ACDVO
Domestic Violence Ministry Training

Find this training program at:
www.domesticviolenceoutreach.org

Training 4-Hour - June 2019
Introductions
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]
- 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
- 11:00 – “Sin by Silence”: Self Defense?
- 12:00 – {Break}
- 12:10 – What Can Your Ministry Do?
- 12:50 – Questions and Evaluation
- 1:00 – Thank You!
First Person Accounts

▪ Leslie Morgan Steiner - “Crazy Love”

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

USING COERCION AND THREATS
Making and/or carrying out threats to do something to hurt her • threatening to leave her, to commit suicide, to report her to welfare • making her drop charges • making her do illegal things.

USING 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.

USING MALE PRIVILEGE
Treating her like a servant • making all the big decisions • acting like the "master of the castle" • being the one to define men's and women's roles

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.

USING ISOLATION
Controlling what she does, who she sees and talks to, what she reads, where she goes • limiting her outside involvement • using jealousy to justify actions.

USING INTIMIDATION
Making her afraid by using looks, actions, gestures • smashing things • destroying her property • abusing pets • displaying weapons.

USING EMOTIONAL ABUSE
Putting her down • making her feel bad about herself • calling her names • making her think she's crazy • playing mind games • humiliating her • making her feel guilty.

MINIMIZING, DENYING AND BLAMING
Making light of the abuse and not taking her concerns about it seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior • saying she caused it.
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

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 were IPV occurred at least once during the previous year.


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

**The "Honeymoon"**
Abusers act differently after violent episodes. Some ignore or deny the violence. Some blame their "anger" on something you said or did. Some fear losing you and act genuinely sorry. This phase is often called the "honeymoon". The abuser will try to make up for his violence. He may act sorry, send cards and flowers, buy presents, help around the house, spend time with his kids, go to church, get counseling, or make promises. The abuser may seek pity. It's important to realize that this phase is an attempt to draw you back into the relationship. This phase is never a real "honeymoon".

**Tension**
This feels like walking on eggshells. Nothing is right. There is no way to predict what the abuser wants. While there may not be physical violence (or at least physical violence is minimal), there is emotional abuse, intimidation and threats. Fear of violence is often as coercive as violence itself.

**Violence**
This is the actual violent episode. It includes physical, emotional or sexual abuse. A crime is committed.

As the cycle is repeated, the violence usually increases in frequency and severity.

The more times the cycle is completed the less time it takes to complete.

ACADV The Alabama Coalition Against Domestic Violence, P.O. Box 4762, Montgomery, AL 36101
Cycle of violence concept developed by Dr. Lenore Walker in the early 1980s.
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 Story**: 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 men.
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.
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, UK\textsuperscript{10}—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”\textsuperscript{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 [IVII]
• Joanne Marchette[IIIII]
• La Velma Byrd [IIII]
• Dr. Elizabeth Leonard – Researcher
• Oliva Klaus - Director
First Person Accounts

- “Sin by Silence”\textsuperscript{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.

USCCB^{9}-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.”

USCCB\textsuperscript{9}-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.

**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}

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.
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.
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=GBNHGi36nlM

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](http://www.domesticviolenceoutreach.org)
  ✓ Click on Domestic Violence Resource Manual

• Facebook: dvochicago

• Instagram: dvochicago

• Twitter: dvochicago
Examples of what you will find:

- National Domestic Violence Hotline, 1-800-799-SAFE (7233) [http://www.ndvh.org](http://www.ndvh.org)
Loose Ends and Questions

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Evaluation
Presentation References

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
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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

Presentation References

8. Nicci’s Story, Love is Not Abuse,
   http://www.youtube.com/watch?v=oyjIEZY-Wyo
9. United States Conference of Catholic Bishops, Pastoral Response on Domestic Violence, see
Presentation References

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

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

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

http://www.breakthecycle.org/lina-curriculum
Presentation References

Presentation References


https://www.ncjrs.gov/pdffiles1/nij/182369.pdf
Presentation References


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