

Raising Awareness of Domestic Violence

SAOL 2013

Domestic Violence

- * ‘the actual or threatened, physical, emotional, psychological, sexual or financial abuse of a person by their partner, family member or someone with whom there is or has been a close relationship’.

Women’s Aid

Domestic Violence

- * This abuse occurs regardless of gender, race, class, age, religion, sexuality, mental ability, physical ability, income, lifestyle or geographical area of residence.
- * There are many forms of domestic abuse but they fall mainly into three main categories:
 - * emotional,
 - * sexual and
 - * physical.

Impact

- * Domestic violence leaves deep wounds, emotionally, psychologically and physically.
- * Ponder for a moment living a life where there are concrete reasons to fear for your personal safety on a daily basis, a life where emotional, physical or sexual battery are constant realities.



He says
it won't
happen
again

DOMESTIC VIOLENCE

He's A Liar

Domestic Violence Training

- * SAOL facilitated a 6 module domestic violence awareness workshop in 2012 and we will deliver it again in 2013
- * The workshop covered different topics relating to domestic violence for women who have previously or are currently experiencing domestic abuse.
- * This Workshop was adapted from a workshop developed by SOLACE Women's Aid
- * We would like to remind facilitators that this is quite difficult work and some/all participants will experience emotional issues and may need individual sessions during the course of the workshop.

Domestic Violence Workshop Modules

- 1) Definition of domestic violence
- 2) Power and Control
- 3) The impact domestic violence has on children
- 4) Abusive relationships
- 5) Assertiveness and putting in boundaries
- 6) My Future (celebration)

Session 1:

Definition of Domestic Violence

- * The aim of this first week's module is to outline a clear definition of domestic violence, by looking at the different types of abuse, including cultural aspects of domestic violence.
- * By gaining an understanding of the definition of domestic violence, participants attending the workshop will increase their awareness of abusive behaviour and the different ways this behaviour can manifest within a relationship.

Session 1:

Definition of Domestic Violence

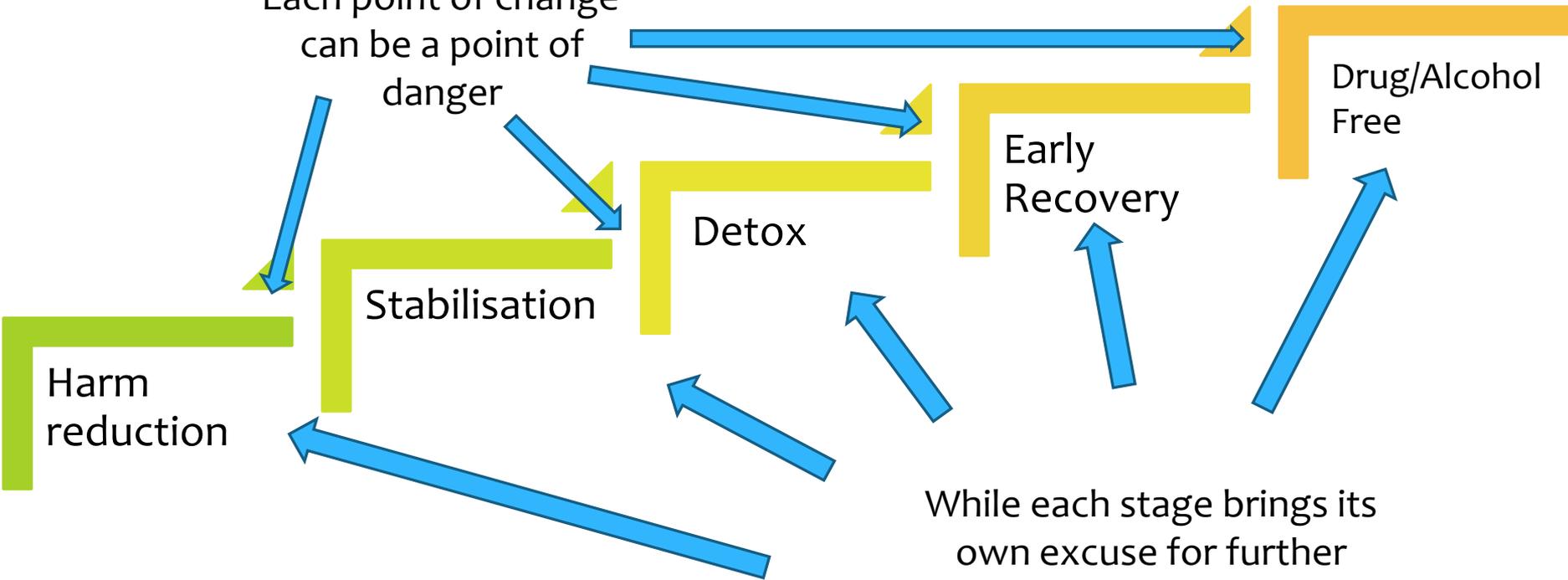
- * Having brainstormed a definition of domestic violence, we introduce a questionnaire “What is Domestic Violence”
- * This is followed by tackling the myths about domestic violence.
- * Some of the common myths surrounding this issue include:
 - * *“It’s just a family argument”,*
 - * *It can’t be that bad or why does she stay” and*
 - * *“There is no point in helping her she will only go back”*
 - * *Are these myths????*

The Role of Addiction in DV

- * It is important to explore the role addiction plays in Domestic Violence:
 - * For the perpetrator
 - * For the victim
 - * In blocking change
 - * Adding endangerment to change

The Role of Addiction in DV

Each point of change
can be a point of
danger



Harm
reduction

Stabilisation

Detox

Early
Recovery

Drug/Alcohol
Free

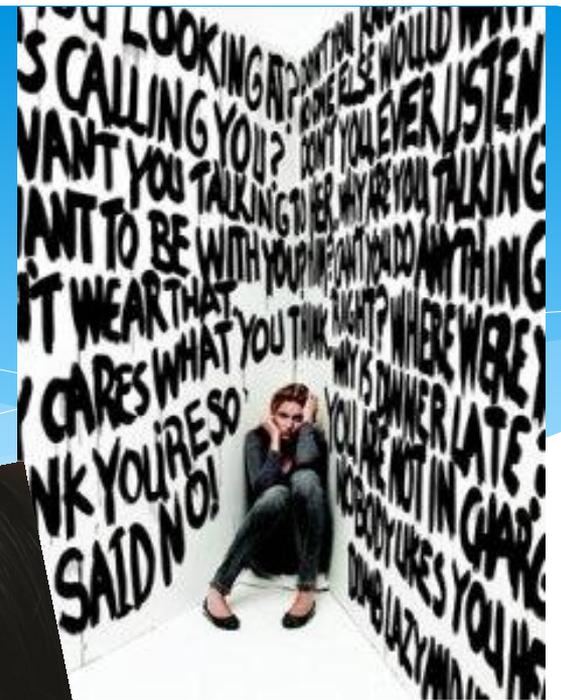
While each stage brings its
own excuse for further
abuse

Session 2: Power and Control

- * 'Power and Control' is abusive behaviour that can be used in different ways at different times. Often times there are several types of power and control going on at any one time.
- * They include:
 - ❖ **Intimidation:** looks, gestures, actions i.e. smashing things, displaying weapons.
 - ❖ **Emotional Abuse:** name calling, putting down, playing mind games, humiliating.



STOP TEXTING ME!



"HE CHECKS MY TEXTS BEFORE I DO"

break free
from domestic violence

If you think you're ready to leave a controlling relationship, then we're here to help you break free.

Call us on 01744 743 200 or visit us online at www.breakfree.gov.uk/yaz

I'll never tell
because he loves me.

On average, only 70% of nonfatal intimate partner violence is reported to law enforcement. If you have been the victim of domestic violence, it is NEVER too late to report it. Call 911, your local police department, or the National Domestic Violence Hotline.

STUPID COW

IT'S AMAZING HOW FAST CHILDREN LEARN.

NHS

DOMESTIC ABUSE AWARENESS WEEK
21ST - 25TH NOVEMBER

Session 2:

Power and Control

- ❖ **Isolation:** controlling where someone goes, who they talk to, limits outside activities.
- ❖ **Minimizing, denying, blaming:** shifting responsibility, making light of it, saying they didn't cause it.
- ❖ **Children:** Makes the mother feel guilty about children, uses children to relay messages or threatens to take children away.
- ❖ **Male Privilege:** Treated like a servant, makes all the decisions, defines what the female role is

Session 2: Power and Control

- ❖ **Economic Abuse:** gives you no access to money, gives you no access to money, makes all the decisions about how money is spent, gives limited allowance, benefits in his name
- ❖ **Threats:** Threatening they will hurt, leave, kill you, kill themselves, report to social services, will take children.



Stand Up



Build Up



The Cycle of Abuse

Honeymoon



Remorse



Pursuit



The Cycle of Abuse

- * **Pursuit:** -tells you how sorry they are –pleads helplessness. Promises to stop behaviour- buys presents – threatens to hurt themselves/ you/children if you leave
- * **Honeymoon Phase:** both move forward from abusive incident- recreate earlier romance and relationship.
- * **Build-up:** tensions and arguments are not resolved through talking – other controlling negative ways come in.
- * **Stand-Up:** uses strength and belief in their superior role to dominate; depersonalises before an assault
- * **Explosion:** - abusive incident happens
- * **Remorse:** - feels disgust so transfers responsibility onto you; denies it was that bad; blames you

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Session 2: Power and control

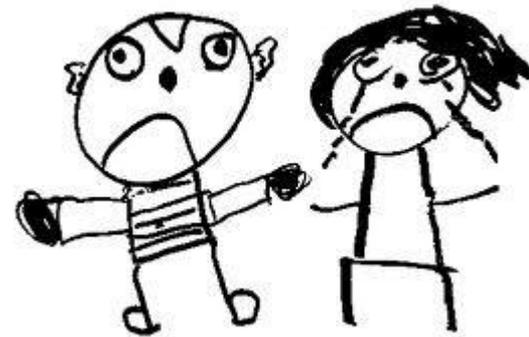
Moving Forward

- ❖ We begin to look at the areas of the women's lives that have been directly affected by domestic violence and how they can move forward from this.
- ❖ This involves looking at what they would like to change and how what or who could help achieve this.
- ❖ An awareness of the issues at play in power and control is empowering for their future and future relationships, particularly where addiction is a factor.

Session 3:

How children are impacted by domestic violence?

- * This is perhaps one of the most difficult weeks for the participants in the workshop. It is important to stress that nobody will be judged and everyone feels safe enough to contribute.
- * This is broken down into discussions on the impact at various stages in the child's life e.g womb to 1 years, 2-4 years etc.
- * We then work on the effects of domestic violence on boys and girls.



Session 3: Children and Domestic Violence

- * While many of the participants may have social worker involvement already, this discussion is also about ensuring everyone has an understanding about what child protection is and what the legal situation is.
- * This also refers to contact with the offender and the issues this brings, i.e. children wanting to or not wanting to see the perpetrator.

Session 3:

Rebuilding Relationships with children

- * Discussion about how this can occur in a safe manner that is not over compensating.
- * The topics covered are:
 - * trust & respect,
 - * Providing emotional security,
 - * Providing physical security,
 - * Providing discipline,
 - * Giving time, encouragement & support,
 - * Giving affection to and care for yourself.



Session 4: Abusive Relationships

- * What makes a relationship a relationship?
 - respect,
 - communication,
 - sharing
- * What makes a relationship abusive?
 - fear,
 - intimidation,
 - not able to express opinions safely
- * We discuss why a woman might stay in an abusive relationship & how she might leave
- * We discuss why a perpetrator might stay in an abusive relationship



Session 4: Abusive Relationships

- * What help is available?

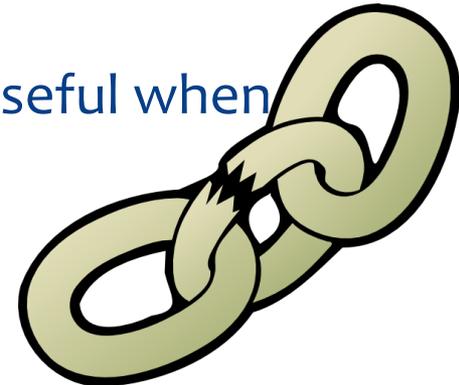
What are the options, what can be changed?



Session 5:

Assertiveness and Putting in Boundaries

- * When your safety has been compromised, being assertive and establishing boundaries can sometimes feel like the hardest things in the world to achieve
- * Through exercises and looking at assertiveness and boundaries, participants will gain an understanding of their own blocks and how they can begin to start to implement positive ways of asserting their boundaries.
- * The tips and tools learnt in this module can be useful when applied to their addiction also.



Session 6: My Future

- * If you have lived in the shadow of domestic violence, the future can be a very scary place. This module aims to celebrate the future as something to look forward to and the participants name what they want and how they can be active in achieving this.
- * Through exercises, participants will be able to recognise isolating behaviour as an old pattern linked to domestic violence and identify ways in which they can overcome it in the future.

Session 6: The Future

- * The negative impact of self-criticism is then discussed, and participants are reminded that changing thought patterns takes a lot of time but it is essential to rebuilding self-esteem and confidence.
- * New relationships can often be the last thing the women want however it is important to look at the possibility of a new relationship and establish what they want from a potential partner.

Session 6: The Future

- * A simple exercise to look at what they want for the future, it could be emotional, psychological, and or physical. Or something entirely different like progressing to education, returning to work or moving house.

The Future



- * Certificates are awarded and then it's time for tea and cake!!
- * This was a brief outline of our domestic violence 6week workshop. SOLAS sa SAOL (Light in Life) A draft outline is available on our website www.saolproject.ie

Domestic Violence Finally Recognised

- * Violence against women is a human rights and public health emergency worldwide. Finally after decades of abuse perpetrated against women, there is a growing recognition that domestic violence has a devastating impact not only on the lives of women, but also on their families, communities and society as a whole.

STOP
Violence Against Women

The Future

- * Since 1996 there have been 188 women who have died violently in the Republic of Ireland.
- * For the women who have escaped domestic violence and for those who are still living in fear:

Ní bheidh muid dearmad ort go deo
“We shall never forget you”