

**STRONG STAR
TRAINING
INITIATIVE**

Domestic Violence 101
and Considerations for
EBTs for PTSD

Ruth Guerreiro, LCSW, and Victoria O'Connor, LPC
Genesis Women's Shelter & Support
Dallas, Texas



UT Health San Antonio and
the STRONG STAR Consortium present
**THE
STRONG STAR
TRAINING INITIATIVE**

UT Health
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The STRONG STAR Training Initiative conducts Learning Communities – competency-based training – in evidence-based treatments for PTSD, including Cognitive Processing Therapy and Prolonged Exposure, Suicide Prevention, and Insomnia and Nightmares with licensed mental health providers.

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PROFILES IN RESILIENCE
DR. DEB'S STORY: BARRAGE
TITLE: LIFE, DEATH, LOSS, AND
LOVE: THE ROLE OF THE
NARRATIVE IN CULTIVATING
POSTTRAUMATIC GROWTH

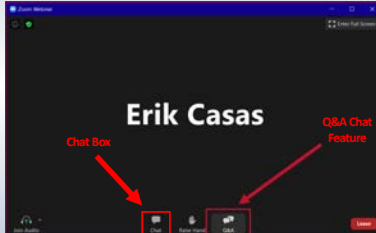
ABSTRACT SUBMISSION DEADLINE:
FRIDAY, MARCH 19, 2021 AT 11:59 PM CST

HOSTED BY:
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- Place questions in the "Q&A" chat feature – questions will be answered at the end of the presentation.
- Place technical issues in the chat box.



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Domestic Violence 101 and Considerations for EBTs for PTSD


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Genesis Women's Shelter & Support
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Conflict of Interest Disclosure

The presenter(s) have no conflicts of interests to disclose.




Domestic Violence 101 and Considerations for EBTs for PTSD



Objectives

- Participants will understand the dynamics of abuse, including escalation and cycle of violence.
- Participants will learn cultural considerations when working with marginalized populations in domestic violence.
- Participants will be able to identify common CPT Stuck points and safety considerations when working with survivors of domestic violence.




What is **DOMESTIC VIOLENCE**?






What is domestic violence?

- Domestic violence occurs when one person in an intimate partner relationship exercises **power and control** over the other through a **pattern of intentional behaviors**.
- Domestic violence is the **systematic diminishment of a woman** in her home.



Domestic Violence Statistics

-  • **1 in 4 women in the US** will know domestic violence during her lifetime; 1 in 3 worldwide
-  • **1 in 3 teenage girls** will be physically assaulted by a boyfriend
- **1 in 7 men in the US** will experience domestic violence



DV occurs across all groups

- Non-Hispanic black and American Indian/Alaska Native women are **4x more likely** to be murdered by their partner.
- Abuse rates among immigrant women are as high as **49.8%**.
- Rape, physical violence, and/or stalking: **43.8%** lesbian women, **61.1%** bisexual women, **26%** gay men, **37.3%** bisexual men
- Women with disabilities have a **40%** greater risk of DV



TYPES OF VIOLENCE



VERBAL & EMOTIONAL ABUSE

- isolation
- constant criticism, put downs, name calling
- yelling, cursing, and/or raging
- embarrassing or humiliating partner
- guilt trips
- the silent treatment
- spreading rumors or telling secrets a.k.a. "the hot button issue"
- lying and manipulation
- insulting partner's race or heritage
- using court system for continued abuse
- intimidation
- threats (suicide, deportation, cps, child custody, harm to loved one/pet)
- "the look"
- extreme jealousy
- denying/minimizing/blaming
- digital abuse: use of internet and technology
- financial abuse
- gaslighting / crazy making
- spiritual abuse



PHYSICAL ABUSE

- Pushing, shoving, kicking
- grabbing, holding, pulling
- hitting, slapping, punching
- pulling hair
- poisoning
- strangulation
- suffocating or smothering
- biting, pinching, spitting
- arm twisting
- burning
- stalking
- driving recklessly
- using weapons
- throwing, smashing things
- showing weapons
- punching walls
- trapping someone in a room or car/blocking doorway
- abandoning someone in an unsafe place
- hiding keys, shoes, clothes or money so a person can't leave
- damaging partner's personal property
- play fighting meant to show strength
- hovering, posturing
- kidnapping
- abuse of animals



SEXUAL ABUSE

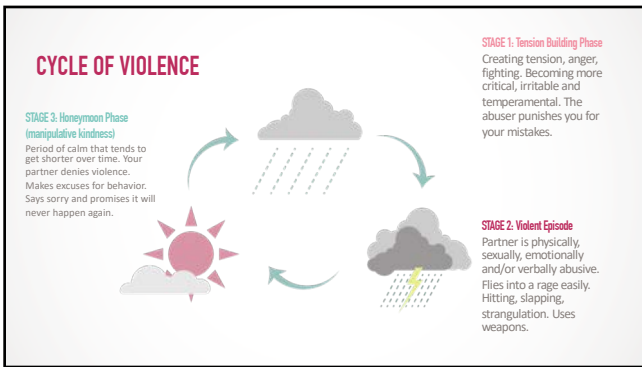
- rape or forced sex
- sexual coercion
- threatening to break up with someone or spread rumors if they refuse sexual acts
- lying or manipulating someone to get him/her to agree to sexual behaviors
- ripping or tearing clothes
- unwanted grabbing, groping, touching of someone's body (scooping)
- forcing someone to take off clothes
- sexual harassment/unwanted sexual comments
- reproductive coercion
- revenge porn
- sex when a person is too drunk to make a sound decision
- forcing a threesome
- forcing someone to watch sex between others/pornography
- sexting
- taking/sending unwanted pictures/videos
- child pornography
- rape with an object
- sex that hurts
- making partner dress in a sexier or less sexy way (controlling dress)
- withholding sex



VIOLENCE ESCALATES









Why does she stay?

- love
- fear (escalation, threats, continued abuse, being murdered)
- children
- hope
- minimizing situation
- guilt, shame, embarrassment
- low self-esteem
- gender roles
- not wanting to be alone
- lack of supportive relationships
- lack of experience in intimate relationships
- immigration status
- hot button issue
- domestic violence in family of origin
- religious convictions
- personal beliefs / world view
- pressure from family or friends
- lack of resources/ finances
- mistrust in police and legal systems
- trauma



BUT REALLY...
WHY DOES HE DO THAT?



MYTHS...

- drug/alcohol use or abuse
- mental health issues
- anger management
- his dad was abusive with his mother
- low self-esteem
- stress
- she deserved it
- others?





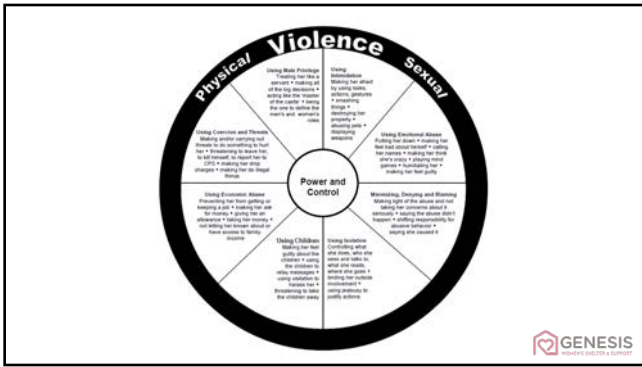
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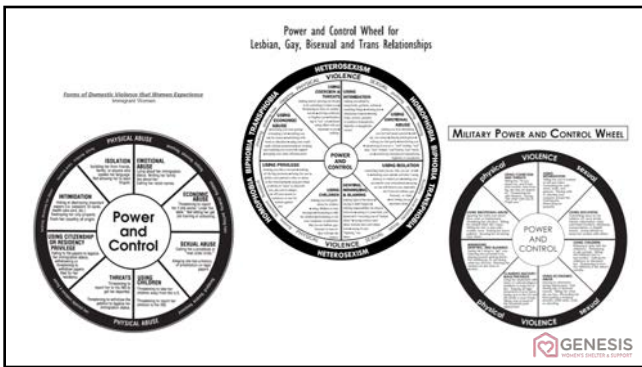
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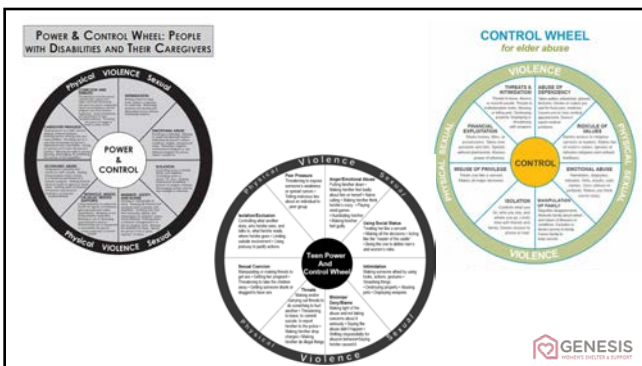


POWER &
CONTROL











Common Stuck Points related to the Causes of DV


- It is common for survivors of domestic violence to inappropriately blame themselves or attribute the abuse to something they did or did not do.
 - "I should have prevented..." or "I should not have ..."
 - "I should have known..."
 - "All men are abusive."
 - "It's my fault that..."
- Clinicians may need to provide domestic violence education when challenging assimilated beliefs.



Questions?



Safety Planning Considerations



Stuck Point or Safety Concern?

- "I have to always be prepared for what he is going to do next."
- "He's going to use this against me."
- "I should accommodate him, so he doesn't act out."
- "I'm not safe if I stand up for myself."
- "I don't have any control over what happens."



Common Stuck Points related to Safety

- "I'm never going to be safe."
 - More helpful thoughts may include "I can find some sense of safety" or "There are some safety measures I can take."
- "This is never going to end."
 - This is likely true: abusers don't stop abusing
 - More helpful thought: "I can learn to cope even if he doesn't change."



Safety Planning

- Exit Plan (short term & long term) -- not always the safest option
- Important Documents
- Physical Safety
- Emotional Safety
- Digital Safety
- Safety for Kids
- Legal Options
- Inside the home / outside the home



Safety Planning

- Abuse doesn't stop after separation
- Safety and counseling
 - Safety plans for completing homework worksheets at home
 - Couples counseling is not safe when domestic violence is occurring
- Technology abuse—homework on CPT app, monitoring phones/computer usage, listening
- Support system—may not be safe to disclose abuse to others
- Intersectionality and cultural factors



5 ways to help a friend or client

- 1 Believe her.** "I am so glad you feel comfortable talking to me about this. What is happening in your relationship is not okay and I want to support you as best as I can."
- 2 Don't blame her.** This is not your fault. Everybody deserves to be safe in their relationship."
- 3 Help her begin to think about safety planning.** "Let's talk about how I can help. Who are other people you trust that you can talk to about this? When are the times you feel most vulnerable or unsafe?"
- 4 Refer her to a local agency like Genesis.** "There are people who can help you. Have you heard of Genesis? You can call their 24-hour hotline anytime at 214.946.HELP (4357) for support."
- 5 Continue to provide support.** "This must feel really scary and overwhelming. I want you to know that I'm here for you through this process, no matter what happens."



Resources



National Resources

- thehotline.org
 - 24-hr National Domestic Violence Hotline (call, text, chat)
 - Safety Planning
- ncadv.org
 - Education & support for service providers
 - National advocacy
- Joinonlove.org
 - Teen and young adult dating violence
- Loveisrespect.org
 - Teen dating violence

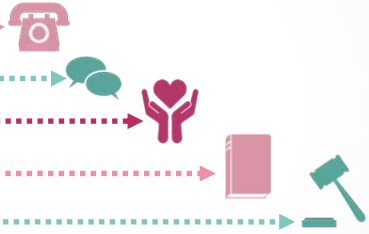




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star

Genesis Services (Dallas, TX)


- 24-Hour Hotline
- Emergency Shelter
- Transitional Housing
- Outreach Center
- Individual and Group Counseling
- Trauma Recovery
- Play Therapy
- Teen Counseling
- On-Site School
- Advocacy
- Parenting Classes
- Legal Services



**Thank you!
Questions?**

<p>Ruth Guerreiro, LCSW-S Senior Director of Clinical & Non-Residential Services 214.389.7731 rguerreiro@genesishelpter.org</p>	<p>Victoria O'Connor, LPC Lead Non-Residential Women's & Children's Therapist 214.389.7726 voconnor@genesishelpter.org</p>
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Next Month's Webinar 

- *Use of the Trauma Account in Cognitive Processing Therapy for PTSD +A (CPT+A)*
- Presented by **Gwendolyn (Wendy) Bassett, MSW, LCSW-R**, in New York City.
- **When:** Thursday, November 4 at 1pm CST.