

EFFECTS OF TRAUMA ON THOSE WHO EXPERIENCE ABUSE AND VIOLENCE



Dr. Christauria Welland
Clinical Psychologist

drchristauriawelland@gmail.com

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DEFINITION OF DOMESTIC VIOLENCE

- ✦ Intimate partner violence [commonly called domestic violence] refers to behavior by an intimate partner or ex-partner that causes physical, sexual or psychological harm, including physical aggression, sexual coercion, psychological abuse and controlling behaviors.

World Health Organization, 2016

<http://www.who.int/mediacentre/factsheets/fs239/en/>

LIFETIME AND 12 MONTH PREVALENCE OF RAPE, PHYSICAL VIOLENCE, AND/OR STALKING VICTIMIZATION BY AN INTIMATE PARTNER — U.S. WOMEN, NISVS 2010

	Lifetime	12 Month
+ Rape	9.4%	0.6%
+ Physical violence	32.9%	4.0%
+ Stalking	10.7%	2.8%
+ Rape, physical violence, and/or stalking	35.6%	5.9%
+ w/ IPV-related impact	28.8%	

LIFETIME AND 12 MONTH PREVALENCE OF RAPE, PHYSICAL VIOLENCE, AND/OR STALKING VICTIMIZATION BY AN INTIMATE PARTNER — U.S.MEN, NISVS 2010

	Lifetime	12 Month
+ Rape	*	*
+ Physical violence	28.2%	4.7%
+ Stalking	2.1%	0.5%
+ Rape, physical violence, and/or stalking	28.5%	5%
+ w/ IPV-related impact	9.9%	

HOW NISVS MEASURED THE IMPACT OF INTIMATE PARTNER VIOLENCE

For each perpetrator of IPV, respondents were asked about:

- Being fearful
 - Symptoms of post-traumatic stress disorder (PTSD)
 - Needing healthcare as a result of the intimate partner violence experienced
 - Needing housing, victim's advocate services, or legal services
 - Contacting a crisis hotline
 - Missing days of work or school because of the violence experienced
 - For those reporting rape by an intimate partner – contracting a sexually transmitted infection or becoming pregnant (for women)
- CDC 2011

GENDER SYMMETRY CONTROVERSY

- + Violence in relationships needs to be considered within the larger context of interpersonal violence. The emerging generation of research literature asserts that partner abuse reflects intimacy, interpersonal conflict, psychopathology, and demographic and psychosocial correlates common to other areas of criminology.
- + Women's perpetration of abuse and men's victimization experiences in intimate relationships are emerging as important considerations in safety planning, preventive and therapeutic interventions, and legal responses to domestic violence.

<http://whiteribbon.org/domestic-violence-research/female-perpetrators-of-intimate-abuse/>

STATISTICS ON CATHOLIC IPV

- ❖ Number of Catholics worldwide (2013) **1,228,621,000**
- ❖ Global adult gender ratio is 101 men to 100 women.
- ❖ 26% of the global population is under 15 years of age.
- ❖ Thus, there were **909,179,540** Catholics in the world age 15 and above in 2013 (subtract 319,441,460)
- ❖
- ❖ Number of Catholic men age 15 and above:
456,829,211
- ❖ Number of Catholic women age 15 and above
452,350,329

IPV STATISTICS ON CATHOLICS

At global rates of domestic violence, 30% of Catholic women ever abused equals:

135,705,099

Even calculating a rate of 20%* of Catholic women ever abused equals:

90,470,066

* There is no empirical reason to assume that the statistics for Catholic families are any lower than the rest of families.

C. Welland, & Kenneth Lobo, 2015

POPE FRANCIS ON VIOLENCE AGAINST WOMEN

- + Unacceptable customs still need to be eliminated. I think particularly of the shameful ill-treatment to which women are sometimes subjected, domestic violence and various forms of enslavement which, rather than a show of masculine power, are craven acts of cowardice. The verbal, physical, and sexual violence that women endure in some marriages contradicts the very nature of the conjugal union.

Amoris Laetitia, 2016, #54

PHYSICAL EFFECTS OF DOMESTIC VIOLENCE ON THE ABUSED

- ✦ **Death:** 1095 women and 241 men were murdered by an intimate partner in the United States in 2010.
- ✦ **Injuries:** as a direct result of the physical violence (e.g., bruises, knife wounds, broken bones).

<http://www.cdc.gov/violenceprevention/intimatepartnerviolence/consequences.html>

HEALTH CONSEQUENCES OF IPV ON WOMEN

PHYSICAL

- Immediate physical injuries, from minor to severe
- More serious injuries, which can lead to disabilities
- Gastrointestinal conditions
- Long-term health problems, including chronic pain syndromes
- Death, including femicide and AIDS-related death

SEXUAL

- Unintended pregnancy
- Abortion/unsafe abortion
- Sexually transmitted infections
- Complications of pregnancy or miscarriage
- Vaginal, urinary or pelvic infections
- Fistula
- Painful sexual intercourse
- Sexual dysfunction

WHO 2012

ADVERSE HEALTH OUTCOMES THROUGH CHRONIC STRESS

- ❖ Cardiovascular disease
- ❖ Fibromyalgia
- ❖ Chronic pain syndromes
- ❖ Gastrointestinal disorders
- ❖ Migraines and headaches
- ❖ Children might be injured during violent incidents
- ❖ <http://www.cdc.gov/violenceprevention/intimatepartnerviolence/consequences.html>



COGNITIVE DISTORTIONS (PTSD)



- ✦ “The world is not a safe place; there is no safety in love; it is not safe to be myself; men who love me will hurt me; I will not get what I deserve even if I am fair, or reasonable, or honest; there is no God; God has forgotten me.”
- ✦ Traumatic stress “ends my life as I know it,” and can lead to enduring personality changes. However, it can also lead to extraordinary resilience.

From Healing from Domestic Violence: A Case Study, Miki Paul, 2004

SOCIAL AND ECONOMIC COSTS OF IPV

- ✦ The social and economic costs of intimate partner and sexual violence are enormous and have ripple effects throughout society. Women may suffer isolation, inability to work, loss of wages, lack of participation in regular activities and limited ability to care for themselves and their children.

<http://www.who.int/mediacentre/factsheets/fs239/en/>

PSYCHOLOGICAL AND BEHAVIORAL EFFECTS OF IPV



Physical and/or sexual violence is typically accompanied by emotional or psychological abuse, which can lead to:

- + Anxiety
- + Depression
- + Post-traumatic stress disorder (PTSD)
- + Suicidal thoughts or behavior
- + Low self-esteem
- + Inability to trust others, especially in intimate relationships
- + Sleep disturbances
- + Flashbacks
- + Ineffective parenting
- + Abuse and neglect of children

SEXUAL FORCE AND ABUSE IN MARRIAGE – POPE FRANCIS

We also know that, within marriage itself, sex can become a source of suffering and manipulation. Hence it must be clearly reaffirmed that “a conjugal act imposed on one’s spouse without regard to his or her condition, or personal and reasonable wishes in the matter, is no true act of love, and therefore offends the moral order in its particular application to the intimate relationship of husband and wife”.

*Amoris Laetitia, 2016, #154,
quoting Bl. Paul VI in Humanae Vitae, 1968, #13*

HEALTH BEHAVIORS IN VICTIMS OF IPV

- Women with a history of IPV are more likely to display behaviors that present further health risks
- IPV is associated with a variety of negative health behaviors. The more severe the violence, the stronger its relationship to negative health behaviors by victims.
- ✦ Engaging in high-risk sexual behavior
 - Unprotected sex
 - Decreased condom use
 - Early sexual initiation
 - Choosing unhealthy sexual partners
 - Multiple sex partners
 - Trading sex for food, money, or other items

HEALTH BEHAVIORS IN VICTIMS OF IPV

- ✓ Using harmful substances
 - Smoking cigarettes
 - Drinking alcohol
 - Drinking alcohol and driving
 - Illicit drug use
- ✓ Unhealthy diet-related behaviors
 - Fasting
 - Vomiting
 - Abusing diet pills
 - Overeating
- ✓ Overuse of health services

EXTRAORDINARY SYNOD ON THE FAMILY, 2014

In accordance with Christ's mercy, the Church must accompany with attention and care the weakest of her children, who show signs of a wounded and lost love, by restoring in them hope and confidence.

*The Pastoral Challenges of the Family in the Context of Evangelization,
Relatio Synodi , #28*



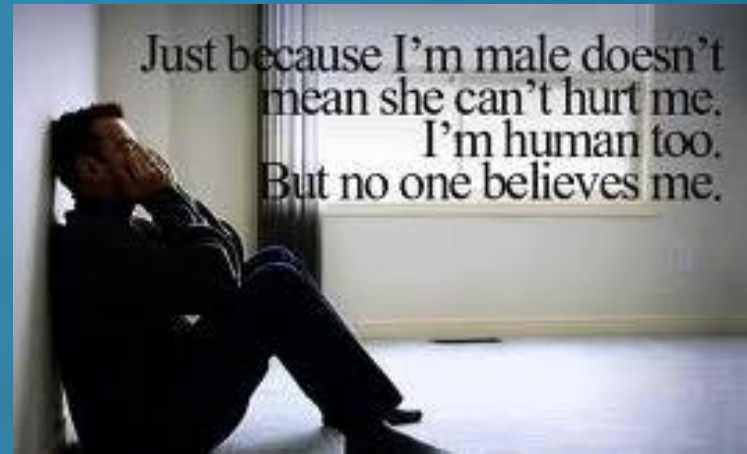
MEN CAN ALSO BE ABUSED BY THEIR PARTNER!

- ❖ The National Intimate Partner and Sexual Violence Survey (2011) found that 28.5% of U.S. men had experienced rape, physical violence, and/or stalking by an intimate partner during their lifetime.
- ❖ “Regardless of injuries sustained or other negative outcomes, society views IPV perpetrated by a woman towards a man as less dangerous and less potentially harmful to the victim” (White & Dutton, 2013).
- ❖ This gender bias was also true of psychologists (Follingstad et al., 2004).

IPV: ABUSED MEN

- ✦ Male to female abuse is reported as generally more severe overall (Impact figures 3x< for male victims, NISVS 2011).
- ✦ Female to male abuse includes more throwing of objects, slaps, kicks, and bites.
- ✦ Broken bones, stab wounds, teeth marks, deep scratches and lacerations are also documented, as well as homicide.
- ✦ 72% of men admitted with IPV injuries had been stabbed.

IPV: ABUSED MEN



Qualitative studies of abused men discovered:

- + A sense of failure to achieve masculine identity: they felt emasculated, marginalized, ashamed, embarrassed.
- + Disclosures met with disbelief, surprise, & skepticism, leading to revictimization.

THE CROSS AND DOMESTIC VIOLENCE

- ✦ The Lord walks at the side of both the victim of domestic violence and the aggressor, leading them to healing. He uses us, his people, to serve as guides to families suffering from violence. Saying, “It is your cross and you must bear it” is not only hurtful and possibly places the victim at risk - it also contradicts Catholic Social Teaching.

Welland, 2015. *How can we help to end violence in Catholic families?*
A guide for clergy, religious, and laity

CATHOLIC SOCIAL TEACHING AND DOMESTIC VIOLENCE

- ✦ For 2000 years, the Church has reached out to the sick, the injured, and those who are oppressed, not fearing to stand up for the poorest and the most neglected. Those who suffer domestic violence are some of these people.



CATHOLIC SOCIAL TEACHING AND DOMESTIC VIOLENCE

- ✦ Responding with pastoral concern to domestic violence falls under the following themes of Catholic Social Teaching:
 - ✦ Life & Dignity of the Human Person
 - ✦ Call to Family, Community and Participation
 - ✦ Rights and Responsibilities
 - ✦ Option for the Poor and Vulnerable
 - ✦ Solidarity

THE CHURCH TAKES IPV SERIOUSLY

- + In some cases, respect for one's own dignity and the good of the children requires not giving in to excessive demands or preventing a grave injustice, violence or chronic ill-treatment. In such cases, "separation becomes inevitable. At times it even becomes morally necessary, precisely when it is a matter of removing the more vulnerable spouse or young children from serious injury due to abuse and violence, from humiliation and exploitation, and from disregard and indifference". Even so, "separation must be considered as a last resort, after all other reasonable attempts at reconciliation have proved vain". *Familiaris Consortio, #83*

Amoris Laetitia, 2016, #241

A MESSAGE TO WOMEN FROM “CHUY”

- ❖ My mother stayed because her husband owned her and she had to obey him in everything. She couldn't talk back. She never defended herself. She just put up with the beatings. I used to ask her, *“Mamá, why do you let him do this to you?”*
- ❖ She'd say, *“The Church gave me my husband.”* But he took her by force. He cornered her with his horse, and the policeman said,, *“If you like her, take her.”* And he helped him to get her onto his horse.
- ❖ She was 23 years old. It was in the time of the Cristeros. (1926-29). She had no father. Sometimes people would kill each other when a girl was stolen like that; there'd be a massacre.

WHY DO SOME WOMEN NOT TAKE ACTION?

- ✓ She is unaware that she has rights and that she deserves respect and affection
- ✓ She is afraid to leave him, because of threats to kill her or himself, take away children, or cut off economic support, etc.
- ✓ She is unaware of or does not trust the legal system and its response
- ✓ She believes that the children need their father
- ✓ She loves him and believes he will change

WHY DO SOME WOMEN NOT TAKE ACTION?

- ✓ She thinks that violence is an expected part of marriage
- ✓ She believes that she can never separate or divorce because she is married in the Church
- ✓ She believes it is her fault and she is ashamed to expose it
- ✓ Her family does not support her, or they tell her she has to put up with it
- ✓ She believes that she will not be able to support her family without his financial help
- ✓ Her relatives and friends notice it, but they say nothing

LYDIA'S STORY

I was ashamed to tell my parents, I was afraid, because I was stubborn... my mother begged me not to marry him. He was a total womanizer; I thought I could change him.

He was very handsome, and he was used to being the center of attention. But I took that place. He used to say, "*I can't compete. I'm like a nobody next to you.*" He was very macho. If another man looked at me, he beat me. I always earned more than he did. He spent everything, then he'd beat me to get more money. He was always drunk.

HEALING THE EFFECTS OF ABUSE SPIRITUALLY AND PSYCHOLOGICALLY

- ❖ Help for spiritual healing
 - ❖ Reconciliation and wise counsel from a priest
 - ❖ Prayer and healing services
 - ❖ Welcome and resources at the parish level
 - ❖ Materials from our speakers
 - ❖ Booklet for WMOF and Synod: Welland, 2015. *How can we help to end violence in Catholic families? A guide for clergy, religious, and laity*
- ❖ Professional psychological help:
 - ❖ Individual and/or group therapy.
 - ❖ Several effective programs are available.
 - ❖ Specific program for abused Catholics is in research and pilot stage, using adaptations to an evidence-based method. Stay tuned!

HOW CAN WE PREVENT DOMESTIC VIOLENCE?

- ✦ By preventing domestic violence, we avoid all the negative short and long-term effects of domestic violence on victims, children and aggressors. There is a worldwide push to extend prevention efforts.
- ✦ Even so, there will always be some acts of family violence that we need to address as Catholics. **We need to be prepared to both respond to *and* to prevent domestic violence.**

World Health Organization, 2014

http://apps.who.int/iris/bitstream/10665/149798/1/9789241508018_eng.pdf?ua=1&ua=1&ua=1