



Intimate Partner Violence (IPV) Domestic Violence 101

Zara Espinoza, MSW

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

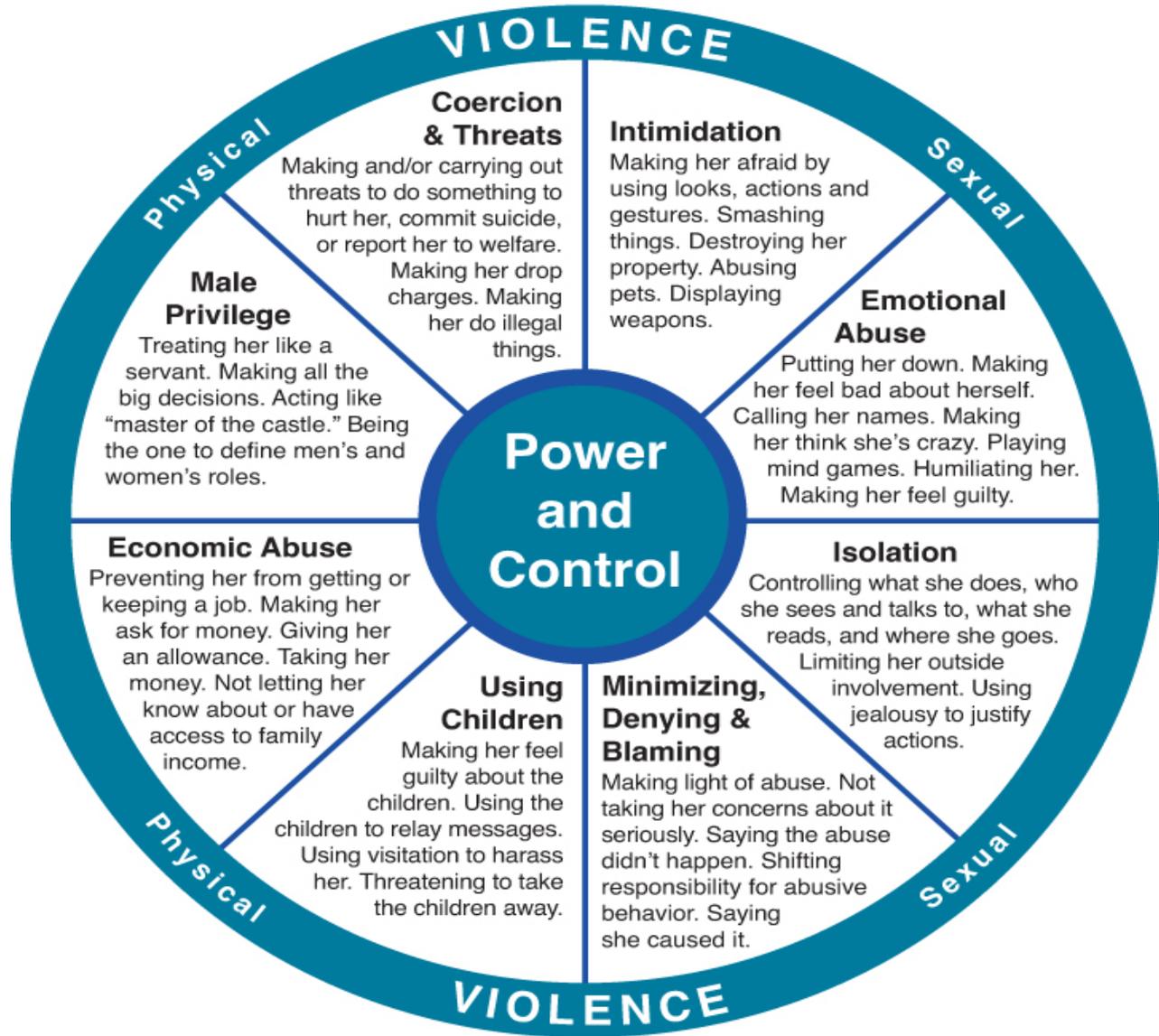
sexual violence

psychological violence

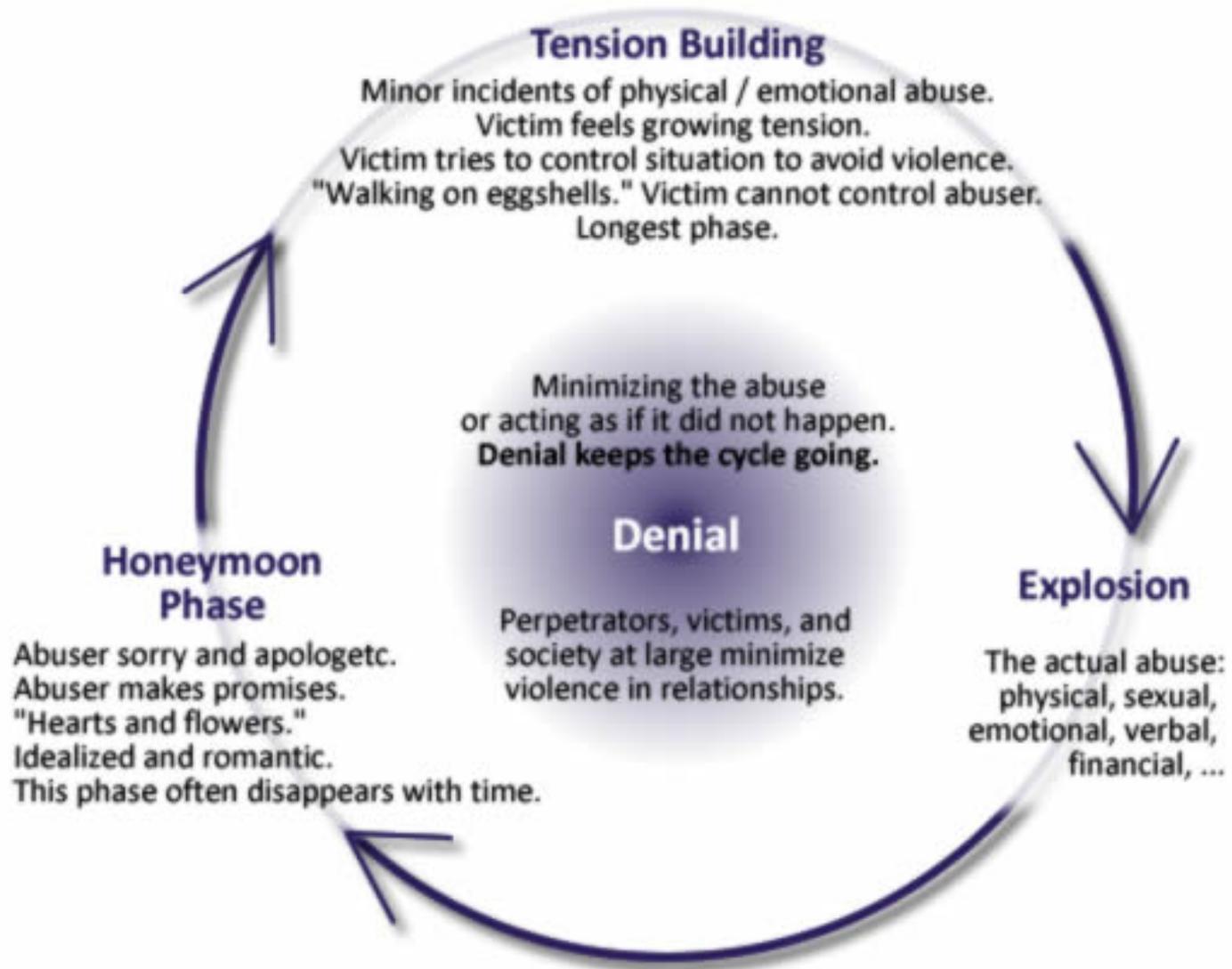
emotional abuse

- 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



Cycle of Violence



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 and 1.5 times more likely to contract syphilis infection, 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

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)

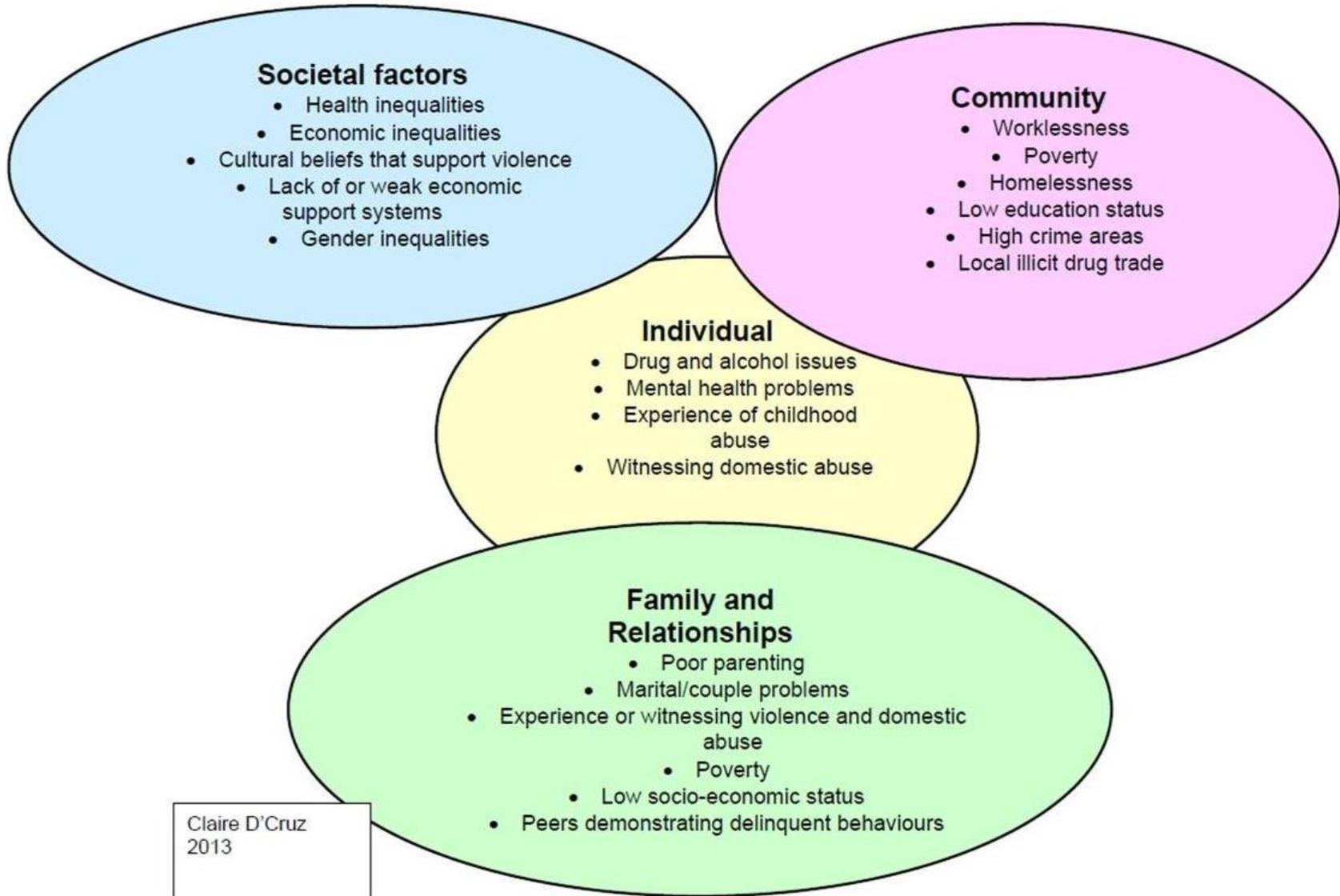
PTSD Definition (cont' d.)

- 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



Cultural Variations

- 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%.

Cultural Variations (cont' d)

- 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

Zara Espinoza

East Los Angeles Women's Center
(323) 526-5819

zespinoza@elwc.org