

# A Journey through Domestic Violence



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# What is Domestic Violence?

- ▶ **Domestic Violence is when one person in a relationship deliberately hurts another person physically and/or emotionally or sexually**



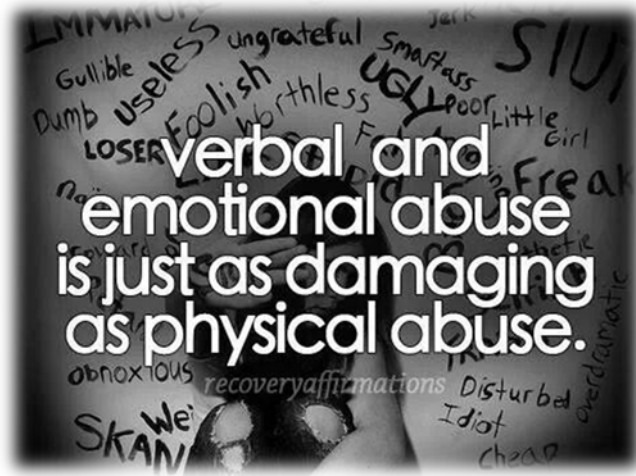
- ▶ **\* Although Domestic Violence can be perpetrated by women against men and in gay/lesbian relationships, we will be focusing on domestic violence perpetrated by men against women in this discussion.**

# Types of Abuse

- ▶ Physical: hitting, shoving, kicking, biting, choking, or throwing things...
- ▶ Emotional: yelling, controlling what you do, threatening you, or name calling, no empathy or compassion....
- ▶ Sexual: forcing you to do something sexual you don't want to do



He says  
it won't  
**happen**  
**again**



# STATISTICS

- ▶ **According to the National Coalition Against Domestic Violence - 1 in 5 women have been a victim of severe physical violence by an intimate partner in their lifetime.**
- ▶ **Domestic violence is the leading cause of injury to women - more than car accidents, muggings and rapes combined**
- ▶ **Everyday in the US, more than three women are murdered by their husband or boyfriends**
- ▶ **Men who as children witnessed their parent's domestic violence were twice as likely to abuse their own wives than sons of nonviolent parents**

## Statistics (cont.)

- ▶ **The number of American troops killed in Afghanistan and Iraq between 2001 and 2012 was 6,488. The number of American women who were murdered by a current or ex male partner during that time was 11,766. That's nearly double the amount of casualties lost during war.**

# CYCLE OF VIOLENCE

## Cycle of Violence



# Effects of Abuse

- ▶ **Anxiety**
- ▶ **Anger**
- ▶ **PTSD**
- ▶ **Mood Issues**
- ▶ **Shame**
- ▶ **Self-Destructive Behavior**
- ▶ **Trust Issues**

# Therapy for Victims

- ▶ **Group Therapy** – may relate to others with same issues. Can receive feedback from members about their behavior and personality traits that made them be attracted to an abuser
- ▶ **Individual Therapy** – to work on any effects of the abuse that can't be dealt with in group therapy (Cognitive-Behavioral Therapy )
- ▶ **Family Therapy** may also be helpful for mothers and children to figure out how to move forward
- ▶ \* Medication may be needed along with therapy



# Resources for your Client

- ▶ **Help Client make safety plan**
- ▶ **Research Domestic Violence Shelters in your area**
- ▶ **Research all resources in your area and provide those to your client**
- ▶ **<https://kcadv.org/>** (offers wonderful resources for Kentucky residents)
- ▶ **<https://vinelink.com/#/home>**
- ▶ **National Domestic Violence Hotline(800) 799-SAFE**
- ▶ **FACT: a victim's risk of being murdered greatly increases when they are in the process of leaving or have just left.**

# Tips for the Counselor

- ▶ **Be emotionally and intellectually prepared to hear trauma stories**
- ▶ **Get peer support and/or consultation**
- ▶ **Be mindful of the signs of vicarious trauma: fatigue, unusual fears, over/under eating, anxiety, substance abuse**
- ▶ **Be aware of your potential triggers. Have you experienced events in your life that may cause you to be more vulnerable to other peoples abuse experiences?**
- ▶ **Get as much training as you can on topics related to abuse, such as substance abuse and mental health issues**

# Remembering Victims

- ▶ Somewhere there is a field of lovely Forget me Nots, Delicate blooms for lives lost too soon...Echoing...Forget me Not...



**“Angie” May 1995...Age 29**

**“Jo” September 1998...Age 32**

**“Lisa” August 2000....Age 36**

**“Becky” February 2004...Age 31**

# A Survivor's Story

"Bad things do happen;  
how I respond to them defines my character  
and the quality of my life.  
I can choose to sit in perpetual sadness...  
or I can choose to rise from the pain  
and treasure the most precious gift i have -  
**life itself."**

Walter Anderson



Strength  
doesn't come  
from what you can do.  
Strength comes from  
overcoming  
the things you  
thought you couldn't.

**Character**  
cannot be developed in  
ease and quiet. Only through  
experience of trial and  
suffering can the soul be  
strengthened, ambition  
**inspired, and**  
**success achieved.**  
Helen Keller

POSITIVEMOTIVATION.NET

# I Got Flowers Today



[https://www.youtube.com/watch?v=RsrXf-Os\\_Jo](https://www.youtube.com/watch?v=RsrXf-Os_Jo)

# Final Thoughts

- ▶ **Domestic Violence is an extremely traumatizing experience and the emotional scars associated with this abuse can often outlast the physical impact**
- ▶ **Some injuries from physical abuse may heal, but the damage from the emotional/mental abuse may last a lifetime**
- ▶ **It is our mission as therapists, to assist the client as they struggle to cope with this damage, help them to work towards counteracting its effects and begin repairing their lives**

# Online Sources

- ▶ <http://kcadv.org/>
- ▶ <http://ncadv.org/learn-more/statistics>