

# Domestic Violence

Peace Over Violence

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Peace Over Violence is a non-profit, feminist, multicultural, volunteer organization dedicated to a building healthy relationships, families and communities free from sexual, domestic and interpersonal violence.

To achieve this mission our agency manages five departments delivering the services of Emergency, Intervention, Prevention, Education and Advocacy.

# POV BUCKETS

## OUR ORGANIZATIONAL MANDALA

EMERGENCY

INTERVENTION

PREVENTION

EDUCATION

ADVOCACY

# Domestic Violence

- Intimate partner violence is called domestic violence, spousal abuse, partner abuse
- The U. S. Office on Violence Against Women (OVW) defines domestic violence as a "pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner".
- Visit National Network to End Domestic Violence:  
<http://nnedv.org/policy/issues.html>
- The definition adds that domestic violence "can happen to anyone regardless of race, age, sexual orientation, religion, or gender", and that it can take many forms, including physical abuse, sexual abuse, emotional, economic, and psychological abuse.
- According to the Centers for Disease Control, domestic violence is a serious, preventable public health problem.

# Types of Abuse and Warning Signs

- Verbal, Mental/Emotional, Physical, Cyber
- Evidence of severe, recurring, or life-threatening abuse, for example, repeated bruises, broken bones, physical attacks, or threats with weapons.
- Includes slaps, pushes, shoves, threats, emotional and financial abuse, false imprisonment, and any other behavior that batterers use to control and coerce.
- If one partner or spouse frequently makes the other ask permission to do things, domestic violence may be occurring.

# Marital Rape

- While the legal definition varies within the United States, marital rape can be defined as any unwanted intercourse or penetration (vaginal, anal, or oral) obtained by force, threat of force, or when the partner is unable to consent.
- On July 5, 1993, marital rape became a crime in all 50 states, under at least one section of the sexual offenses code (Bergen, 1996; Russell, 1990).

# Impacts

- PTSD
- Drug/alcohol abuse
- STI's
- Unhealthy weight management
- Depression
- Anxiety
- Suicidal ideation
- Self-harm
- Health care costs for treating injuries of survivors
- Cost of providing mental health services to victims and perpetrators
- Cost of law enforcement
- Cost of prison for perpetrators
- General fear and mistrust/community trauma

# Impacts on Children

- Often, children who witness domestic violence also are physically, sexually, or emotionally abused themselves.
- Children of women who are battered have been found to have high rates of poor school performance, truancy, absenteeism, and difficulty concentrating.
- Increased likelihood of aggressive behavior and delinquency
- Children who witness domestic violence also experience symptoms such as anxiety, aggression, temperamental problems, depression, less empathy, and low self-esteem.
- Growing up in a violent home is the strongest predictor of becoming a batterer in the teen and adult years.

# When working with Children exposed to DV

- Assess the amount of exposure and reactions
- Assess the disruption in attachment relationships
- Deepen the relationship with the non-offending parent and siblings or extended family, e.g., Child-Parent Psychotherapy, Mommie-Me or Toddler-Me classes, bonding opportunities with mother, etc.
- Mentoring programs for the children
- Make sure child has familiar and predictable routines, such as bedtime, cultural practices, etc.
- Support groups for children and teens exposed to IPV where the child can process feelings and learn coping skills, safety planning, making friends, etc.

# Role of Counselor

- Address Safety
- Provide safe space
- Support
- Remind of Confidentiality
- Education of the dynamics of DV & SA
- Provide information, options, and support to help survivor resolve their own problems (empowerment is the goal!)
- Validate and normalize feelings

# Prevention Work

- Change widely held attitudes about VAW
- Dispel myths
- Shift societal/cultural norms
- Confront victim-blaming/reduce stigma
- Explore how gender roles/ gender expectations contribute to VAW
- Examine ways in which the broader culture accepts and minimizes VAW
- Decrease positive reinforcement for use of violent behavior
- Increase bystander accountability
- Build empathy for survivors of VAW
- Increase social support for peer intervention
- Promote social pressure for responsibility to others

# POV Services for Survivors

- SART Emergency Response Team
- DART Emergency Response Team
- Counseling/ Support groups/Art healing
- Advocacy (L.E, Court, Accompaniments)
- Case management Services
- Self Defense Classes

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