


Intimate Partner Violence (IPV): Trauma-informed Best Practices

*A workshop for mental health professionals
exposed to intimate partner abuse in their work
with adults, children and families*



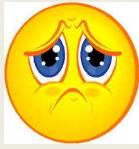
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Intimate Partner Violence (IPV) IS AN EQUAL OPPORTUNITY DESTROYER

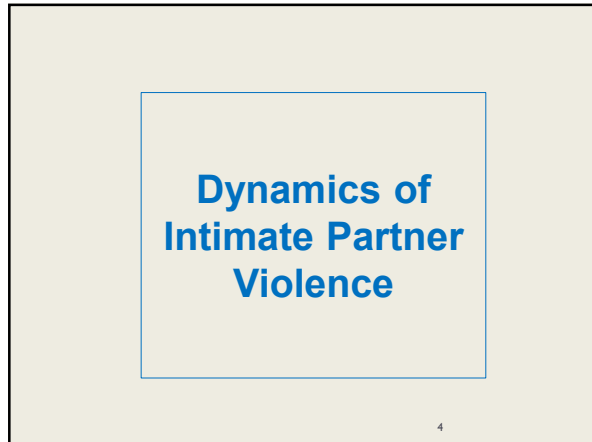


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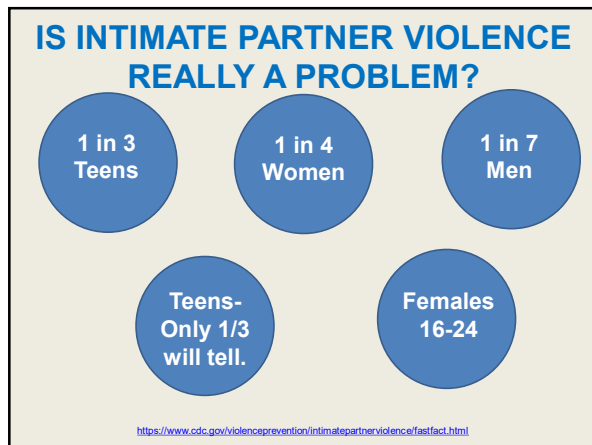
GOALS

- Identify the dynamics of Intimate Partner Violence
- Explain the relationship between Intimate Partner Violence and trauma
- Assess for experiences of Intimate Partner Violence during intake and assessments

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WHAT DO YOU KNOW ABOUT Intimate Partner Violence? T or F

- 1) Intimate Partner Violence occurs infrequently, and only in poor urban areas and to people of lower socioeconomic status.*
- 2) When Intimate Partner Violence happens, couples counseling is generally advisable.
- 3) Anger Management is not effective in stopping a perpetrator's abusive behavior.
- 4) Substance abuse and stress are root causes of Intimate Partner Violence.
- 5) It is usually difficult for survivors to leave.

*Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J., & Stevens, M.R. (2011). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention

Adapted from www.ncadv.org • www.pcadv.org • www.ndvh.org • www.cdc.gov

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WHAT IS Intimate Partner Violence?

- A **Pattern** occurring between intimate partners where one person exercises **Power and Control** over the other using different **types** of abuse.

TYPES OF ABUSE

- Physical
- Psychological/Emotional
- Technological

- Economic
- Sexual
- Stalking
- Other



Adapted from www.ncadv.org • www.pcadv.org • www.ndvh.org • www.cdc.gov

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WHY DO THEY STAY?

ABUSER'S TACTICS

SOCIETAL MESSAGES

HARSH REALITIES

SURVIVOR'S BELIEFS

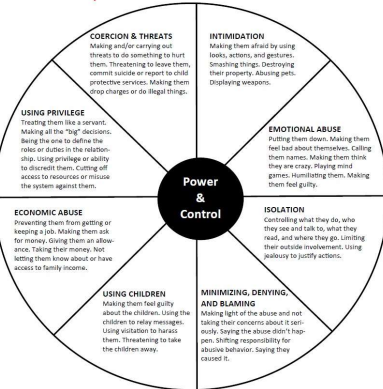
<https://fstudies.org/blog/eight-reasons-women-stay-in-abusive-relationships>

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ABUSER'S TACTICS

Adapted from: National Center on Domestic & Sexual Violence
Developed by: Domestic Abuse Intervention Project, Duluth, MN

POWER AND CONTROL WHEEL



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SOCIETAL MESSAGES

- They are a wonderful provider;
- You promised for better or for worse;
- They don't mean it;
- It can't be that bad.

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HARSH REALITIES

- Anywhere you go, they can go
- Custody & visitation will keep you chained to them until the youngest child is 18
- Abuse often escalates after separation
- If the you do not do what they say, it will get even worse

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SURVIVOR BELIEFS

- It's my fault
- I can't make it on my own
- If they stop drinking or drugging, the abuse will stop
- I love them
- They threatened to hurt me if I leave

It's not physical, so it must not be abuse

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Intimate Partner
Violence &
Trauma

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WHAT IS A TRAUMATIC
EXPERIENCE?


The same event can be experienced,
adapted to, and carried forward in
different ways by different individuals.


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NO TRAUMA

When there is no trauma, the human
system integrates functions of memory,
cognition, arousal and emotion, resulting
in a human system that is balanced and
organized.





TRAUMATIZED

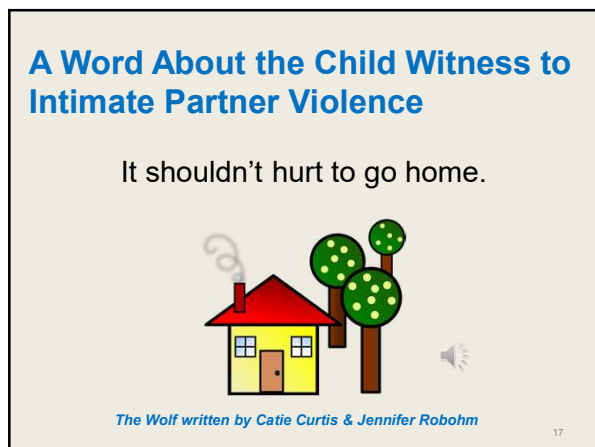
When there is no trauma, the human
system is unable to integrate functions of
memory, cognition, arousal and emotion,
resulting in a human system that is
overwhelmed and disorganized.

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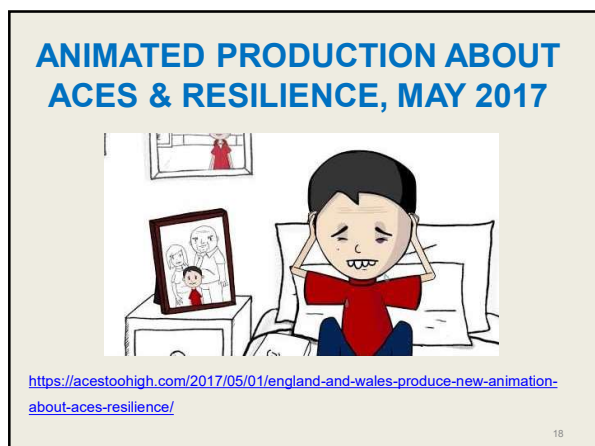
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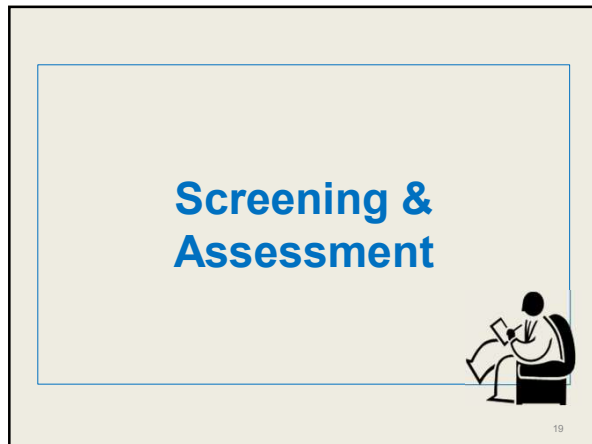
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RED FLAGS OF ABUSE

"Red flags" include someone who:

- Moves too quickly into the relationship.
- Early on, flatters you and seems "too good to be true."
- Wants you all to himself; insists that you stop spending time with friends or family.
- Insists that you stop participating in hobbies or activities, quit school, or quit your job.
- Does not honor your boundaries.
- Is excessively jealous and accuses you of being unfaithful.
- Frequently calls, emails, and texts you throughout the day to always know where you are.
- Criticizes or puts you down; says you are crazy, stupid, fat/unattractive, or that no one else would ever want or love you.
- Takes no responsibility for their behavior and blames others.
- Has a history of abusing others.
- Blames the entire failure of previous relationships on their former partner(s)
- Takes your money or runs up your credit card debt.
- Rages out of control with you but can maintain composure around others.

National Network to End Domestic Violence: <https://nnedv.org/content/red-flags-of-abuse/>

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SCREENING FOR ABUSE

Lead into questions about abuse with a statement such as:

"Because many of the people I work with are hurt by family members, I ask everyone questions about relationships and abuse"

1. How are things going with your (adult) child/partner?
2. Who makes decisions at your house?
3. Are you afraid of your (adult) child/partner?
4. Does anyone you live with make you uncomfortable?
5. Does anyone threaten you or force you to do things you do not want to do?

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SAFETY PLANNING

Safety Planning is the most important intervention for victims of abuse.



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SAFETY PLAN – During a Violent Incident

1. Access to an exit
2. Keep cell phone with you
3. Code word
4. Rooms to avoid
5. Practice escaping
6. Access to your car

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SAFETY PLAN – When Preparing to Leave

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Time to leave 2. Money available 3. Email account 4. Cell Phone/Memorize hotline 5. Prep car | <ol style="list-style-type: none"> 6. Emergency Bag: <ul style="list-style-type: none"> ✓ Identification/Driver's License ✓ Car & house keys ✓ Money, food stamps ✓ Checkbook, pay stubs ✓ Birth certificates ✓ Social Security cards ✓ Green card/work permit ✓ Medications/prescriptions ✓ Court paperwork ✓ Lease, deed, rental papers ✓ Items for children (i.e. diapers) ✓ Medical/school records |
|---|--|

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SAFETY PLAN – After Leaving

1. Change locks, passwords, cell phone
2. Install a motion-sensitive lighting
3. PFA copies
4. Permission for child pick-up
5. Custody exchange locations
6. When to call police

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TALKING TO A VICTIM OF Intimate Partner Violence

- **Suggest that they develop a safety plan in case of emergency**
- **Think about ways you might feel comfortable helping them**
- **Get advice**

National Domestic Violence Hotline: 1-800-799-SAFE

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COUNSELING ALLEGED ABUSERS

- Trauma histories
- Narcissistic tendencies
- Accountability
- Programs

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QUESTIONS TO CONSIDER



1. Do you screen everyone for Intimate Partner Violence?
2. Does the abuser isolate the client from safe friends, family or a supportive community?
3. Does the abuser prevent the client from accessing resources?
4. Does medication (or lack of medication) put the victim at greater risk?
5. When meeting with parents of minor clients, do you consider the impact of what you say on the children or on the non-offending parent?

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6. Have you encouraged the client to develop a safety plan? Have you asked:
 - "Will you be safe when you leave?"
 - "What do you normally do when things get out of hand?"
7. Do you screen for Intimate Partner Violence before engaging in couples counseling?
8. Do you consider the role of Intimate Partner Violence when confronted with substance abuse?
9. Is there an existing policy for Intimate Partner Violence where you work?

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RESOURCES

"NNEDV represents the 56 state and U.S. territory coalitions against domestic violence. Domestic violence coalitions serve as state-wide and territory-wide leaders in the efforts to end domestic violence. These organizations connect local domestic violence service providers and are valuable resources for information about services, programs, legislation, and policies that support survivors of domestic violence."

To find your local coalition go to:
<https://nnedv.org/content/state-u-s-territory-coalitions/>
 or contact
 National Domestic Violence Hotline:
<https://www.thehotline.org/>
 1-800-799-SAFE (7233) or TTY 1-800-787-3224

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DOMESTIC VIOLENCE
AGENCY SERVICES



Hotline
24/7
Confidential
Hotline



Counseling
Crisis Counseling
(DART)
Individual &
Support Group
Counseling for
Individuals 14 and
older



Housing
Emergency
Shelter
Transitional
Housing



Children's
Program
Children's
Emotional
Support



Community
Education
Prevention
Education
Trainings for
Schools/Colleges
Community
Awareness

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Q & A

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