

# UNCOVERING DOMESTIC VIOLENCE - MARCH 8<sup>TH</sup> 2018

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# STATISTICS

- ◉ In Britain a woman is assaulted in her home every 6 seconds
- ◉ In Britain, police receive a complaint about domestic violence every 60 seconds
- ◉ On average the police receive over 100 calls relating to domestic abuse every hour
- ◉ The British Crime Survey statistical bulletin found that on average, a victim is assaulted 35 times before calling the police
- ◉ 30% of domestic violence cases either starts or will intensify during pregnancy (Department of Health report, October 2004)
- ◉ 127 countries in the world still do not have effective laws on marital rape
- ◉ 54% of rapes in Britain are committed by a woman's current or former partner
- ◉ Half of all female domestic murders occur at the point of leaving a relationship or afterwards
- ◉ On average two women are killed every week in England and Wales by a partner or ex partner
- ◉ More than 70% of victims experience post-separation harassment
- ◉ Approximately 90% of victims are females (Buel, 1995)
- ◉ Nine in ten British women killed during 2016 died at the hands of someone they knew. 78 were killed by their current or former intimate partner





# WHAT IS DOMESTIC ABUSE?

- ◉ *Women's Aid* defines domestic abuse as an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer. It is very common. In the vast majority of cases it is experienced by women and is perpetrated by men.



# PREDATOR AND PREY

- ◉ Abusers want to learn as much as possible about the victim so as to:
  - A) determine if they will make good prey.
  - B) to know how best to manipulate and groom them.



# HOW ABUSE HAPPENS

Survivors either escape through eventually leaving or being left. In the case of being left by the abuser, the following cycle takes place:

- ◉ **Love bombarding or idolisation**
- ◉ **Devaluation**
- ◉ **Discard**



# LOVE BOMBARDING OR IDOLISATION



- ◉ What happens in these situations is that **love bombing** sets the stage; it is basically grooming which is the process of manipulating and manoeuvring the victim into a position to create trust and vulnerability whereby this then allows the abuser to break down boundaries and defences. To quickly lure the victim in, intensify their emotions and increase control on them.
- ◉ It makes the victim feel adored and amazing and special to the abuser. The intensity can be experienced as a feeling of being in love and that a special bond is had.
- ◉ Abusers make their victims ‘fall in love’ because this is the greatest human bond that can be had - it makes manipulating for later abuse easier and for boundaries to be softened.



# DEVALUATION

- ◉ **Devaluing** the victim here is where abuse and exploitation take place, the abuser gets what they intended on getting and use the victim for their own interest.
- ◉ Here abuse will take place in any form: emotional, sexual, physical, financial or combination of these.



# DISCARD

- ◉ Finally, the abuser will **discard** the victim. This can mean they either leave and move on to next target or they move on to next target and the victim has to deal with having been betrayed, cheated on and abused.
- ◉ This situation is traumatic; the only advantage is that the victim is freed from their abuser.



# CYCLE OF ABUSE

When the abuser does not leave, the cycle of abuse framework developed by Lenore E. Walker (1979) is a guide to try to understand and explain the dynamics. This cycle consists of:

- ◉ **The honeymoon stage**
- ◉ **Tension building stage**
- ◉ **Explosive stage**
- ◉ **Reconciliation stage**

# HONEYMOON STAGE



- ◉ In the **honeymoon stage**, this feels like any loving and healthy relationship. The abuser is love bombing and showing this through ‘loving’ behaviour such as showing kindness, compassion, devotion, consideration, support and persuades the victim that their bond is one of love, whilst the aim of abuser is to desensitise the victim.
- ◉ No abuse takes place, if this cycle has already been repeated the victim feels that the abuse never happened, is a one-off and things will get better.

# TENSION BUILDING STAGE

- ◉ In the **tension building stage** ‘minor’ events such as yelling, criticising, blaming occur, hostility and anger are felt and the victim is literally walking on egg shells, not knowing when the trigger will be pulled, when the bomb will explode. The victim tries to be complacent to avoid being hurt or setting off the abuser.



# EXPLOSIVE STAGE



- The **explosive stage** is when abuse of any kind takes place; the abuser may rape the victim through coercion (emotional duress, blackmail, manipulation, using drink and drugs to paralyse victim) or physical force. The abuser may use physical violence, they may become emotionally abusive and tear the victim down through words and emotional violence, and they may use more than one type to abuse. This is when the abuse takes place.

# RECONCILIATION STAGE



- ◉ The **reconciliation stage** is when the abuser profoundly apologises, usually not because they are genuinely sorry for their actions and hurt caused but because they don't want to be exposed, suffer the consequences and get caught. They promise it will never happen again, they cry, plead and beg for forgiveness. The victim is in shock making them vulnerable to accept the apology and want to deny and minimise the abuse themselves. The abuser may even blame them for the abuse.
- ◉ The cycle then begins, the honeymoon stage gets less with continued abuse, the abuser no longer needs to hide behind the mask, the more they gain power and control the less they have to pretend to be who they are not.

# EXCUSES FOR ABUSE



- ◉ Bad childhood
- ◉ Stress
- ◉ Drugs or alcohol (Abusiveness and addiction are separate problems requiring their own solutions)
- ◉ Provocation
- ◉ Previous relationship they were mistreated and as result like this
- ◉ It's because of how strongly they feel towards victim.
- ◉ Loses control/anger issues



# THE ABUSIVE MENTALITY



- ◉ Abuse grows from attitudes and values and rooted in cultural training not a psychology problem. (Entitlement)
- ◉ Abuse and respect are opposites, abusers can only overcome their problem through respecting partners.
- ◉ Abusers are unwilling to change not unable.
- ◉ Abusers are far more conscious than they appear to be. However, even their less conscious behaviours are driven by their core attitudes
- ◉ An abusers good periods are an important and integrated aspect of their abuse, not something separate from it.

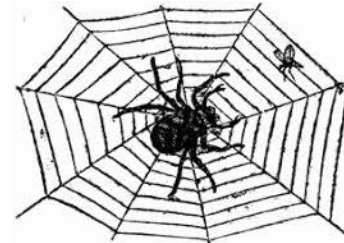
# SOCIALISATION



- ◉ Girls conditioned to believe from early age that cruelty is connected to love
- ◉ A woman's love will change an abusive man - Beauty and the beast
- ◉ Fifty shades of grey
- ◉ Violence is normalised and hence why survivors may find it hard to even recognise especially types that don't involve physical abuse.
- ◉ Pornography - debase, dehumanise, abuse
- ◉ 'Crimes of passion'

# COERCIVE CONTROL - EVAN STARK

- ◉ The web of control
- ◉ It is a pattern of behaviour which seeks to take away the victim's liberty or freedom, to strip away their sense of self. It is not just women's bodily integrity which is violated but also their human rights.
- ◉ In this model, violence is used (or not) alongside a range of other tactics - isolation, degradation, mind-games, and the micro-regulation of everyday life (monitoring phone calls, dress, food consumption, social activity etc).
- ◉ Walking on egg shells
- ◉ Law 2015 UK



# PSYCHOLOGICAL MANIPULATION



- ⦿ Power house technique which spreads to conscious and unconscious mind and heads straight to our emotions.
- ⦿ Causes distraction to our attention, leads us to underestimate impact.
- ⦿ Works whether we recognise it or not, resist it or not, agree to it or not - only defence is to get away.
- ⦿ Manipulation can be worse than overt abuse in the sense that it leaves victim unable to identify it as well and confused about feeling the way they do.

# ABUSE IS CALCULATED AND PLANNED

- He plans on telling her to go to the shop to get some items. What he withholds from her is that she has a certain amount of time to do the shopping. When she is held up in traffic and is a few minutes late, he feels completely justified in assaulting her because "You're having an affair with the sales assistant. He has just set her up.
- Get their date or partner to come and see them or drive them to a secluded place and then force them into sex
- Hits her and causes bruises in places that are not visible to others.
- Police arrive, victim seems out of control, abuser is calm. She is labelled 'unstable' and 'crazy'.

# PSYCHOLOGICAL ABUSE

- ◉ Since abusers know their targets intimately they don't always have to resort to physical force, they often use the victim's secrets and vulnerabilities to control their targets. They don't need to use force, very often emotional blackmail and other forms of manipulation are enough to get compliance and submission and to work on blame and guilt therefore creating the confusion.
- ◉ Emotional blackmail is used and achieved through FOG, which stands for fear, obligation and guilt. (coined by Psychologist Susan Forward).
- ◉ Forward and Frazier identify four blackmail types; 1) The punisher's threat = Do this or I will harm you (or others), 2) Self-punisher's threat = Leave me and I will kill myself. 3) Sufferers threat = After everything I have done for you and the sacrifices I have made for you. 4) Tantalizers threat = Eat this and you can have dessert or in domestic violence case, have sex with me and I will not leave you - hence offer you 'love', 'approval'.

# OTHER MEANS

- ◉ **Gas lighting** - distortion of the victim's sense of reality and perception making them doubt own reality and judgement - crazy making.
- ◉ **Reactive abuse** - provoking a reaction from a victim to then claim the victim is the abusive one. Pushing the victim to the edge to get a reaction.
- ◉ **Manipulation** - A favourite manipulation tactic is for the abuser to make the victim fear the worst, such as abandonment, infidelity, or rejection. Then they refute it and ask the victim for something they normally would reply with “no.” This is a control tactic to get the victim to agree to do something they wouldn't.
- ◉ **Guilt trip** - People often feel obliged to comply with guilt trip demands as a way of receiving others' approval. Keeps victim feeling bad, in a submissive position. Creating a guilt trip in another person may be considered to be psychological manipulation in the form of punishment for a perceived transgression

# CONTINUED...

- ◉ **Covert and overt threats** - abusers feel very threatened when their sense of entitlement is challenged in any way. Their reaction to victim setting boundaries or having a differing opinion from theirs is to threaten the victim into submission.
- ◉ **Projection** - the act of placing unacceptable feelings or unacceptable wants or desires onto another person. The goal of projection is to shift responsibility and blame from ourselves onto someone else. An example is an abuser will accuse the victim of being unfaithful when in reality it is themselves that are engaging in infidelity.
- ◉ **Hoovering** - abusers tend to “hoover” their victims back in with sweet promises, fake remorse and empty words of how they are going to change, only to abuse their victims even more horrifically. In the abuser’s sick mind, this boundary testing serves as a punishment for standing up to the abuse.



# PHYSICAL ABUSE



- ◉ Slapping
- ◉ Hitting/punching, striking/bruising
- ◉ Beating, choking/strangulation
- ◉ Pushing
- ◉ Burning, acid attacks/cigarette, kettle...
- ◉ Pinching
- ◉ Throwing
- ◉ Grabbing
- ◉ Biting
- ◉ Tripping
- ◉ Holding, restraining, confinement
- ◉ Breaking bones
- ◉ Threatening or using a weapon - knife, gun...
- ◉ MURDER!!!!

# EMOTIONAL ABUSE



- ◉ Jealous and possessive (accuse you of sleeping with others...)
- ◉ Criticism and insults Isolation (from friends and family - to gain control and power)
- ◉ Humiliation, mockery, subtle jokes, embarrassing What to wear, how to do your hair, speak...
- ◉ Blaming the victim for things going wrong and their own abuse
- ◉ Instilling further fear (smashing objects)
- ◉ Threatening to leave or commit suicide if partner leaves
- ◉ Threatening or intimidating to gain compliance
- ◉ Checking up, stalking, looking at emails or phone
- ◉ Yelling and screaming
- ◉ Making victim feel trapped and no way out
- ◉ Threatening to end relationship
- ◉ Telling the victim that they are worthless on their own, without the abuser

# FINANCIAL ABUSE

- ◉ Withholding economic resources such as money or credit cards
- ◉ Stealing from or defrauding a partner of money or assets
- ◉ Exploiting the intimate partner's resources for personal gain
- ◉ Withholding physical resources such as food, clothes, necessary medications, or shelter from a partner
- ◉ Preventing the spouse or intimate partner from working or choosing an occupation

# SPIRITUAL ABUSE

- ◉ Using the spouse's or intimate partner's religious or spiritual beliefs to manipulate them
- ◉ Preventing the partner from practicing their religious or spiritual beliefs  
ridiculing the other person's religious or spiritual beliefs
- ◉ Forcing the children to be reared in a faith that the partner has not agreed to



# SEXUAL ABUSE

- ◉ Sexual assault: forcing someone to participate in unwanted, unsafe, or degrading sexual activity
- ◉ Sexual harassment: ridiculing another person to try to limit their sexuality or reproductive choices
- ◉ Sexual exploitation (such as forcing someone to look at pornography, or forcing someone to participate in pornographic film-making)
- ◉ Excessive jealousy, accusing partner of having affairs, holding their sexual past or history against them
- ◉ Denying protection to get victim pregnant, agreeing to use a condom and then taking it off without consent (stealthing), putting a hole in the condom. Forcing a family when the other partner is not ready, purposely passing on an STD
- ◉ It is not a manifestation of uncontrolled desire, attraction or arousal.

# COERCIVE SEX

- ◉ With coercive sex the abuser manipulates the person being abused to the point where they believe they initiated or concurred with the abusive acts
- ◉ When people think about forced sex, they picture physical assault so when it is forced through pressure, manipulation or sleep deprivation, the victim doesn't know what to call it and may blame themselves and unable to label it, this keeps them trapped and suffering a trauma that cannot be named yet feels as real as it is
- ◉ Coercion can cover a wide range of behaviours, including intimidation, manipulation, threats of negative treatment (withholding a needed service or benefit), and blackmail.

# COERCION CAN BE CATEGORISED INTO FOUR TYPES:

- ◉ Social coercion (obligation and duty of wife - religion)
- ◉ Interpersonal coercion - having sex on demand in the face of threats - infidelity, leave them...can be devastating and traumatic even if no physical force used.
- ◉ Threatened physical coercion - the victim will get hurt if they don't cooperate or killed even.
- ◉ Physical coercion - striking the victim to get them to comply.

“Exploitive, rough, coercive sex is similar to physical violence in its effects, and can be worse in many ways” (Lundy Bancroft)

# WHAT IS FORCE?

- ◉ Force doesn't always refer to physical pressure. Perpetrators may use emotional coercion, psychological force, or manipulation to coerce a victim into non-consensual sex.
- ◉ In understanding sexual assault as non-consensual sexual contact, it is important to remember that sexual contact obtained without consent is often obtained not only through force, but also through coercion.
- ◉ The abuser will use the relationship to generate guilt and generate a sense of obligation. This stems from their belief, that they are entitled to sex.
- ◉ Some perpetrators will use threats to force a victim to comply; I'll leave you if you don't...
- ◉ The partner won't necessarily rape his partner in the literal sense of using physical force although some do.



# IT'S FOR THEM

- ◉ Sex is about meeting their needs, “they may put effort into creating pleasure not because of the satisfaction of partner or sharing mutual experience but to see themselves as a ‘great’ lover and reason will invest or want their partner to orgasm. If they don’t reach orgasm some may resent their partners because the abuser wants to see themselves as a great lover” (Lundy Bancroft)
- ◉ Everything refers back to them. Message - We have sex because I have power over you.
- ◉ Sex abuse is about power and control over someone’s sexual choices, body and catering the need of the abuser who asserts their control through the act of sex.
- ◉ It isn’t sex but this is the weapon used to control victim. Their bodies, responses, desires, choices, sexuality. The victim is robbed not only of dignity but their sexual identity and rights.

# WHY DON'T THEY LEAVE? OR WHY DON'T ABUSERS STOP ABUSING?

- ◉ Fear
- ◉ Threats/murder
- ◉ Financial instability (many become homeless and in the streets women face more exploitation and abuse with trafficking and prostitution and again murder). Financial abuse may also have contributed to financial difficulties
- ◉ Nowhere to go. Abusers isolate victims to have greater power and control over them. That means taking them away from contact with family and friends, rendering the victim isolated and cut off from these relationships
- ◉ Immigrants - fear of being deported
- ◉ No support when victim does disclose perpetrator uses smear campaign and seduces others
- ◉ No justice from law, courts and the police
- ◉ Genuine love (wants behaviour to stop), the victim is not sick to love an abuser, it is sick to abuse someone and tell them you love them.
- ◉ Low self-esteem - often destroyed by abuse
- ◉ Traumatic bonding

# HOW CAN WE HELP SURVIVORS?

- ◉ We can teach our client, the abusers tactics and manoeuvres. This will keep them from being a victim of mental abuse.
- ◉ Teach elements of the Freedom Programme by Pat Craven. The dominator, the sexual controller, king of the castle, the liar, the jailer, the bully, the head worker, the persuader, the bad father.
- ◉ Show them the power and control wheel - aka the Duluth model.
- ◉ Myth couple counselling - this can be dangerous as an abuser will blame the victim and the victim may blame self for the abuse and take accountability or they will not feel safe to talk. The problem is not with the relationship but with the abuser being abusive and so an individual problem.
- ◉ Person-centred modality - UPR eliminates shame, empathy fuels understanding and trust, congruence builds rapport.
- ◉ Work on shame, the difference between this and guilt. Many victims accept that they deliberately force the issue so that they can "get it over with". Counsellors should be prepared for minimising victims to try to take the blame as it is a strong part of their programming and needs to be softly challenged. It would be easy to accept they "deserve the reaction they get" but they never do.
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- ◉ CBT - rebuild self-worth and self-esteem.
- ◉ Rights and boundaries.
- ◉ Assertiveness techniques.
- ◉ Autonomy - give client back control.



# CONTINUED...

- ◉ Grounding techniques, relaxation for panic attacks and dissociation.
- ◉ Strategies for future confrontations, know the limitations of the abused and have an escape plan in place.
- ◉ Frame the clients copying behaviours as means of survival.
- ◉ Respond with belief and validation. Frame questions in a none judgemental way (no whys).
- ◉ Let them know that the way they survived was their way of resisting what was happening to them and saying no, even if it did nothing to stop the person behaving abusive.
- ◉ Check discussions feel safe and not overwhelming (pace of client).
- ◉ Do not force information. Understand how cultural perspectives may influence the therapeutic relationship.
- ◉ Understand trust issues are to be worked around not personal.
- ◉ Don't ask what is wrong but what happened?
- ◉ See client as more than their symptoms.
- ◉ Reinforce client isn't bad, what happened to them was bad and that they are more than what happened to them.

# ASKING QUESTIONS



- ◉ It is also important that we ask the right questions which can be hard with such a sensitive subject, yet having the knowledge of how to ask questions about domestic violence may make the subject more approachable. E.g. No closed questions: are you being abused?
- ◉ Rather ask specific questions, are you being hit, slapped, hurt in anyway? Are you being forced to have sex against your will? This leaves no room for misinterpretation. Other statements that can be used are: “sometimes when I see injuries like yours, the person has been hurt by someone close. Is this happening to you?”

# RISK ASSESSMENT

- ◉ Accessing the potential danger to a victim by the abuser and to self - DASH (2009) is an essential way to gently probe victims and assess the risk they face so that they can be adequately managed in a multi agency approach.
- ◉ **Note:** In creating awareness with victims, you may be raising the risk they face? If they are still living with domestic violence and their perpetrator senses their resistance or is challenged- abuser may have to increase their tactics- How do you cater for this issue safely?

# CONCLUSION

- ◉ Abused individuals are not weak, submissive victims. It takes huge strength to live with an abusive partner. Victims of abuse have to be strong and resourceful, adopting all kinds of coping strategies to survive each day. They are not self destructive or masochists, they do not deserve it or for staying, abuse is wrong and it is never the victims fault.
- ◉ Survivors need us, our love, understanding and support. They need us to listen to them and to fight with them to end this epidemic.

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