

The Impact of Domestic Violence, Trauma & Neglect on Families

Presenters:

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**No Society Will
Keep Children
Safe Until the
Caregivers are
Safe**

Definition of Domestic Violence

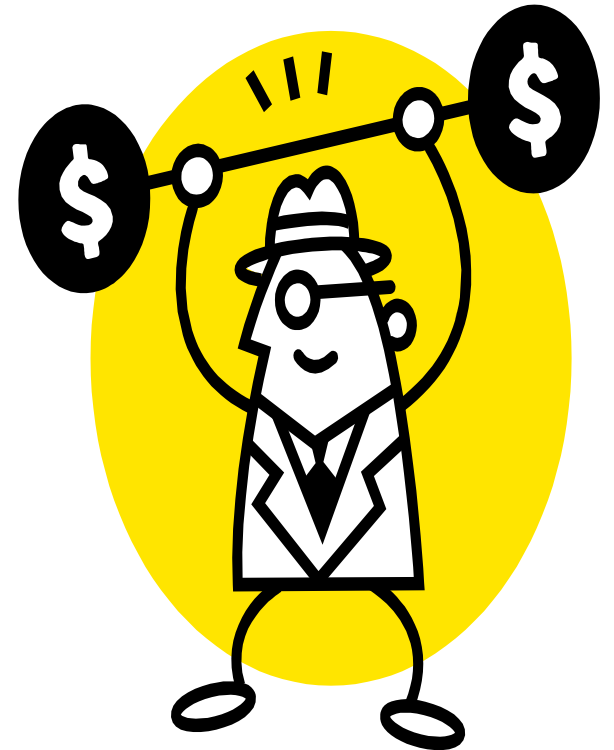
- Domestic violence is: (legal definition)



The repeated use of physical, forceful physical, psychological or sexual behavior for purpose of coercion with regards to the individual rights of another.

Domestic Violence Is

- An issue of “Power & Control”
- A “Learned Behavior”



One of Society's Biggest Problems

- We don't want to believe that things like this really happen.
- It doesn't happen here



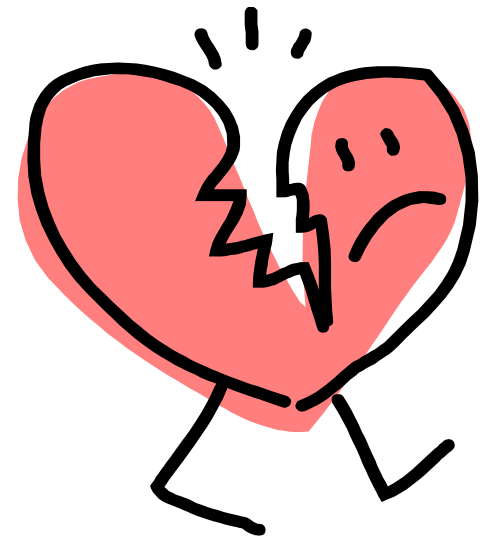
Statistics

- Every 9 seconds, a woman is battered.
- Family violence kills as many women every five years as the total number of Americans who died in the Vietnam War.
- 63% of all boys, ages 11-20, who are arrested for murder, have killed the man who was assaulting their mother.
- Battering is the single major cause of injury to women- more frequent than auto accidents, muggings, and rapes combined.
- There are over 3800 animal shelters in the US, but only 1200 shelters for battered women.
- Children who have witnessed abuse are 1000x more likely to abuse their spouse/partner than someone who was raised in a non-violent home.



What is Domestic Violence?

- Physical
- Emotional
- Verbal
- Psychological Abuse



What is Not the cause of domestic violence?

- **Alcohol and Other drugs**

- Not all people who drink are violent
- Not all people who are violent drink or do drugs

However:

- Increases the likelihood of domestic violence
- Violence may have more serious injuries & lethality increases



What is Not the cause of domestic violence (cont.)

- Anger / Stress
 - Even when experiencing anger, the abuser still chooses to respond to that anger by acting abusively.
 - In a study of batterers, one group actually reduced their heart rates during marital conflicts, suggesting a calm preparation for fighting rather than an out-of-control or angry response.

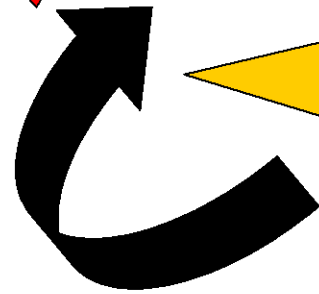
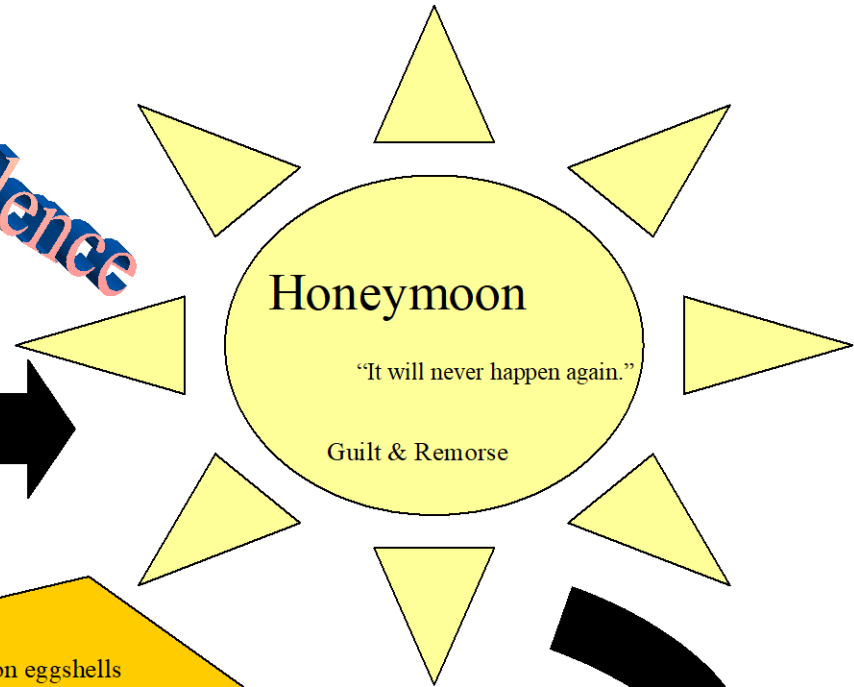


Cycle of Violence

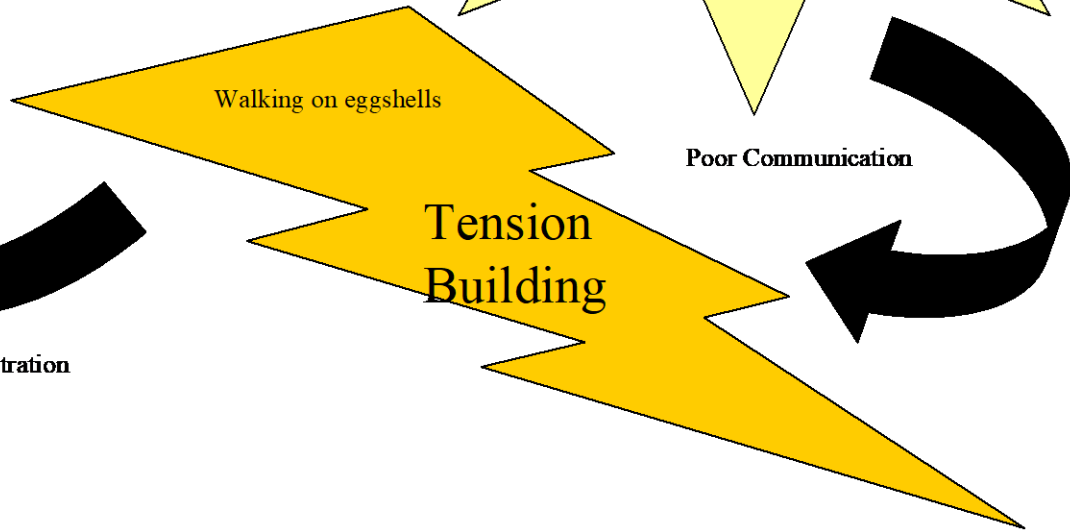
- Honeymoon
- Tension Building
- Acute
- Honeymoon



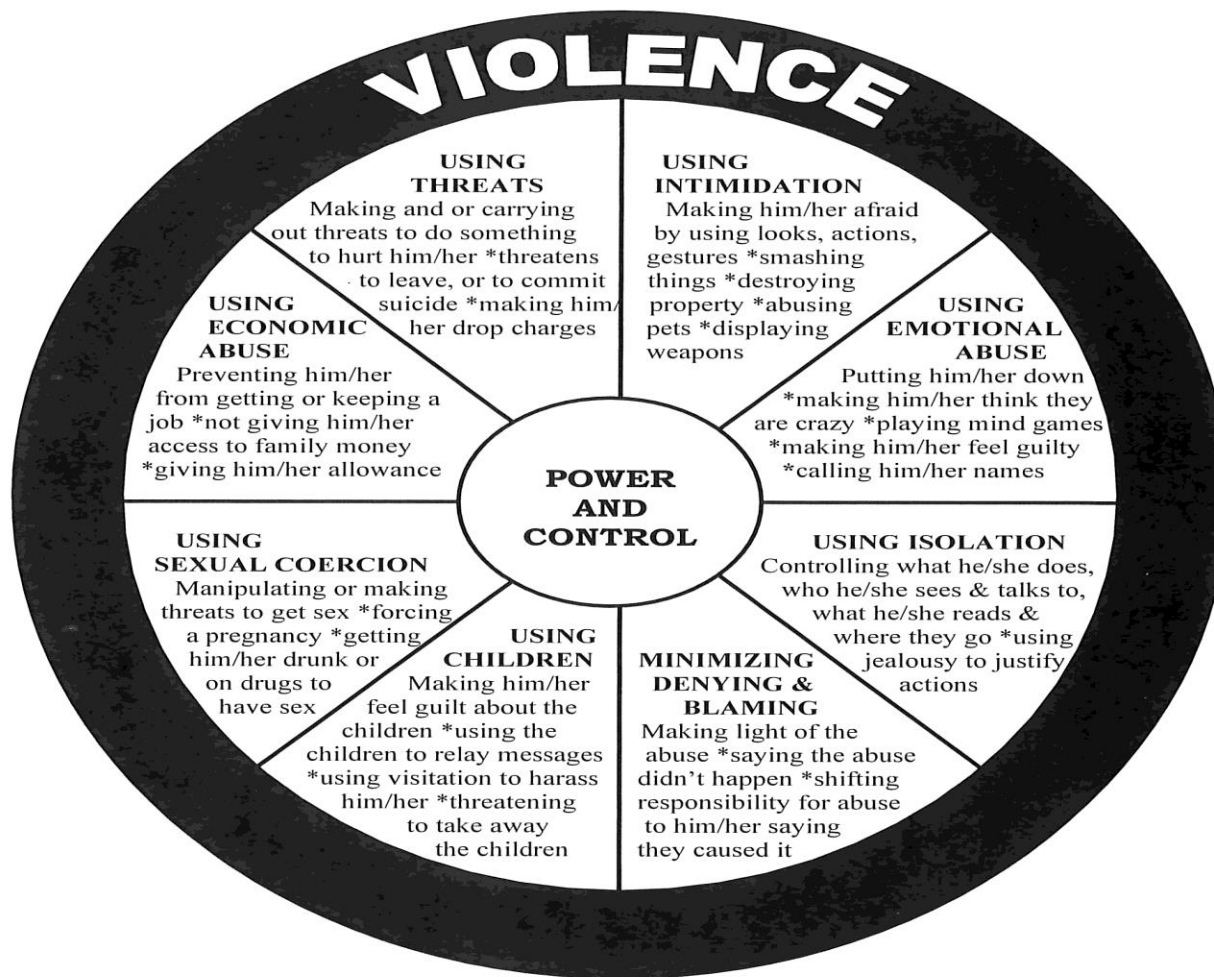
Cycle of Violence



Stress and Frustration



POWER & CONTROL WHEEL



Siskiyou Domestic Violence & Crisis Center

118 Ranch Lane Yreka, CA 96097

24-HOUR Toll free 1-877-842-4068

Batterers & Their Children

- Studies have found that people who batter their partners also abuse their children in 70% of cases.
- Even when children are not directly abused, they suffer as a result of witnessing one parent assault another.
- Batterers often display an increased interest in their children at the time of separation, as a means of maintaining contact with, and thus control over, their partners.

First Impressions
by
Dr. Bruce Perry

<https://www.youtube.com/watch?v=O4zP50tEad0>

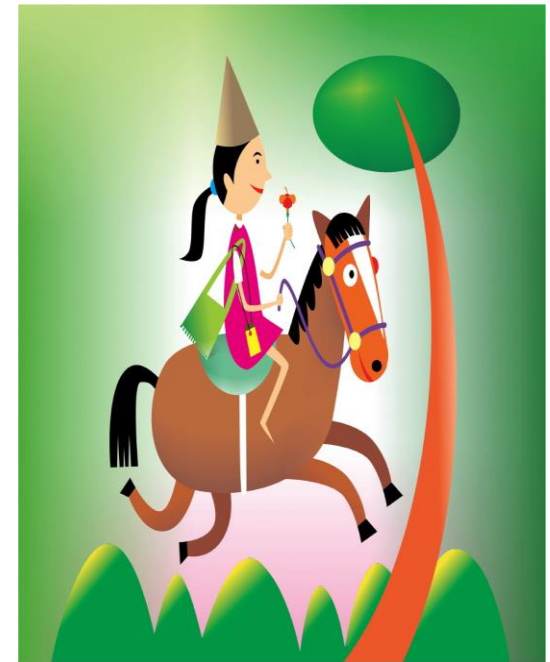
The Children

- Hear more than we think
- Take responsibility for the abuse
- Suffer anxiety that another beating will happen
- Fear abandonment
- Have guilt for loving the abuser
- Learn violence for conflict resolution
- Are 1000 times more likely to abuse a partner or child when they are adults



Effects of Domestic Violence on Children

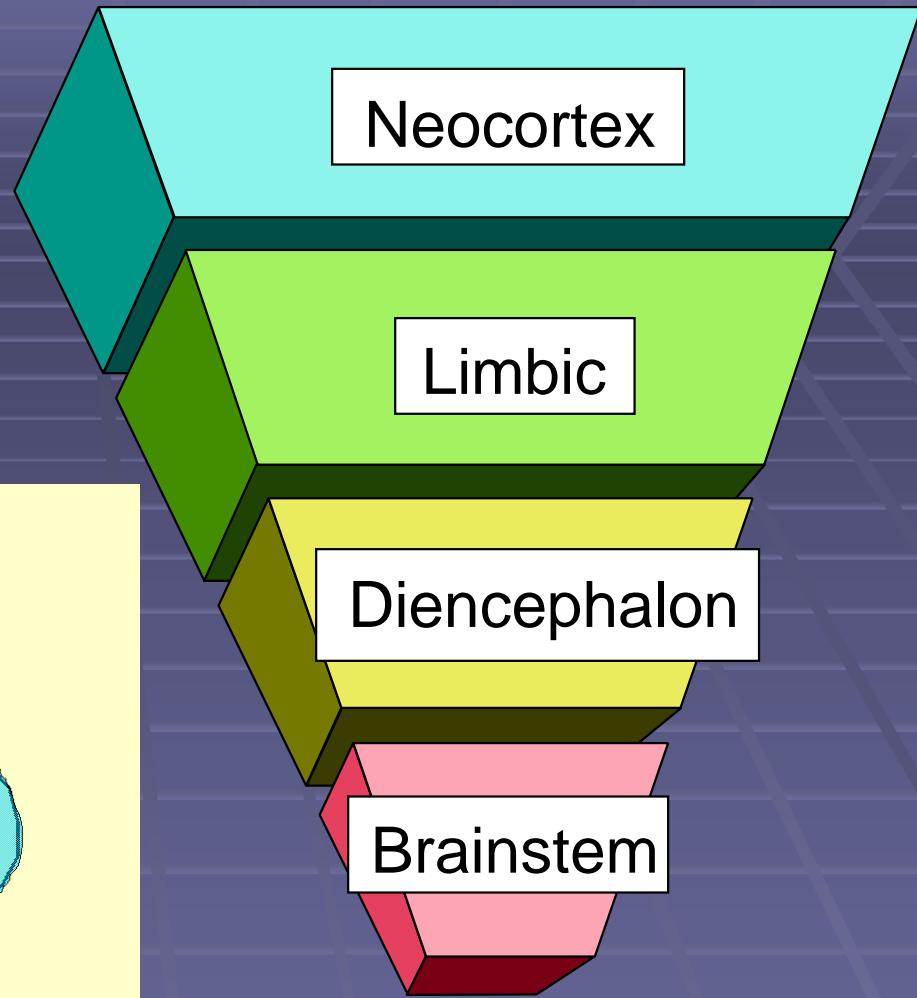
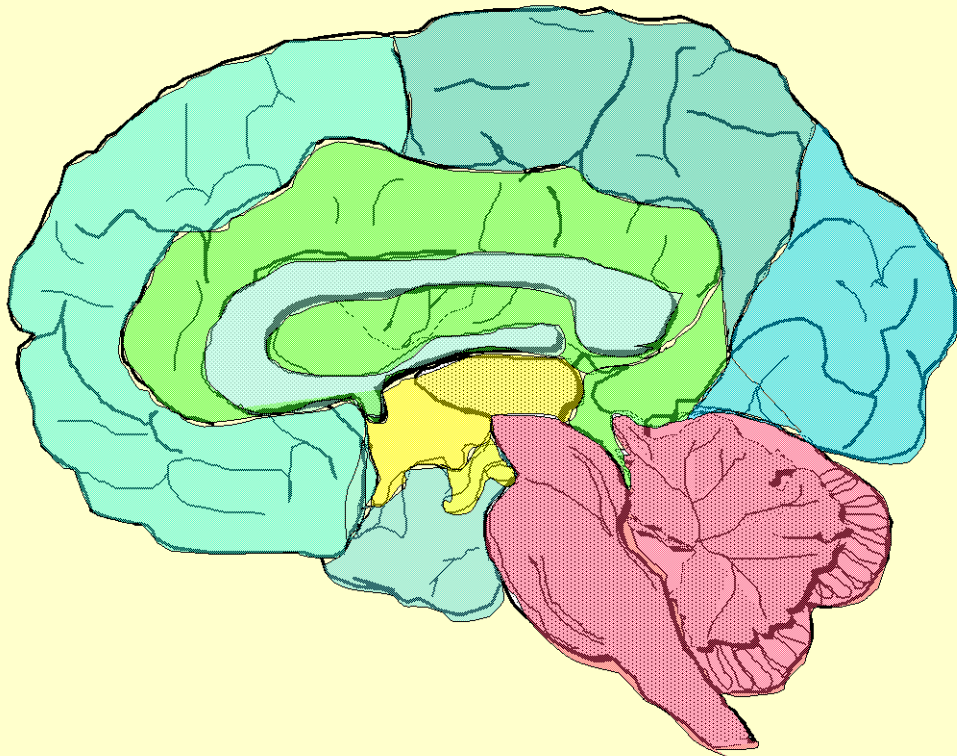
- Loss of appetite
- Nightmares
- Problems at school (truancy or drop in performance)
- Clinging to mother or siblings
- Stuttering
- Fear of the dark
- Regression – bed wetting, thumb sucking
- Hyper vigilant
- Substance Abuse
- Learn to be bullies

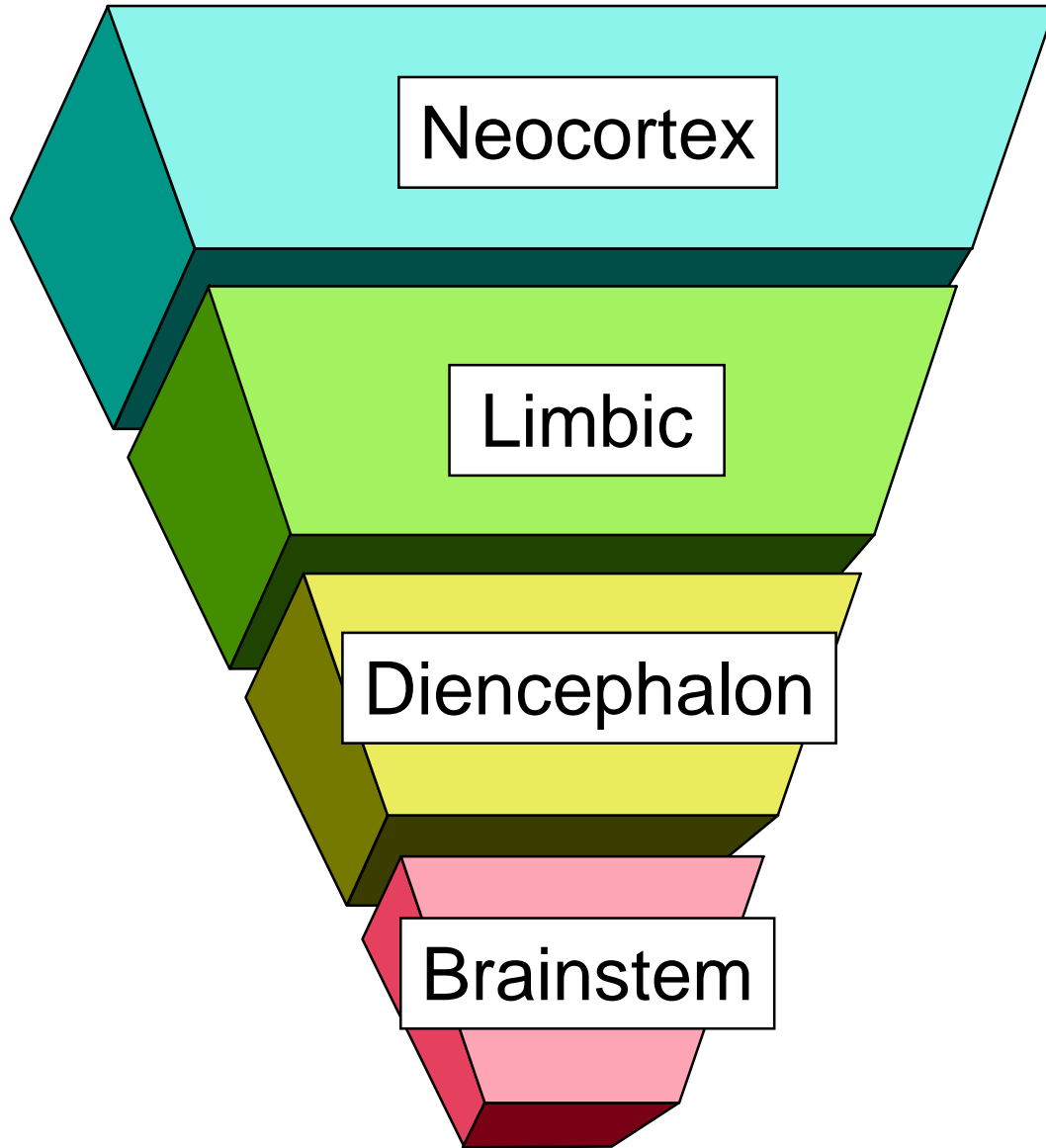




Childhood decides.

Jean Paul Sartre





Abstract thought
Concrete Thought
Affiliation
"Attachment"
Sexual Behavior
Emotional Reactivity
Motor Regulation
"Arousal"
Appetite/Satiety
Sleep
Blood Pressure
Heart Rate
Body Temperature

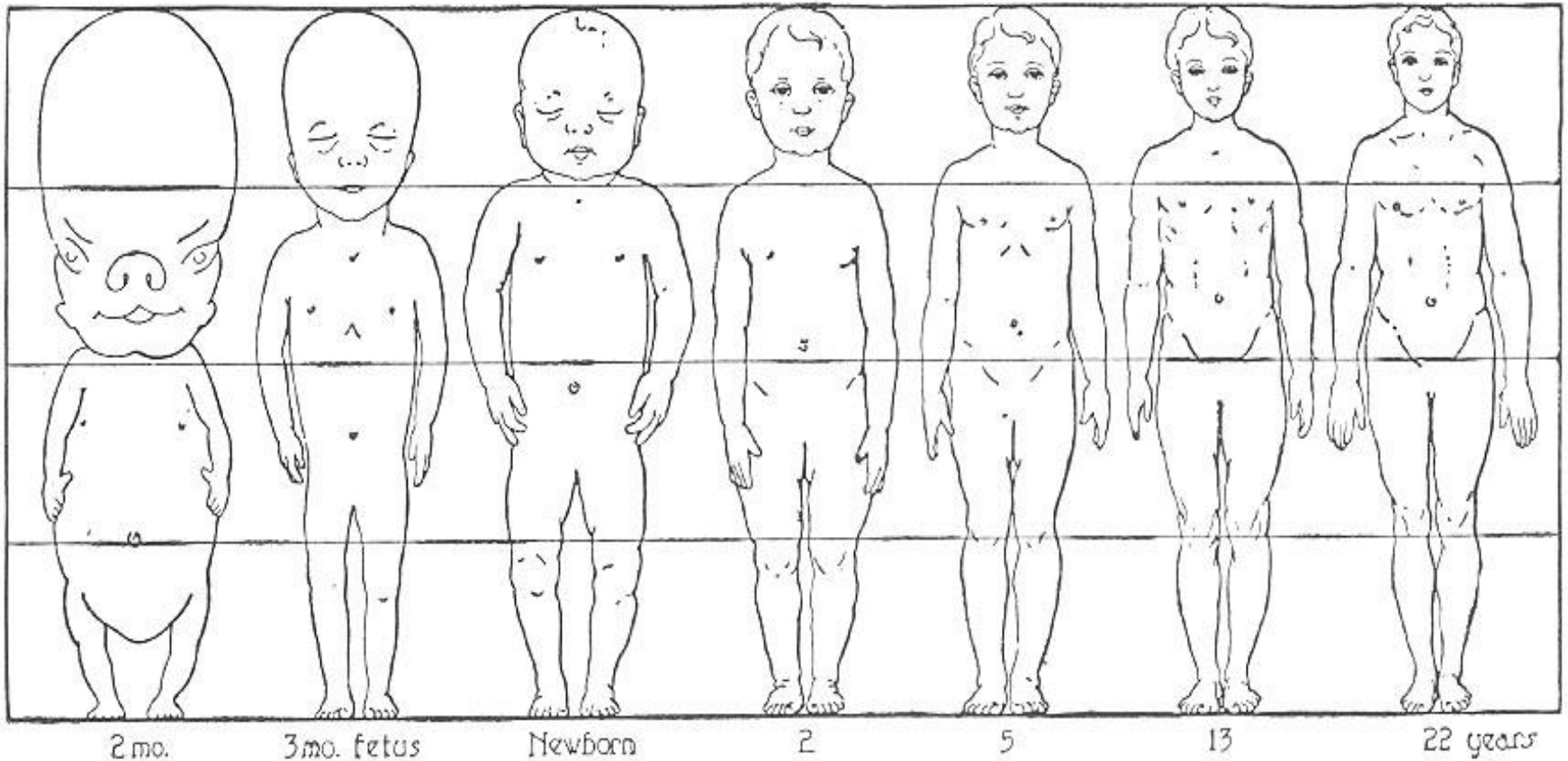
From Specific to General

- The brain takes associations from a single or specific event and generalizes to other situations.
- The brain can generalize from the single abusive father to all adult males.
- This process, generalization, can literally alter the way future experiences are sensed, perceived and processed.

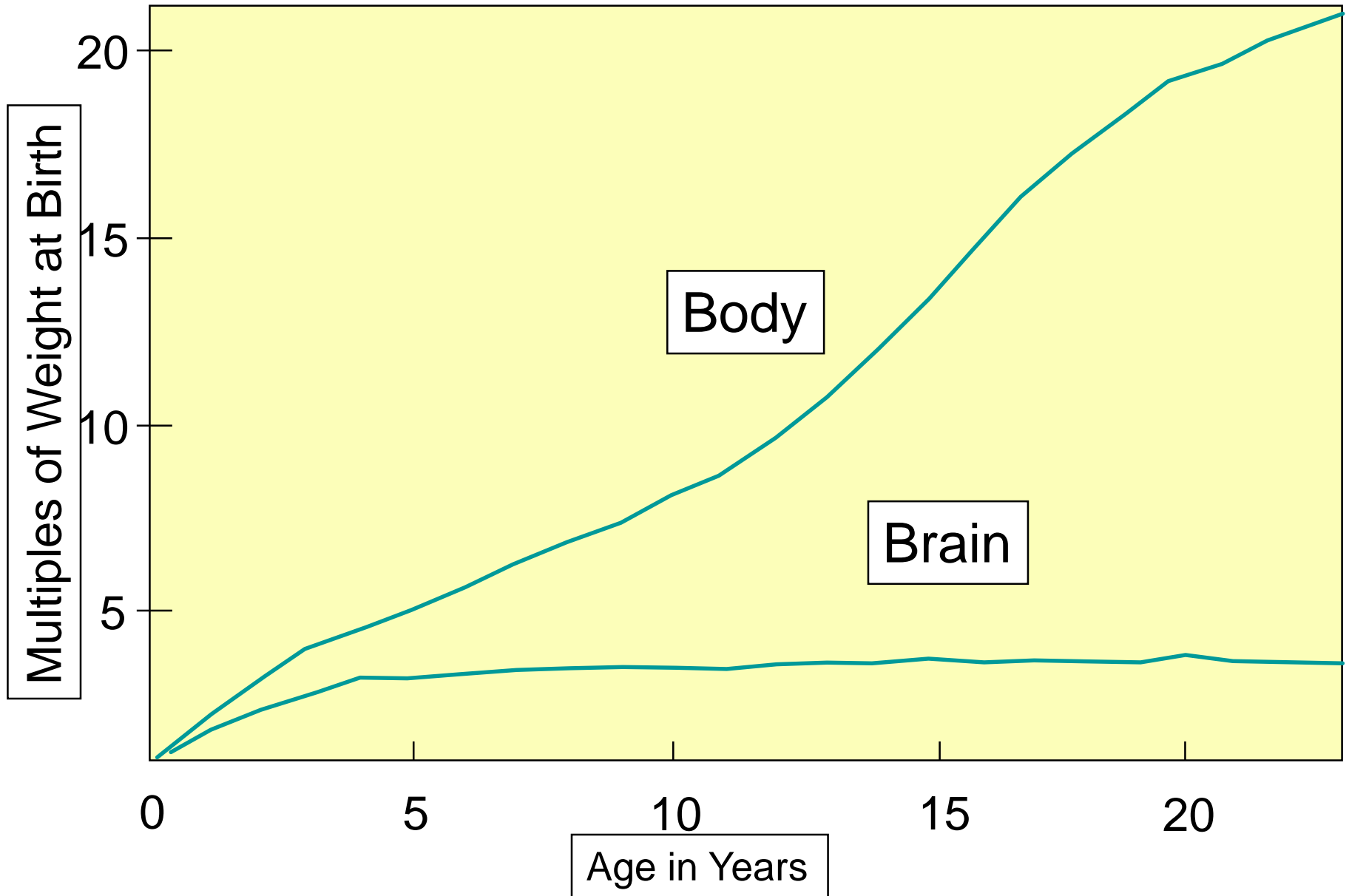
Patterns and Organization of Brain Function

- Requires patterns to effectively develop and organize the brain
- With chaotic sensory input or inconsistent patterns of activity or sensory input, there are crucial dysfunctions

Proportional Brain Growth

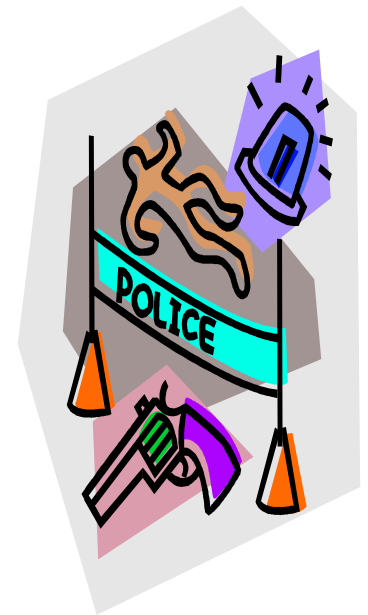


Brain Growth vs. Body Growth



The Victim

- Often denies being in a domestic violence relationship if the abuser has not hit them.
- Has very low self-esteem
- Feel their lives have no meaning unless they are in a relationship.
- May use more punitive measures or aggression toward their children
- Can flip between perpetrator and victim



Battered Woman Syndrome

Stockholm Syndrome

Learned Helplessness

- Trauma bonded with abuser
- Learns survival skills to stay alive
- Believes violence is normal
- May cope through drugs and/or alcohol
- Learns to minimize the situation
- Protects the abuser even at the cost to themselves



VIOLENCE CONTINUUM ACTIVITY

Introduction

Lets Get to work

Survival Strategies

- Agreeing with the perpetrator's denial and minimization of the violence in public.
- Accepting the perpetrator's promises that it will never happen again.
- Doing what the abuser asks

In the beginning a Victim stays because of HOPE and in the end a Victim stays because of FEAR



**In the beginning a
victim stays
because of HOPE**

**In the end they stay
because of FEAR**

How to Help a Victim

- Don't be judgmental toward the victim or the abuser.
- Offer support – don't press for details
- Respect dignity
- Keep regular contact
- Offer safe harbor – develop a code
- Offer to keep important papers
- Give monetary support
- Develop a safety plan

How to Help a Victim Cont.

- Give clear messages
 - They did not cause the abuse
 - They are not to blame for her partner's behavior
 - They cannot change their partner's behavior
 - Apologies and promises are a form of manipulation
 - They are not alone
 - Abuse is not loss of control; it is a means of control

What *Not* to do

- Don't tell them what to do or when to leave
- Don't tell them to try a little harder
- Don't try to find quick solutions
- Don't talk to the perpetrator
- Don't put yourself in danger
- Don't tell her to stay for the sake of the children.
- Never recommend couples counseling

Couples Counseling

- Inappropriate in cases of domestic violence
- Can put victims in greater danger due to imbalance of power in the relationship.
- Many victims report serious assaults after sessions of couples counseling.
- It is the perpetrator's responsibility to stop the violence.



USING ASSESSMENTS

- Allow voluntary self-identification—GIVE NOTICE TO EVERYONE.
- Differs from assessment of other issues like mental illness or substance abuse.
- Don't require persons to talk or answer questions about the abuse.

USING NOTICE TO EVERYONE

1. “Because violence is common in women’s/people’s lives, I now tell everyone about the following options that are available to survivors of abuse: if you are being harmed by an intimate partner or other person, I can talk to you about community resources that can help you – here’s a resource list I give everyone. If abuse is happening in your life, we can work together to develop your welfare-to-work plan in a way that keeps you most safe. You may also receive waivers of any of our requirements that may make you or your children less safe.”
2. “The county will be contacting your children’s father to try to get child support from him. If doing this would put you or your children at risk of harm, you may be able to get excused from this requirement.”
3. “If you do want to talk to me about abuse in your life, know that everything you tell me will be confidential and I will not tell anyone, unless you tell me about child abuse or harming yourself, which I am required to report.”

Sample Scripts Cont.

- 4. “If you are an immigrant and you or your children are being abused and your husband or the children’s father is a U.S. citizen or permanent resident, you may be eligible to apply for legal status.”
- 5. “If you don’t feel you are able to talk about this now, you can always tell me (or my supervisor/the domestic violence specialist/a woman) later, if abuse is interfering with your ability to meet our program requirements.”

Safety Issues for Professionals

- ✓ Have victim call 911 in cases of physical abuse- Don't respond yourself.
- ✓ Let your co-workers know your location and estimated time back. Let them know there are some safety concerns at the home.
- ✓ Know your exits.
- ✓ Keep your office door open.

Legal Remedies & Resources

- Restraining Orders: TRO, EPO, CPO
- Emergency Shelters- 29 day stay
- Transitional House
- Victim Witness- Police report or criminal case- victim compensation, relocation \$
- Safe at Home Program
- National Domestic Violence Hotline:
1-800-799-7233

Final Thoughts...

Protective factors are conditions or attributes in individuals, families, communities, or the larger society that mitigate or eliminate risk in families and communities, thereby increasing the health and well-being of children and families. Protective factors help parents to find resources, supports, or coping strategies that allow them to parent effectively, even under stress.

