

The background is a vibrant teal color. It is decorated with various tropical-themed illustrations: a large yellow leaf with a blue vein in the top left; a cluster of three yellow oranges with green leaves in the top right; a yellow star in the middle right; a yellow star in the middle left; a yellow slice of watermelon in the bottom center; and several other yellow and blue leaves and plants scattered throughout. The text is centered on the page.

Beyond the Basics

A Systemic Approach to Understanding Abuse + Exploitation

Rebecca Soliday, LMFT + Taylor Zavala, ACSW

Today's Presenters



**Taylor Zavala,
ACSW**



**Rebecca Soliday,
LMFT**

Today's Agenda

Intro and overview

Create clear expectations for the **goals and structure** of today's training

Part 1: RS

Rebecca will be presenting on domestic and intimate partner violence.

Content considerations

Describe the **values** that drive today's training and identify expectations for you, the participants

Part 2: TZ

Taylor will be presenting on sexual assault and human trafficking

Land acknowledgment



The land where we are meeting today and the surrounding areas of Sacramento, are the traditional and unceded lands of the Nisenan, Miwok, Maidu, & Patwin peoples. These sovereign peoples have been stewards of the area for thousands of years. The state of California is home to the most diverse set of tribal nations anywhere in the United States. Despite centuries of genocide and occupation, the Nisenan, Miwok, Maidu, and Patwin people continue as vibrant and resilient peoples.

Presentation Overview

"Handouts" - part 1

FOUNDATIONAL INFORMATION a good primer or refresher on some information we won't get to cover today, such as:

- ❖ Types of abuse
- ❖ Relationship red flags
- ❖ Causal factors of abuse
- ❖ Formal definition of human trafficking
- ❖ The A-M-P model of human trafficking
- ❖ Some clarifying language for human trafficking definitions (e.g. what is "commercial sex")
- ❖ Example cases of what constitutes trafficking

Presentation Overview

"Handouts" - part 2

CASE STUDIES We'll also be reviewing some case studies together. These will be included on a slide, but may be easier to read in PDF format

BIBLIOGRAPHY / WORKS CITED: Sources cited for all of the information in today's presentation

CLIENT RESOURCES: Support resources for clients, including resources for the surrounding counties

LEARNING RESOURCES: Resources for therapists - assessments, where to find additional training, etc.

Where do I get the handouts?

<https://solidaylmft.com/speaking-and-consultation>



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Content and Considerations pt 1

Content Considerations

- *Strength-based lens to understand clients' experiences
- *Non-sensationalizing discussion of these topics;

no graphic images or content, no voyeurism

Participant Experiences

- *Acknowledging potential lived experiences in the room
 - *Self care: recognizing our needs and limits
 - *Fidget and sensory items provided for focus

Content pt. 3: One More Note

People of all gender and other identities can **enact or experience abuse and exploitation**. Please try to avoid identity assumptions when discussing **this topic** (*e.g. assuming only women experience abuse, etc.*)





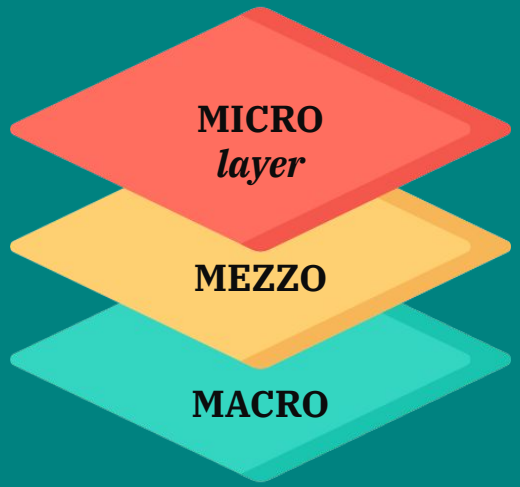
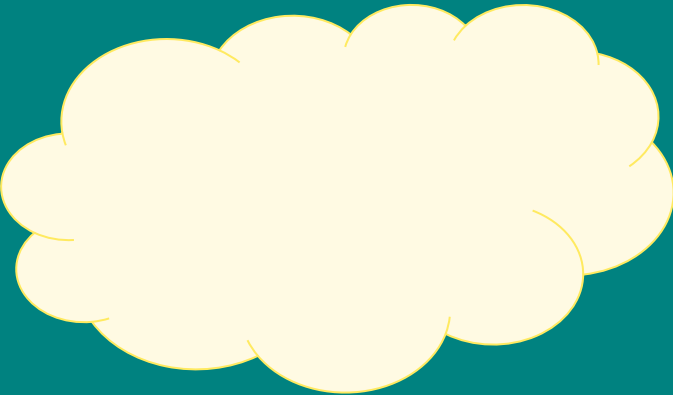
01

Abuse + Exploitation

Framing the issue; taking a systems view of these topics



Framing:
*Terminology, definitions,
and statistics*



MICRO: Individual + relational

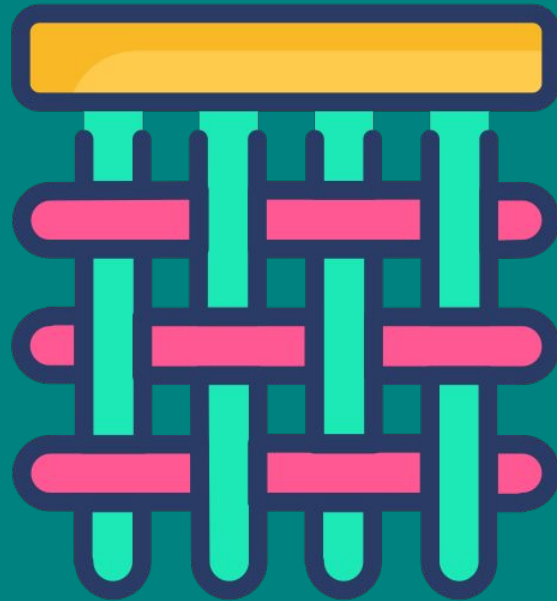
MEZZO: Community



-

MACRO: Society and government

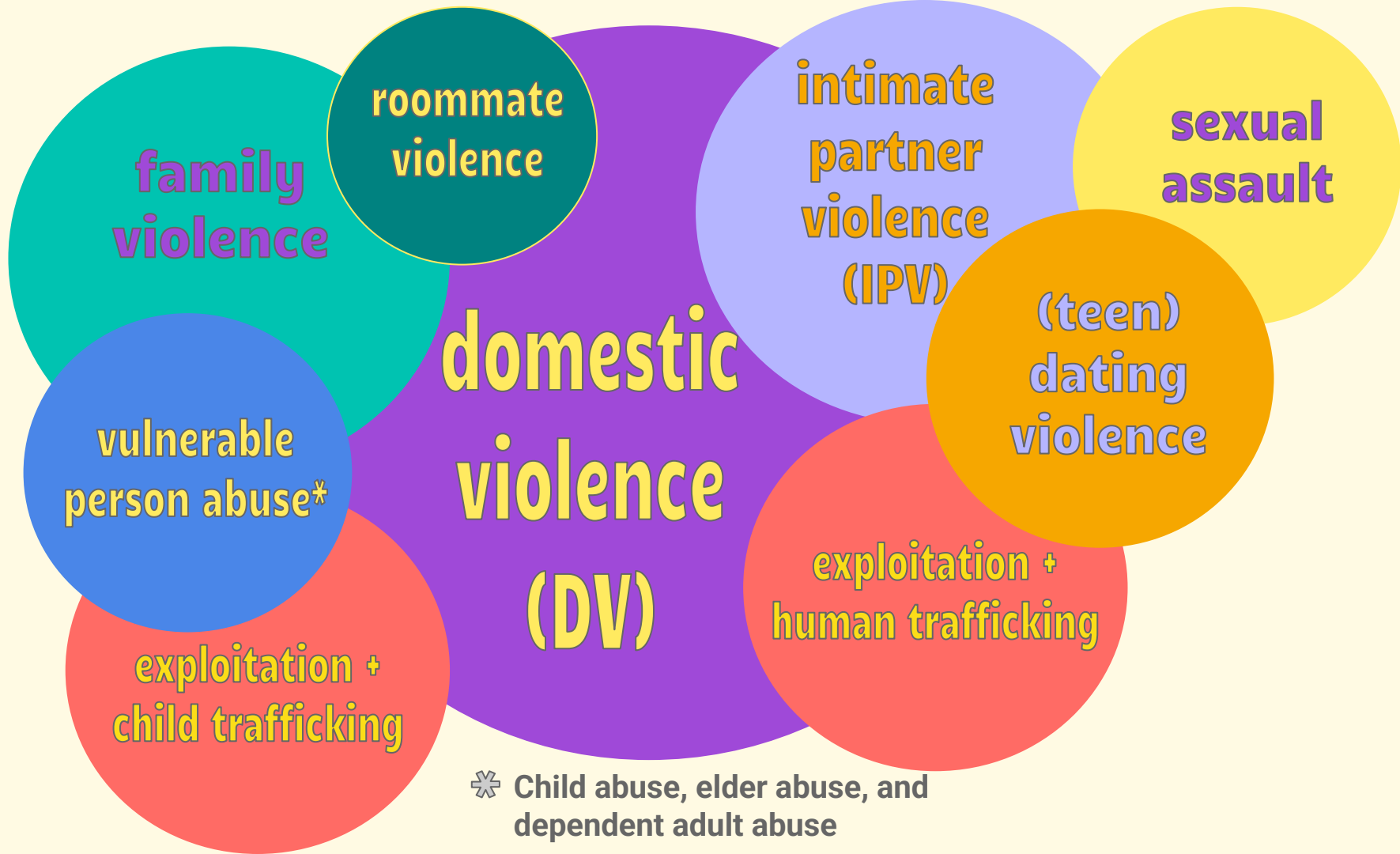
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Quick note





Terminology Brief Q+A:
Why does language matter? - Discuss



Activity #1

Look down at the table or close your eyes. As the presenters read each statement, raise your hand or write a checkmark on your paper to signal if an experience was relatable to you.



Activity #1: Checking in

How many of us checked at least one box? How many of us checked multiple boxes?



02

The Big Picture

Data on abuse, vulnerable populations, mechanics of abuse and manipulation, and a systemic view of contributing factors



Definition of *IPU*


Data and research on *IPU*



Definition p1:
Intimate partner violence (IPV)

“refers to any physical or sexual violence, **stalking, and/or psychological aggression by a current or former dating partner or spouse” per the CDC in 2015.**

Note that violence among other family members is not included in this definition!



Data note

Remember, all the numbers we talk about represent real people with a wide diversity of experiences & identities

“Data are just summaries of thousands of stories”

~Chip & Dan Heath



Data: Big picture





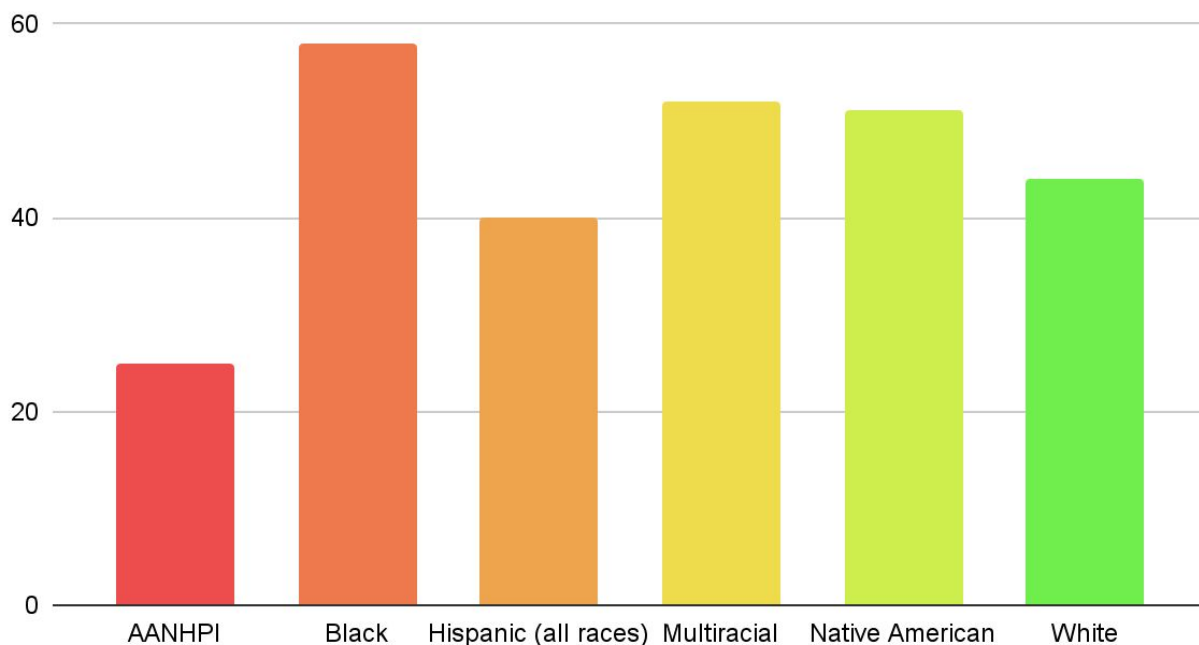
Pop quiz!

NISVS data

National Intimate Partner and Sexual Violence Survey

CDC data from Leemis et al (2022)

Lifetime IPV rates by race/ethnicity: US Men (2016-17)

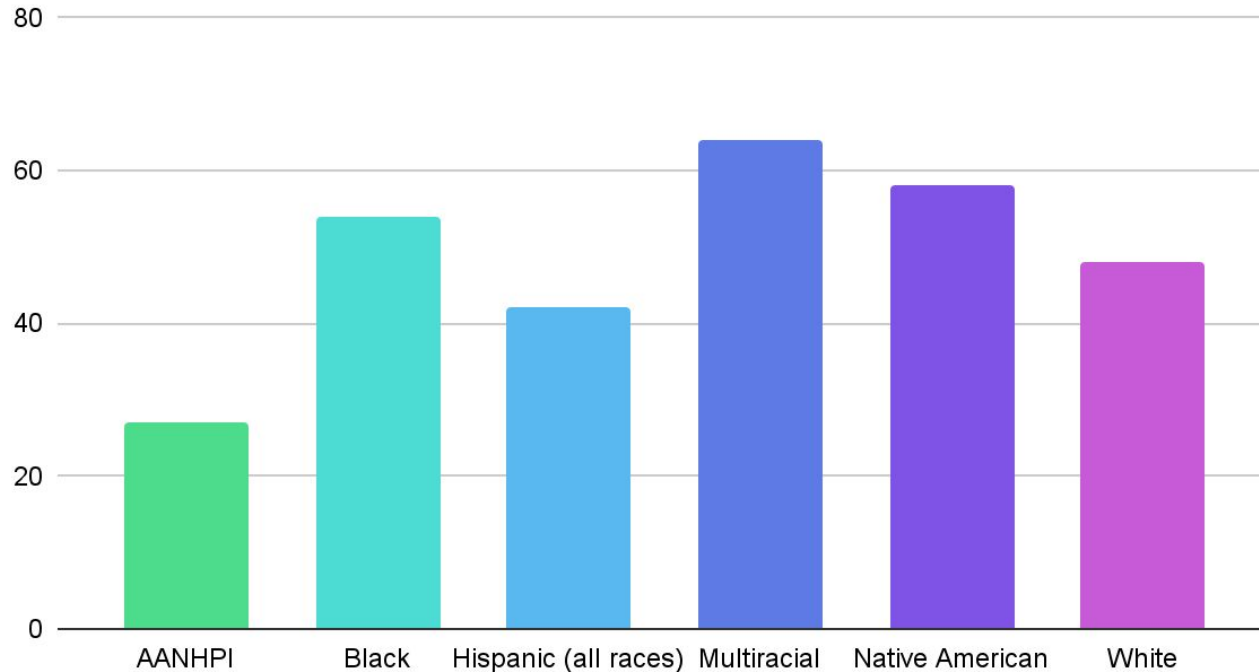


NISVS data

National Intimate Partner and Sexual Violence Survey

CDC data from Leemis et al (2022)

Lifetime IPV rates by race/ethnicity: US women (2016-17)



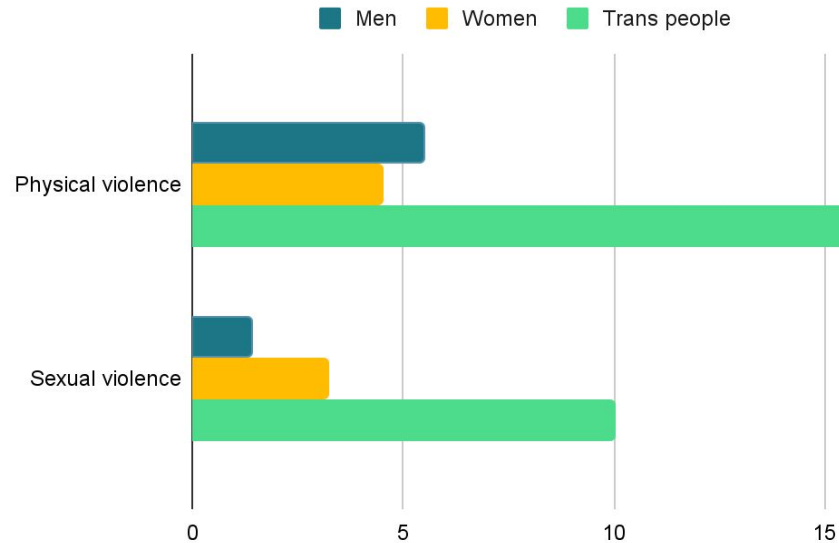
CONSIDER

Historical patterns of exploitation; consequent stereotypes about sexual availability; (lack of) legal protections; likelihood of reporting abuse (language etc)

Beyond the Binary

Research on transgender people and IPV

%age of people who've experienced IPV in the past 12 months



NOTE: NISVS doesn't break down gender identity in their data collection so **it's likely that the 'men' and 'women' categories include some trans people,**

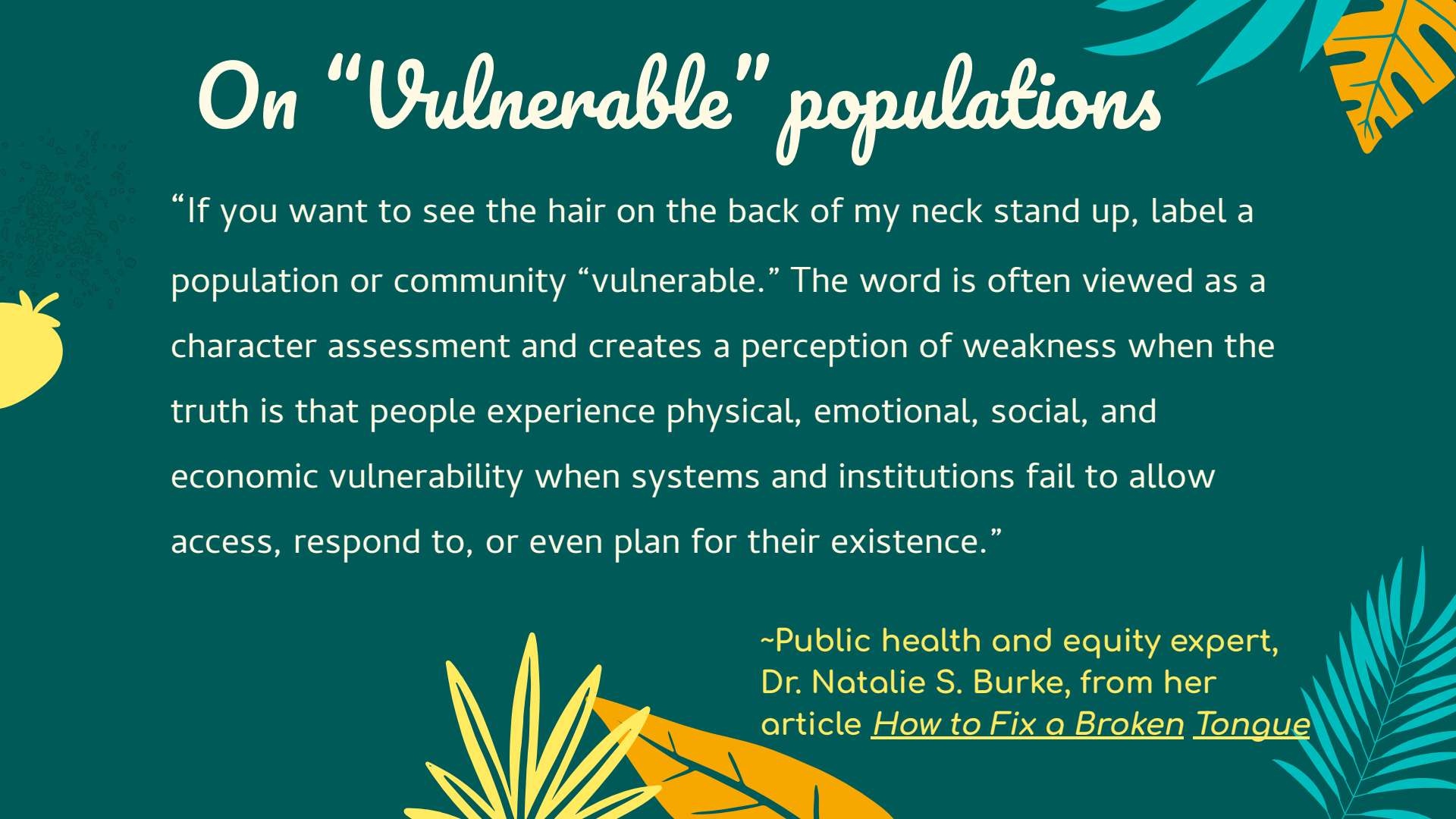
Albeit a low %age since only about 1% of the population is trans, about the same number as there are genetic redheads

On “Vulnerable” populations




“If you want to see the hair on the back of my neck stand up, label a population or community “vulnerable.” The word is often viewed as a character assessment and creates a perception of weakness when the truth is that people experience physical, emotional, social, and economic vulnerability when systems and institutions fail to allow access, respond to, or even plan for their existence.”

~Public health and equity expert,
Dr. Natalie S. Burke, from her
article [How to Fix a Broken Tongue](#)





Groups made more vulnerable to abuse



*Abuse in modern times:
An example*

Spotlight: Stalking and technology



The slide features a bright yellow background with decorative floral and leaf motifs in the corners. In the top right, there are orange and blue leaves. In the bottom left, there are blue and orange leaves with a small blue star. In the bottom right, there are blue leaves.

MEZZO + MACRO

*Community and cultural factors that may
contribute to or worsen IPV*

A tropical-themed illustration in the top-left corner of a teal background. It features stylized palm leaves in shades of orange and yellow, a whole yellow coconut, a yellow slice of watermelon with black seeds, and a cluster of small dark specks. The text 'MACRO: U.S. as a carceral state' is positioned to the right of this illustration.

MACRO:
U.S. as a carceral state

Carceral policy:



Impact of carceral policy



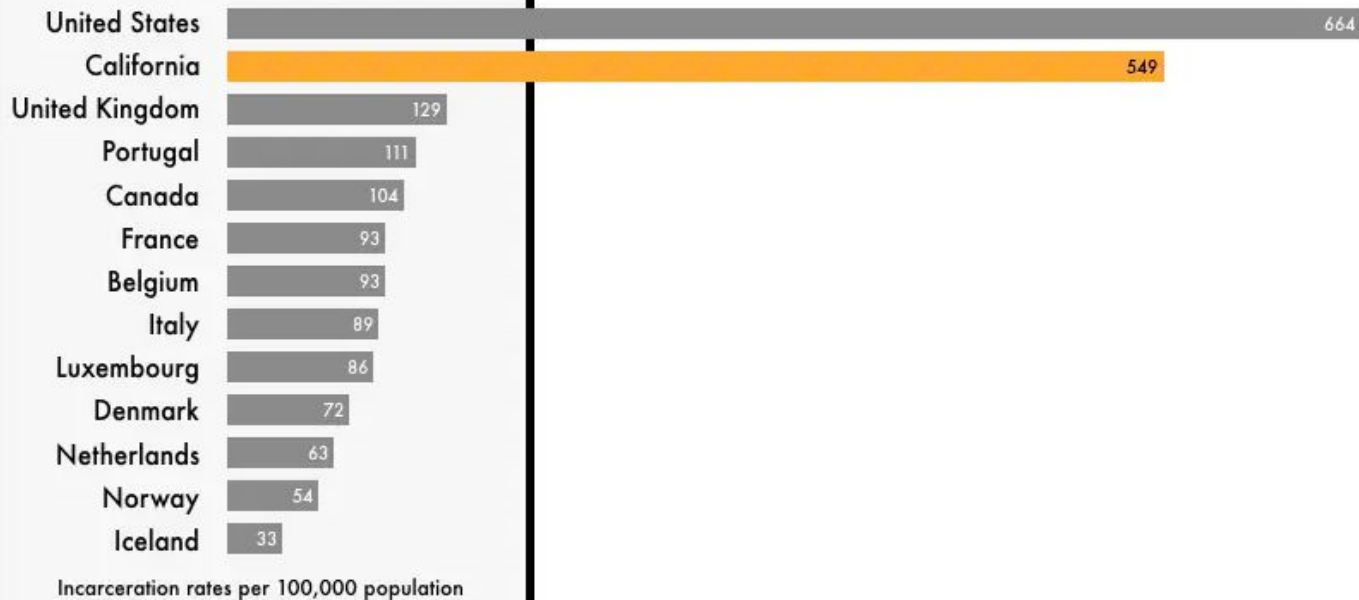


Carceral policy impact:



INCARCERATION RATES

COMPARING CALIFORNIA
AND FOUNDING NATO COUNTRIES



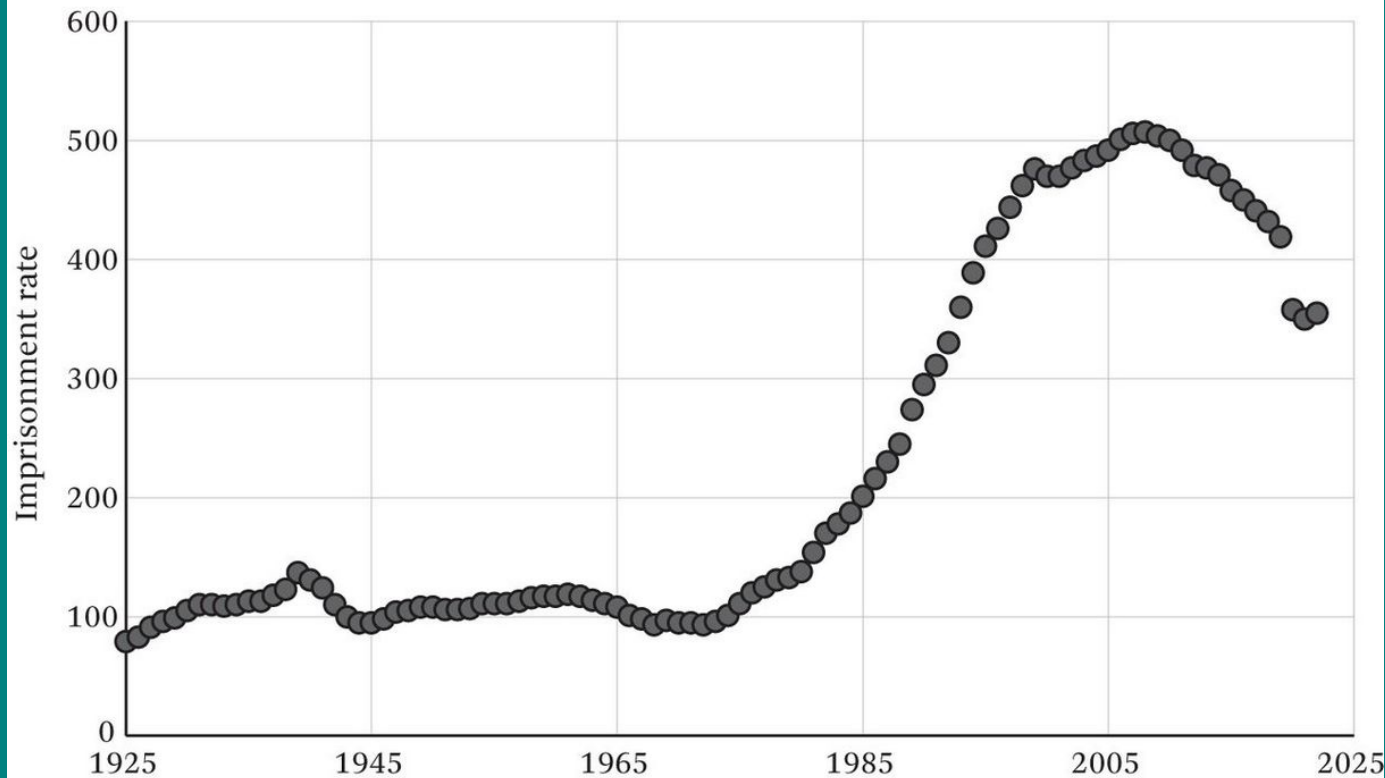
Source: <https://www.prisonpolicy.org/global/2021.html>

(Graph: Tiana Herring and Emily Widra, September 2021)

This graph is a part of the Prison Policy Initiative report, **States of Incarceration: The Global Context 2021**.

Data from the
[Prison Policy Initiative](#)

Figure 2. State and Federal Imprisonment Rates, 1925–2022



Data shown includes state prisons, and federal prisons...

NOT “detention centers” for ICE or CBP, OR private prisons

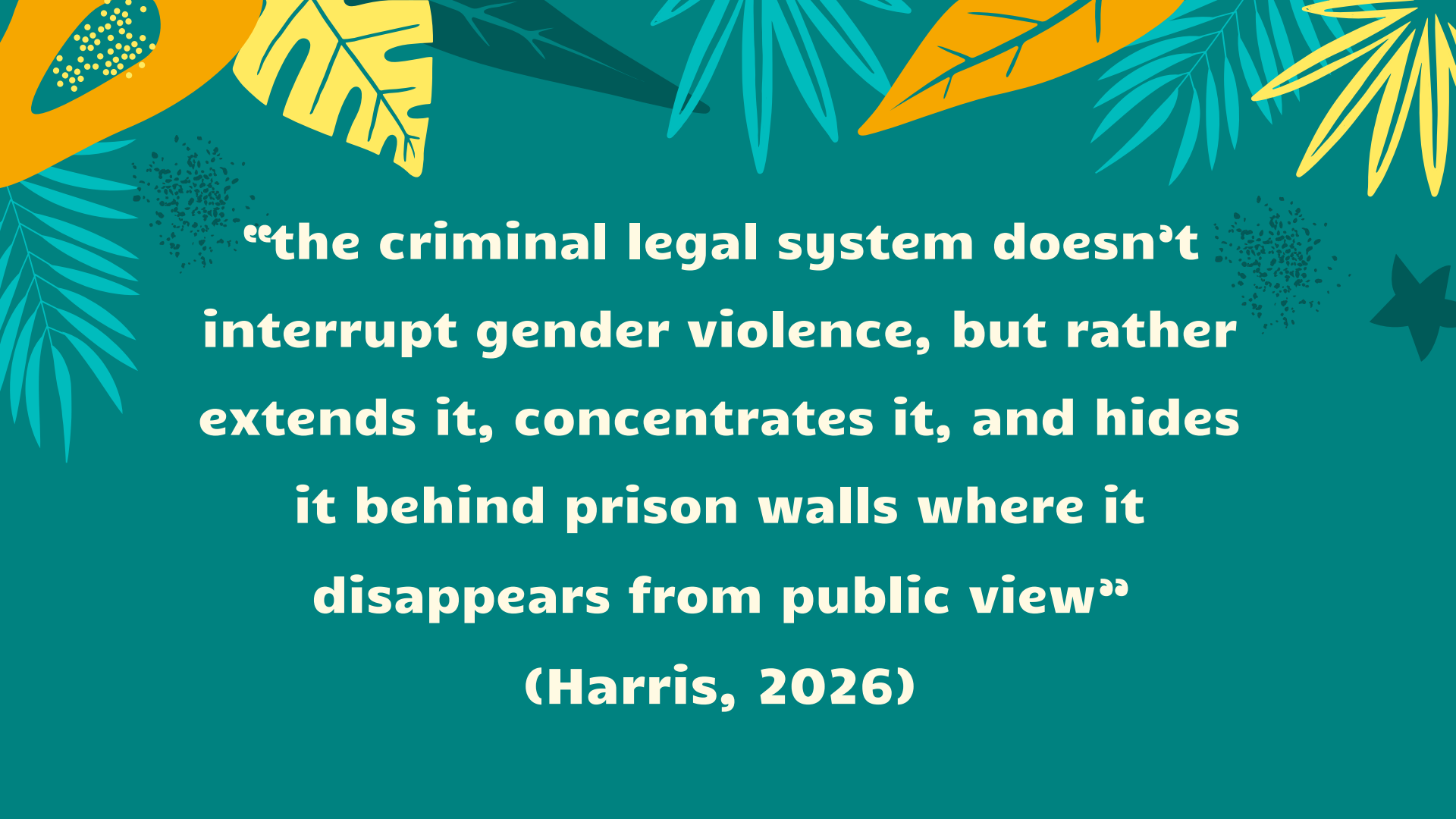
Wakefield and Turney, 2025;
data from the [Data toolbox | Prison Policy Initiative](#)



*Giving credit:
The work of Kwaneta Harris*

Carceral reality:



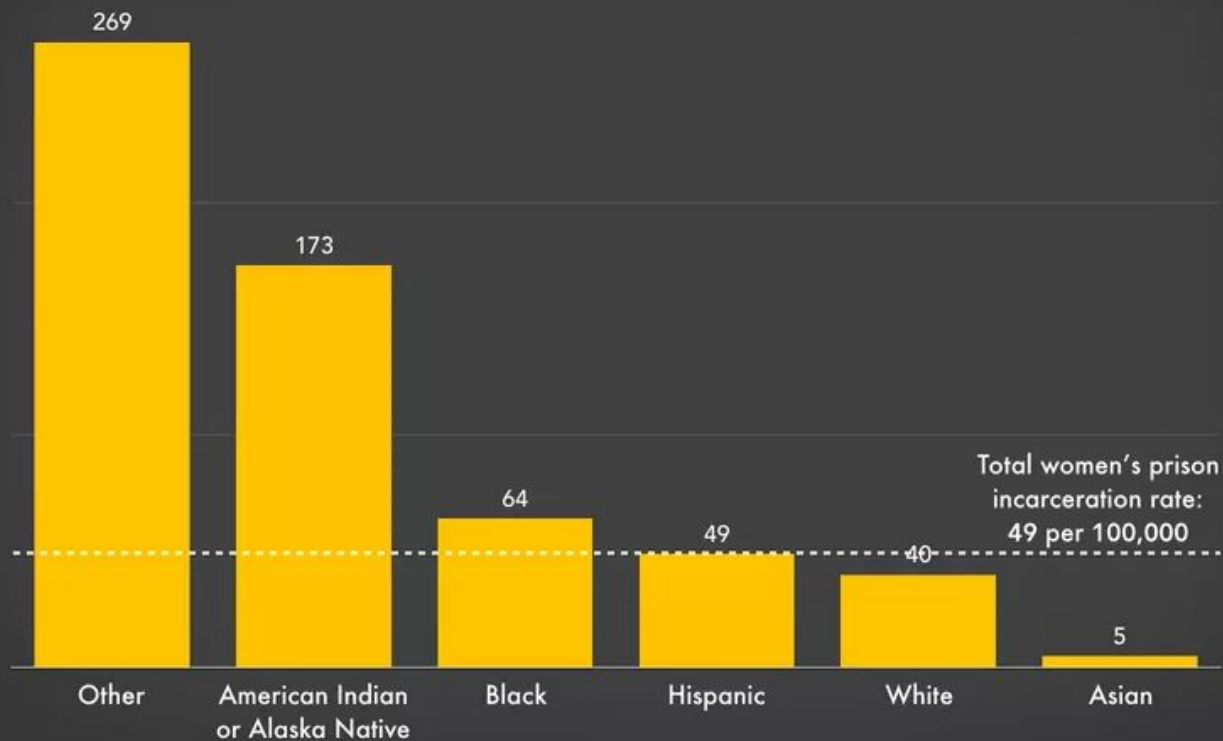
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**“the criminal legal system doesn’t
interrupt gender violence, but rather
extends it, concentrates it, and hides
it behind prison walls where it
disappears from public view”**

(Harris, 2026)

Racial disparities in women's prison incarceration rates, 2022

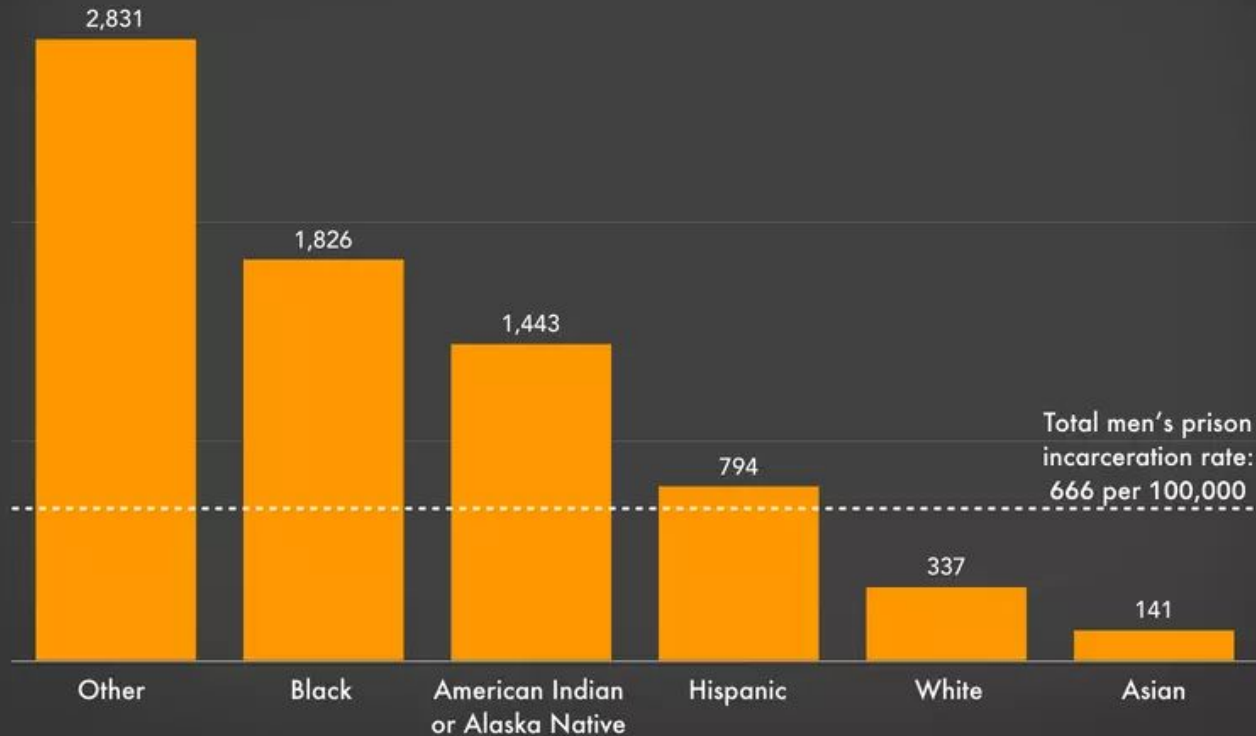
Number of women incarcerated in state and federal prisons per 100,000 population in each category



Source: Bureau of Justice Statistics, *Prisoners in 2022*, Table 13

Racial disparities in men's prison incarceration rates, 2022

Number of men incarcerated in state and federal prisons per 100,000 population in each category



Source: Bureau of Justice Statistics, *Prisoners in 2022*, Table 13

Carceral reality:




Carceral reality:





Self Reflection: Implicit conditioning, privilege, and guilt


- Utilize self-compassion and curiosity to understand
 - What emotions come up when I am reminded of my privilege?
 - Practice accepting these emotions (ACT) vs trying to change them.
 - Using CBT from a self-compassionate lens, explore:
 - What is the function of each emotion?
 - Challenge faulty cognition(s) related to guilt
 - Having privilege is “bad” / people who hold ____ privilege are “bad”
 - E.g. feeling guilty to subconsciously “atone” for privilege
 - Behavioral interventions
 - Avoid centering your own feelings in conversations about others’ oppression
 - Practice making space & listening to others
 - E.g. Keeping an open mind for experiences of harm or oppression that are different from your understanding of the world
 - GOALS:
 - Be part of the fight to challenge oppressive systems.
 - Be aware of the power you hold as a psychotherapist; help advocate for and protect people with less privilege than you
- 

The background is a vibrant coral color. It is decorated with various tropical elements: teal and yellow leaves, a teal star-shaped flower, and a teal circle containing the white number '03'. There are also some dark teal speckles scattered around.

03

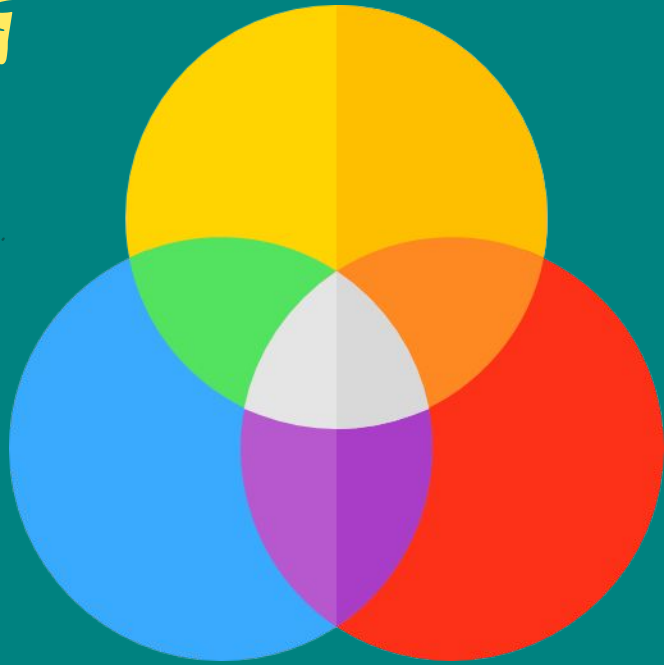
Trauma, Choices and Resilience

A radical acceptance lens for reviewing how trauma shapes client's choices, what it means to be resilient, and the cost of resilience

The background is a solid teal color. In the top left corner, there is a stylized illustration of a yellow sun-like fruit with a dark blue center and white dots, surrounded by various tropical leaves in shades of yellow and teal. A similar illustration is in the top right corner. The text is centered in the middle of the page in a bold, white, sans-serif font.

“The term “resilience” has been used to refer both to healthy functioning after exposure to significant adversity and to the capacities needed to adapt successfully to significant adversity”

(Grych et al., 2015, p. 344)



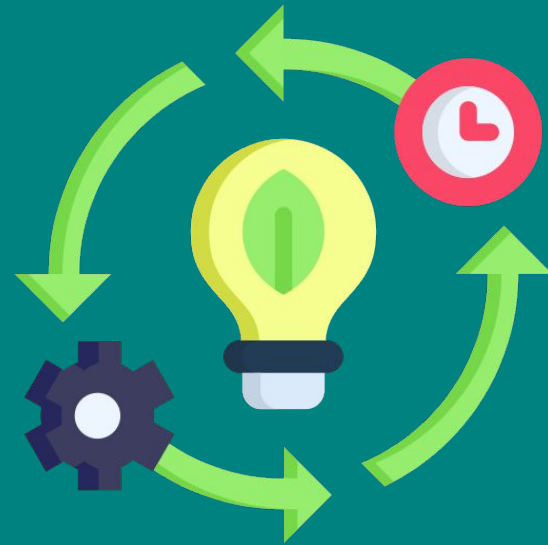
The Resilience Portfolio Model

(Grych et al., 2015)

Assets:
internal traits or
characteristics



Resources:
External sources of
support



(Grych et al., 2015)

***Coping + self
regulation***

***Interpersonal
skills + having
relationships***

***Community
connections***

Therapist lens



Law & Ethics: Mandated reporting

Minor clients under 18 y/o (vulnerable group)

- Child sexual abuse
- Teen client (>18) sexually assaulted **Consider: Self-determination, NOT investigation**
- Sexual imagery of children (inc. consensual nudes between teens)
- Teen dating violence, potentially (if physical / sexual)
- Physical violence or neglect of basic needs, whether by peers or caregivers

Adult clients

None, unless they participated in abuse or neglect of a vulnerable group

Elder and dependent adults (vulnerable group)

- Sexual assault
- Physical abuse, sexual abuse, AND financial abuse

MFTs in California are NOT mandated to report adult IPV / DV unless it involves a vulnerable group... but healthcare providers ARE mandated to report IPV between adults!

**I DON'T KNOW WHY
THEY PUT UP WITH THAT**



I WOULD FIGHT BACK!

imgflip.com

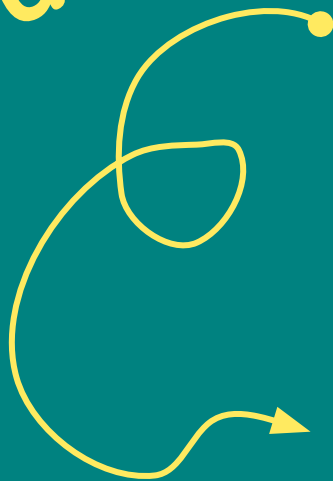
*Cultural
messages!*

When people "fight back"
adapted from here, except for Huang



Who's excluded as a "Good Victim"

reframe
from that...



To this:



"Why
don't they
just leave?"



"Why
do they
stay?"

A decorative border at the top of the slide features various tropical leaves in shades of yellow and teal, including a large yellow leaf with white dots, a monstera leaf, and several palm-like leaves.

Case Study #1: "Vee"
**Red flags and
respecting client
autonomy**

Case study see
handout

**Small group
DISCUSSION:**

Large group DISCUSSION:

MICRO
factors



MEZZO
factors



MACRO
factors






Barriers to leaving



Mezzo and Macro *barriers for trans people*



Check out Forge Forward for
training on addressing
anti-trans bias

Forge Forward specializes in supporting trans people
experiencing abuse and harm

Research: Macro level barriers





*Immigrant
experiences*



*Brief digression:
Mental exercise*



*Additional Macro factors
Structural barriers (legal)*

A decorative background with a teal gradient. The corners are adorned with stylized tropical leaves in shades of teal and yellow. There are also clusters of small dark teal dots scattered across the background.

PSA: Notaries + notarios

Important Differences Between Notaries and "Notarios"

In Hispanic countries, *Notarios Publicos* are highly trained legal professionals akin to attorneys who provide legal advice and draft legal documents.



In the United States, however, Notaries are state-commissioned officials with narrow witnessing duties and much less discretion. Many unethical individuals exploit the confusion over these different roles to take advantage of unsuspecting immigrants.

For six decades, the National Notary Association has worked to educate Notaries, government officials and the general public about *Notario* abuse.

The NNA's handout "[What Is A Notary Public](#)" explains the lawful role of U.S. Notaries and how it differs from that of *Notarios*.


R's note: A useful handout... but it's in English...



28%

Of people in California speak Spanish at home, per the latest US Census ([Chen, 2023](#))

Court, legal documentation, healthcare, education... all of these things are in English. In some settings you are legally entitled to an interpreter, but not all. *doesn't guarantee you'll receive!
E.g. DVRO is in English. Court may or may not help with Spanish or other language assistance.*

A decorative border at the top of the slide featuring various tropical leaves in shades of yellow and teal. The leaves include a large yellow leaf with white dots, a yellow monstera leaf, a dark teal leaf, a yellow palm frond, and a teal palm frond. There are also some teal star-shaped motifs and clusters of small dark teal dots scattered around the border.

Case Study #2: "Luis"
**Barriers to
leaving:
A systemic lens**

Case study see
handout

PSA

*Public service
announcement*

As of December 2024, the OAG (Office of the Attorney General- California) has issued guidance to educational workers AND healthcare providers, including therapists, about documentation and legal status.

DO NOT include information about a patient's OR their loved one's legal status (documentation) in their medical chart.

This includes ANY of your therapeutic documentation: contact notes, progress notes, tx plans, etc. We'll provide the OAG report along with selected other resources and articles.

**Small then
large group
DISCUSSION:**

Macro/Mezzo considerations

Trump admin can share immigrants' Medicaid data with ICE, judge rules

Blue states sued to prevent Medicaid data from being used in deportations.



Immigration officials want to use Medicaid data to help identify and locate undocumented immigrants. | David Dee Delgado/Getty Images

By TYLER KATZENBERGER

12/29/2025 05:18 PM EST

Updated: 12/29/2025 09:58 PM EST



Let's be proactive



04

Assessing safety and supporting clients

Common clinical scenarios and a frank conversation about safety risks, and how to address

Scenarios that may arise in clinical practice



How to talk to clients about abuse



Rebecca's tool



Discuss:

-

Content note

In the next few slides we will be addressing safety and safety planning.

Please be aware that this includes discussion about the risk of intimate partner homicide, as well as a case study that highlights these risks.

US Violent Deaths 2015-2019

IPV-related deaths (U.S.)

Intimate partner homicide (IPH)



Risk factors correlated with IPH

Three things to keep in mind as we review
these risk factors

IMPORTANT RESOURCE: *The Danger Assessment (DA)*

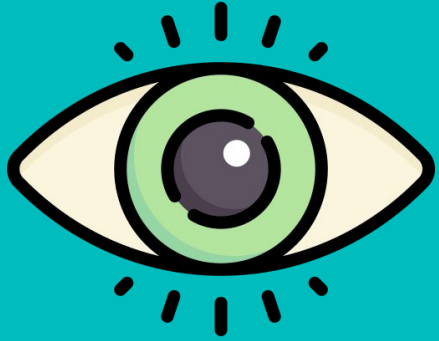
Danger Assessment tool is FREE and
VALIDATED. Helps assess lethality of
IPV and risk for IPH

Training on DA here

Caveat: gendered language! May want
to assess verbally for any non-female
clients. **Research gap, not adapted yet**



Tech abuse and safety



A decorative border at the top of the page features various tropical leaves in shades of yellow, orange, and teal. The leaves include a large yellow leaf with white polka dots, a monstera leaf, a palm frond, and a star-shaped leaf. There are also clusters of small dark teal dots scattered along the border.

Case Study #3: **Jessica**

Case study see
handout



Safety planning

Safety planning



Step 1 of safety planning



Step 2 of safety planning



The slide features a teal background with decorative tropical leaves in the corners. The top-left corner has a yellow leaf with dark green veins. The top-right corner has a blue leaf with white veins. The bottom-right corner has a yellow leaf with dark green veins. The text is centered in a white, cursive font.

Step 3 of safety planning

The slide features a teal background with decorative tropical elements. In the top-left corner, there is a yellow and orange leaf with a white dotted pattern, a green monstera leaf, and a green fern frond. In the top-right corner, there is a yellow and orange leaf with a white dotted pattern, a green monstera leaf, and a green fern frond. In the bottom-left corner, there is a cluster of small green dots. In the bottom-right corner, there is a cluster of small green dots and a solid black circle.

Step 4+ of safety planning

Discussion: Supporting Jessica



Anti-Feminisms

*Community and societal level
beliefs relating to IPV*

The slide features a teal background with decorative tropical foliage in the top corners. On the left, there are yellow and orange leaves, including a monstera leaf and a palm frond. On the right, there are yellow and orange leaves, including a monstera leaf and a palm frond. There are also clusters of small dark dots in the bottom corners.

Key concept
Hegemonic masculinity



Whiteness, masculinity, and dominance



Male ambivalence about hegemonic masculinity





Action steps



Resources for clients: Some you may not know

National

Tech Safety

The Hotline

The Network/La Red

Red Rover

Sacramento county specific

Sacramento Crisis Nursery

Mental Health Respite (Hope Collective and Turning Point)

Mental Health Urgent Care

MH First Sacramento alternative to 911



Legal and adjacent remedies

Special visas

U-Visa, T-Visa, VAWA

Justice Center

Assistance with DVRO paperwork (English)

Clary act

Protects rights at university for ppl who've experienced IPV and SA

CalVCB

Anyone who's been the "victim of a crime" (legal sense) can file for funds to help with MANY things related to said crime

Renter's protections

As of 2016 in CA you can break your lease early due to experiencing IPV, HT, SA, or child or elder abuse

Womenslaw.org

Despite the name has helpful legal info for ppl regardless of gender!