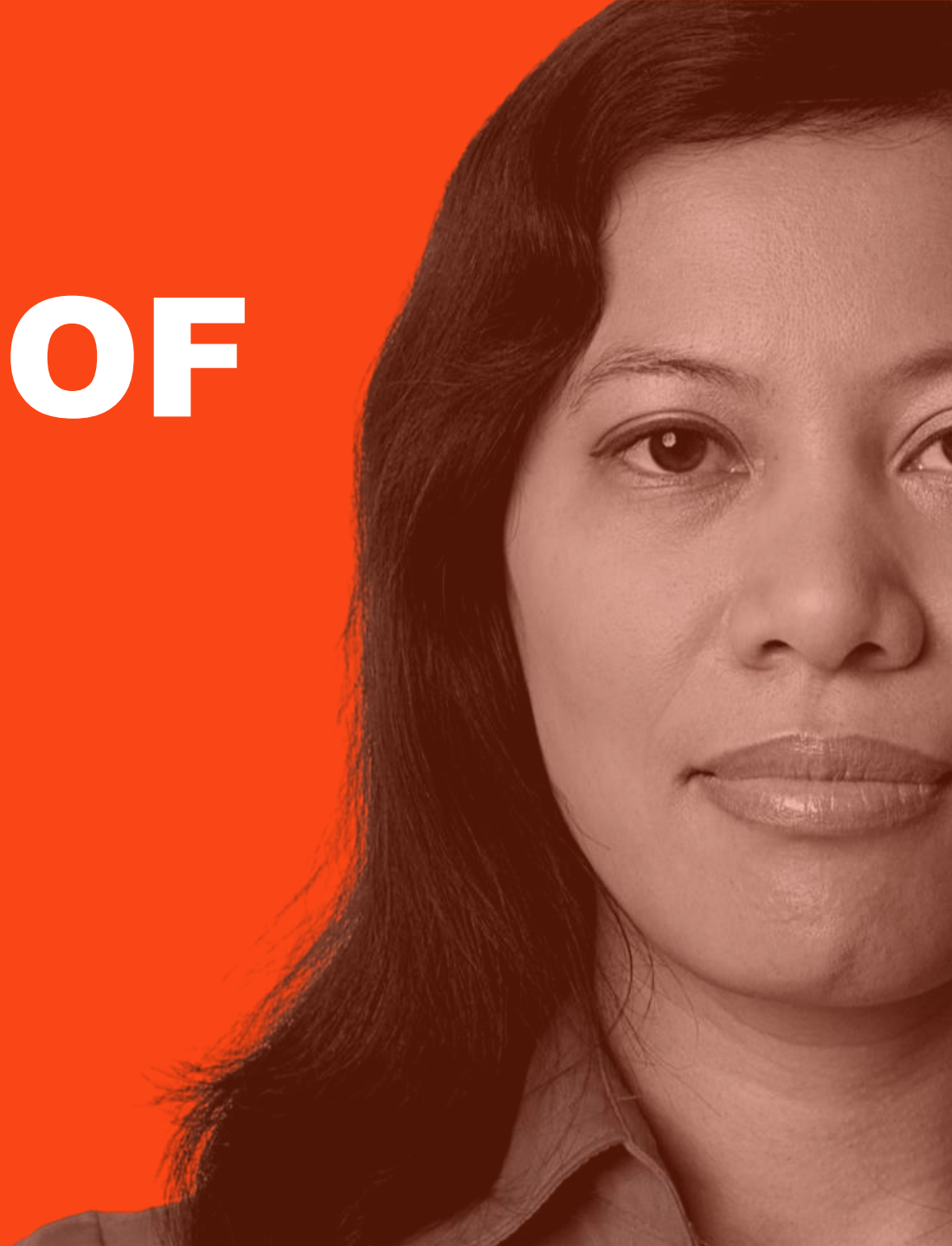


DYNAMICS OF DOMESTIC VIOLENCE

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OBJECTIVES

- Learn what constitutes domestic violence
- Explore the complexities of domestic violence and why people stay in harmful relationships
- Discuss ways you can help support survivors

SOCIETAL ATTITUDE

If the survivor/victim would try harder or act differently, or if they were a better spouse/partner or loved their abuser more, they would not get hurt.

TRUTH

Abusive incidents should not be blamed on the victim.

Survivors/Victims do not cause the abuse, and there is little they can do to stop it.

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SOCIETAL ATTITUDE

Domestic violence is a one-time event.
It's an isolated incident, or a momentary loss of temper.

TRUTH

Abusive behavior is a pattern, not an isolated incident.

Generally, once the behavior begins in a relationship it becomes increasingly violent and frequent over a period of time.

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SOCIETAL ATTITUDE

Stress (such as financial difficulty or problems at work) causes abuse.
Once the stressful situation is resolved the abuse will stop.

TRUTH

Abuse is not caused by stress.

Some abusers may experience stress, but stress does not cause the abusive behavior. Abusers may use stress as an excuse for their behavior, but even after the stress is reduced the abuse can continue.

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SOCIETAL ATTITUDE

If a survivor/victim did not want to be abused they would just leave.

TRUTH

Leaving an abusive relationship is complicated and difficult for the abused partner.

There are many reasons survivors/victims are reluctant to leave their relationship.

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SOCIETAL ATTITUDE

Domestic violence happens when the abuser “loses control.”

TRUTH

Violent behavior is a choice the abuser makes.

Perpetrators use violence to control their victims. Domestic violence is about batterers having and exerting absolute control, not losing control. Their actions are calculated and deliberate.

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WHAT IS DOMESTIC VIOLENCE?

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Domestic violence is a range of behaviors used to establish power and exert control by one intimate partner over the other.

(California Partnership to End Domestic Violence)



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Types of Abuse

Physical

Verbal

Emotional

Psychological

Sexual

Economic

Spiritual

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Tension Building

Abuser starts to get angry and minor incidents of abuse begin. Communication breaks down and victim feels the need to keep the abuser calm. Victim and family members feel like they are "walking on egg shells" Eventually the tension becomes too much.

Calm

Abuser acts like the abuse never happened and no abuse is taking place. Some promises that were made during the reconciliation / making up phase are being met and victim hopes the abuse is over.

Abuse Occurs

Episode of abuse occurs. Could be physical, sexual, verbal or emotional. Other types of abuse include psychological, economic, or spiritual abuse

Reconciliation/ Making up

Abuser apologizes for abuse, promises it won't happen again but blames the victim for provoking the abuse or minimizes the incident. During this phase, abuser will often give gifts and make promises. Also called the "Honeymoon" phase.

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Why Do People Stay?

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**On average, it takes a survivor
7 times to permanently leave
an abusive relationship.**

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Why Victims Stay

- Economic dependence;
- For the children-need other parent;
- Family Pressure to stay together;
- Fear of being alone;
- Rescue complex-Abuser can be saved;
- Fear Abuser will commit suicide;
- Denial-"He/She is not so bad";
- Love-very loving when not abusive;
- Guilt-victim is the cause of problems;
- Responsibility-up to victim to work things out;
- Shame/Humiliation/Embarrassment
Afraid-threat to kill if victim leaves;
- Low Self Esteem-Will never find anyone better

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Jayne Fagan
@JayneFromMaine

Follow

Because I no longer knew who I was. #WhyIStayed

10:59 AM - 9 Sep 2014



Follow

It's not one day he hits you, it's everyday he works hard to make you smaller. #WhyIStayed

AM - 9 Sep 2014

WEETS 30 FAVORITES



James Josiah
@donttelltale

Follow

#whyistayed because I felt worthless and guilty for not being the person she wanted me to be

11:19 AM - 9 Sep 2014 West Midlands, England, United Kingdom

1 RETWEET 2 FAVORITES



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Why Do Some Victims Abandon Their Request For Prosecution and/or Recant?

- Fear of retaliation
- Unwilling to face perpetrator
- Shame/guilt
- No resources to stay away
- Children pressures/fear for their safety
- Parental/Cultural pressures
- Denial, withdrawal, emotional mood swings (trauma symptoms)
- Uncertainty of the Judicial process

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The Victim's Reality

- Abuser may be:
 - Living with victim
 - Familiar with victim's routine
 - Has ongoing access to victim
 - Maintaining power/control through various methods
 - Has children with victim

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The Victim's Reality-cont.

- Victim is often economically dependent on abuser
- Victim may lack employment skills
- Is unable to retain counsel
- Has no housing other than with abuser
- Fears loss of community or family support
- Previous isolation through power/control dynamic vitiates outside support now

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Uraidah Hassani @UraidahH · 5h

"#whyistayed b/c he never hit me and I didn't think verbal #abuse and emotional manipulation was considered an abusive relationship."

RETWEETS
153

FAVORITES
247



5:08 PM - 9 Sep 2014 · Details



Rachel McKibbens @RachelMcKibbens · 15h

#WhyIStayed: because my word was the only evidence.

← ↻ 24 🗑️ ★ 19 ⋮

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Safety Planning

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Exiting the relationship is the most unsafe time for a survivor.

As the abuser senses that they're losing power, they will often act in dangerous ways to regain control.

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What is a Safety Plan?

- Written plan that outlines what survivors will do to maintain safety for themselves and their children.
- Safety Plans should be flexible and individualized, based on each person's situation.
- A **safety plan** is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave or after you leave
- Involves how to cope with emotions, tell friends and family about the abuse, take legal action and more

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When To Use a Safety Plan

- Can be used in a variety of situations:
 - Dealing with an emergency
 - Continuing to live with or date an abusive partner
 - Protecting yourself and your children after you have ended a relationship with an abusive partner
 - Co-parenting

The Nature and Dynamics of Domestic Violence, March 2005, Missouri Coalition Against Domestic Violence.

Safety Planning

- A **safety plan** is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave or after you leave
- Some key features:
 - Who to call in a crisis
 - Where to go in a crisis
 - Safety strategies when in danger
 - How to stay safe in different environments, such as home, work/school, and during custody exchanges

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How to Support a Victim/Survivor

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How to Support a Survivor

- Express you're Concerns
- Listen non-judgmentally
- Assure him/her that the violence is not his/her fault
- Give Resources and Support
- Safety Plan



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YWCA Glendale & Pasadena's Services

- Emergency Shelter
- Case Management
- Group Therapy
- Individual Therapy
- Family Law Legal Services
- Housing Assistance

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Know someone experiencing domestic violence?

Call YWCA Glendale and Pasadena's 24/7 Hotline at 888-999-7511 to talk to a peer counselor today about how to get the family the help they need.

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