

# LOVE SHOULDN'T HURT

## A Guide for Social Service Providers

CATALYST DOMESTIC VIOLENCE SERVICES

# MEET THE TRAINER

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**Program Manager**



# TRAINING OVERVIEW

- Introduction to Intimate Partner Violence
  - Definition
  - Red flags
  - Tactics of abuse
  - Cycle of abuse
  - Barriers to leaving/accessing supportive services
  - Supporting a survivor



# THE MISSION OF CATALYST

... is to reduce the incidence of intimate partner violence through crisis intervention, community education, and the promotion of healthy relationships

24-HOUR HOTLINE: 800-895-8476

# RELATIONSHIPS RECOGNIZED

*Catalyst services are designed for any person who identifies as a victim of domestic violence within an intimate relationship.*

- Current or former spouse or dating partner
- Live together or have lived together as intimate partners
- Have a child in common
- Are engaged in or have been engaged in a sexual relationship

# INTRODUCTION TO INTIMATE PARTNER VIOLENCE

Statistics, Tactics  
& Barriers



**1 IN 3 PEOPLE HAVE  
EXPERIENCED ABUSE  
IN A RELATIONSHIP**

**WOMEN AND GIRLS AGES  
16-24 ARE AT THE HIGHEST  
RISK OF EXPERIENCING  
PHYSICAL VIOLENCE**



**PEOPLE ATTEMPT TO  
LEAVE AN ABUSIVE  
RELATIONSHIP AN  
AVERAGE OF 7 TIMES**



**ANYONE CAN BE A VICTIM.**

**ANYONE CAN BE ABUSIVE.**



**85% OF SURVIVORS ARE WOMEN**

**15% OF SURVIVORS ARE MEN**

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# THE RELATIONSHIP SPECTRUM



# DEFINITION

**A deliberate and escalating pattern of abuse in which one partner in a significant or intimate relationship attempts to exercise power and maintain control over the other partner.**



# COVID-19 IMPACT ON DV

"Domestic violence is rooted in power and control, and I don't think there's been another time in our lived history when any of us have felt more of a lack of control"

- Barbara Paradiso, director of Center on Domestic Violence

**HOME IS NOT A SAFE PLACE FOR EVERYONE**

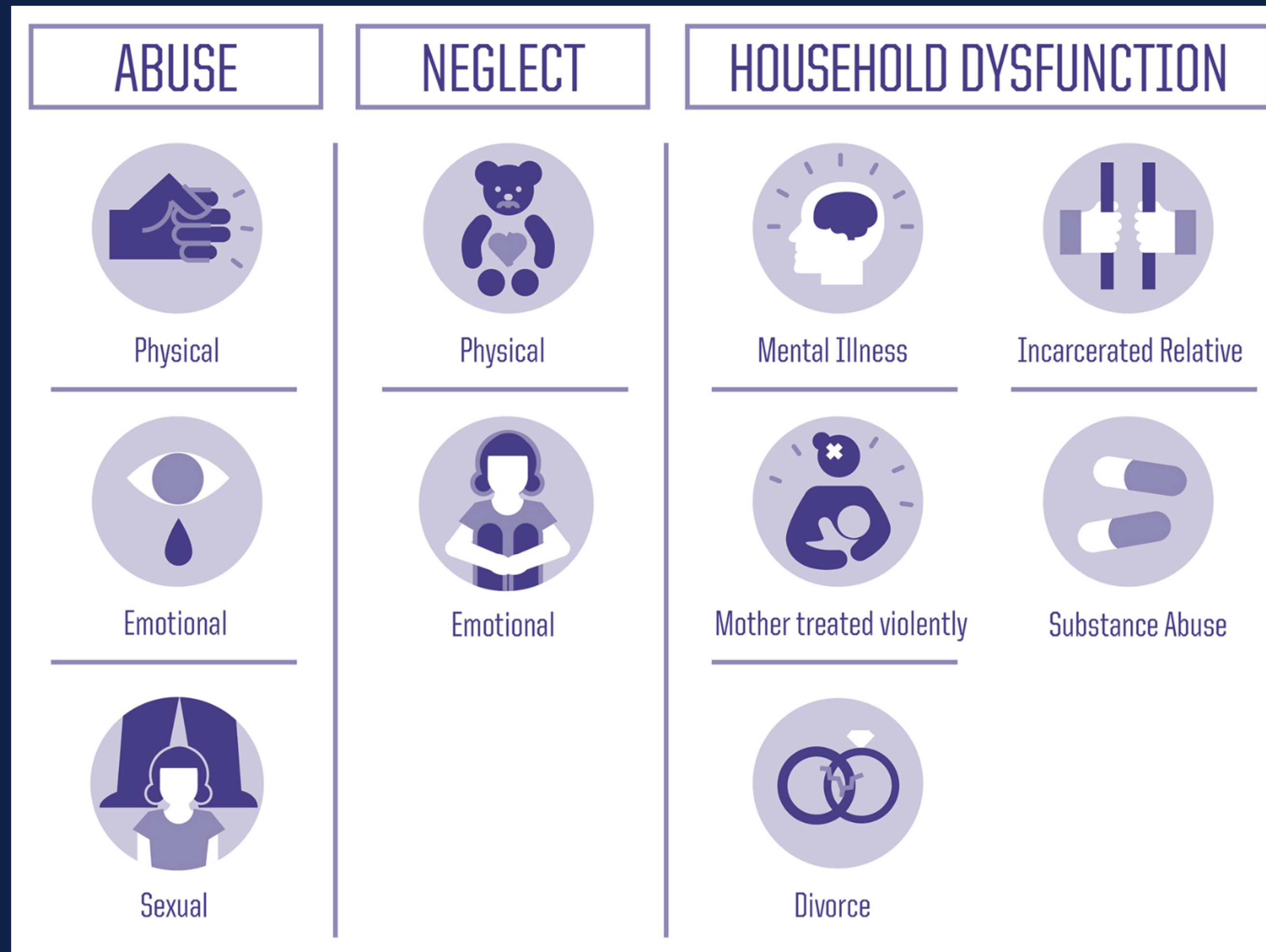


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# THE NEED FOR POWER & CONTROL

- Where does it come from?
- Violence is a learned behavior
  - Can be unlearned
- Strong link between Adverse Childhood Experiences (ACE's) and Intimate Partner Violence

# EXAMPLE OF ACE'S



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# ADVERSE CHILDHOOD EXPERIENCES & IPV

- Boys who witnessed IPV OR experienced physical/ sexual abuse as a child are more likely to harm their partners as adults
- Girls who witnessed IPV OR experienced physical/ sexual abuse as children are more likely to be harmed by their partners as adults

Exposure to  
4 or more  
ACE's  
increased  
the risk of  
perpetrating  
IPV 5 times

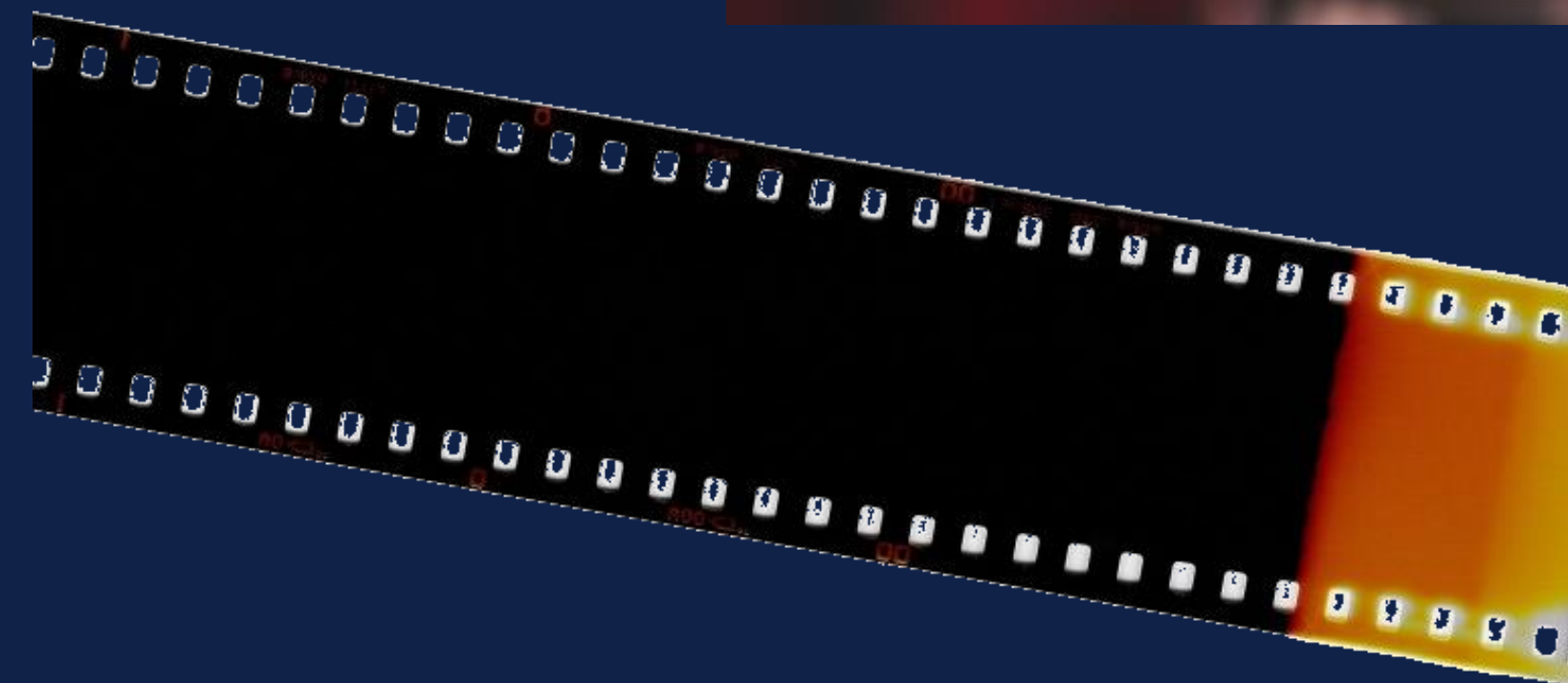


# IPV IS NOT CAUSED BY

- Genetics
- Mental Illness
- Alcohol/Drugs
- Stress/Anger
- Poverty
- Victim's behavior

# THE MYTH OF MUTUAL BATTERY

- Dangerous to victims– tells them that the violence is the responsibility of the victim
- Abusive people have an uncanny ability to frame themselves as the true victim in the relationship
- Snapshot vs. Movie





Advocacy Model Language		Criminal Legal System Language	
A person who experiences a pattern of power and control by another.	Survivor	Victim	A person against whom a crime of battery has been committed.
A person who establishes a pattern of power and control over another.	Abuser/Batterer	Perpetrator	A person who has been convicted of committing a crime of battery.
<p><b>The advocacy model understands that people who abuse their partners may:</b></p> <ul style="list-style-type: none"> <li>• Establish a pattern of control that occurs 24-7,</li> <li>• Control/exploit their partner over time,</li> <li>• use a number of tactics—some of which are illegal, <b>most of which are legal,</b></li> </ul>		<p><b>Meanwhile, the criminal legal system:</b></p> <ul style="list-style-type: none"> <li>• is designed to address specific incidents and determine if they are legal or illegal,</li> <li>• evaluates “moments in time”, not patterns of abusive control,</li> </ul>	

# ASSESSMENT IS ESSENTIAL

- Was the behavior used to establish control over someone else, or was it used to regain control over oneself?
- Who is being controlled, manipulated, coerced, exploited or hurt as a consequence of the behavior?

"When I lost it like that, they finally realized how much they'd been hurting me, and allowed me to move back in."

ABUSER

vs.

"When I lost it like that, I felt so ashamed of how I'd acted that I gave up on the changes I'd been asking for."

VICTIM



# RED FLAGS FOR AN ABUSIVE PERSON

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- ✓ Extreme jealousy
- ✓ Quick commitment
- ✓ False accusations
- ✓ Isolates partner from others
- ✓ Makes demands
- ✓ Explosive temper
- ✓ Threats to harm self or others



# RISK FACTORS FOR VICTIMS

- They appear to be highly concerned about upsetting their partner
- They frequently miss appointments because of their partner
- They have explanations and excuses for bruises or injuries that don't make sense
- Their relationship with their partner is defined by a very rigid belief in gender roles
- They express fear of their partner or home
- They're pregnant

# PREGNANCY



- Roughly 15% of women murdered as a result of DV were pregnant or had recently given birth
- Murder is among the leading causes of death for pregnant women in the United States
- 75% of pregnant homicide victims are killed during the first trimester of pregnancy
- Pregnant people under 20 years old and those who don't have access to prenatal care are at the highest risk of murder during pregnancy





# WHAT ARE SOME RATIONAL CONSEQUENCES TO BURNING TOAST?

**Abuse is never rational, but abusers  
will attempt to RATIONALIZE it...**

**"If you hadn't ruined my breakfast"**

**"If you knew how to use a toaster"**

**"If you hadn't made the smoke  
detector go off"**



# PHYSICAL

- Slapping
- Hitting/Punching
- Pushing
- Hair-pulling
- Reckless driving
- Grabbing
- Biting
- Hitting with objects
- Arm-twisting
- Use of weapons
- Pinching
- Physical restraint
- Shoving
- Burning
- Kicking
- Strangulation

# EMOTIONAL

- Verbal attacks
- Extreme jealousy/possessive behavior
- Intimidation
- Threats
- Isolation
- Gas lighting
- Hiding or destroying medication (birth control, hormones)
- Stalking

# SEXUAL

- Any unwanted touching, unsafe or forced sexual activity
- Forcing the victim to perform sexual acts
- Forced sex work
- Painful or degrading acts during intercourse without consent
- Date rape or marital rape
- Taking unwanted sexual photos and/or videos

# FINANCIAL

- Stealing money/demanding paychecks
- Forbidding employment/the search for a job
- Preventing the partner from attending school
- Making the partner beg for money for necessary items
- Giving an allowance
- Stealing or destroying personal belongings
- Refusing to pay court-ordered child or spousal support
- Identity theft/credit card fraud

# TECHNOLOGY ABUSE

- Constant phone calls or texts
- GPS tracking/stalking
  - Apps
- Degrading messages
- Pressure to “sex”
- Demanding passwords
- Spreading rumors over social media



# GUN VIOLENCE

**A WOMAN'S RISK  
OF HOMICIDE  
INCREASES BY  
500% WHEN A  
GUN IS PRESENT  
IN AN ABUSIVE  
RELATIONSHIP**



**GUN VIOLENCE IN AMERICA**

J.C. Campbell, D.W. Webster, J. Koziol-McLain, et al., "Risk factors for femicide within physically abusive intimate relationships: results from a multi-site case control study," 93 Amer. J. of Public Health 1089-1097 (2003).



# GUN VIOLENCE

- More than half of women murdered with guns are killed by family members or intimate partners
- 36.7% of women living in a domestic violence shelter have been threatened or harmed with a gun
- Loopholes in laws allow DV offenders who are federally prohibited from purchasing firearms or ammunition to avoid background checks by buying guns from unlicensed “private sellers,” at gun shows, or online.
  - 1 in 4 online gun purchasers have a DV charge



# STRANGULATION

“There are fundamentally only two kinds of strangulation victims: **dead ones** and **near misses.**”

-Dr. William Green, Medical Director  
California Clinical Medical Forensic Training Center

**One of the most lethal forms of domestic violence and one of the best predictors for future lethality**

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# CHOKING VS. STRANGULATION

- CHOKING: Obstruction of air passages when a foreign object, such as a piece of food, gets lodged internally, blocking air flow
- STRANGULATION: External pressure to the neck that causes restriction or complete closure of blood vessels and/or airway, resulting in asphyxia

# STRANGULATION

- Strangulation is close, personal, and potentially lethal
- Used to let the victim know that their attacker could kill them, and is capable and willing to do so at any time
  - “I hold your life in my hands”
- Represents an escalation of force
- In a study of 300 cases, 50% of strangulation victims had no external markings/injuries and 35% did not have injuries sufficient enough to photograph
  - In the same study, only 3% of survivors sought medical attention

# STRANGULATION

**NONFATAL  
STRANGULATION  
SURVIVORS ARE 750%  
MORE LIKELY TO BE  
MURDERED, COMPARED  
TO VICTIMS WHO HAVE  
NEVER BEEN STRANGLED.**



Glass, N., Laughon, K., Campbell, J., Block, C. R., Hanson, G., Sharps, P. W., & Taliaferro, E. (2008). Non-fatal strangulation is an important risk factor for homicide of women. *The Journal of emergency medicine*, 35(3), 329-335. <https://doi.org/10.1016/j.jemermed.2007.02.065>



# WHY DO PEOPLE STAY?

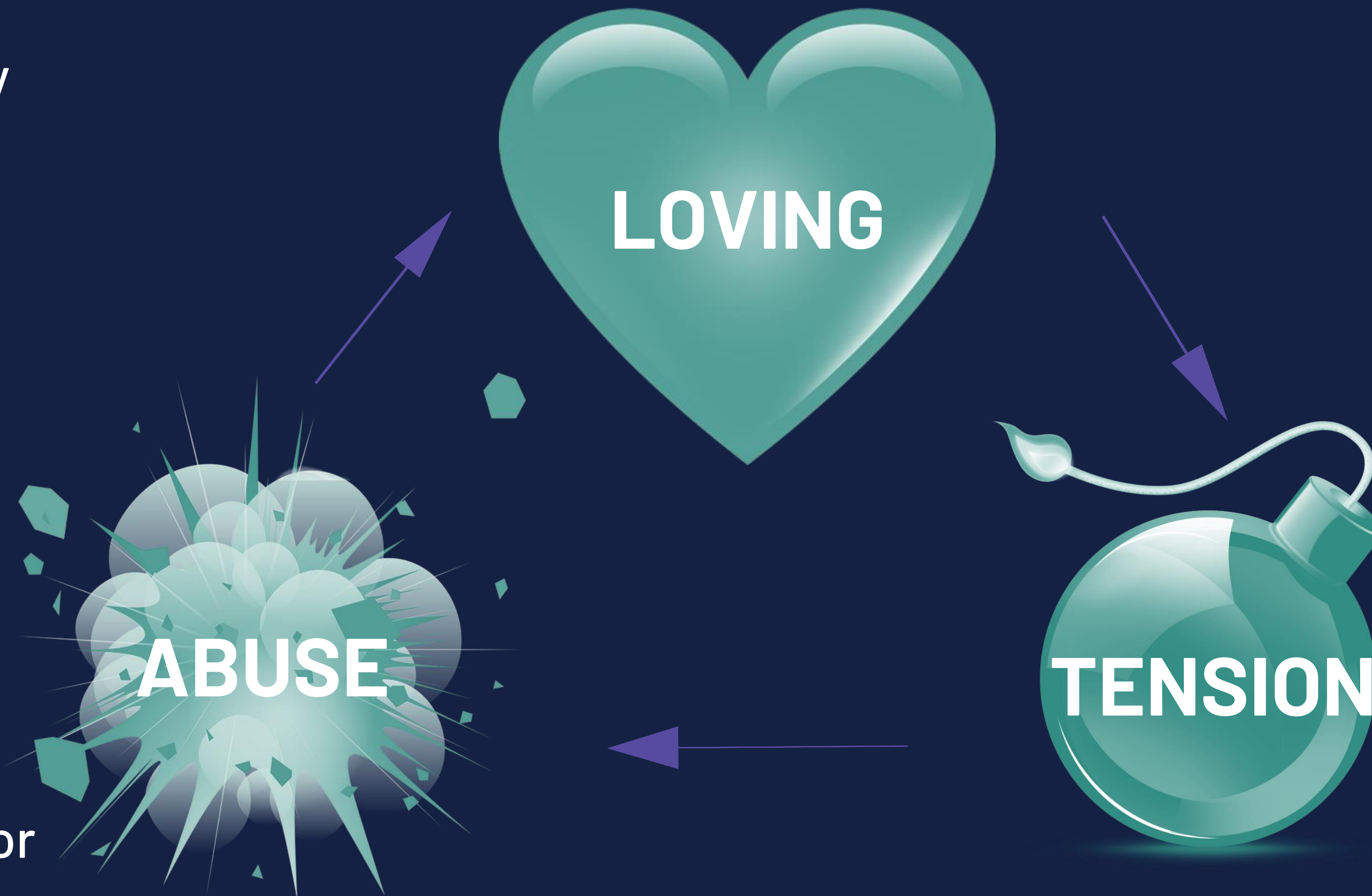


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# THE CYCLE OF ABUSE

The "If" Apology

Most likely to  
deny abuse  
happens



Most likely to  
leave, seek  
medical care, or  
call for help

Most likely  
to self  
isolate



**THE FIRST 72 HOURS AFTER  
LEAVING AN ABUSIVE  
PARTNER ARE THE  
MOST DANGEROUS**

# ENDING THE RELATIONSHIP

- 75% of domestic violence homicides happen right after the victim attempts to leave the relationship
- Staying can be a survival strategy
- Safety planning can be an important tool to minimize risk when leaving an abusive relationship



# WHY IS THIS RELEVANT?

Dajha Richards



Krissy Orbon



Damian Wilkins



Kaela Steele &  
Franklin Milone



Emiley Hughes



Tara O'Sullivan



Heather Gumina Waters



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# VICTIM BLAMING

“Bad things happen to bad people”

- Very common in our culture
- Perpetuates shame
- Minimizes perpetrator responsibility
- Reduces likelihood of seeking help

**Victims can ONLY control their own behavior**



# BARRIERS TO SEEKING HELP

## IDENTITY

- Disability
- LGBTQ+ identified
- Male
- Mental Illness
- Drug / Alcohol Abuse
- Age
- Money
- Shared Children

## SYSTEMIC

- Fear of law enforcement or CSD
- Shelter is full
- Language
- Citizenship
- Protecting self or partner



# SURVIVORS & THE CRIMINAL-LEGAL SYSTEM

- 46% of partners subjected to abuse do not utilize the criminal-legal system (Bureau of Justice Statistics, 2012)
- 75% of women who called the police reported that law enforcement involvement had either no impact on their safety or made them less safe (National Domestic Violence Hotline, 2015)
- On average, 94% of state-level convictions are the result of plea bargain
- Often DV is the first charge to get dropped

"THEIR QUESTIONS ARE UNANSWERED, THEIR VOICES ARE EXCLUDED, THEIR INPUT IS LEGALLY NOT REQUIRED."

# WORKING WITH SURVIVORS

Supportive messages  
and appropriate  
questions





# BEFORE YOU ASK

- Clients should be told of confidentiality of the conversation and told the limits of that confidentiality
- No friends or relatives of the client should be present during the conversation and preferably no children over the age of two should be present
- Use professional interpreters when needed rather than a client's friend or family member





# DIRECT QUESTIONING



- Survivors often prefer to be asked because they don't know how to start the conversation themselves
- Asking about an issue can generate the survivors confidence and trust in a worker's ability to deal with an issue
- You may be the only person to ask – never assume that someone else has asked or will in the future. We all have a part to play in supporting vulnerable people to get the help they need



# IF SOMEONE DISCLOSES...

- Listen
- Validate their feelings
- Inform them of available resources (Catalyst)
- Allow them to make their own choices when possible
- Be patient
- Offer supportive messages





# SUPPORTIVE MESSAGES



- “You don’t deserve this”
- “It’s not your fault”
- “You are not alone in figuring this out”
- “Domestic violence usually gets worse over time, it rarely ever gets better”
- “I am worried for you and your safety”



# APPROPRIATE QUESTIONS



- “How does it make you feel when this happens?”
- “What would you like to do?”
- “What are you ready to do?”
- “What do you think will happen if you stay?”
- “What do you think will happen if you leave?”
- “Would you like to create a safety plan?”

# IF YOU ARE A MANDATED REPORTER

- Offer to do report with them in the room so they can hear what is said
- Helpful phrase might be:
  - “I know it took a great deal of courage to share this with me, and we need to make sure that you are safe”

DISCUSS  
MANDATED  
REPORTING  
BEFORE  
CONDUCTING  
ASSESSMENT

# TRAUMA INFORMED SERVICES

No one does something against their own best interest without a **reason.**

**Can you think of a reason a survivor might deny abuse after having made a report?**

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# VICTIM RECANTATION

- Perpetrator's threats
- Fear of retaliation
- Financial dependence
- Belief that the crime is not serious enough to warrant prosecution
- Psychological vulnerability
- Perceptions of an unsympathetic criminal justice response
- Poor access to advocates
- Emotional attachment to perpetrator

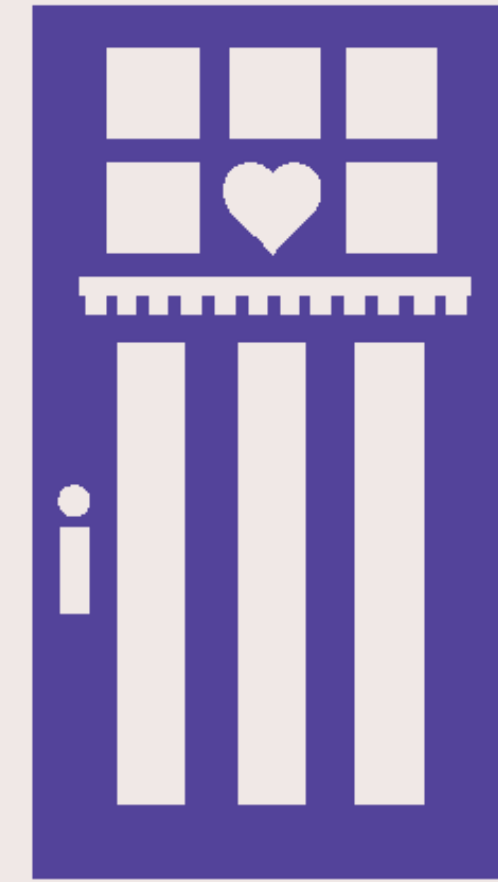


# REFERRALS TO CATALYST

Many people in abusive relationships feel trapped and unable to get help.

We offer safe, confidential and free services to those in need to get the support they deserve.

With Catalyst's support, participants will have a safe place to be heard, helped and empowered.



**CATALYST**  
DOMESTIC VIOLENCE SERVICES

**(800) 895-8476**

**CATALYSTDVSERVICES.ORG**

**QUESTIONS?**

**SARAH@CATALYSTDVSERVICES.ORG**