

# Trauma Awareness

**Because recovery from trauma is possible**  
**Trauma therapy.solutions**

## Special Issue: 16 days of Activism to end Gender Related Violence

This is a campaign to prevent and end violence against women and girls, which is the most pervasive human rights violation worldwide

## Signs of Relationship Abuse (unwomen.org)

- Your partner keeps track of everything you do. They monitor where you are and who you are with at all times. They prevent or discourage you from seeing friends, family, or going to work or school.
- You partner insists that you reply right away to their texts, emails, and calls, and demands to know your passwords to social media sites, email, and other accounts.
- An abusive partner may act jealous, including constantly accusing you of cheating. They may attempt to control how you spend money and your use of medications or birth control. They may make everyday decisions for you, such as what you wear or eat.
- They may be demeaning. They may put you down by insulting your appearance, intelligence, or interests. They may try to humiliate you in front of others and attempt to destroy your property or things that you care about.
- An abusive partner may act angry or have a quick or unpredictable temper, so you never know what might cause a problem. They may blame you for their violent outbursts and physically harm or threaten harm to you, themselves, and members of your household, including children or pets.
- They may hurt you physically, such as hitting, beating, pushing, shoving, punching, slapping, kicking, or biting. They may use, or threaten to use, a weapon against you.
- They may be sexually abusive, including rape or other forced sexual activity. They may incorrectly assume that consent for a sex act in the past means that you must participate in the same acts in the future. They may also incorrectly assume that consent for one activity means consent for increased levels of intimacy. For example, an abuser may assume that a kiss should lead to sex every time.



Trauma Therapy Solutions is Dedicated to providing treatment, information and resources that support the recovery of trauma.

UN WOMEN

**"WE CAN'T AFFORD TO INVEST IN PREVENTION."**

## WHY IS THIS IMPORTANT?

In 2018, 44% of women in Canada reported to have experienced some form of Intimate Partner Violence (IPV) since the age of 15

3 in 10 women 15-29 years of age reported at least 1 incident of IPV in the past 12 months

In 2018, it was reported that Indigenous women reported a lifetime experience of IPV at a rate of 61% compared to non-Indigenous women at 44%

2/3 (67%) of 2SLGBTQQIA individuals reported at least one experience of IPV

Among students attending post-secondary institutions in Canada, 15% of women were sexually assaulted in the postsecondary setting at least once since starting their studies

Information from: <https://women-gender-equality.canada.ca/en/gender-based-violence/about-gender-based-violence.html>

## Claire's Law – Disclosure to Protect Against Domestic Violence Act

Provides people who feel at risk of domestic violence a way to get information about their partners so they can make informed choices about their safety. This was developed after a young woman was killed by an

ex-boyfriend with a history of violence against women.

<https://open.alberta.ca/publications/disclosure-to-protect-against-domestic-violence-clares-law-act-protocol>

## Coercive Control

Coercive control is a method perpetrators use against their victims in abusive relationships – it is a pattern of behaviour that can be difficult to identify, but manifests itself within a relationship to create fear and control of the victim. Victims often identify this as a feeling of ‘walking on eggshells’ and living in constant fear of their partner’s reactions. Coercive control is usually perpetrated on women by men and which includes goals to isolate, degrade, exploit and

control victims. Some of the tactics include (but are not limited to):

- Emotional manipulation including humiliation and threats
- Surveillance and monitoring
- Isolation from family. Friends
- Rigid rules
- Limited economic autonomy

## RESOURCES - ALBERTA

[Safeshelter.ca](http://Safeshelter.ca)

Family Violence Line (toll free)

310-1818

Emergency Income Support  
Contact Centre (24/7):  
1-866-644-5135

Alberta Supports Contact  
Centre: 1-877-644-9992  
(escaping abuse benefit)

Protection Against Family  
violence Act:

[https://open.alberta.ca/  
publications/p27](https://open.alberta.ca/publications/p27)

## LOCAL RESOURCES

**Emergency:** 911

**Non-Emergency police line:** 403-328-4444

**Harbour House Women's Shelter:**

403-320-1881

**Chinook Sexual Assault Centre:**

403-694-1094

**Distress line of SW Alberta:** 403-327-7905

**Child Abuse Hotline:** 1-800-387-5437

**Kids Helpline:** 1-800-668-6868

**Mental Health Help Line:** 1-877-303-2642

## New LOCAL RESOURCE

Safe Families Lethbridge:

Information from:

[403-393-8957](tel:403-393-8957)

[lethbridge@safefamilies.ca](mailto:lethbridge@safefamilies.ca)

Early intervention rescue for  
families created to build  
support around families.

[safefamiliescanada.com](http://safefamiliescanada.com)

## Missing and Murdered Aboriginal Women and Girls in Alberta

<https://www.nwac.ca/assets-knowledge-centre/2010-Fact-Sheet-ALberta-MMAWG.pdf>

Alberta has the second highest number of cases in Canada - with 93 cases of missing and murdered Aboriginal women and girls in Alberta, consisting of 16% of all cases in Canada

84% of all cases in Alberta are murder cases

## ABOUT ME

Throughout my work I have developed a strong passion around the area of trauma and vicarious trauma. I have worked in the field of Addiction and Mental Health in a variety of roles since 2001, including instructing classes at the university and college, instructing private workshops, supporting individuals and groups with healing through a private practice, and providing supervision and consultation. I continue to care for myself and my passion in this area through learning and indulging in my curiosity.

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