



This PowerPoint file is a supplement to the video presentation. Some of the educational content of this program is not available solely through the PowerPoint file. Participants should use all materials to enhance the value of this continuing education program.

Intimate Partner Violence

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Part I

Understanding Intimate Partner Violence

Introduction and Overview

- 1. The scope and prevalence of intimate partner violence (IPV)**
- 2. Definitions and types of IPV**
- 3. Important issues about IPV**

Voices of Victims

[We had] confrontations over jealousy and...[because] I wasn't giving him enough money. I didn't work enough, and of course, I went and got two jobs because I thought, 'Well, maybe this will make it better. There will be more money.' Well, there was never going to be enough money.

Voices of Victims

Taking the telephone to work was not just him being mean, but that was him showing control. His control over me, saying, 'Well, you're not going to be able to talk with anybody.'

Voices of Victims

*Yeah, he made it seem like I wasn't a good wife....
He used to say, 'If I don't get it at home, I'll get it
somewhere else.' You know, things like that. And I'd
start to think maybe I did do something wrong,
maybe I'm not a good wife.*

Scope and Prevalence of IPV

How common is violence?

- **National incidence**

(National Coalition Against Domestic Violence)

- 1 in 4 women and 1 in 10 men will experience IPV in their lifetime
- 44% of women and 23% of men reported some lifetime sexual violence
- most cases of violence are not reported to police
- young women aged 16-24 at greatest risk

How common is violence?

- **National incidence**

(National Coalition Against Domestic Violence)

- 1/3 of murders of women committed by partners
- 1/3 of women seeking injury-related services in a hospital emergency room were injured by a current or former intimate partner

How common is violence?

- **International incidence**

(World Health Organization research)

- women around the world suffer physical and sexual violence by intimate partners at rates from 15% to as high as 71%
- in most geographic areas, the prevalence of IPV is between 29% and 62%

Definitions and Types of Violence **Distinctions and Typologies**

Abuse: More Than Just Physical

- Abuse is physical, sexual, emotional, economic, or psychological actions, or threats of actions, that influence another person
- Includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone

Various Terms

- **Domestic Violence (DV)**: a pattern of abuse and coercive behaviors used to gain power and control over an intimate partner
- **Intimate Partner Violence (IPV)**: abuse in all intimate relationships

Various Terms

- **Other terms**
 - men's violence against women
 - interpersonal violence
 - partner violence
 - battering

Physical Violence Types

- ***Intimate terrorism* (battering)**
 - usually male
 - the individual is violent and controlling
 - potential for more serious injury and escalation

Physical Violence Types

- ***Situational couple violence***
 - the individual is violent, but not necessarily controlling
 - can be mutual

Physical Violence Types

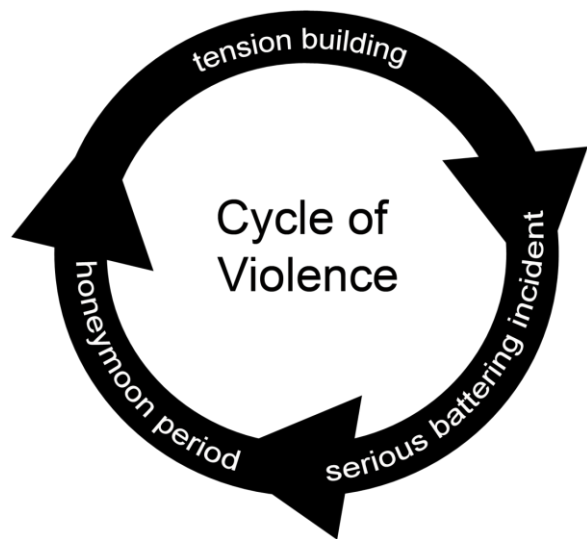
- ***Violent resistance***: the individual is reactively violent in the face of control and/or violence
- ***Mutual violent control***: both partners are violent and controlling

More on Intimate Terrorism

- **Coercive control**
 - violence
 - a willingness to punish – intimidation
 - surveillance
 - wearing down resistance
 - undermining means to resist

Cycle of Violence

- **Stage 1: Tension Building**
- **Stage 2: Acute Battering**
- **Stage 3: Honeymoon**



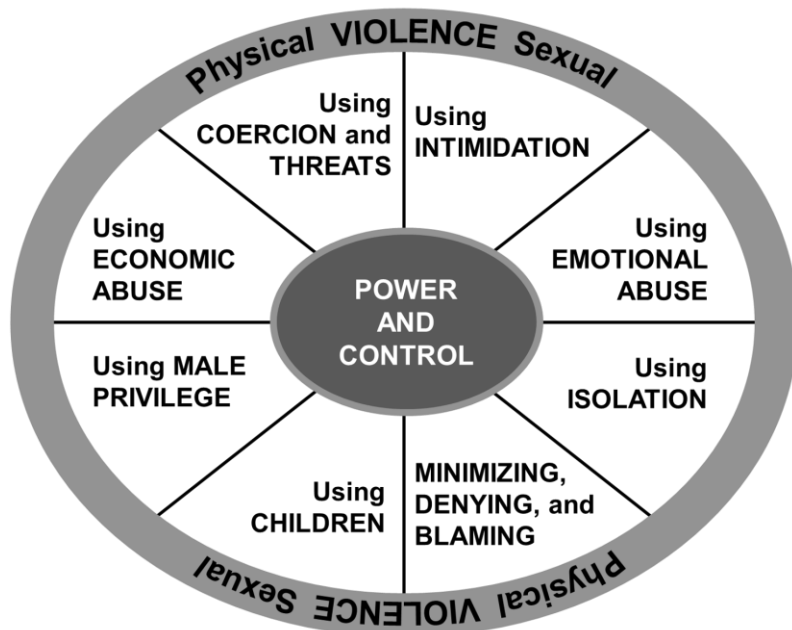
Other Typologies of Intimate Terrorists

- Types of violent perpetrators
 - family only
 - antisocial
 - dysphoric-borderline (needy or dependent)
- Dependent (Pit Bull)
- Antisocial (Cobras)

Holtzworth-Munroe; Dutton; Jacobsen and Gottman

Emotional or Psychological Abuse

- Isolation
- Monopolization
- Economic abuse
- Degradation
- Rigid sex role expectations
- Psychological destabilization (gaslighting)
- Withholding emotional responsivity
- Contempt
- Shaming
- Name-calling
- Mocking



Control

I would start off small, grabbing her arm as she's trying to walk away, not put too much force behind my actions, to instigate her to go even further so that I could justify going a little bit further myself, when she pushes me too hard.... In my mind I say, 'Thank you for giving me what I wanted, pushing me. You hit me hard so I'm gonna come back and I'm gonna hit you just as hard or even harder.' So I'd push back. I'd do whatever I wanted....

Control

It's like the sting of the slap is making me grin...it's like... 'You don't know what the heck you just did. It's just what I wanted.... Thank you.' Now I can take it a step further myself, and I'll lash out on her [with] all the anger, frustration I'm feeling at the moment.

Control

I try to be [laughing]...very cruel, devilish. The darker side of me will come out. I'm a very manipulative person when I want to be.

More on Situational Couple Violence

- **The most common in surveys**
- **More amenable to treatment**
- **More likely to be bi-directional**

Dating Violence

- **As (or more) common as other forms of IPV – difficult to know prevalence**
- **Three main terms**
 - **dating violence**
 - **sexual assault**
 - **stalking**

Sexual Assault

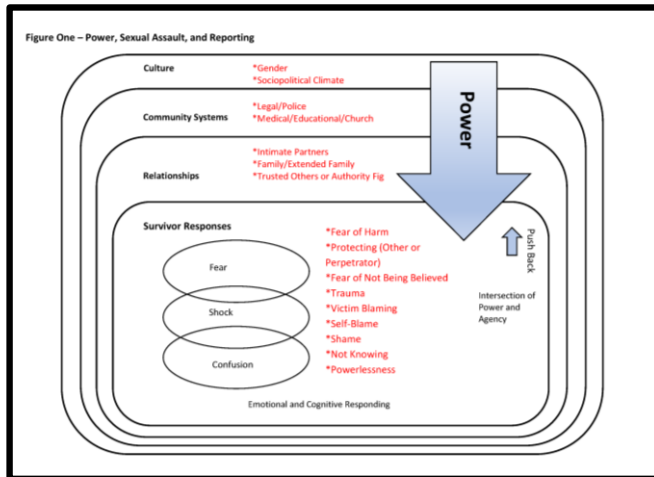
- **1 in 6 women and 1 in 33 men have experienced an attempted or completed rape**
- **Nearly 7.8 million women have been raped by a partner at some point in their lives**
- **Sexual assault or forced sex occurs in approximately 40-45% of battering relationships**

Examples

Before I left, it was getting a lot more physical. He got on this rape kick.... To quote him, 'You're a wife so that word don't apply. You're too stuck up to give me what I want.' And he was drunk and slobbering and stumbling and threatening to call the police and shoot them so they'd shoot him...just crazy stuff.

Sexual Assault and Underreporting

- Power and blame



Survivor Voices

- Gender

- “I was told, ‘Boys will be boys.’”
- “Because it happened so often to so many girls/women I know, including myself, I thought it was normal behavior and that we just had to take it.”
- “I thought admitting I was raped would make me less of a man.”

Survivor Voices

- **Family/extended family**

- “Because he was a relative. Because I was afraid of upsetting the family.... When my mother learned about it from reading my journal, she blamed me.”

Survivor Voices

- **Trusted other**

- “He was my mother’s boyfriend. He was my babysitter’s son.... He was my next door neighbor. He was a professional, upstanding doctor. I was 4, 6, 7, 8, and 12. Just a little girl.”

Survivor Voices

- **Shame**

- “I felt like it was my fault. And I was ashamed and didn’t want anybody to know what happened to me! I felt dirty, used, small, and alone.”

Stalking

- 1 in 6 women and 1 in 17 men have been stalked in their lifetime
- Over half of female stalking victims first incident occurred before age 25, and 21% were stalked before age 18
- 81% of women stalked by a current or former intimate partner are also physically assaulted by that partner; 31% are also sexually assaulted by that partner

**Working with Couples or Those in Relationships is Violence Work
(whether we realize it or not)**

Why does it happen?

**Important Issues:
Causes and Risk Factors**

Partner abuse is a multicausal, multifaceted phenomenon – occurs in all types of couples

Abuse is Complex

If you can not focus on the negative, things are always better. If you live in your dream world with the rainbow and all that stuff, it's always much easier to cope.... If he was bad about everything, then I had to be bad, too.

Abuse is Complex

They would think I was stupid for putting up with it. Shoot, I'm embarrassed. At least if it's on my arm or my legs, I can cover it up. I've walked around with black eyes or fat lips...I'm just getting over a fat lip here...they know and make me feel like an idiot because I stay with him. Nobody can figure it out.

Risk Factors

- Substance and alcohol abuse
- Partner isolation (male)
- Stress (economic, general)
- Gender inequality
- Violence in family of origin
- **REGARDLESS OF RISK, PEOPLE CHOOSE WHETHER OR NOT TO ABUSE**

Important Issues:

What are the costs of IPV?

Costs

- **Individual trauma**
- **Child trauma**
- **Social costs**
- **Economic costs**

Individual Costs

I was powerless. I felt trapped and I felt like I was paralyzed. I couldn't get out of it and I started struggling with moral issues and spiritual issues and feeling like I wanted to get out of it. But honestly, I was so terrified of the process and the aftermath of what that would mean...it was easier to just stay in that situation and deal with [it] than to make things worse by getting out.

Individual Costs

I was pulled upstairs. I was pushed downstairs.... One of the worst was [when] I was eight months pregnant, and it started because I didn't want to have sex that night. And it just escalated to where I was standing in the hallway and he just picked me up and threw me into the bedroom, onto the bed, flat on my stomach. And he basically forced himself on me.

Individual Costs

One day I went to the mall and I had no idea what I liked anymore. Nothing. And that's when I realized you just totally lose your whole person.

Trauma

I'm never going to be able to close my eyes with another person [lying] beside me and not think, 'Are you going to hurt me? Are you going to jump on top of me? Are you going to force me to have sex with you?' I'm never not going to be able to do that. He's taken that away from me to the point that I don't even know if I could love anybody anymore.

Trauma

I still feel like I have a hard time confronting pretty much anybody for anything. I have a hard time saying what I feel in certain situations. Even if I know logically there's no reason for me to be afraid in a situation or of a particular person. There's something in me that has been conditioned to try and stop myself, to not rock the boat, and to pacify.

Self-Doubt – Blame

“When he'd get real stressed out, he'd freak out and then do the apologizing thing and then he'd turn around and say, 'Well it's your fault anyway.' Make it make a whole lot of sense. To make it really look like it was my fault. That just kept on and on until I started believing that.”

Health Costs

- **Chronic pain**
- **Stress-related problems**
- **Headaches**
- **Sexually transmitted diseases**
- **Gynecological problems**
- **Depression/anxiety**
- **Post-traumatic stress disorder**
- **Suicide**
- **Self-esteem damage**

Effects on Children

- **Physical abuse risk**
- **Emotional damage**
- **Guilt/anxiety**
- **Anger**
- **Internalized/externalized behavior**

Social Costs

- **Burden on community**
- **Culture of violence reinforced**
- **Isolation**
- **Fear**

Economic Impact

- **The cost of intimate partner violence exceeds \$5.8 billion each year, \$4.1 billion of which is for direct medical and mental health services**
- **Victims of intimate partner violence lost almost 8 million days of paid work because of the violence perpetrated against them by current or former husbands, boyfriends, and dates – this loss is the equivalent of more than 32,000 full-time jobs and almost 5.6 million days of household productivity as a result of violence**
- **There are 16,800 homicides and 2.2 million (medically treated) injuries due to intimate partner violence annually, which costs \$37 billion**

Other Relevant Issues

Intentionality: Stance

When I'm in this mode, it's like she's nothing to me. I'm superior. I really don't want to be with her. I want to hurt her.

Intentionality: Stance

[I would do] anything that I could think of: physical; emotional things that I could say; put her down in every way that I possibly could; say everything that I possibly could to hurt her; make her cry....

Intentionality: Stance

I lash out and want to either make him hurt or show him how badly I'm hurting.

Intentionality: Stance

I'm angry and hurt so I'm going to let it out...I want you to know...how upset I am...If I can't inflict this on you, like make you upset too, you're at least going to know how upset I am.

Distortions and Rationalizations

If I put a bruise on her arm, I'd say, 'Well, you know you bruise easily,' when I know that I actually hit her harder than I was supposed to. Because sometimes she bruises easy, and I try to use that to my advantage.

Distortions and Rationalizations

I'd say, 'Well, I wouldn't have done it if you wouldn't have hit me. If you wouldn't have touched me I wouldn't have touched you, and we'd be okay.'

Distortions and Rationalizations

Well it didn't hurt. I just pushed you to the ground. It didn't hurt you.

Gender and Violence

What about women who are violent?

Gender and Violence

- **In one survey, 12.1% of women and 11.3% of men reported having committed at least one violent act against their spouses in the preceding year (Hampton, Gelles, and Harrop, 1989)**
- **Another study found that 34% of women and 19% of men reported lifetime incidence of IPV (Hamby, 2016)**

Gender and Violence

- **However, women are much more likely to get severely hurt, and are much more likely to be terrorized/traumatized/controlled by their partner**

Well, he's the man so he should be in control because...[that is] how he grew up...his father was that way. So, I think his perception is that the man is always in charge. And the man takes control, and the woman is to be submissive. And, of course, that's the way I thought I was supposed to be...not just because of what I saw growing up, but...that's the image that I grew up seeing. Not necessarily with my mother, but just overall. You know, 'I'm supposed to do what he said,' or even hearing that religiously....

Other Emerging Issues

- **Cyberstalking**
- **Hashtag activism**
- **Safety and control**
- **Systemic dynamics of abuse**
- **Better education**

Part II

What can professionals do?

Introduction and Overview

- 1. How to assess for intimate partner violence (IPV)**
- 2. Types of treatment options for IPV**
- 3. Victim blaming and self-care when working with IPV**

Example

In your conversations with LeAnn, a 21-year-old who has come to you, you discover that she is very concerned about how her boyfriend has been disciplining her 3-year-old. She hesitantly mentions that he grabs her son roughly by the arm and “smacks” him when he is acting up.

Example

Upon further inquiry, you learn that LeAnn's boyfriend has been pressuring her not to come to physical therapy and has been unable to keep a job. LeAnn is hesitant to tell you this and downplays these problems when you express concern. She makes excuses for her boyfriend and mentions that he is under a lot of stress and "only gets this way when he drinks."

What to do?

What types of potential abuse issues do you identify?

What will be helpful or unhelpful for you to do?

Assessment

Identifying Abusive Behavior

Assessment Challenges

- **Many individuals in violent relationships don't want to talk about it**
- **Couples may hide or downplay abuse, and so the focus may remain on other issues – there is a lot of denial, minimization, rationalization, shame**
- **Professionals often don't identify and appropriately address abuse and violence**

Assessment Instruments

- **Self-Assessment of Future Events (SAFE)**
(Smith, Whiting, Servino, and Oka, 2012)
- **Intimate Justice Scale** (Jory, 2004)
- **Partner Abuse Scale** (Hudson, 1997)
- **Hurt, Insult, Threaten, and Scream (HITS)**

Assessment Interviewing

- **Individual interviewing as standard practice:
Don't be afraid to ask!**
- **Sometimes takes more than one inquiry**

What happens then...?

[He would] goad me...about something from my past that was real bad and...then he would say, 'Hit me, hit me.' 'Cause I would get more upset and more upset, and he would get right in my face, as close as he could, and then I would slap him.

How to Ask

- **Ask about abusive attitudes and actions (not, “Is there violence?”, but, “What happens when things get intense?”)**
- **Ask for detailed descriptions (frequency, duration, and intensity)**
- **Ask about control tactics**

How to Ask

- **Take a caring, non-judgmental stance with victim**
- **Not in front of partner**
- **Inquire about present safety**

Why individual inquiry?

- **People won't answer for fear of retribution**
- **Couples together can generate more excuses**

Why individual inquiry?

He hated his mother. And we went to therapy together on several occasions. And it was brought out that a lot of the feelings he had about women were related to the way he felt about his mother. So that was easy for me to use that excuse: that it wasn't really me. It was the way he was raised. It was his mom that made him this way.

Treatment Options

What can be done?

Treatments: One Size Does Not Fit All

- **Treatment should match types of abuse**
- **Mixed results for treatments**
- **Multi-method approaches can be very effective**

Standard Options

- **Women's shelters**
- **Support groups (usually gender-specific)**
- **Batterer intervention programs**
- **Therapy (depending on type of abuse)**
- **Substance abuse treatments**
- **Child Protective Services (if children involved)**
- **Adult Protective Services (if in your state)**
- **Hotlines**

Treatment Considerations

- **Make referrals and follow up**
- **Learn state reporting laws**
- **Learn what resources exist**
- **Get training and experience**
- **Make connections with other professionals in your area**

Professionals Should Work with Others

- **Become familiar with and work to earn respect of others in community working to end violence**
- **Be prepared to refer to shelters and hotlines**
- **Be prepared to help victim use legal interventions (restraining orders, call police)**

Batterer Intervention Programs

- **For men**
- **Usually involve feminist-informed (e.g., the “Duluth Model”) and cognitive-behavioral strategies**
- **Usually court-referred**

Do they work?

- **Small treatment effects: 35% continue violence after treatment vs. 40% non-treatment, victim reports**
- **“Duluth model” vs. cognitive-behavioral – no difference**
- **May be in part due to poor distinguishing of types of violence (situational couple violence does better than intimate terrorism)**

What if they request couples counseling?

Couples Treatment Controversy

- **Woman might feel blamed**
- **Woman won't feel comfortable sharing**
- **Woman may be in greater danger**
- **Men should be held accountable**

Why treat some couples together?

- **Different types of physical aggression call for different treatment strategies**
- **Women often want couples counseling**
- **Women can be empowered**
- **Relationships can be improved**
- **Treatment of high-conflict couple reduces likelihood that violence will escalate to court involvement**

Other Reasons

- **The role of women's physical aggression is ignored in male-only treatment programs**
- **Marital discord important predictor of physical aggression against a partner**
- **Women often choose to stay with their partner, but want the violence to end**
- **No treatment approach has been documented as effective for all**

The “Partner Gap”

Female client:

There’s not hardly anyone that would take a violent couple...I’ve called and you just get, ‘if he needs counseling, call this number’...not even churches. There’s nobody that wants to deal with violent couples. All they want to say is, ‘Well, how soon do you want a divorce?’ Well, I’d really like to try to work it out first.

When is couples therapy appropriate?

- Both partners are freely willing to participate
- Violence has been minor and infrequent
- No climate of intimidation and *coercive control*

When is couples therapy appropriate?

- **Perpetrator is willing to admit and take responsibility for abusive behavior**
 - willing to sign a “no-violence” and/or “safety” contract
 - victim is aware of potential risks of couples therapy
- **No risk factors of lethality are present**

Lethality Risk Factors

- **Unresolved substance abuse**
- **History of violence (two or more acts in a year)**
- **History of violent crimes or violations of protective orders**
- **Use of weapons**
- **Threats**
- **Obsession with partner**
- **Bizarre forms of violence (e.g., torture)**

Best Practices for Couples Work with IPV

- **Clinicians need specialized training and supervision in IPV and in working with high-intensity couples**
 - **violence is the responsibility of the violent individual**
 - **know ethical and legal responsibilities**
 - **act decisively**

Individual Therapy

- **Can be very supportive and empowering for victims**
- **Can challenge perpetrators (if they are open to taking responsibility for their violence)**
- **Should be done along with group treatment**
- **Should be done by those who are trained in treating IPV**

Domains of Intervention

- **Rigid beliefs**
- **Conflict resolution skills**
- **Communication skills**
- **Self-control**
- **Social support**
- **Self-care/stress management**
- **Substance abuse**

Treatment Goals

- **Eliminate violence**
- **Promote responsibility for self – violence is the responsibility of the violent individual, not the victim**
- **Client-identified family/relationship goals**

Monitor Levels of Violence

- **Do victims have safety concerns?**
- **Do perpetrators accept responsibility for violence?**
- **Are all participants in therapy open about the level of past or current violence?**
- **Change treatment if safety is compromised**

Time-Out

- **Teaching time-out is a standard part of most batterer group treatment protocols**
- **While time-out is a useful tool when used appropriately, the potential exists for the strategy to be used to maintain power in a relationship**

Time-out Glitches

- **Used to avoid constructive conflict**
- **Used to manipulate interaction**
- **Used to avoid undesirable topics**
- **Used as a means to control partner**

They [time-outs] really didn't work. When he is really angry and really upset, he still wants to argue and fight. When he's not mad, he pulls a time-out just to do something to make me mad and to keep me away.

Negotiated Time-Out

- **Time-out plan negotiated conjointly**
- **Emphasis on personal responsibility**
- **Should be practiced in the absence of conflict to evaluate effectiveness**
- **Plan should be revisited and reevaluated over the course of treatment**

Elements of Negotiated Time-Out

- **Time-out signal – non-verbal cue is often best**
- **Time-out location – Where will you go when taking a time-out?**
- **Length of time-out – How long will you be gone?**

Elements of Negotiated Time-Out

- Time-in

- call another time-out if more time is needed
- continue discussion by mutual agreement
- postpone discussion by mutual agreement
- abandon discussion by mutual agreement

Time-Out: When it Works

When we started, it [use of time-out] was zero! I would follow her around the house, yelling and screaming. She'd be yelling and screaming. The kids would be crying. Now we're able to come back [after a time-out] level-headed and calm. And I'd say 90% of the time we'll resolve [the issue].

What else can you do?

Helping Victims Assess Their Relationship

- **Be supportive and knowledgeable**
- **Be patient**
- **Have resources – handouts**
- **Refer to hotlines or supports**

Example of Self-Assessment

Does the person you love...

- **constantly keep track of your time?**
- **act jealous and possessive?**
- **accuse you of being unfaithful or flirting?**
- **discourage your relationships with friends and family?**
- **prevent or discourage you from working, interacting with friends, or attending school?**
- **constantly criticize or belittle you?**
- **control all finances and force you to account for what you spend?**

Does the person you love...

- **humiliate you in front of others? (including “jokes” at your expense)**
- **destroy or take your personal property or sentimental items?**
- **have affairs?**
- **threaten to hurt you, your children, or pets?**
- **threaten to use a weapon?**
- **push, hit, slap, punch, kick, or bite you or your children?**
- **force you to have sex against your will or demand sexual acts you are uncomfortable with?**

Focus on Safety

Creating and maintaining safety is the primary goal of help

Safety Planning

- **Safety plans should be developed away from partner**
- **Regularly revisit safety plans to evaluate effectiveness**

Elements of a Safety Plan

- **Escalation signals**
 - behavioral
 - cognitive
 - physical/somatic
- **Evaluate strategies**
 - initial signs of loss of control
 - identify signs that signal the need to implement the plan

Elements of a Safety Plan

- **Strategies for each level on the continuum**
 - for danger levels, strategies should include:
 - strategies for leaving
 - places to go to create distance
 - what to do if pursued
 - resources to call
- **Signs the crisis has passed**

Cautions

- **Abusers can be charming, manipulative, and controlling!**
- **Be aware of your own denial, minimization, anger, or fear**
- **Most couples do not disclose violence until asked specifically**

Legal Responsibilities

Learn State Statutes

- **States differ on the domestic violence laws**
- **Mandatory reporting for adults?**
- **Duty to warn**
- **Reporting for child endangerment**
- **Overcoming reluctance to report**

Protection Orders

- **Approximately 20% of the 1.5 million people who experience intimate partner violence annually obtain civil protection orders**
- **Approximately 1/2 of the orders obtained by women against intimate partners who physically assaulted them were violated**
- **More than 2/3 of the restraining orders against intimate partners who raped or stalked the victim were violated**

The Power of Denial

Why blame victims?

Quick to Pass Judgment

She's lying! The police didn't even find any evidence that [he] hit her. I wouldn't blame him if he really did kick her butt, because she deserves it!

I can see her flapping that mouth of her's [sic], cursing at him. Telling him, 'Hit me. Hit me. I'll bury you in the public eye'.... How trashy of you.

I believe her. He's the idiot that didn't do a prenup. Get that money girl.

Who blames victims?

The Perpetrator

She wasn't changing. She was still not shutting up when I told her to shut up.

I'd feel horrible about the physical abuse, and then later I would think to myself it might not have happened if she would have just kept her mouth shut.

In one study, 70.5% of victims reported being blamed by their partner for the violence they received

Family and Community

- **People become upset and get rigid and judgmental – this can lead to frustration and blaming**

Family and Community

- **The Twitter study of a pushback on social media looked at the hashtag #WhyIStayed, and found lots of descriptions of the challenges of leaving abuse**
 - **“I believed I could love the abuse out of him.”**
 - **“I was afraid of him. I knew he’d make leaving an ugly drawn-out nightmare.”**

Professionals

- **Can become prescriptive, directive – victims often are afraid to speak up for this reason**
- **Their victimization may be getting in the way of “good” treatment (by the professional’s judgment)**
- **One study showed that couples who stopped being violent found most professionals to be unhelpful**

Self-Blame

One thing he will say when he has been yelling and screaming at me is, 'If you didn't act the way you did, I wouldn't have to do this.' He says, 'I just react to you.' And then I'll sit there and think, 'Well, I guess I must have done something wrong and maybe he's right.' And I might go to him and say, 'I'm sorry, I don't know what I did, but I must have done something wrong.'...

Self-Blame

Then he'll say 'I just love you, and I just react to you. That's all it is. If you would just stop doing what you're doing, I wouldn't do that.' And I've never been able to figure out what I did. And when I would ask him to give me an example of what I did, he'd say, 'Well...you should know what you did.'

Self-Blame

[He'd say] 'I wonder about you. Use your brain. That is so stupid.' I was like, 'Well, maybe I don't know what I'm talking about. Maybe I said something wrong.'

We Like Certainty

- When something happens, people want to blame someone
- Emotions are strong and get sent to the wrong place
- When an abuser doesn't fit the stereotype, some assume the victim must have provoked it

We Want to Believe in Fairness

- **People want the world to be fair, but this can translate into “people get what they deserve”**
- **Research shows that when people see others getting punished, they criticize them for perceived flaws**
- **We also want to see violent people as “crazy” or different, but most are “normal” people who let emotions take them to an extreme place, backed up by rationalizations**

We Like Safety

- **To believe that bad things happen to innocent people is scary – because it means it might happen to anyone**
- **To blame victims maintains a sense of control: “It won’t happen to me, because I won’t invite it like she did.”**
- **One reason victims blame themselves: “I must have caused this.”**

Self-Care

Transference and Counter-Transference

- **Professionals working with IPV should monitor and address transference and counter-transference reactions**
- **IPV therapy may be especially likely to evoke counter-transference reactions**
- **Your reactivity is unlikely to help**

Examples of Reactivity

- **Over-identification with the victim**
- **Assuming the role of rescuer**
- **Identification with the abuser**
- **Fear of injustice**
- **Fear of vulnerability or own safety**

Potential Impacts on Health

- **Burnout**
 - the exhaustion of mental and physical resources attributed to prolonged and unsuccessful striving toward unrealistic expectations
- **Secondary Traumatic Stress (STS)**
 - behaviors and emotions resulting from the knowledge of a traumatic event experienced by a significant other
 - the stress resulting from hearing about the event and/or from helping or attempting to help a traumatized or suffering person

Signs of Burnout

- **Quick to show anger**
- **Emotional dysregulation**
- **Feeling people are out to get you**
- **Heightened risk-taking**

Signs of STS

- **Post-traumatic stress disorder-like symptoms**
 - **increased arousal (hypervigilance)**
 - **avoidance (emotional numbing)**
 - **intrusive symptoms**
 - **nightmares**
 - **dissociation**

Self-Care

- **Care for all domains**
 - emotional health
 - social health
 - cognitive health
 - physical health
 - spiritual health
 - vocational health

Attending to Self-Care

- **Don't ignore danger signs**
- **Set reasonable limits around work**
- **Develop self-care strategies**
- **Don't practice alone – seek collaboration, supervision, or therapy**

Resources

- **National Domestic Violence Hotline:
800-799-SAFE (7233)**
- **National Resource Center on IPV:
<https://www.nrcdv.org/>**
- **www.drjasonwhiting.com**

Intimate Partner Violence

If you have any questions about the program you have just watched, you may call us at: (800) 424-4888 or fax (806) 743-2233.

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