

# Exploring Early Intervention Strategies for Victims of Domestic Violence

Presented by Patti LaPlace, MPA, RTC

CSULB

[Patti.laplace@csulb.edu](mailto:Patti.laplace@csulb.edu)



# Learning Objectives:

- ▶ To explore and understand the characteristics aspect of emotional injury as it pertains to victims of domestic violence.
- ▶ To investigate reasons that impacts someone's reluctance to seek help and safety as well as recant or minimize the acts of violence and abuse.
- ▶ To identify possible early intervention approaches and engagement that would promote empowerment and healthy emotional choices for victims.
- ▶ To investigate feasibility options for identified strategies and next action steps for implementation



Yes I think I'm okay  
I walked into the door again  
Well, if you ask that's what I'll say  
And it's not your business anyway  
I guess I'd like to be alone  
With nothing broken, nothing thrown

Just don't ask me how I am

Suzanne Vega, "Luka"



# Domestic Violence Defined

- ▶ Domestic violence and emotional abuse are behaviors used by one person in a relationship to control the other. Partners may be married or not married; heterosexual, gay, or lesbian; living together, separated or dating.

Retrieved from [domesticviolence.org](http://domesticviolence.org)

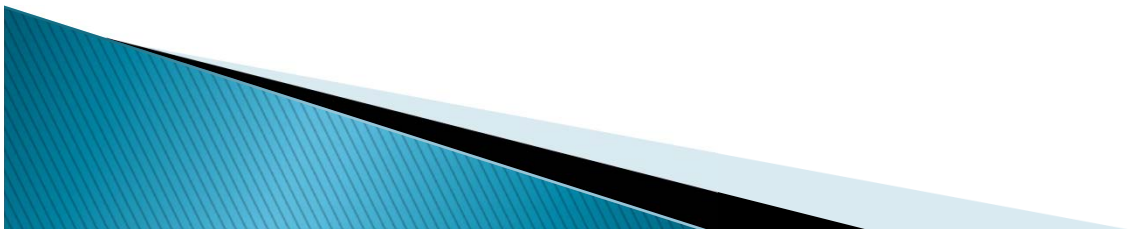


# Examples of DV

## Examples of abuse include:

- ▶ name-calling or putdowns
- ▶ keeping a partner from contacting their family or friends
- ▶ withholding money
- ▶ stopping a partner from getting or keeping a job
- ▶ actual or threatened physical harm
- ▶ sexual assault
- ▶ stalking
- ▶ intimidation

Retrieved from [domesticviolence.org](http://domesticviolence.org)



# What would you do?

- ▶ <https://youtu.be/hy2GvPPUGOE>



# Powerless

Devoid of strength or resources

Lacking the authority or capacity to act

Noun – Powerlessness



# Group Exercise

Keeping the previous definitions in mind, in a small group, please discuss the following:

- ▶ Talk about a time you felt “powerless” in a situation or with a person.
- ▶ What were the conditions surrounding the situation or person?
- ▶ How did perception influence your choice (s) at the time?
- ▶ How could you have turned powerless to powerful in regards to the situation/person?

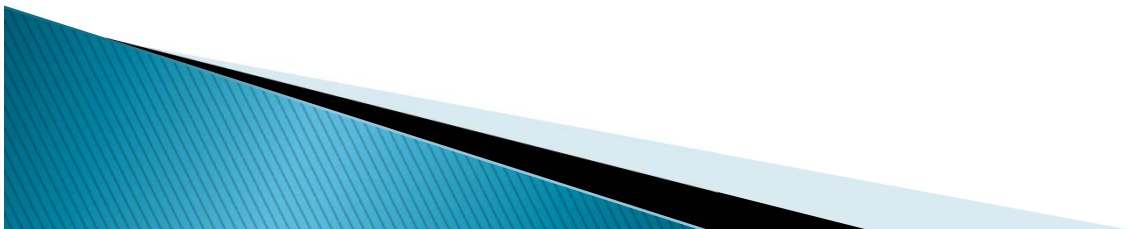
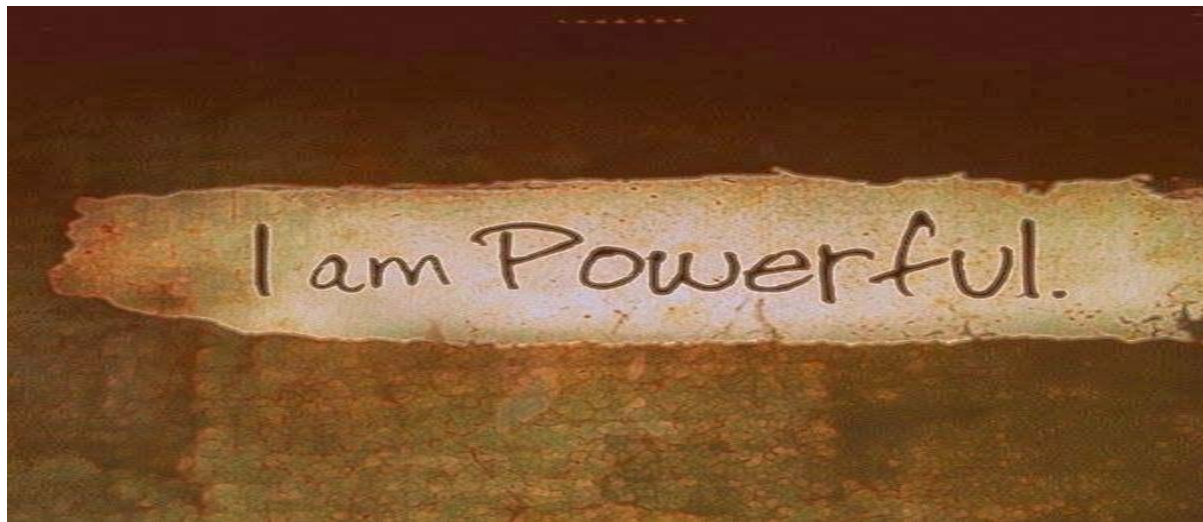




# Powerful

Having great power, prestige, or influence

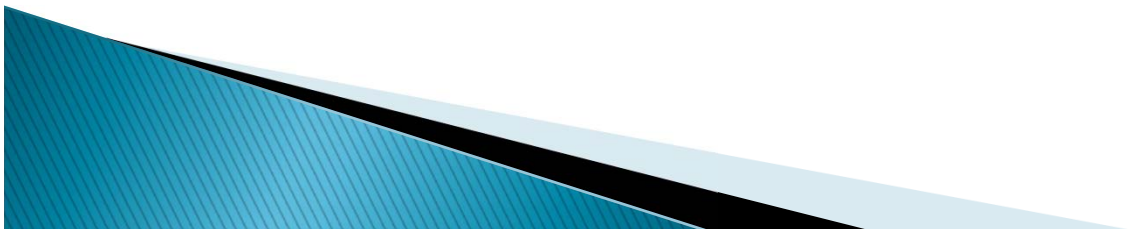
Leading to many or important deductions



# Group Exercise

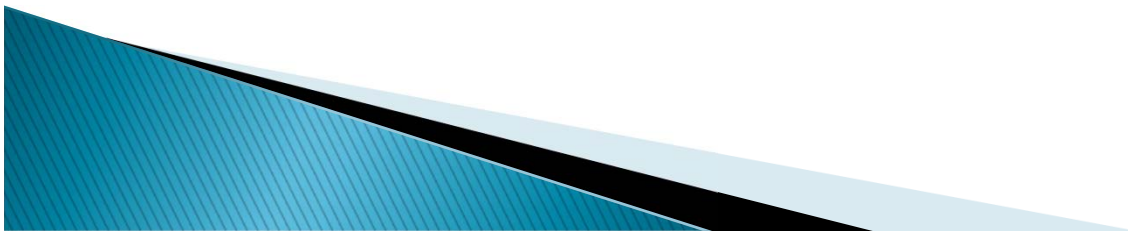
Keeping the previous definitions in mind, in a small group, please discuss the following:

- ▶ Talk about a time you felt “powerful” in a situation or with a person.
- ▶ What were the conditions surrounding the situation or person?
- ▶ How did perception influence your choice (s) at the time?
- ▶ How could you have turned powerful to powerless in regards to the situation/person.



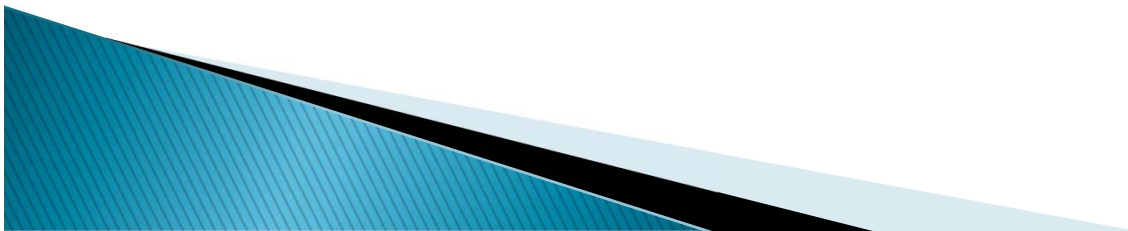
# Emotional Injury

- ▶ An emotional injury can be caused from events ranging from an assault or rape to humiliation or embarrassment from a spouse or co-worker or another significant person in someone's life.
- ▶ Such forensic cases impose particular demands for sophistication about trauma, malingering, effects of stress, and the assessment of function.



# Symptoms of Continual Exposure to Emotional Injury

- ✓ Severe depression
- ✓ Suicidal thoughts
- ✓ Poor self-esteem
- ✓ Anxiety
- ✓ Intense fear
- ✓ Phobias
- ✓ Isolation
- ✓ Powerlessness



# Building Resiliency

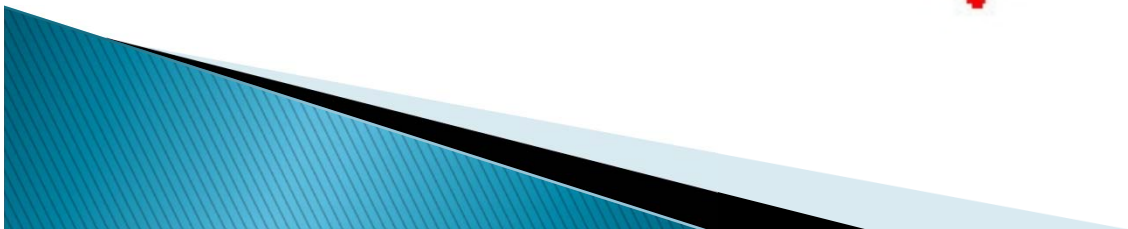
“You can’t be brave if you only had wonderful things happen to you”.

Mary Tyler Moore



# The Question?????

How can we help victims of DV move from “emotional injury” to “resiliency”?



# Resiliency

- ▶ **resilience**
- ▶ (also resiliency)

The capacity to recover quickly from difficulties; toughness.

Oxford Living Dictionary



# Definition of Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.

It means "bouncing back" from difficult experiences.

American Psychological Association





# Understanding Resiliency

- ▶ Being resilient does not mean that a person doesn't experience difficulty or distress.
- ▶ Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives.
- ▶ In fact, the road to resilience is likely to involve considerable emotional distress.

American Psychological Association



# Understanding Resiliency

- ▶ Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone.



# 10 Ways to Build Resiliency (APA)

1. **Make Connections**
2. **Avoid seeing crises as insurmountable problems.**
3. **Accept that change is a part of living.**
4. **Move toward your goals.**
5. **Take decisive actions.**
6. **Look for opportunities for self-discovery.**
7. **Nurture a positive view of yourself.**
8. **Keep things in perspective**
9. **Maintain a hopeful outlook.**
10. **Take care of yourself.**
11. **Additional ways of strengthening resilience may be helpful.**



# The Final Questions



How can we apply these 10 strategies when working with victims of DV?

What other outreach strategies could we do to help victims of DV on an outgoing basis?

As a community, how can we promote the concept of resiliency (Powerful) vs victimization (powerless) when dealing with DV and other traumatic experiences?

