind Body Bridging Clinic at i-system@usu.edu or [explore our other resources](#).