Intimate Partner Violence (IPV)  
Domestic Violence 101

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Learning Objectives

- Enhance understanding of the dynamics surrounding IPV/Domestic Violence
- Explore effects, risk factors and cultural issues
- Interventions
- Build an understanding of the intersection between domestic violence and HIV/AIDS
Statistics

- More than 1 in 3 women (35.6%) in the United States have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime. (Futures Without Violence, 2015)

- Adolescent and adult women with a history of abuse are more likely to experience a STI, including HIV. Adult women exposed to both physical and sexual partner violence are over three times more likely to be infected, and women who experienced intimate partner violence were over 3 times more likely to have a diagnosis of HIV/AIDS. (Futures Without Violence, 2015)
IPV/Domestic Violence

- Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another.

  It includes:

  - physical violence
  - sexual violence
  - psychological violence
  - emotional abuse

- The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner’s consistent efforts to maintain power and control over the other.
Dynamics of Abuse

Power and Control

Coercion & Threats
Making and/or carrying out threats to do something to hurt her, commit suicide, or report her to welfare. Making her drop charges. Making her do illegal things.

Intimidation

Male Privilege
Treating her like a servant. Making all the big decisions. Acting like "master of the castle." Being the one to define men's and women's roles.

Emotional Abuse

Economic Abuse
Preventing her from getting or keeping a job. Making her ask for money. Giving her an allowance. Taking her money. Not letting her know about or have access to family income.

Isolation
Controlling what she does, who she sees and talks to, what she reads, and where she goes. Limiting her outside involvement. Using jealousy to justify actions.

Using Children
Making her feel guilty about the children. Using the children to relay messages. Using visitation to harass her. Threatening to take the children away.

Minimizing, Denying & Blaming
Making light of abuse. Not taking her concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behavior. Saying she caused it.
Cycle of Violence

- **Tension Building**
  - Minor incidents of physical/emotional abuse.
  - Victim feels growing tension.
  - Victim tries to control situation to avoid violence.
  - "Walking on eggshells." Victim cannot control abuser.
  - Longest phase.

- **Denial**
  - Minimizing the abuse or acting as if it did not happen.
  - Denial keeps the cycle going.
  - Perpetrators, victims, and society at large minimize violence in relationships.

- **Honeymoon Phase**
  - Abuser sorry and apologetic.
  - Abuser makes promises.
  - "Hearts and flowers." Idealized and romantic.
  - This phase often disappears with time.

- **Explosion**
  - The actual abuse: physical, sexual, emotional, verbal, financial, ...
Why victims stay

- Fear
- Guilt
- Culture
- Social Norms
- Love
- Children
- Lack of Support
- Victim Blaming
- Physical Isolation
- Denial
- Financial Dependence
- Immigration Status
- Shame and Blame
- Religion/Spiritual
- Stalking and Harassment
Impact of Domestic Violence

**HEALTH IMPACT:** Women exposed to intimate partner violence are

- **Mental Health**
  - Twice as likely to experience depression
  - Almost twice as likely to have alcohol use disorders

- **Sexual and Reproductive Health**
  - 16% more likely to have a low birth-weight baby
  - 1.5 times more likely to acquire HIV
  - More likely to contract syphilis, chlamydia or gonorrhoea

- **Death and Injury**
  - 42% of women who have experienced physical or sexual violence at the hands of a partner have experienced injuries as a result
  - 38% of all murders of women globally were reported as being committed by their intimate partners

(World Health Organization, 2013)
Effects of IPV/DV

- Depression - most common
- Anxiety
- PTSD
- Disassociation
- Substance Abuse
- Eating Disorders
- Emotional Numbness
- Sleep Disorders
- Suicide Attempts
- Sexual Dysfunction
- Feelings of hopelessness/helplessness
Post Traumatic Stress Disorder (PTSD)

After a trauma, the person has each of the following key symptoms for over a month, and these symptoms result in decreased ability to function (e.g. work, social life)

◦ **intrusion** (e.g. flashbacks, nightmares)
◦ **avoidance** (not wanting to talk about it, dissociation, “freeze” response)
◦ **arousal** (e.g. insomnia, anger)
PTSD Definition (cont’d.)

- **Simple PTSD** results from a single event in adulthood;

- **Complex PTSD** results from multiple traumas, typically in childhood.

(L.M. Najavits, The Link Between PTSD & Substance Abuse 11/11/04)
Risk Factors

Wider Determinants of Health and Risk Factors associated with Domestic Abuse

Societal factors
- Health inequalities
- Economic inequalities
- Cultural beliefs that support violence
- Lack of or weak economic support systems
- Gender inequalities

Community
- Worklessness
- Poverty
- Homelessness
- Low education status
- High crime areas
- Local illicit drug trade

Individual
- Drug and alcohol issues
- Mental health problems
- Experience of childhood abuse
- Witnessing domestic abuse

Family and Relationships
- Poor parenting
- Marital/couple problems
- Experience or witnessing violence and domestic abuse
  - Poverty
  - Low socio-economic status
  - Peers demonstrating delinquent behaviours

Claire D'Cruz
2013
It has been estimated that the rates of Intimate Partner Violence are higher in communities of color.

In Asian immigrant communities the rates have been reported to be 40-60% of the women have reported intimate partner violence.

In the African American community the rates have been reported to be about 35% higher than it is for whites.

In one study Latinas had a rate of 48%

Native American women report a rate of almost 38%.
Women of color, in addition to facing the barriers to seeking help that all survivors face, may face barriers that are unique to women of color. These obstacles can come either from inside the survivor’s ethnic or racial community, or from the professionals from which the survivor seeks help. It is important to remember that each culture and community has its own set of values that may contribute to a survivor’s willingness or reluctance to seek help about a sexual assault.
Clinical Work with Survivors

- Healing and Recovery from Trauma
  - Relational Model
  - Trauma Informed
  - Strength Based

- Psychoeducation

- Empowerment
Direct Practice Interventions

- Hotline
- Crisis Intervention
- Safety Planning
- Individual Counseling
- Group Counseling
Questions or Comments

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