

How Domestic Violence and Sexual Assault Affect Women's Lives and Choices: *Tailoring Services for Victims*

Refer to Handout

– *With No Immediate Cause*



***“Do not judge any man until you have
walked two moons in his moccasins.”***

– Native American Saying

Social Group Distinctions

- Race
- Gender
- Sexual orientation
- Age
- Ability
- Religion
- Socioeconomic

Race Versus Ethnicity

- **Race**

- Shared physical attributes
- Intellectual, physical & moral “attributes” used to justify the dominance of one group over another

- **Ethnicity**

- Often confused with race
- Refers to a common social & cultural heritage

Culture

- **Culture**

- Set of values, beliefs, norms, acceptable practices, traditions
- Knowledge shared among a group of people, used to generate meaning and to survive
- Cultural traditions create a level of safety in uncertain times. They illustrate history and hope.

Cultural Competency

A set of congruent behaviors, attitudes, and policies that come together in a system, agency, or among professionals and enables that system, agency, or those professionals to work effectively in cross-cultural situations.

What is American Culture?

- Mixture of many social groups (more like tossed salad bowl vs. melting pot).
- Domination by white culture; considered mainstream.
- Values of “white, middle-class, male, Christian, heterosexual and able-bodied” are considered traditional and right.

Dominant (Anglo-American) Culture Belief Systems

- The individual is the primary unit of society
- Hard work brings success
- Individuals should plan for the future
- Status is measured by credentials, possessions, titles and/or profession
- The nuclear family is the basic social unit
- Time is a commodity

Culture and Domestic Violence

- Is Victim Part of a Group that Believes...
 - Domestic violence is a secretive family matter?
 - The male partner is the head of the household?
 - Domestic violence only happens to poor people?
 - The victim may have caused the violence?
 - Stress or alcohol may cause violence?

Culture & Sexual Matters

Is Victim Part of a Group that Believes...

- Discussing sexual issues are taboo?
- Rape is not a crime unless a weapon was used?
- Virginity is essential to be married?
- Rape negates marriageability & the future?
- Religious women are pure & obedient?
- A wife must be available sexually to her husband?
- Married women can't be raped?
- Rape survivors are dirty?
- Shame extends to the family?

Challenges to Cultural Competency

- **Class**
 - Privileges may be taken for granted by people in higher socio-economic groups.
- **Culture**
 - Different meanings and values are attached to behavior, objects, events, and situations by different cultures. Dominant group gets to define the meaning and value.
- **Language**
 - Certain words, phrases, or concepts may be difficult or impossible to translate.
- **Nonverbal communications**
 - Gestures, physical distance, facial expressions, and eye contact may have varying meanings

Challenges to Cultural Competency

- **Racism**
 - Belief that one race is superior to another
- **Ethnocentricity**
 - Belief that one's ethnicity provides the true or correct view of the world
- **Stereotyping**
 - The assignment of characteristics or beliefs about another culture based on prejudice or limited exposure
- **Oppression**

Oppression

- **Oppression**
 - Institutional power
 - Ideological domination and promulgation of the culture, logic system and ideology of one group over another
- **Prejudice**
 - Attitude, opinion, or feeling formed about individuals or groups without adequate knowledge, thought, or reason
- **Discrimination**
 - Manifestation of oppression
 - Differential treatment

What Can We Do?

- Become aware of cultural differences
- Understand our own culture
- Become aware of our biases
- Understand sociopolitical systems and barriers
- Be flexible
- Explore with the survivor what will make her comfortable
- Become an ALLY

What Can Systems Do?

- Create and maintain staffing patterns that reflect the diversity of the population served
- Develop and implement culturally competent policies and guidelines
- Provide cultural self-assessment at the organizational and individual levels
- Institutionalize cultural knowledge
- Make adaptations to service delivery reflecting an understanding of diversity

Three Levels of Prejudice and Discrimination

Institutional (business, government agencies, schools, media, health care, legal system, religious organizations and other institutions may discriminate on the basis of race, sexual orientation, etc.)

Three Levels of Prejudice and Discrimination

Social/Cultural (acceptable cultural norms and values of society are reflective of experiences of dominant groups)

Individual (personal attitudes and beliefs of prejudice when one interacts personally with a person or group of people from a different group from oneself)

Three Levels of Prejudice and Discrimination

Allies speak out against institutional, social/ cultural and individual prejudice and discrimination.

– Sources: *“Social Oppression: An Operational System”* in *Social Oppression in Diversity: Conceptual Framework* [Amherst, MA 1982]; *Counseling the Culturally Different: Theory and Practice* [1981]; *“The Sociopolitical Nature of Counseling,”* *The Counseling Psychologist*, 13/4 [1985]; and *Supporting Survivors of Sexual Assault: A Journey to Justice and Healing*, published by the Massachusetts Department of Health

Working with Diverse Victims

- Listen effectively – values and options differ
- Develop community contacts and knowledge of service such as support groups in particular languages

Working with Victims of Color

- Recognize not all victims of color are alike
 - Asian women may be Korean, Vietnamese, Chinese, Japanese, Hawaiian and of other origin.
- Learn about other cultures to increase knowledge and credibility

Working with Victims of Color

- Insure staff reflects diversity of community
- Offer to share information and receive training.

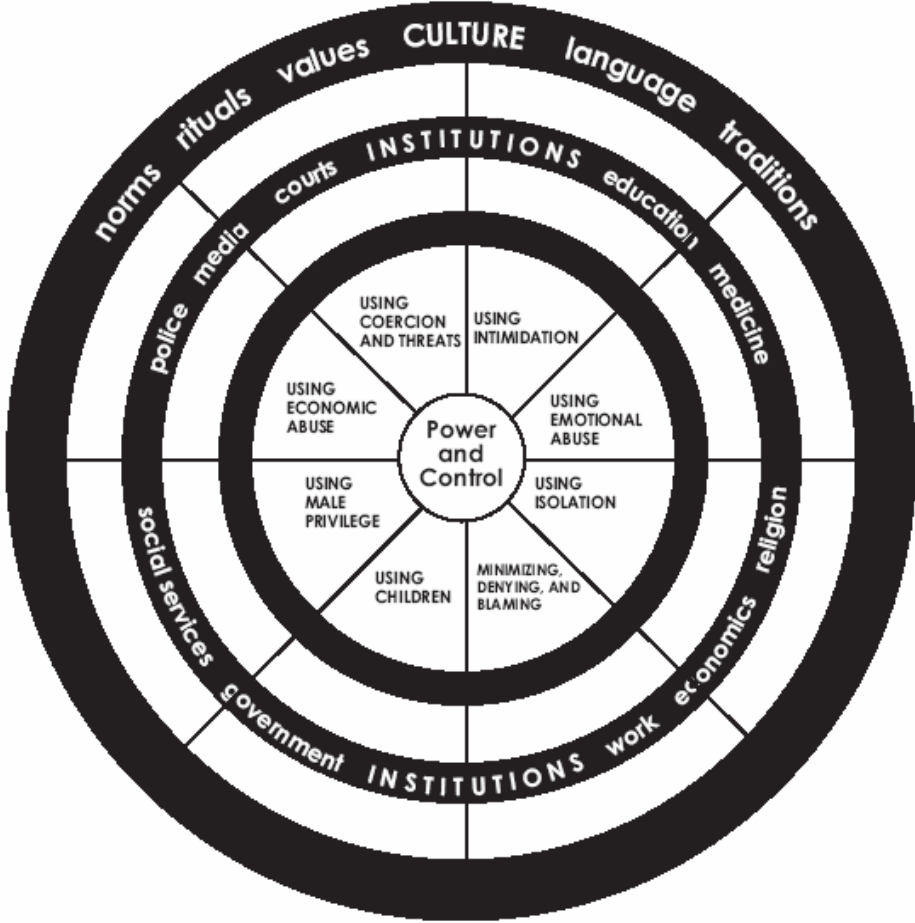
Myths About Women of Color

- Women of color are more sexually active; or more sexually submissive
- Rape only exists in the ghetto
- Women of color are exceptionally strong under stress and not affected by rape
- Women of color are more accustomed to violence in their daily lives – therefore rape is not as serious for women of color

Refer to Handout

– Power and Control Wheel

POWER AND CONTROL WHEEL



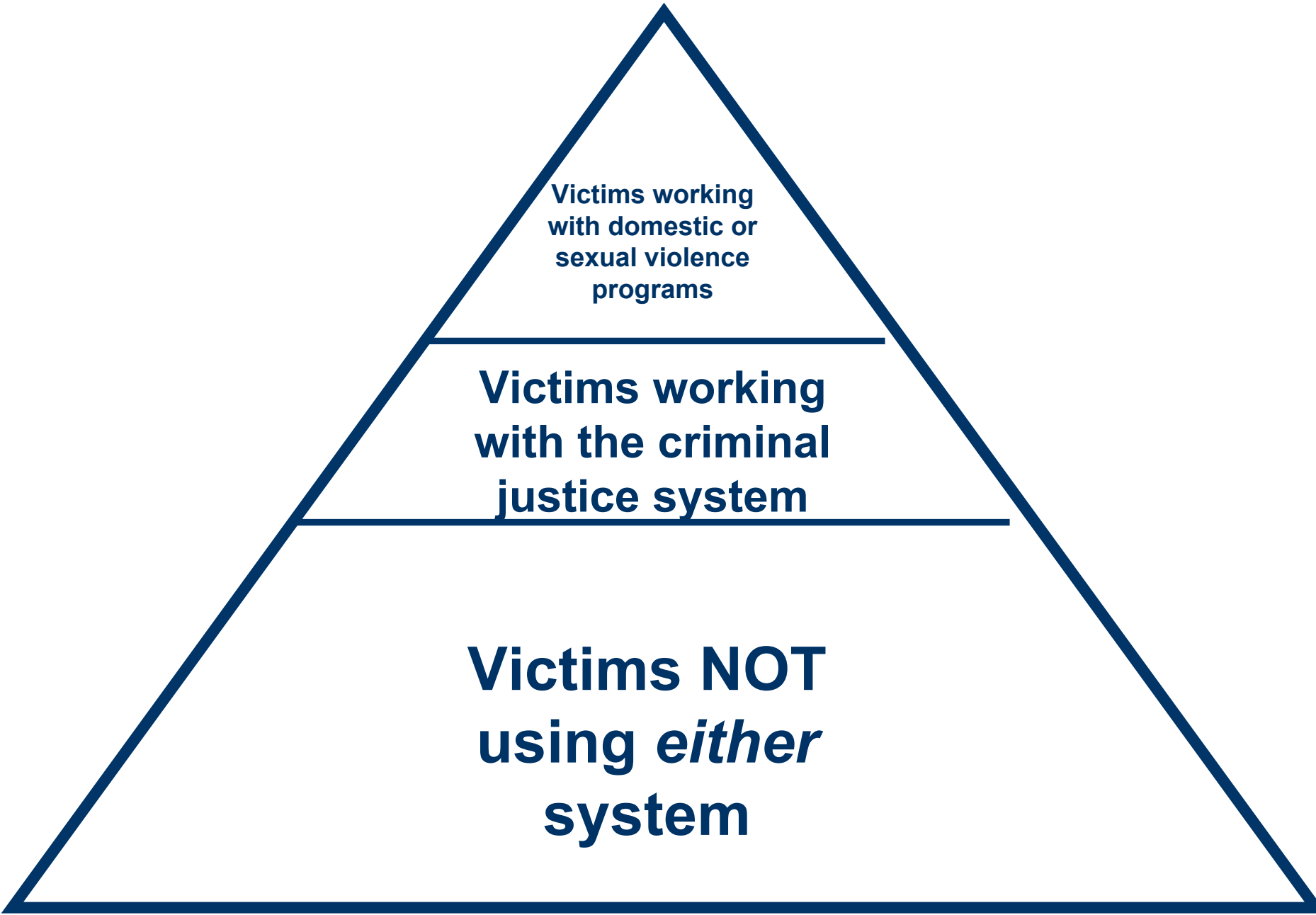
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Refer to Handout

– *Continuum of Family Violence*



**Victims working
with domestic or
sexual violence
programs**

**Victims working
with the criminal
justice system**

**Victims NOT
using *either*
system**

Why Men Batter

Men batter women and use power and control tactics because:

1. They have learned to.
2. It works.
3. They can.

Why Men Batter

In order for men to stop, they will have to:

1. Learn differently.
2. Not be able to get away with it.

– *Men Stopping Violence, Atlanta, GA*

What a Battered Women Faces If She Leaves

Fear

- The highest risk for serious injury or death to a battered woman is when she is leaving or when she has left her violent partner [Barbara Hart, 1988]

Economics

- Up to 50% of all homeless women and children in this country are fleeing domestic violence [Elizabeth Schneider, Legal Reform Efforts for Battered Women, 1990].

What a Battered Women Faces If She Leaves

Economics

- Abusive partners harass 74% of employed battered women at work, either in person or over the telephone, which results in their being late to work, missing work altogether, and eventually, 20% lose their jobs [“Battering Women: A Major Cause of Homelessness”, Clearinghouse Review, 1991].

What a Battered Women Faces If She Leaves

Economics

- In their first year after a divorce, a woman's standard of living drops by 73%, while a man's improves by an average of 42% *[Action Notes, 1989]*

Children

- Of the domestic violence related child abductions, most are perpetrated by fathers and their agents. Battering men use custodial access to the children as a tool to terrorize battered women or to retaliate for separation

[David Finkelhor, Gerald Hotaling, & Andrea Sedlak, Protective Services Quarterly, 1993.]

What a Battered Women Faces If She Leaves

Poor Criminal Justice Response

- Injuries that battered women received are at least as serious as injuries suffered in 90% of violent felony crimes, yet under state laws, they are almost always classified as misdemeanors [*Jean Zorza, "The Gender Bias Committee's Domestic Violence Study", 1989*].
- The average prison sentence of men who kill their women partners is 2 to 6 years. Women who kill their partners are sentenced on average to 15 years, despite the fact that most women who kill do so in self-defense [*National Coalition Against Domestic Violence, 1989*]

Refer to Handout

- *Children Coping with Family Violence*

Refer to Handout

- *Community Accountability Wheel*

Working with Battered Women

1. The potential for violence should always be considered.
2. The guarantee of safety in a battering relationship can never be based upon promise from the perpetrator.
3. If she is still living with the batterer, she does not have freedom of choice. She may deny or minimize the ongoing danger.

Working with Battered Women

4. Talk with her separately from her batterer. Family or couples counseling is not safe for the battered woman until the violence has been addressed.
5. Tell her that the violence is not her fault. A secure sense of connection with caring people is the foundation of her regaining control over her life.
6. Codependency concepts are not appropriate in trying to understand why women remain with violent partners.

Working with Battered Women

7. Assess for safety. Help her to determine a safety plan for herself.
8. Tell her about her options and resources-legal, battered women services, protective intervention.
9. Develop ways in which you can advocate for her safety.

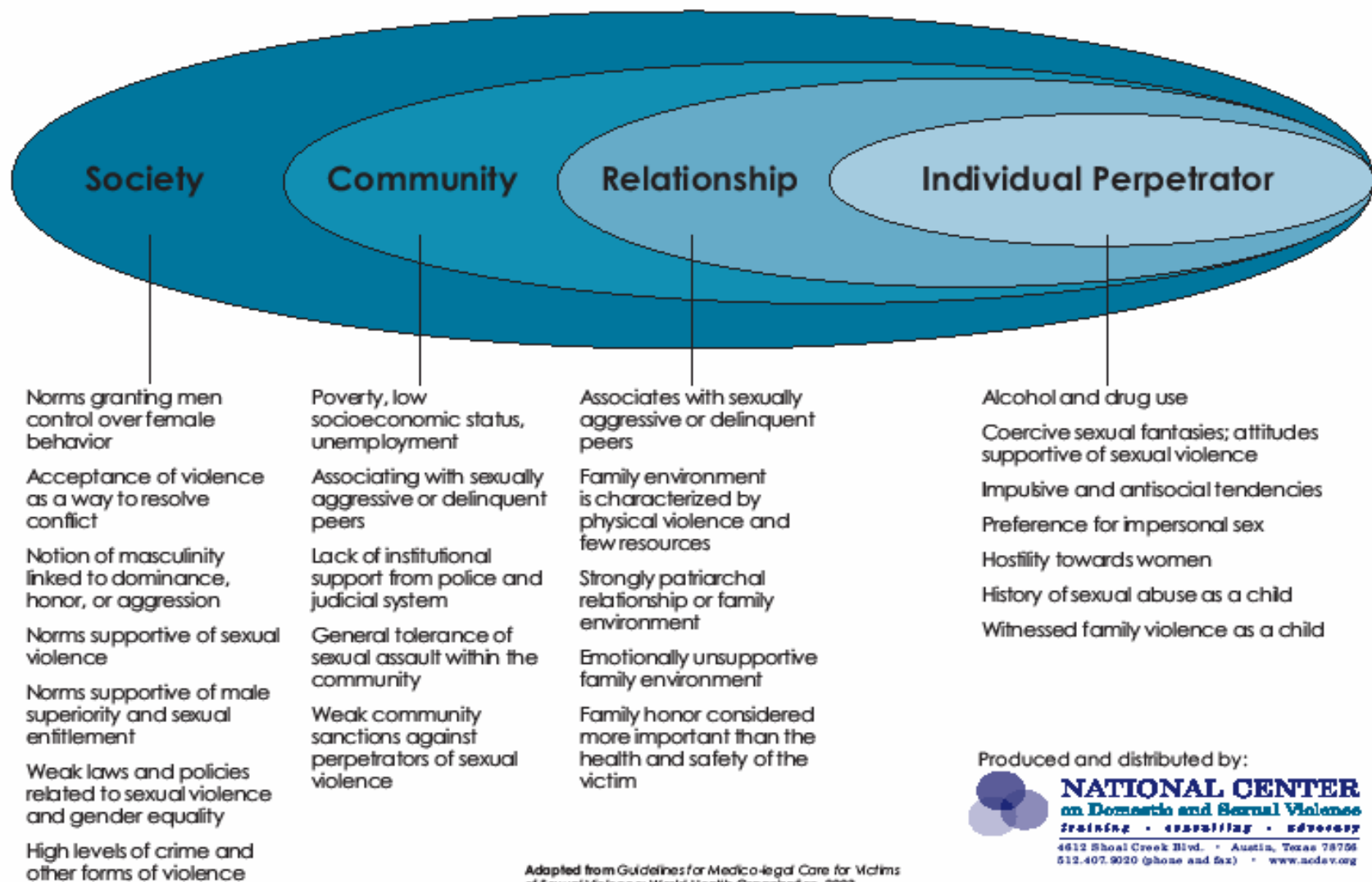
5 Things to Say to a Victim Who Feels She Cannot Leave

1. I am afraid for your safety.
2. I am afraid for the safety of your children.
3. It will only get worse.
4. I am here for you when you are ready to leave.
5. You don't deserve to be abused.

Points to Remember

1. Recognize that she has been traumatized.
2. Do not minimize her feelings.
3. Tell her that the violence is not her fault.
4. If there are weapons and drugs/alcohol involved, let her know the combination can be lethal.
5. Encourage her to talk to someone she trusts about the violence.
6. Assess for women's abuse on child abuse calls.

FACTORS ASSOCIATED WITH MEN COMMITTING RAPE



Adapted from Guidelines for Medico-legal Care for Victims of Sexual Violence: World Health Organization, 2003

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True or False

- T F** A man usually rapes a woman because he wants to have sex.
- T F** Men convicted of rape generally score normal on psychological tests.
- T F** Women ask for rape by their clothing, behavior or activity.
- T F** Since a woman consents to sexual intercourse with her husband when she marries him, there is no such thing as marital rape.

True or False

- T F** No woman can be raped without her consent, because she can either prevent it or fight off the attacker.
- T F** One in every three women will be sexually assaulted at some time in their lives.
- T F** The rapist is usually someone the victim knows.
- T F** Rapists are usually lower-income men with little social status.

True or False

- T F** Marital rape is not as traumatic for the victims as stranger rape, because she's had sex with her husband before.
- T F** Cautious women don't get raped because they stay away from the wrong places.
- T F** Rape occurs only in larger urban areas.

True or False

- T F** No matter what your sexual history, any sexual contact without consent is a sexual assault.
- T F** Approximately 500,000 woman are raped annually.
- T F** Women who are raped can recover from the incident fairly quickly and easily.

Refer to Handout

– *Societal Attitudes About Sexual Assault*

Refer to Handout

- *Why They Didn't Report Being Raped to the Police*

Common Reactions of Sexual Assault Survivors

Self-blame, Shame

I feel as though it was all my fault; I should never have worn that dress to the party.

Anger, Rage

I feel angry all the time, even toward people who had nothing to do with the rape, like my kids and my co-workers.

Common Reactions of Sexual Assault Survivors

Isolation

I can't think of anyone to trust or talk to; I just want to be by myself, even though I feel lonely.

Fear, Terror, Feeling Unsafe

When I am home, I'm afraid someone will break into the house; when I go out, I'm terrified I'll be attacked. My guard is always on.

Common Reactions of Sexual Assault Survivors

Loss, Grief

I feel like part of me died – like my life will never be the same.

Sadness, Anger Turned Inward

I barely manage to function; I feel there is a dark cloud following me around, and I can't remember what it's like to be happy.

Common Reactions of Sexual Assault Survivors

Loss of Control, Powerlessness

My life is not my own anymore; what's the use of making decisions when I have no power to change my life?

Flashbacks, Nightmares

I close my eyes to go to sleep, and all I can see is the rape; I feel as though it's happening to me over and over.

Common Reactions of Sexual Assault Survivors

Triggers: Seasons, Smells, Circumstances

Every year around this time, I start to feel sad. Because my rape happened in spring-time, the signs that make everyone else happy, make me feel depressed.

Changes in Sexuality, Intimacy

I want my partner's support, but I can't stand the idea of having sex, even though it has been almost a year since the rape.

Common Reactions of Sexual Assault Survivors

Physical Concerns: Pregnancy, Sexually Transmitted Infections, Other Injuries

My body just isn't the same. I have back pain, and I am always on the alert for signs of sexually transmitted infection.

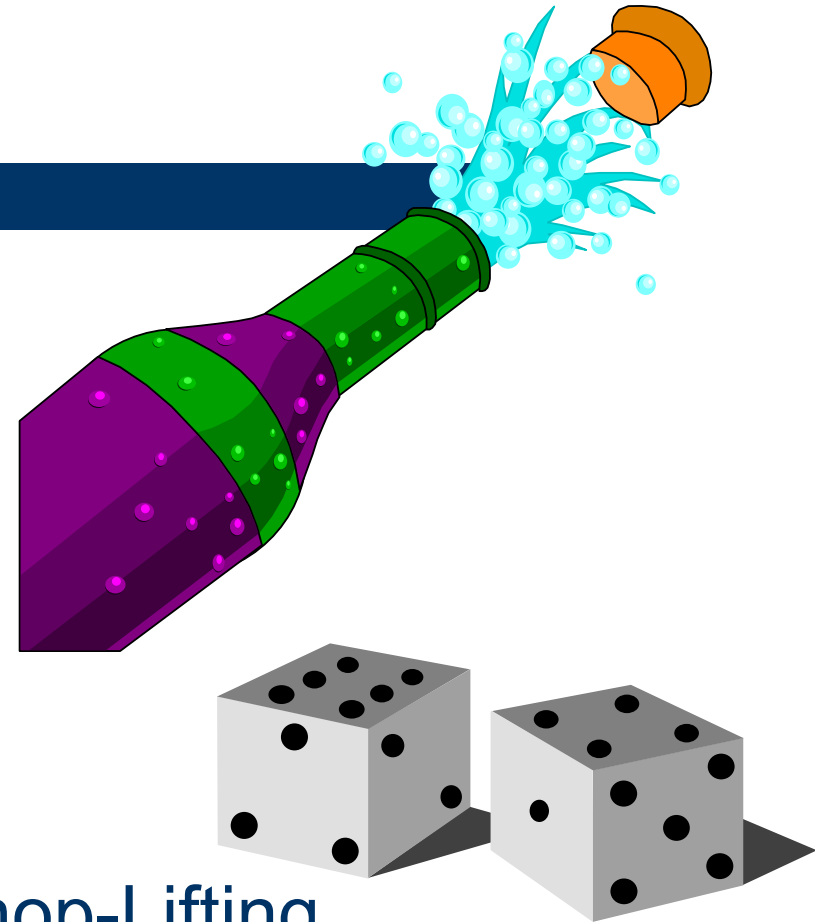
Spiritual Crisis

The God that I believed in would never allow something like this to happen. I've lost my faith and sense of who I am.

Source: Supporting Survivors of Sexual Assault: A Journey to Justice, Health and Healing, Massachusetts Department of Public Health and Massachusetts Coalition Against Sexual Assault, Reprinted September 1997

Coping Abuse

- Substance Abuse
- Gambling
- Eating Disorders
- Compulsive Spending
- Excessive Working
- Sexually Acting Out
- Compulsive Shopping/Shop-Lifting



– Patricia J. Bland, *Screening for Domestic Violence and Substance Abuse*, 2001

How Counselors and Others Can Help Rape Victims

- Validate and believe
- Dispel untruths and misconceptions
- Normalize
- Establish a working relationship
- Create a safe environment
- Offer options, not advice

How Counselors and Others Can Help Rape Victims

- Let the survivor express a full range of feelings
- Be culturally sensitive
- Help build a long-term support network
- Encourage constructive ways of coping
- Advocate
- Provide information, education and referral
- Clarify the counseling period

Men Are Raped Also

- Almost always by other men
- Usually heterosexual men
- Victim's trauma affects them, like women, to the core
- Healing from being sexually victimized can be life-long process
- "Men aren't supposed to be raped," so, who is "supposed to be raped?" Statistics answer that question

Men Are Raped Also

- Statistically, men of color and gay men are disproportionately sexually victimized.
- Most frequent places men are sexually assaulted are in prison, military, and fraternities.
- All three were developed and are maintained to sustain a structure of male supremacy.

Men Are Raped Also

- Men raped in prison often labeled as the “bitch” or “woman” and kept subordinate in the hierarchy of prison life.
- Rape is something that women are forced to think about, feel about, deal with, shape their lives around, and develop a consciousness about in ways that men simply do not, and probably cannot understand.
- It is difficult for men to comprehend, but something that we can begin to grasp-if we listen to the words of women.

Effects of Sexual Abuse on Children

Young Children – infancy to 5 years

- Sudden weight loss or gain
- Abdominal pain, vomiting, and/or urinary tract infections
- Perineal bruising
- Sexually transmitted infections
- Sleep disturbances and nightmares
- Compulsive masturbation
- Precocious sex play

Effects of Sexual Abuse on Children

Latency-age Children – 6-11 years

Children over the age of 5 may exhibit any or all of the behaviors and symptoms described above for younger children, plus:

- Loss of toilet training or other regressive behavior
- Crying with no provocation
- Fearfulness and anxiety
- Headaches
- Disclosures about sexual abuse
- Sudden rejection of normal physical affection
- Extraordinary fear of males (or females)
- Art work or drawings with sexual images

Effects of Sexual Abuse on Children

Adolescents – 12 to 18 years

Adolescents may show the behaviors and symptoms indicated for younger children above and also may exhibit:

- Depression
- Insomnia
- Sudden school failure
- Truancy
- Running away from home
- Criminal behavior
- Drug problems

Impact of Trauma

1. After 1980, when the efforts of combat veterans had legitimated the concept of post-traumatic stress disorder, it became clear that the psychological syndrome seen in survivors of rape, domestic battery, and incest was essentially the same as the syndrome seen in survivors of war.
2. Traumatic events violate the autonomy of the person at the level of basic bodily integrity. The body is invaded, injured, defiled.
3. Helplessness and isolation are the core experiences of psychological trauma.

Impact of Trauma

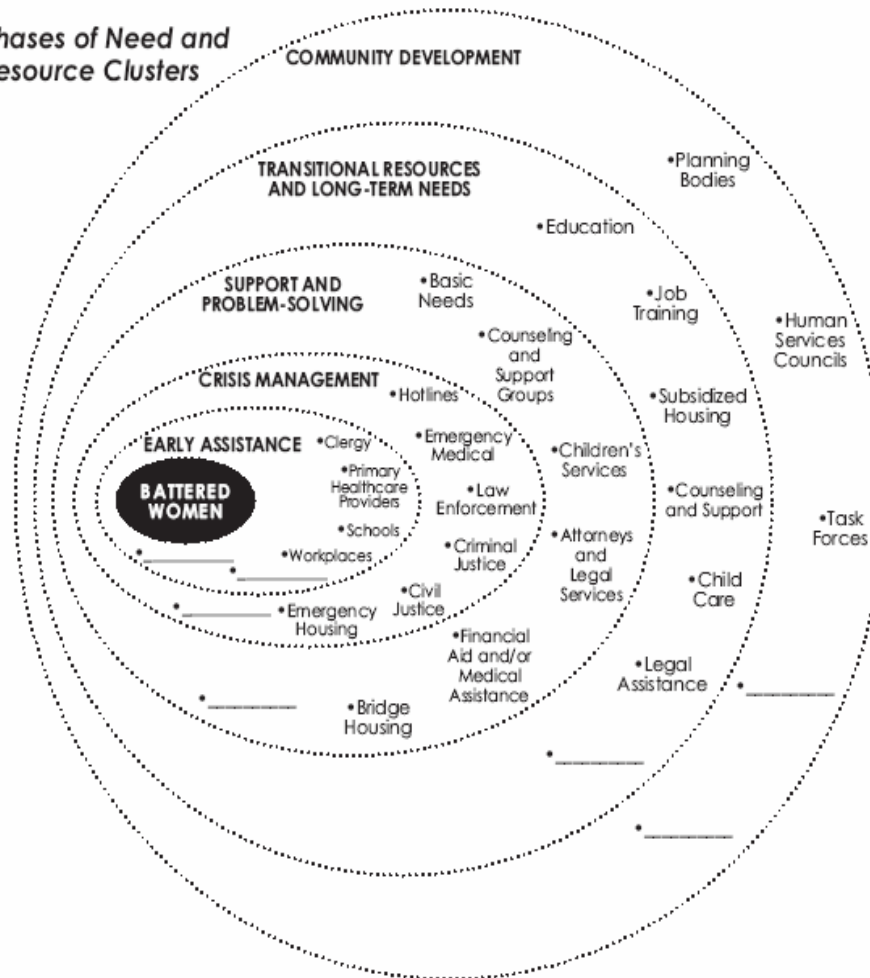
4. Traumatic reactions occur when neither resistance nor escape is possible. The human system of self-defense becomes overwhelmed and disorganized and impacts the ordinary human adaptations to life that give people a sense of control, connection, and meaning.
5. Traumatic events destroy the belief that one can “be oneself” in relation to others. The individual’s point of view counts for nothing, and shame, doubt, and guilt appear in the aftermath of the traumatic events.

Impact of Trauma

6. Observers who have never experienced prolonged terror or traumatic events and who have no understanding of coercive methods of control presume that they would show greater courage and resistance than the victim in similar circumstances.
7. Therefore, the common tendency is to account for the victim's behavior by seeking flaws in her or his personality or moral charter.

CONTINUUM OF CARING: COMMUNITY-BASED RESOURCES FOR BATTERED WOMEN

Phases of Need and
Resource Clusters



Developed from:
The Community Audit: A Resource for
Battered Women's Advocates,
Pennsylvania Coalition Against
Domestic Violence (1997)

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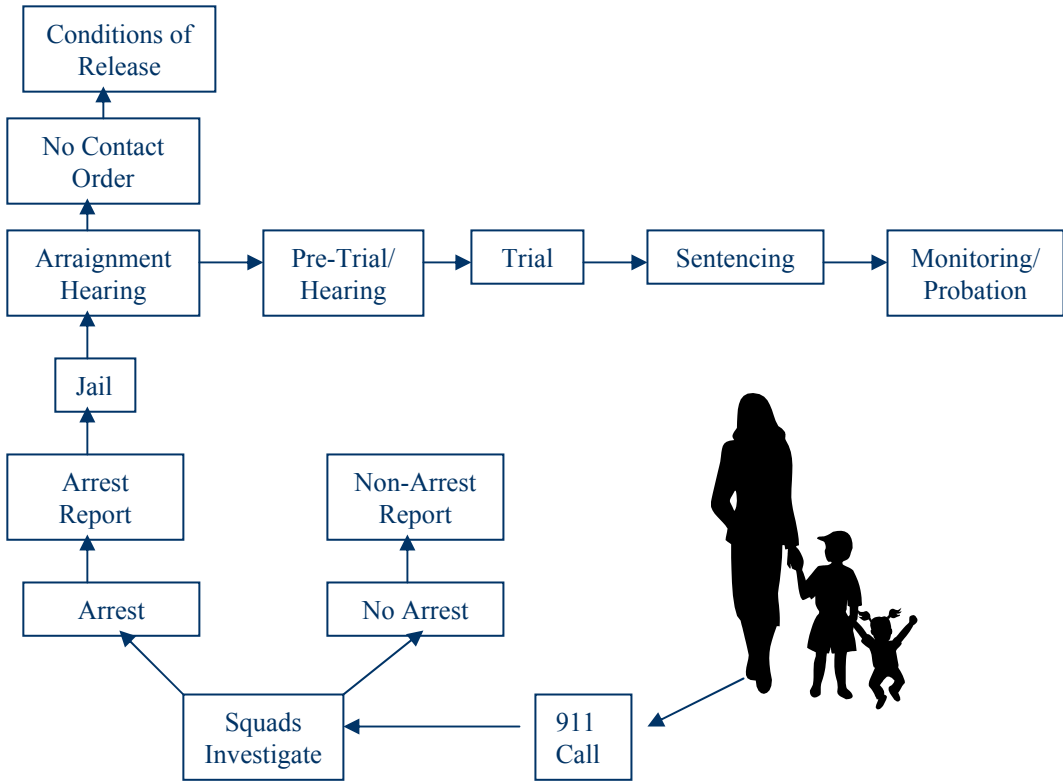
Battered Women's Justice Project & Praxis International

MAZE MAP

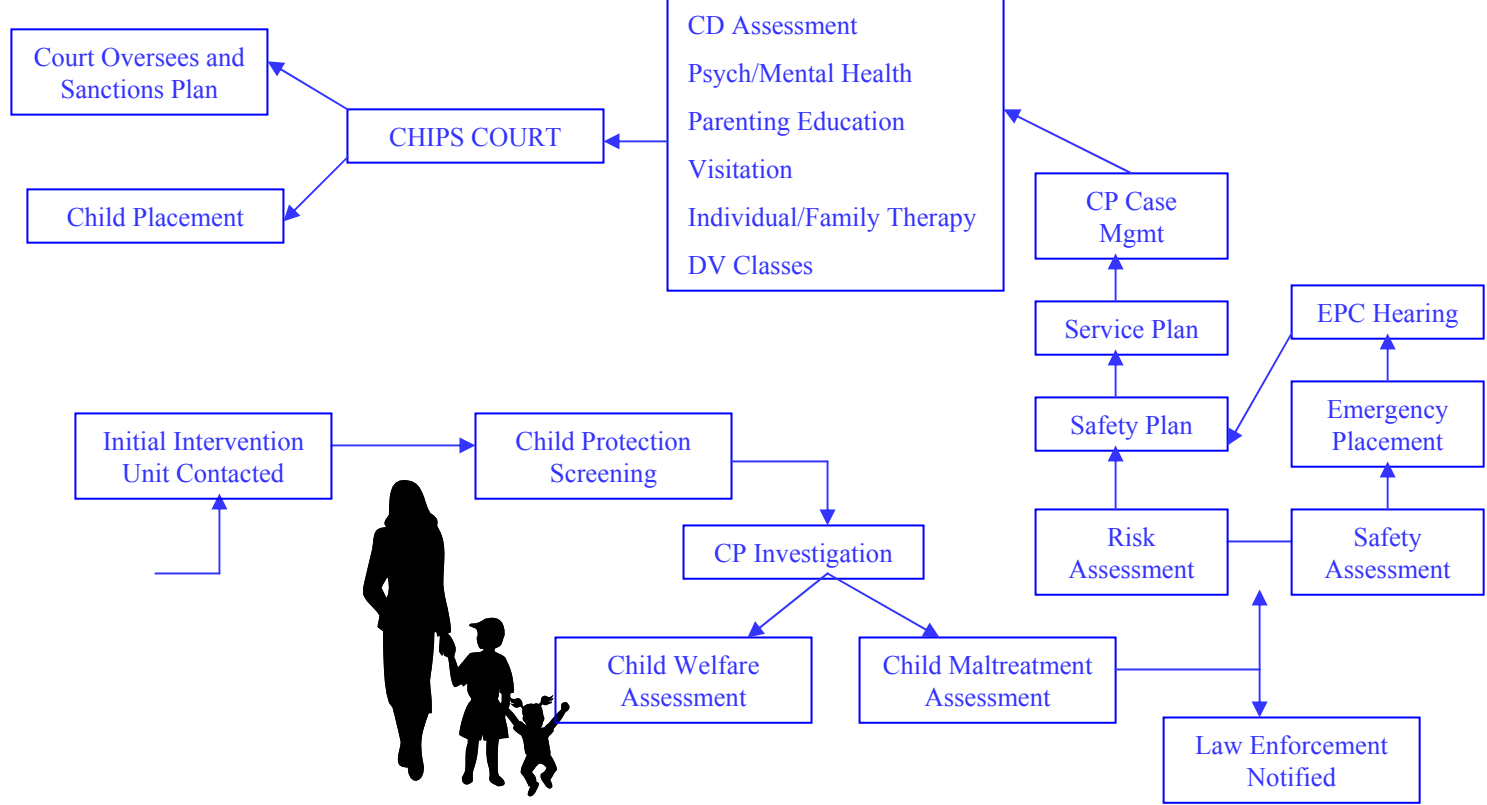




A few processes victims may encounter when involved with child protection, civil and criminal justice systems responses to domestic and sexual violence

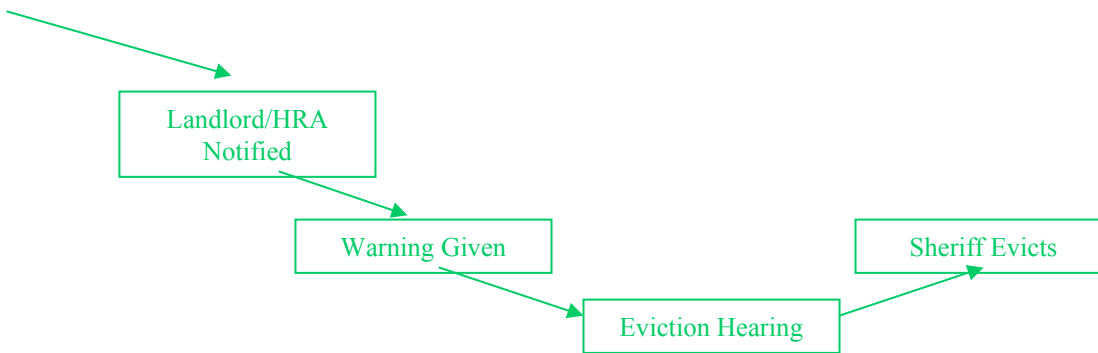


DOMESTIC VIOLENCE/ ARREST INCIDENT

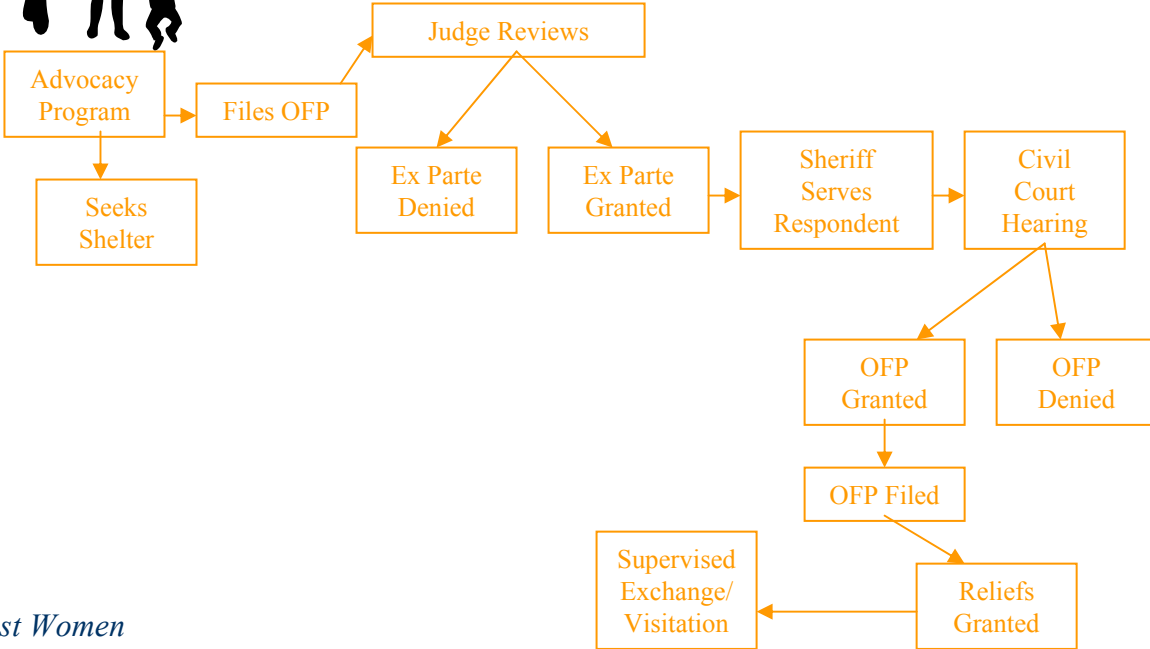


CHILD PROTECTION MAP

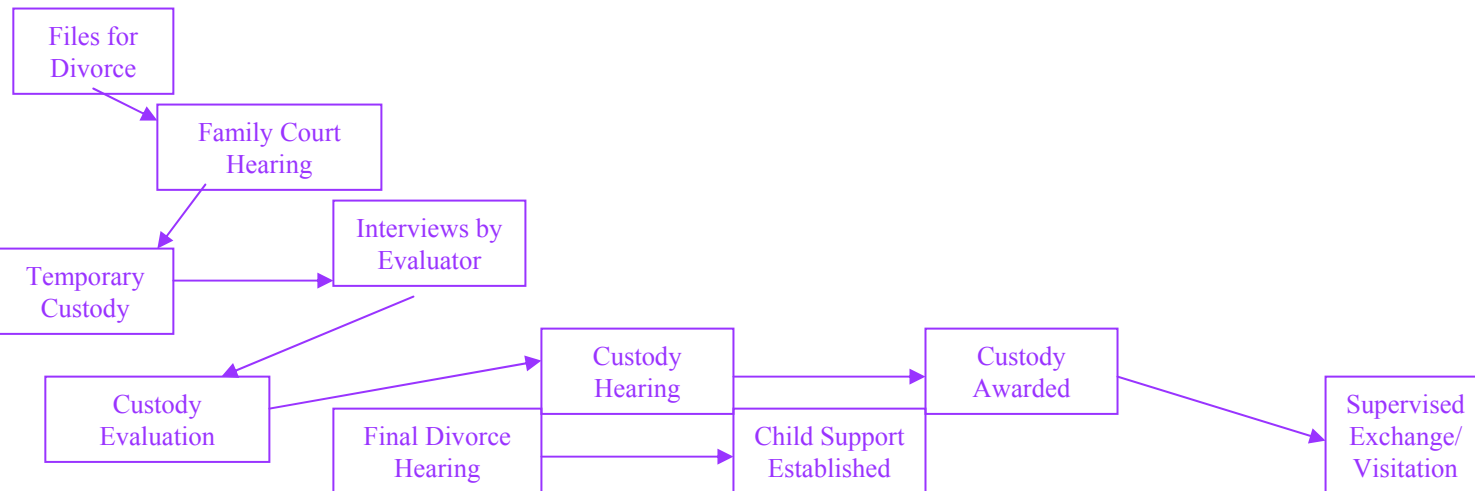
HOUSING MAP

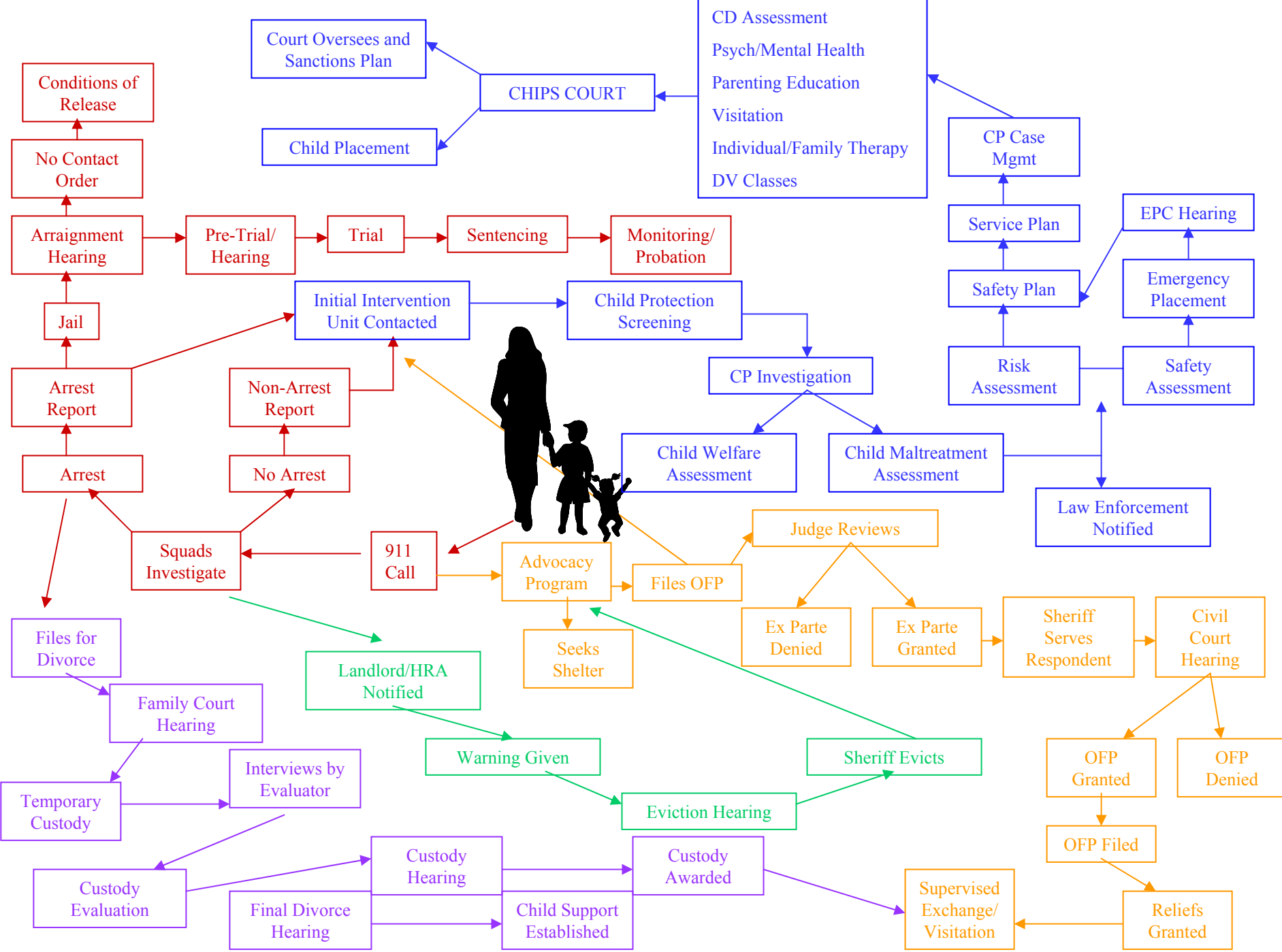


ORDER FOR PROTECTION – CIVIL COURT PROCESS



CUSTODY MAP





Ten Commitments of Leadership

PRACTICES

Challenging the process.

COMMITMENTS

1. Search out challenging opportunities to change, grow, innovate and improve.
2. Experiment, take risks, and learn from the accompanying mistakes.

Ten Commitments of Leadership

PRACTICES

Inspiring a shared vision.

COMMITMENTS

3. Envision an uplifting and enabling future.
4. Enlist others in a common vision by appealing to their values, interests, hopes, and dreams.

Ten Commitments of Leadership

PRACTICES

Enabling others to act.

COMMITMENTS

5. Foster collaboration by promoting cooperative goals and building trust.
6. Strengthen people by giving power away, providing choice, developing competence, assigning critical tasks, and offering visible support.

Ten Commitments of Leadership

PRACTICES

Modeling the way.

COMMITMENTS

7. Set the example by behaving in ways that are consistent with shared values.
8. Achieve small wins that promote consistent progress and build.

Ten Commitments of Leadership

PRACTICES

Encouraging the heart.

COMMITMENTS

9. Recognize individual contributions to the success of *every* project.
10. Celebrate team accomplishments, *regularly*.

– Felicia Collins-Correia, Domestic Violence Intervention Services, Inc., Tulsa, OK

Collaboration

Collaborate: [ka lab' a rat] *v./.* to work or labor together, to act jointly, especially in works of literature, art and science, collaboration: *n.* Joint labor

Together: in company, simultaneously.

Joint: to unite, cooperate.

Labor: exertion of body or mind, toil, work demanding patience and endurance.

Purpose: [pur'pas] *n.* object in view, aim, end, plan, intention, effect, *v.t.* To intend, to mean to.

Collaboration

Purposeful people face conflict with others because:

- Some people have no sense of purpose.
- Some people have different purposes.
- Some people have similar purposes, but have different definitions.
- Some people have similar purposes and similar definitions, but have different plans of action.

Collaboration

To **collaborate** effectively with others, we must know clearly what our purpose is – to end violence against women. We must keep that eventuality central to our work with battered women, with professionals and in our community efforts. It means that we have to delve beyond the surface to understand the purposes and definitions others are using to **collaborate** in designing a plan of action.

Mindset for Successful Collaboration

- Define your vision and goals – what you want to accomplish to achieve a successful outcome.
- Focus on possibilities – what you can do together, while understanding limitations that may exist. Avoid being cynical – don't decide in advance that nothing can work.
- Look for connections rather than differences – the “fit” – meaning your needs and others' needs.

Mindset for Successful Collaboration

- Be willing to create a recommendation, agreement and/or plan of action with the other parties involved.
- Be open to being influenced by others. There may be more than one right way. Be neither doormat nor immovable object.
- See yourself as a significant partner with confidence in your ability to “hold your own” when situations are confusing and complex.

Mindset for Successful Collaboration

- Have a curious/investigating attitude about others' needs, power, mandates, mission, barriers, and opportunities to move forward. Avoid blaming, “shouldering,” and/or making assumptions about others' motives and meaning.

– *Battered Women's Justice Project, Advocacy Institute; Building Comprehensive Solutions to Domestic Violence, Philadelphia, PA, May 1999*

Avoid Revictimizing



- People do **not** choose to be victims of violence nor do they choose to develop the disease of addiction.
- Think before speaking...how would you like to be spoken to?
- Remember to offer respect, not rescue; options, not orders.

Refer to Handout

– *We Are Here...*

We Are Here for You

⌘ *We are here to listen...*

- Not to work miracles.

⌘ *We are here to help a woman discover what she is feeling...*

- Not to make her feelings go away.

⌘ *We are here to help a woman identify her options...*

- Not to decide for her what she should do.

We are Here for You

- ⌘ *We are here to discuss with a woman...*
 - Not to take steps for her.
- ⌘ *We are here to help a woman discover her own strength...*
 - Not to rescue her and leave her still vulnerable.
- ⌘ *We are here to help a woman discover she can help herself...*
 - Not to take responsibility for her.

We Are Here for You

- ⌘ *We are here to help a women learn to choose...*
 - Not to keep her from making difficult choices.
- ⌘ *We are here to provide support for change.*

- Anonymous

Questions

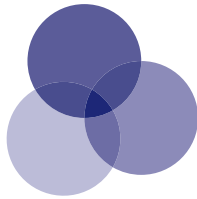
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