

DV 101.2

The Basics and Beyond

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***A pattern of coercive,
controlling behavior
that is exercised by one
intimate partner
over the other***

TYPES OF ABUSE

- **Verbal**
- **Physical**
- **Sexual**
- **Economic**
- **Abuse of the Children**
- **Destruction of property**
- **Abuse of pets**
- **Psychological**

Physical Abuse

Using
Male
Privilege

Coercion
& Threats

Isolation

Emotional
Abuse

Economic
Abuse

Intimidation

Using
the
Children

Denying
Minimizing
Blaming

Sexual Abuse

**POWER
&
CONTROL**



Battering is about the conscious, intentional and premeditated act to control and dominate another person. Battering is instrumental behavior.

It is not a diagnosable "ailment" any more than bank robbery or speeding is.

Further, if indeed an individual *has* a diagnosable illness or condition, they can seek treatment. However, they cannot choose *when, where and with whom* to exhibit the symptoms of any true medical condition.

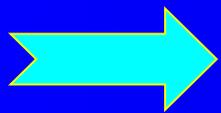
“What it is” MYTHS

- It's a type of relationship problem
- It's *marital conflict*
- It's a relationship in which two people “fight a lot”
- It's a communication problem

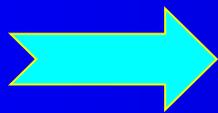
“Why it happens” MYTHS

- It's caused by extreme stress
- It's an anger problem
- It's caused by alcohol or drugs
- It happens when the abuser “loses control”
- It's “provoked” by the victim
- It happens because the abuser is “sick” (mentally ill, temporarily insane, PTSD, alcoholic, etc.)

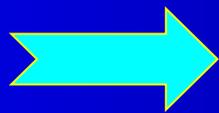
Continuum of Abuse



words



restraining



shoving



punching



strangulation

Increases in frequency & severity over time

The latest United States Bureau of Justice Statistics report on intimate violence found that 85 % of victims are female.

Bureau of Justice Statistics Special Report. Intimate Partner Violence and Age of Victim, 1993-99. October 2004. United States DOJ.

Women are 5-8 times more likely than men to be victimized by an intimate partner.

U.S. Department of Justice, Violence by Intimates: Analysis of Data on Crimes by Current or Former Spouses, Boyfriends and Girlfriends, 1998

Intimate Partner Violence and Healthy People 2010 Fact Sheet

Violence & Gender Differences

Male-to-Female

- causes fear in the partner
- is almost always against a partner he has abused
- has a motive / is a “tool”
- twice as likely to injure
- often hospitalizes partner
- causes PTSD in partner
- causes partner depression
- partner can't stop it
- follows a pattern of abuse
- often includes sex abuse
- gets worse over time

Female-to-Male

- partner isn't afraid
- almost always against a partner who has abused her
- no motive: self-defense or retaliation (it is a *response*)
- injuries: usually minor
- partner doesn't get PTSD
- doesn't cause depression
- partner can stop it
- doesn't follow a pattern
- doesn't include sex abuse
- doesn't escalate over time

Characteristics of a DV Abuser

- **low self-esteem**
- **probably was abused and/or saw mother abused**
- **may have abused mother & sisters**
- **embraces rigid gender stereotypes**
- **confuses possessiveness with love**
- **believes a man has the right/responsibility to 'keep his woman in line'**
- **may use religion/scripture as an excuse to abuse**
- **blames the victim, minimizes his abuse and/or denies the abuse altogether**

- **objectifies women & children**
- **has no genuine empathy for his victims**
- **has poor communication skills**
- **does not function as a *partner* in relationships**
- **is abusive to women in consecutive relationships**
- **uses ‘manipulative anger’ to intimidate others**
- **will become more abusive over time**
- **is not likely to stop abusing (particularly if he is older, is a substance abuser, or has a history of trouble with the police)**

Required Change Process

Beliefs



Thoughts



Feelings



Behavior

“The primary goal of intervention services for domestic violence perpetrators is the cessation of the violence, which will provide for the safety of the victims and their children.

This goal takes a priority over family reunification or the resolution of ‘relationship issues’, and should be the foundation on which all treatment decisions with perpetrators are made.”



Cycle of of Violence

Victim Characteristics

- **Fearful of the partner (at times)**
- **Symptoms of being traumatically bonded**
Has been injured physically (or threatened)
- **Blames self for the problems**
- **Exhibits symptoms of depression**
- **Has symptoms of traumatic stress**
- **Makes excuses for the partner's behavior**
- **Sees the partner's abuse as "sickness"**
- **Sees the partner as a "wounded little child"**

Victim Characteristics

- **Minimizes the abuse that has occurred**
- **Experiences guilt related to the abuse**
- **Pities the partner**
- **Doesn't want to "hurt" the partner**
- **Describes partner's good qualities**
- **Has encouraged the partner to get counseling**
- **Demonstrates "survival behaviors"**
- **Has changed lifestyle dramatically to appease or please the partner, but things get worse**

Victim Characteristics

- **With help, can identify a pattern of abuse (“walking on eggshells”)**
- **Can describe specific threats or incidents**
- **May not recognize or “name” the abuse**
- **Blames external factors for partner’s actions**
- **Partner gives gifts, etc. after assaults**
- **Encouraged by partner to give up ambitions**
- **Has lost friends & family because of partner**
- **Her feelings about the partner may be shifting from fear to contempt over time**



COMMON SURVIVAL REACTIONS

Stockholm Syndrome

Abuser traumatizes victim by threatening her physical survival



She needs nurturance and protection



Her isolation forces her to seek it from him



He shows some small kindness



Hope is created in her



She bonds to his positive side



She tries to keep him happy so she can survive

SAFETY

should always

be our

focus!

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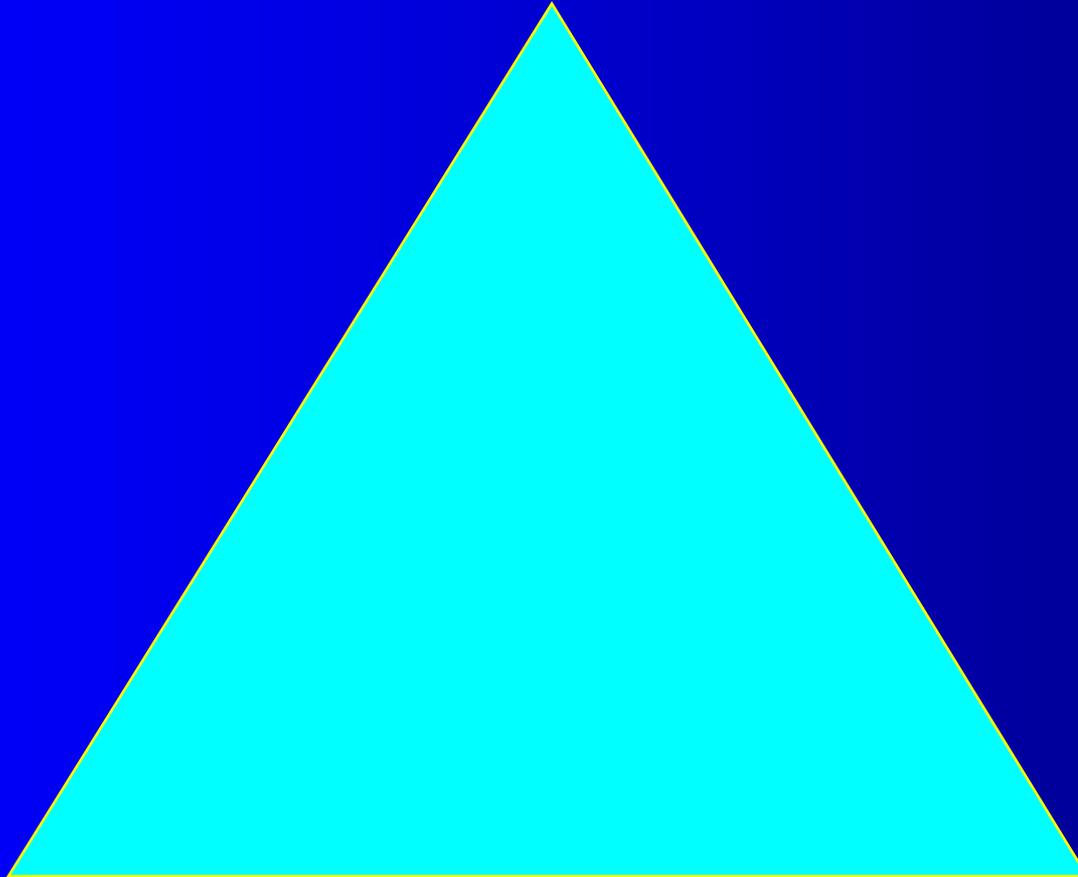
To combat domestic violence,
Gavin De Becker has developed a
potentially lifesaving tool called
MOSAIC.

This online assessment is free and
protects the user's identity.

<https://www.mosaicmethod.com/>

**Actively work to
avoid being a
“Rescuer”**

RESCUER



PERSECUTOR

VICTIM

When are you “Rescuing”?

- Feeling very involved in the client’s life
- Feeling responsible for a client’s success or failure
- Trying to solve the client’s problem for them
- Giving them advice
- Trying to stop the client from feeling upset

Do you ever feel like the “Victim” of the person you are trying to help?

- Feeling upset when she ignores your advice
- Feeling upset when she criticizes your methods or gets angry at you
- Being angry when she doesn't seem to “appreciate all you've done for her”

Assessing our Effectiveness

- **Does the victim have more safety information after speaking with us?**
- **Do the children have a safety plan?**
- **Have we offered support and comfort?**
- **Does the victim know where to get help in the future, when and if she's ready?**
- **Have we referred the abuser to a BIP?**
- **If we can answer yes to these questions then we have already made a big difference!**

We cannot measure our effectiveness by whether or not a victim leaves the abusive relationship!

Helpful Books

- **Safety Planning with Battered Women: Complex Lives/Difficult Choices**

Jill Davies, et al

- **Should I Stay or Should I Go?**

Lundy Bancroft

- **When Love Goes Wrong**

Ann Jones & Susan Schechter

- **Keeping the Faith**

Rev. Marie Fortune

- **Trauma and Recovery**

Judith Herman, MD

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www.domesticviolenceexpert.org