



DOMESTIC VIOLENCE OUTREACH
— ARCHDIOCESE *of* CHICAGO —
AWARENESS · SERVICES · PREVENTION

ACDVO

Domestic Violence Ministry Training

Find this training program at:

www.domesticviolenceoutreach.org

DV Resource Manual – 2.1.5.1.

Training 4-Hour - June 2019



DOMESTIC VIOLENCE OUTREACH
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Introductions



DOMESTIC VIOLENCE OUTREACH
— ARCHDIOCESE *of* CHICAGO —
AWARENESS · SERVICES · PREVENTION

Mission

Awareness—Services—Prevention

Goals

1. Establish an emotional and intellectual basis for understanding and ministering to domestic violence victims and witnesses, and for dealing with abusers.
2. Recognize that prevention is a critical component of an effective domestic violence ministry.
3. Provide sound information, good reference materials, and useful resources.

Keep in Mind

- Both **women and men** are victims of domestic violence and dating violence.
- This presentation focuses on women as victims since approximately **85% of victims are women**.
- Domestic violence and dating violence are **never** the **victim's fault**.

Keep in Mind

■ Tips

- Try to absorb the major concepts of today's presentation. Don't worry about notes.
- We will email this presentation.
- Slides are jam packed with information. We will not read the slides to you.
- The material requires future study.

Agenda

- 9:00 – Introductions, Mission, and Goals [10]
- 9:10 – Leslie's Story: “Crazy Love” [20]
- 9:30 – Domestic Violence (DV) Dynamics [30]
- 10:00 – Nicci's Story: Teen Dating Violence [20]
- 10:20 – U.S. Catholic Bishops on DV [10]
- 10:30 – {Break}

Agenda

- 10:40 – Interacting with Victims, Abusers, and Children [20]
- 11:00 – “Sin by Silence”: Self Defense? [60]
- 12:00 – {Break}
- 12:10 – What Can Your Ministry Do? [40]
- 12:50 – Questions and Evaluation [10]
- 1:00 – Thank You!

First Person Accounts

- Leslie Morgan Steiner - “Crazy Love”¹

Questions to consider as you watch this video:

- What trapped Leslie?
- How did she remedy her problem?

<https://www.youtube.com/watch?v=V1yW5IsnSjo>

Domestic Violence Dynamics

- ✓ Definition
- ✓ Types of Abuse and Dimensions
- ✓ Myths and Facts
- ✓ Cycle of Domestic Violence
- ✓ Signs and Symptoms of Domestic Violence
- ✓ Why Victims Stay
- ✓ Abusers

Father Charles W. Dahm, O.P.², and Reverend Joyce Galvin³

Definition

- Domestic violence:
 - is a **pattern** of abuse used to exert **power and control** over another person.

What Causes Domestic Violence?

- Domestic violence appears to be learned behavior, but not exclusively learned behavior.
 - Family, community, and culture are teachers.
 - DV is rooted in the abuser's **decision** to use power and control.

Domestic Violence Abuse Intervention Programs, Wheel Gallery. See next slide.⁴



Power and Control – Methods

- Using Intimidation
- Using Emotional Abuse
- Using Isolation
- Minimizing, Denying, and Blaming
- Using Children
- Using Male Privilege
- Using Economic Abuse
- Using Coercion and Threats

Types of Abuse and Dimensions

- The Centers for Disease Control and Prevention (CDC) defines four types of abuse. We add a fifth category.
 - Physical
 - Sexual
 - Stalking
 - Psychological & Economic

“National Intimate Partner and Sexual Violence Survey (NISVS), 2010,” Centers for Disease Control and Prevention (CDC). The survey is comprised of 16,507 completed interviews, 9,086 women and 7,421 men.⁵
NISVS Data Brief -Updated Release, 2015. The survey is comprised of 10,081 completed interviews, 5,758 women and 4,323 men, 2018.

Types of Abuse and Dimensions

- **Women: Contact Sexual Violence, Physical Violence, and/or Stalking by an Intimate Partner**
 - **2015 Study, Life-time Prevalence**
 - All variables: 36.4%, 43.6 million
 - Contact Sexual: 18.3%, 21.9 million
 - Physical: 30.6%, 36.6 million
 - Stalking: 10.4%, 12.5 million
 - IPV-Impact: 25.1%, 30.0 million

Types of Abuse and Dimensions

- **Women: Psychological by an Intimate Partner**
 - **2015 Study, Life-time Prevalence**
- All Psychological: **36.4%, 43.6 million**
 - Expressive aggression: **25.7%, 43.5.9 million**
Insult, humiliate ...
 - Any coercive control: **30.6%, 30.8 million**
Financial, isolate, threaten ...

Types of Abuse and Dimensions

■ Economic

- Not allowing participation in financial decision-making. **The abuser makes all the decisions.**
- Withholding resources such as cash or credit cards
- Withholding food, clothing, shelter, medications...
- Preventing from working, studying...

Demographics

- **Women: Abuse by Rape, Physical Violence, and/or Stalking by an Intimate Partner**
 - **2010 Study, Life-time Prevalence**
 - Multiracial: 53.8%, or 0.7 million
 - Am. Indian: 46.0%, or 0.4 million
 - Black: 43.7%, or 6.4 million
 - Hispanic: 37.1%, or 5.6 million
 - White: 34.6%, or 28.1 million
 - Asian: 19.6%, or 1.1 million

Myths and Facts

- Myth: Drugs, alcohol, stress, mental illness, unemployment, children, poverty, childhood trauma... cause domestic violence
- ✓ Fact: Domestic violence is about power and control. Many factors are stressors, but are not the cause of DV.

Myths and Facts

- Myth: The abused or battered partner is the cause of the abuse.
- ✓ Fact: Victims do not cause abuse.
- ✓ Fact: Abusers are responsible for their behavior!

Myths and Facts

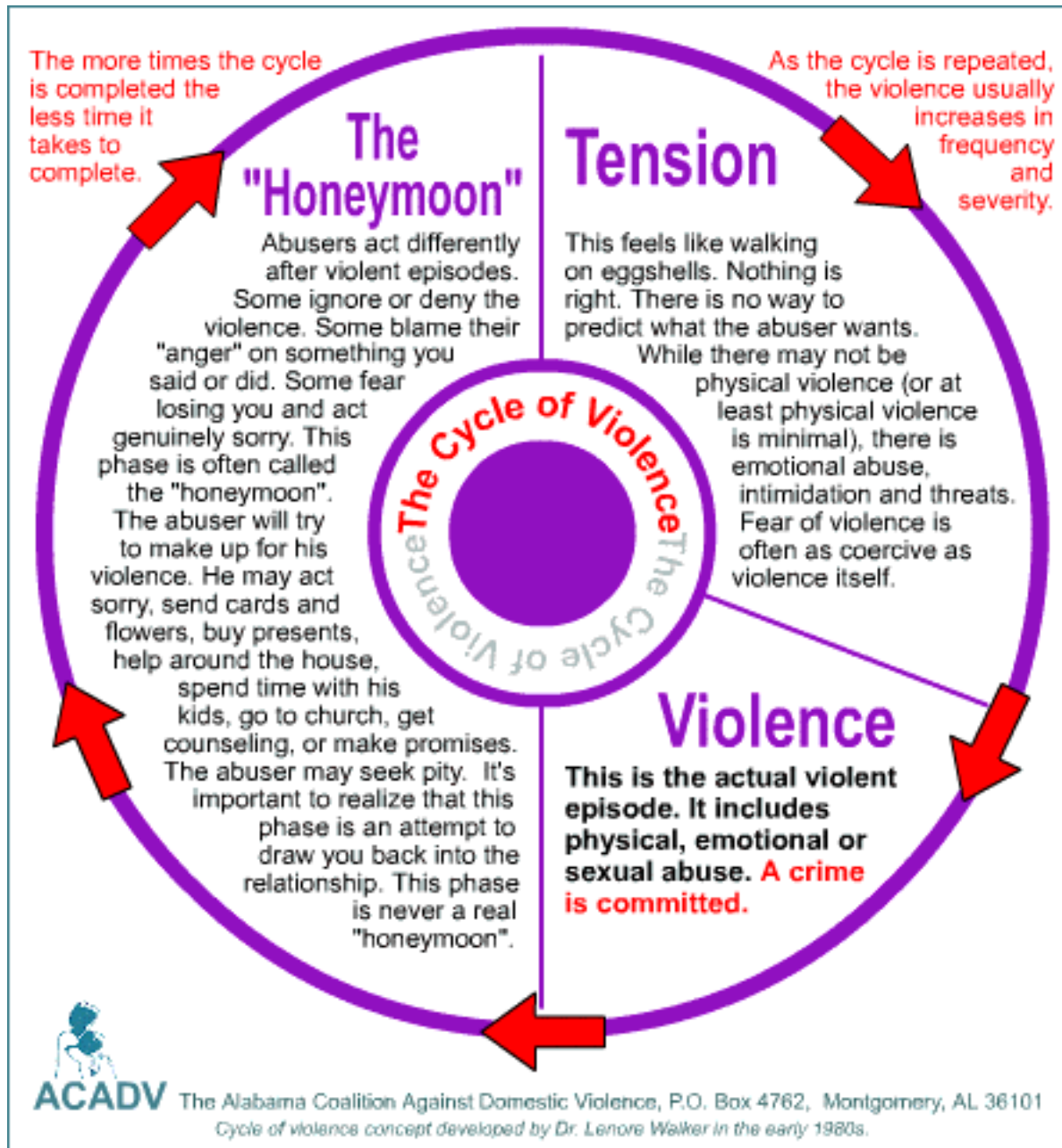
- Myth: When abusers apologize, ask for pardon or promise to change, victims should believe them.
- ✓ Fact: Abusers use “forgiveness and change” to control and manipulate their victims.

Myths and Facts

- **Myth: Children are unaware of the domestic violence in their homes.**
- ✓ **Fact: Children are frequently eyewitnesses to most occurrences of domestic violence in their homes.**
- ✓ **Fact: It is estimated that between 15 and 18 million children live in families where IPV occurred at least once during the previous year.**

*Rene McDonald et al., “Estimating the Number of American Children Living in Partner-Violent Families,” *Journal of Family Psychology* Vol. 20, No.1 (2006) 137–142. The estimate is based on 2001 United States census data.⁶

**Healthy Relationships Curriculum Initiative Concept Phase” (2013) 49. See ACDVO website . The estimate is based on 2010 United States census data.



Victims Signs and Symptoms

- **Isolation** from family, friends, church
- **Depression**, passivity, anxiety, panic, drug use
- **Health issues**, bruises, eating and sleep disorders
- **Excuses** for partner
- **Denial** of seriousness of situation, minimization
- **Withdrawal**
- **Poor** job performance

Witnesses – Children Signs and Symptoms

- Fear, anxiety, depression
- Develop slower
- Difficulty learning
- PTSD Post-traumatic stress syndrome
- Hyperactivity
- Withdrawal

Why Victims Stay

- Don't know it is domestic violence.
- Believe abuser will change
- Children
- Economic
- Denial
- Identity and status
- Fear
- Religious beliefs

Abusers

- **Abusers are found in all:**
 - Races
 - Sexual orientations
 - Religions
 - Neighborhoods
 - Socioeconomic groups
 - Ethnicities
 - Educational levels
 - Professions and walks of life

Abusers

■ Abusers Are Jealous

- Abusers contend that jealousy is an expression of love.
- They are often jealous of children, family, and friends.
- They often check up and demand checking in.

Abusers

- Abusers – Jekyll-and-Hyde Personality
 - Charming
 - Nice
 - Smart
 - Clever
 - Destructive

Abusers

- **Abusers Often Claim to Be the Victim**
 - “It isn’t me!”
 - “You made me so mad. It is your fault I am the way that I am.”
 - “I was just defending myself.”

First Person Accounts

■ Nicci's Story⁸: Teen Dating Violence

Questions to consider as you watch this video:

- What makes an impression on you?
- Are there any similarities between Nicci and Leslie's stories?
- What action did Nicci take?

<https://www.youtube.com/watch?v=oyjIEZY-Wyo&t=2s>

Unhealthy Relationship Traps

- “I didn’t know it was abuse.”
- “I thought I could fix it.”
- “I kept silent.”

Recognizing unhealthy relationships and knowing what action to take are critical.

Teen Dating Violence

- 22.4% of women and 15.0% of men first experienced some form of partner violence between 11 and 17 years of age.

“National Intimate Partner and Sexual Violence Survey, 2010,” Centers for Disease Control and Prevention(CDC). The survey is comprised of 16,507 completed interviews, 9,086 women and 7,421 men⁵.

Warning Signs – Victims

- Isolation
- Loss of interest
- Loss of self-confidence

Warning Signs – Abusers

- Threats and Insults
- Attempting to control appearance
- Constant attention and presence

Teen Dating Violence

- Avoidance of Help-Seeking
 - 60% of victims did not seek help.
 - 79% of perpetrators did not ask for help.

STOP! Signs for Teens: Your partner...

1. Physically abuses you one time.
2. Tries to isolate you from family and friends.
3. Attempts to destroy your self-esteem and self-confidence.
4. Tries to pressure you into doing things.

You think you need to rescue or change your partner.You can't.

What do you do if you are in an abusive relationship?

- Talk with parents or other trustworthy adult.
- Dating Violence: Love is Respect
<https://www.loveisrespect.org>
Call 1-866-331-9474 or Chat
Text: loveis to 22522
- Sexual Violence: RAINN (Rape, Abuse, Incest)
<https://www.rainn.org>
Call 1-800-656-4673 or Chat



“When I Call for Help”

A Pastoral Response to Domestic Violence Against Women



A Statement of the U.S. Catholic Bishops

The following is quoted. U.S. Conference of Catholic Bishops⁹

The Bishops' Position on Domestic Violence

- “As pastors of the Catholic Church in the United States,
 - we state as clearly and strongly as we can that **violence against women** , inside or outside the home, is **never** justified.”

USCCB, 2002-quoted including the following slides in this section.

The Bishops' Position on Domestic Violence

- A correct reading of Scripture:
 - leads to an understanding of the **equal dignity of men and women** and to relationships based on **mutuality and love**.

The Bishops' Position on Domestic Violence

- Forgiveness does not mean forgetting the abuse or pretending it did not happen.
- Forgiveness is not permission to repeat the abuse.

The Bishops' Position on Domestic Violence

- An abused woman's suffering is not punishment from God.
- This image of a harsh, cruel God runs contrary to the biblical image of a kind, merciful, loving God.

The Bishops' Position on Domestic Violence

- Couples counseling is not appropriate and can endanger the victim's safety.

The Bishops' Position on Domestic Violence

- No person is expected to stay in an abusive marriage.
- We encourage abused persons who have divorced to investigate the possibility of seeking an annulment.

Break Time



Interacting with Victims

- Calls to the Parish
 - For emergency help: With the **caller's permission** and after getting the caller's location, call 911.
 - For immediate help: **Illinois Domestic Violence Hotline at 877-863-6338 or National Domestic Violence Hotline at 800-799-7233**

Interacting with Victims

- Be sensitive to any comments about or signs of domestic violence.
- Talk in private if she or he agrees.
- Respect victim's choices.
- Empower.
- You cannot rescue the victim.

Fr. Charles W. Dahm, O.P.²

Interacting with Victims

- Validate victim's feelings.
 - I believe you.
 - You are not alone.
 - I know it is very difficult.

Interacting with Victims

- Be prepared for comments like:
 - I am worthless.
 - I am ashamed.
 - I will never trust or love anyone again.
 - I will never get out of this relationship.
 - He will kill me.

Interacting with Victims

- Why does domestic violence happen?
- Why has God abandoned me?
- My sin has caused this.
- I do not feel God's presence.
- I do not believe in God.

Interacting with Victims

- Do

Accompany the victim through steps the victim chooses:

- Calling shelters
- Visiting a police station
- Give the victim referral information and resources.

Interacting with Victims

- **Do not:**

- blame the victim.
- encourage dependence on you.
- minimize the danger.

Interacting with Victims

- Do not:

- encourage the victim to forgive the abuser and take them back.
- direct her to submit to the abuser.
- send her home with just a prayer.

Interacting with Victims

- Do not
 - make a joint appointment for the victim and the abuser.
 - This can be dangerous.

Interacting with Victims

- Do not

- recommend marriage counseling.
- encourage the victim to forget.
- give victim tips on how not to avoid antagonizing her abuser.

Interacting with Abusers

- Be prepared:
 - Abusers lie and are self-absorbed.
 - Righteous, arrogant, and narcissistic.
 - Jealous or envious.

Fr. Charles W. Dahm, O.P.²

Interacting with Abusers

- Be prepared.

- In denial. Likely to be a charmer.
- Angry, simmering, and explosive.
- Lacking remorse and refusing advice.

Interacting with Abusers

- Be clear with the abuser:
 - Anger management and drinking issues, should be treated separately.
 - Remorse is not the same as changing behavior.

Interacting with Abusers

■ Do not:

- give the abuser any information about the victim.
- advocate for the abuser in order to avoid the legal consequences of his violence.
- send abuser home with just a prayer.

Interacting with Abusers

- Identify support services for the abuser.
 - Recommend individual counseling.
 - Twenty-four-week counseling programs are available.
 - Guide them to the appropriate community resources.

Interacting with Children

- Children who live with domestic violence feel:
 - **Powerless.** They can't stop the violence.
 - **Confused.** It doesn't make sense.
 - **Angry.** It shouldn't be happening.
 - **Guilty.** They think they've done something wrong.
 - **Sad.** It's a loss.
 - **Afraid.** They may be hurt, lose someone they love, or others may find out.
 - **Alone.** They think it's happening only to them.

ADVA (Against DV & Abuse), Devon County Council, UK¹⁰—quoted

Interacting with Children

- Children need to hear that DV:
 - It is not your fault.
 - It must be scary for you.
 - I will listen to you.

Interacting with Children

- Ideas for helping children when they have witnessed domestic violence.
 - You do not deserve to have this in your family.
 - You can tell me how you feel.
 - I will help to keep you safe.

Interacting with Children

Kids need counseling.

Interaction

Do No Harm!

If you are not sure of a course of action,
talk to a professional.

First Person Accounts

- “Sin by Silence”¹¹: Self Defense?

Questions to consider as you watch this video:

- Why did these women stay in their abusive relationships?
- What drove these women to desperate action?

Sin by Silence

- Brenda Culbine 2008 - Free
- Glenda Virgil 2013 - Free
- Glenda Crosley 2013 +
- Rosemary Dyer [IIII]
- Joanne Marchette[IIII]
- La Velma Byrd [IIII]
- Dr. Elizabeth Leonard – Researcher
- Oliva Klaus - Director

First Person Accounts

- “Sin by Silence”¹¹: Self Defense?

Questions to consider as you watch this video:

- Why did these women stay in their abusive relationships?
- What drove these women to desperate action?

What Can Your Ministry Do?

- ✓ Awareness
- ✓ Services
- ✓ Prevention

ACDVO Website

www.domesticviolenceoutreach.org

Awareness: Shines a Light

- Gives voice to victims' silence.
- Provides hope. DV does not have to be a way of life.
- Educates abusers. Abuse is a crime and a sin.

Awareness: At Liturgies

- Liturgies reach victims, witnesses, abusers, and the parish community at the same time.

This opportunity cannot be duplicated.

USCCB⁹-adapted

Awareness: At Liturgies

“Just a simple and pastorally sound reference to domestic violence in a homily lets people know that it is okay to approach you about the matter for help.”

USCCB⁹-quoted

Awareness: At Liturgies

- **Utilize** Prayers of the Faithful
- **Describe** what abuse is so that women recognize what is happening to them.
- **Identify** violence against women as a **sin** in parish reconciliation services.

Awareness: Resource Manual 2.1.1.6.

[ACDVO Website](#)

– Examples –

- Provide Information in the parish bulletin...
- October Domestic Violence Awareness Month.
- Attend ACDVO meetings and events.

Awareness: You are making a difference!

We share an anonymous note received from
Milwaukee, Wisconsin February 19, 2019.

To St. Raymond de Penafort Mount Prospect, Illinois

Thank you for the signs in your restrooms about
domestic violence. As a survivor, I know they make a
difference.

Have a blessed day!

“B” ❤️

Services

- Services provide support, healing and a path to freedom.

Get professionals involved with your ministry.

- Support Groups and Counseling
- Orders of Protection
- Safety Planning

Services

Get professionals involved with your ministry.

- Support Group Facilitator Requirements
 - 40 hours' training
 - Field Experience - one year at an agency
 - Understanding of the techniques and guidelines for facilitating a group
 - Professional supervision and consultation. A licensed mentor is required.

Services

Get professionals involved with your ministry.

- Professional Counseling
 - Professional license or relevant master's degree with supervision
 - 40 hours' training - Victims
 - 20 hours' training - Perpetrators

Services

■ Orders of Protection

- An order of protection may or **may not be effective** in preventing further abuse.
- Orders of protection are frequently ignored by many abusers.
- **But it is still necessary and important evidence for legal documentation.**

Illinois Attorney General, "Orders of Protection," adapted.¹²

Safety Planning

- A safety plan is a tool to help a victim think about **how to protect** themselves and their family from abuse.
- **Local domestic violence agencies can provide help in developing individual safety plans.**

Illinois Attorney General – "Safety Planning, adapted."¹³

Services: Resource Manual 2.0.

[ACDVO Website](#)

– Examples –

- Identify source of immediate support at National DV Hotline 800-799-7233.
- Identify local agencies that will provide services for victims and children.

Prevention: Focus on Pre-teens & Teens

- **Build Awareness.** Know the dynamics of dating violence—its warning signs and stop signs.
- **Identify Support Services.** Help is available to prevent further hurt and unhappiness. Consult an adult they trust.
- **Urge Action.** Get out of an unhealthy relationship immediately.

Prevention: Resource Manual 3.0./4.3.4.

[ACDVO Website](#)

– Examples –

- National Domestic Violence Hotline at 800-799-7233
- Love is Respect at 866-331-9474 or online www.loveisrespect.org. Text: loveis to 22522.

Prevention

- **CDC Dating Matters Curriculum: Strategies to Promote Healthy Teen Relationships**
 - Instruction: Grades 6, 7 & 8
 - Development: 2013 – 2018
 - Available: 2019

Centers for Disease Control and Prevention, (CDC) Dating Matters Initiative.¹⁵

Prevention

- Sexual Assault on College Campuses
 - Approximately 20% of college women are victims of sexual assault.
 - Host a viewing of *The Hunting Ground*

Film Trailer

<https://www.youtube.com/watch?v=GBNHGi36nIM>

Bonnie S. Fisher, et al., The Sexual Victimization of College Women, December 2000.¹⁶

Prevention

- Best Solution – A Healthy Relationship:
 - Trust
 - Mutual respect
 - Shared decision-making
 - Honesty
 - Compromise
 - Fighting fair
 - Empathy

Prevention

- Best Solution – A Healthy Relationship:
 - Nonviolent conflict resolution
 - Ability to negotiate
 - Open and honest communication
 - Shared decision making
 - Right to autonomy
 - Individuality

Parish Issues

- ✓ Culture
- ✓ Mandated Reporting
- ✓ Confidentiality
- ✓ Resources

Parish Culture

- Norms, Traditions, and Ministry
 - Cultures vary greatly.
 - What is effective in one parish community may not translate to another community.
 - One size does not fit all.

Mandated Reporting

- Guidelines for Calling the Child Abuse Hotline
 - Mandated reporters are required to call.
 - Other persons should call the Hotline when they have reasonable cause to suspect that a child has been abused or neglected.
 - Illinois Child Abuse Hotline 1-800-252-2873
1-800-358-5117 (TTY)

Confidentiality

- Confidentiality is Critical
 - No trust, no ministry.
 - Breaching confidentiality can endanger the victims.

Resources

Find us at:

- Website: www.domesticviolenceoutreach.org
 - ✓ Click on Domestic Violence Resource Manual
- Facebook: [dvochicago](https://www.facebook.com/dvochicago)
- Instagram: [dvochicago](https://www.instagram.com/dvochicago)
- Twitter: [dvochicago](https://twitter.com/dvochicago)

Resources: Resource Manual

[ACDVO Website 2.0](#)

- Examples of what you will find:
 - National Domestic Violence Hotline, 1-800-799-SAFE (7233) <http://www.ndvh.org>
 - Illinois Domestic Violence Hotline, 1-877-To End DV (863-6338)
<http://www.dhs.state.il.us/page.aspx?item=30275>
 - Rape, Abuse & Incest National Network (RAINN), 1-800-656-HOPE (4673) <http://www.rainn.org/get-help/national-sexual-assault-hotline>

Loose Ends and Questions

????

Goals

1. Establish an emotional and intellectual basis for understanding and ministering to domestic violence victims and witnesses, and for dealing with abusers.
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Evaluation

Presentation References

1. Leslie Morgan Steiner,
http://www.ted.com/talks/leslie_morgan_steiner_why_domestic_violence_victims_don_t_leave.html

Presentation References

2. Fr. Charles W. Dahm, O.P.,
www.domesticviolenceoutreach.org

Presentation References

3. Reverend Joyce Galvin,
http://www.womenofvalorministry.org/home_page0.aspx

Presentation References

4. Domestic Violence Abuse Intervention Programs, Wheel Gallery,

<http://www.theduluthmodel.org/training/wheels.html>.

Presentation References

5. “National Intimate Partner and Sexual Violence Survey, 2010,” Centers for Disease Control and Prevention (CDC), find survey pdf http://www.cdc.gov/search.do?q=National+Intimate+partner+and+sexual+violence+survey+2010&btnG.x=28&btnG.y=8&oe=UTF-8&ie=UTF-8&sort=date%3AD%3AL%3Ad1&ud=1&site=default_collection.

Presentation References

6. Rene McDonald et al., “Estimating the Number of American Children Living in Partner-Violent Families,” *Journal of Family Psychology* Vol. 20, No. 1 (2006) 137–142. The estimate is based on 2001 United States census data. Search title.

Also see “Healthy Relationships Curriculum Initiative Concept Phase” (2013) 49. See website referenced in slide 1. The estimate is based on 2010 United States census data.

Presentation References

7. ACADV Alabama Coalition Against Domestic Violence, http://acadv.org/cofv_wheel.html

Presentation References

8. Nicci's Story, Love is Not Abuse,
<http://www.youtube.com/watch?v=oyjIEZY-Wyo>

Presentation References

9. United States Conference of Catholic Bishops, Pastoral Response on Domestic Violence, see <http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/when-i-call-for-help.cfm>

Presentation References

10. ADVA(Against DV & Abuse),
http://www.devon.gov.uk/index/childrenfamilies/domestic_violence.htm

Presentation References

11. “Sin by Silence,” <http://www.sinbysilence.com>

<http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/when-i-call-for-help.cfm>

Presentation References

12. Illinois Attorney General, “Orders of Protection,”

<http://www.illinoisattorneygeneral.gov/women/victims.html>

Presentation References

13. Illinois Coalition Against Domestic Violence,
"Safety Planning."

http://ilcadv.org/get_help_now/safety_planning.html

Presentation References

- 14 “Love is Not Abuse, A Teen Dating Violence Abuse Prevention Curriculum – High School Edition,” <http://www.breakthecycle.org/lina-curriculum>

Presentation References

15. Centers for Disease Control and Prevention (CDC) Dating Matters Curriculum, <http://www.cdc.gov/violenceprevention/datingmatters/index.html>

Presentation References

16. Bonnie S. Fisher, et al., The Sexual Victimization of College Women, December 2000

<https://www.ncjrs.gov/pdffiles1/nij/182369.pdf>

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17. Manual for Mandated Reporters, September 2012, Revised Edition,
https://www.illinois.gov/dcfs/safekids/reporting/Documents/CFS_1050-21_Mandated_Reporter_Manual.pdf

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