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Addiction Technology Transfer Center Network

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The Intersection of Domestic Violence or Intimate Partner Violence and Addiction

Glory McDaniel, MA, LAC, LPCC, NCC
Bilingual Counseling Services, LLC

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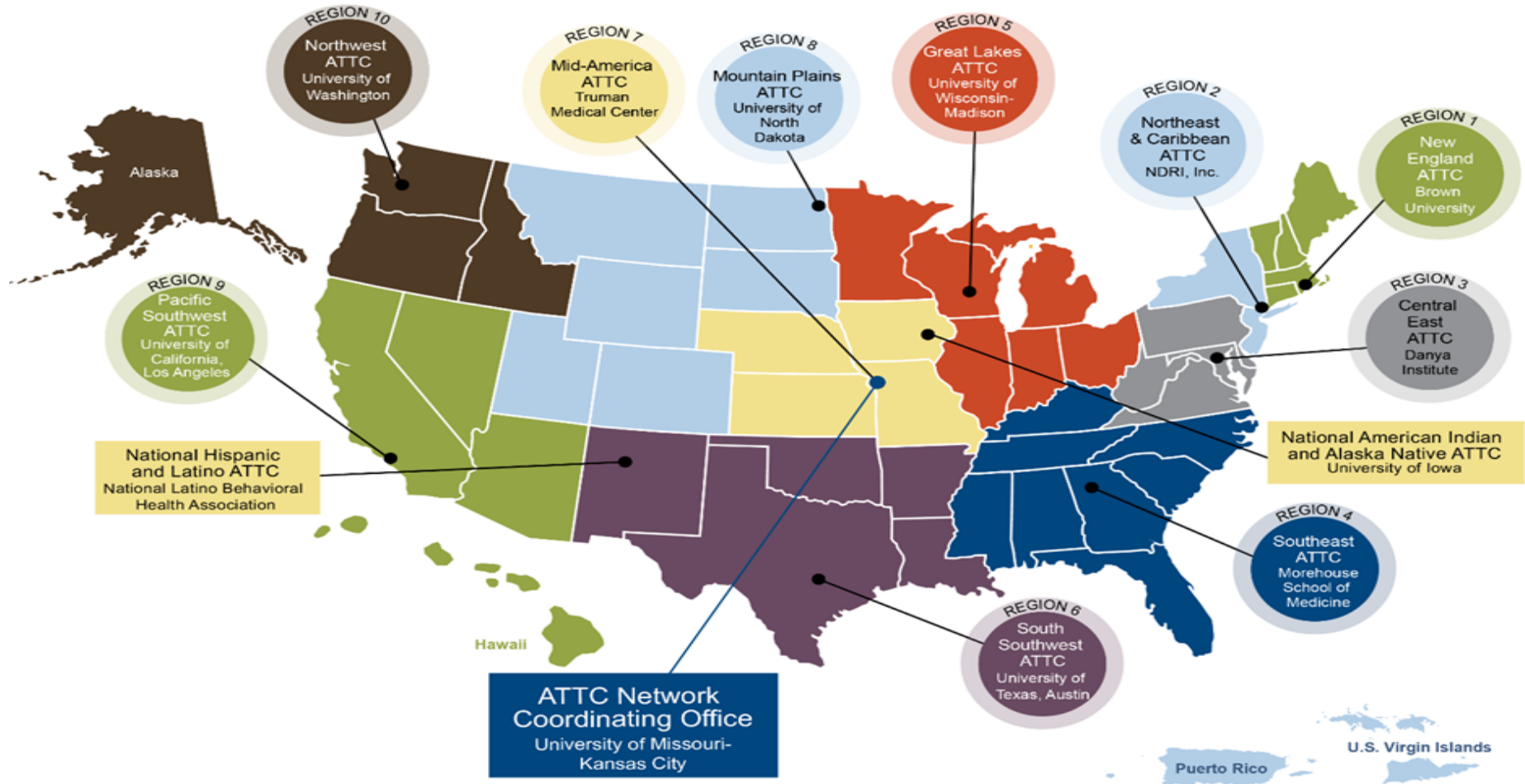
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Today's Presenter



Glory McDaniel, MA, LAC, LPCC, NCC
Bilingual Counseling Services, LLC



Objectives

1. What is domestic violence?
2. Statistics of domestic violence
3. Five types of violence
4. Cycle of abuse
5. When abuse leads to addiction
6. Finding help



What is Domestic Violence?

- National Coalition Against Domestic Violence (NCADV) defines domestic violence as 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, threats, and emotional/psychological abuse. The frequency and severity of domestic violence varies dramatically.



Statistics

- National Coalition Against Domestic Violence (NCADV)
- United States incidents of severe DV physical injury each year
 - One in four women
 - One in nine men
 - Ten million reported cases of abuse each year (with millions more going unreported)



Five Types of Domestic Violence

- Physical
- Sexual
- Psychological
- Financial
- Spiritual



Physical Abuse

- Physical abuse can be broadly described as the use or threat of physical violence to control another person, particularly a spouse or intimate partner.



Examples:

- Slapping
- Choking
- Using weapons (knife/gun)
- Kicking
- Harming children/pets
- Biting
- Preventing you from seeking help



Sexual Abuse

- Unwanted sexual activity, with perpetrators using force, making threats or taking advantage of victims not able to give consent. Most victims and perpetrators know each other and are in a relationship.



Examples:

- Unwanted touching
- Demanding sex
- Rape
- Forcing to watch porn
- Refusing safe sex practice
- Videotaping/photography
- Sexting



STATS

- Assuming the participants in today's webinar are representative of the general population, nearly one in five (about 20%) of you have or will suffer severe injury due to domestic violence during your lifetime.
- In the US, an incident of physical abuse by a domestic partner occurs about once every three seconds, less time than it took to read this sentence.



Psychological or Emotional abuse

- A form of emotional and psychological maltreatment in which words are systematically used to belittle, undermine, scapegoat, or maliciously manipulate another person.



Examples:

- Withholding affection
- Extreme jealousy
- Name calling and insults
- Stalking and controlling a person's every move
- Threats and intimidation
- Destruction of property
- Harming pets



Financial Abuse

- A common tactic used to gain power and control in a relationship. This form of abuse is subtle or overt but in general, includes tactics to limit the partner's access to financial information or financial resources.



Financial Abuse (cont.)

- The percentage of domestic violence survivors who also experienced economic abuse is between 94% and 99%.
- Between 21% to 60% of victims lose their jobs for reasons stemming from their abuse, making financial independence nearly impossible.

■ National Coalition Against Domestic Violence



Examples:

- Forbidding the victim to work
- Refusing to pay bills
- Controlling how money is spent
- Prohibiting access to bank accounts
- Withholding money



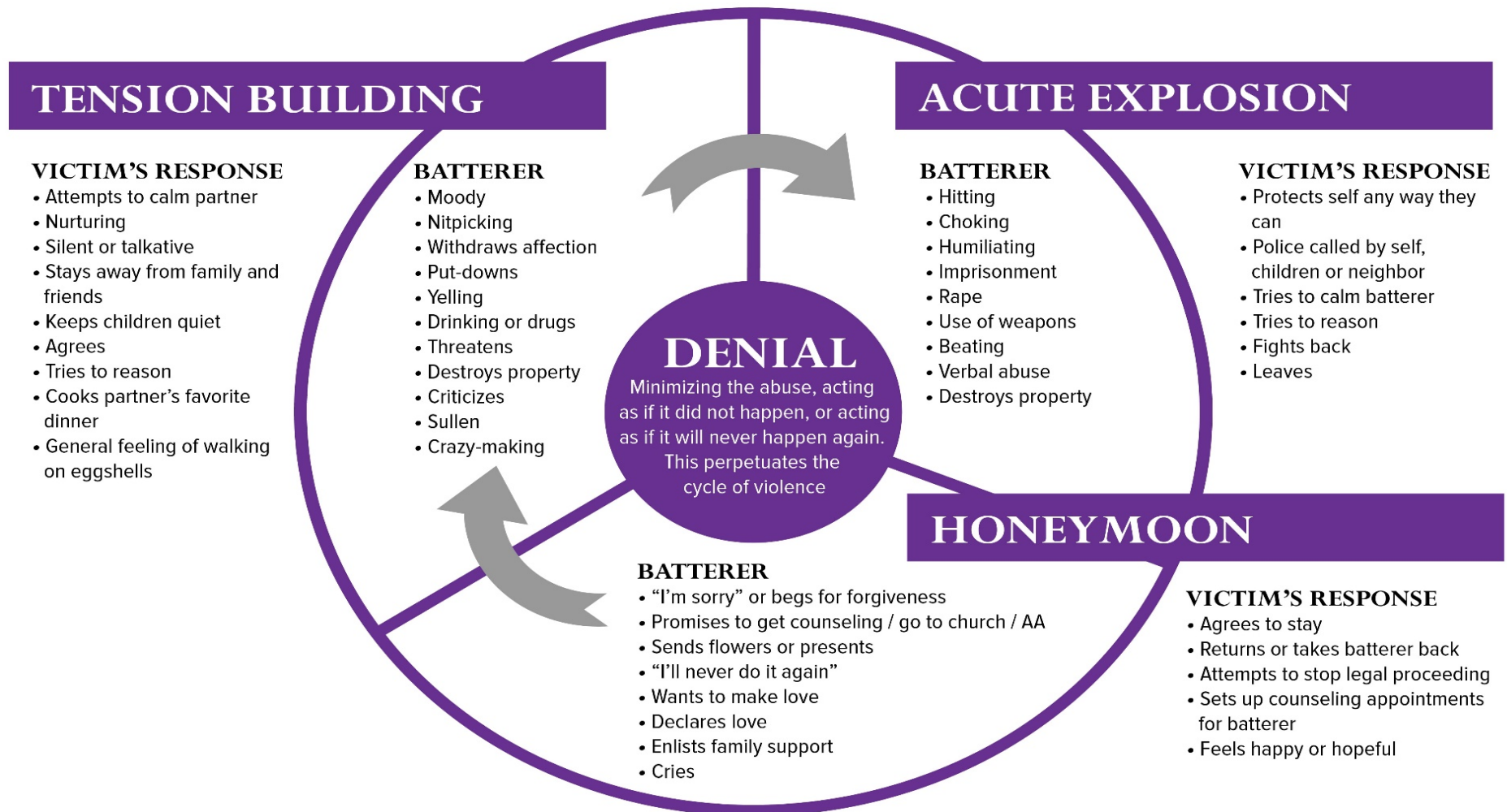
Spiritual Abuse

- Habitually twisting scriptures to selfishly manipulate others under the guise of spirituality.
- Example:

The bible teaches that the wife should be submissive and obedient, which may be taken out of context to gain control over the wife.



UNDERSTANDING THE CYCLE OF VIOLENCE





Victim Warning Signs

- Have difficulty focusing on their own needs
- Be passive, manipulative
- Feel shame, guilt, inadequate
- Feel angry, bitter, defensive
- Be depressed or anxious
- Experience suicidal ideation



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

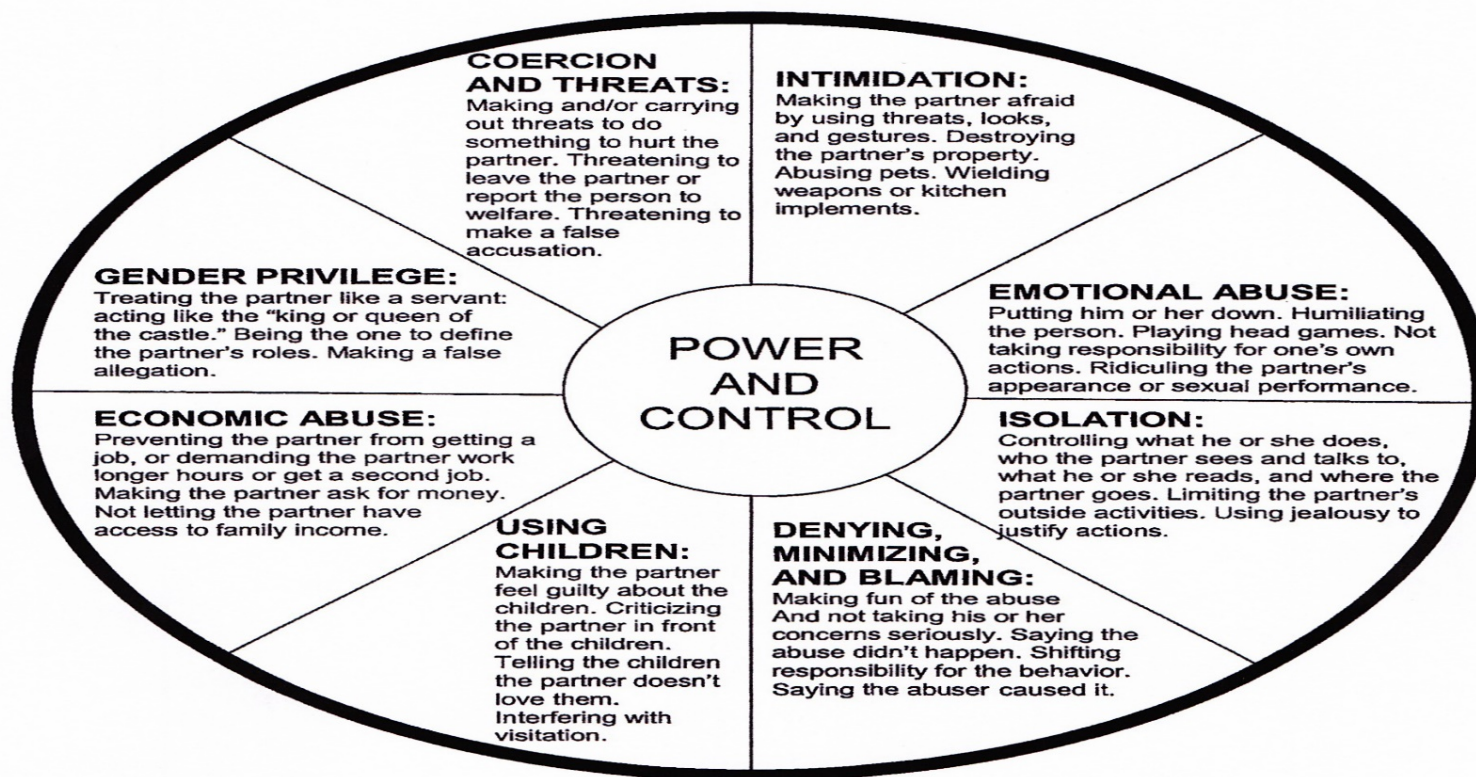


What Happens in the Relationship?

- Physical abuse usually doesn't just happen—its planned and calculated
- It may take weeks or years before there is a physical explosion

GENDER-INCLUSIVE POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are often linked to other abusive behaviors. Although physical assaults may occur only occasionally, they can instill the fear of future violence, allowing the abuser to take control of the partner's life. The Gender-Inclusive Power and Control Wheel is a helpful tool to understand the overall pattern of abusive and violent behavior.



Original Power and Control Wheel developed by:
Domestic Abuse Intervention Project
 202 East Superior Street
 Duluth, MN 55802

Adapted by:
SAVE: Stop Abusive and Violent Environments
 Technical assistance - Training - Education
 P.O. Box 1221
 Rockville, MD 20849
 6/24/09



What Does a Batterer Look Like?

They may be:

- Strong
- Masculine/Feminine
- All socio-economic backgrounds
- Mean, angry, kind, indescribable

...BUT MAYBE NONE OF THESE.



Why Does the Victim Stay?

- Pressure from society, cultural background and religious beliefs
- Fear of losing custody of children
- Financial despair
- Shame and guilt



Why Does the Victim Stay?

- Lack of advocacy
- Abuser is wealthy, powerful, influential, or famous
- They believe the threats and lies
- For the children, to keep the family together



What Social, Religious and Cultural Standards Encourage Women to Stay?

Women are:

- Rescuers
- Wife should be financially dependent on her husband
- A woman's identity is dependent on her marital status
- Men are viewed as the head of the family



What Social, Religious and Cultural Standards Encourage Men to Stay?

Men are:

- Strong and can take it
- Assume things will get better if I'm patient and pay attention to her needs
- Afraid they may lose home, children and assets
- If I just work hard at the relationship it will get better



Substance Use

Trauma survivors are more likely to abuse substances due to the overwhelming reactions and emotions that trauma produces such as:

- Shame, guilt, and isolation
- Helplessness and hopelessness
- Increased agitation and irritability
- Increased anxiety and depression



- Triggering situations
- Anger
- Self–destructive behavior
- Feelings of isolation and stigma
- Poor self–esteem
- Difficulty trusting others
- Sexual promiscuity



- Suicidal ideation
- Flashbacks
- Nightmares
- Increased arousal
- Hypervigilance

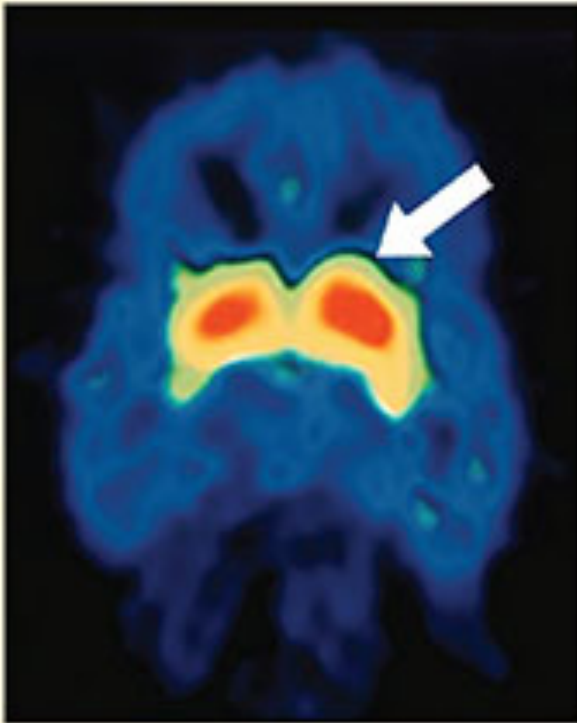


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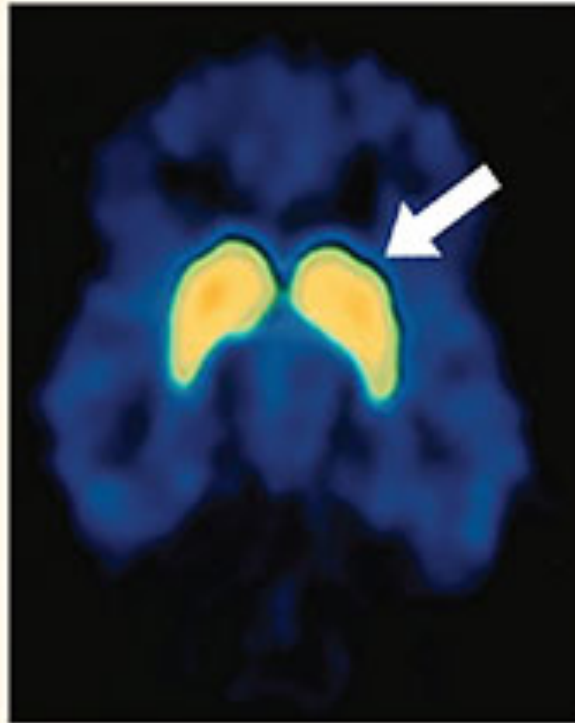
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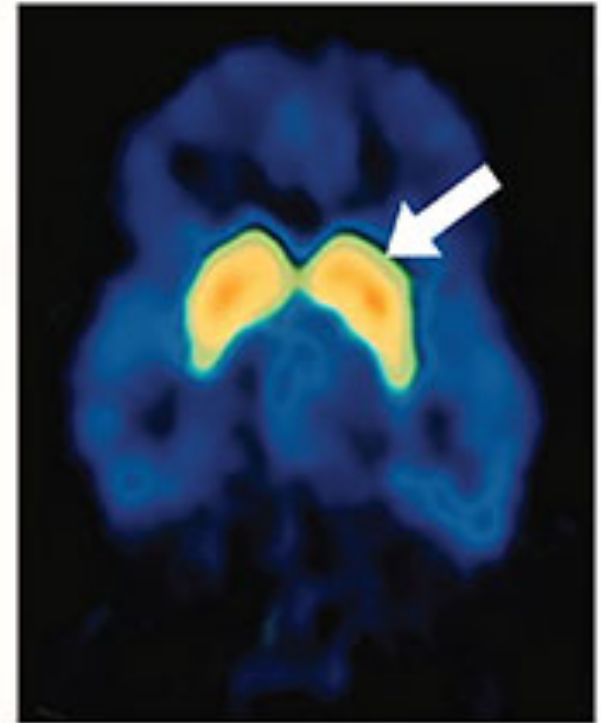
Comparison Subject



1 Month After Cocaine Use



4 Months After Cocaine Use



Low dopamine D2 receptors may contribute to the loss of control in cocaine users.



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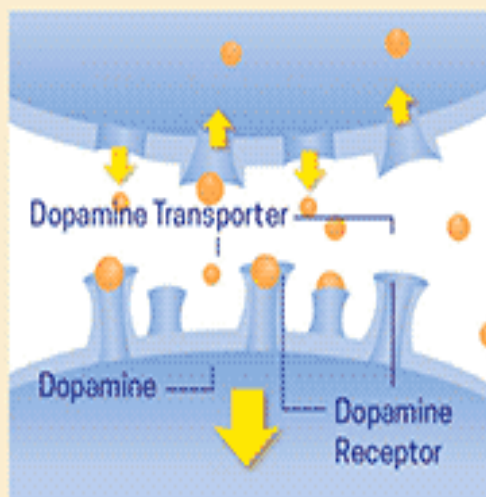
Some drugs target the brain's pleasure center

Brain reward (dopamine pathways)



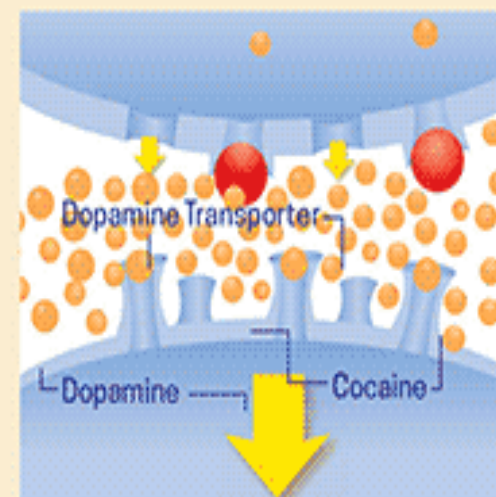
These brain circuits are important for natural rewards such as food, music, and sex.

How drugs can increase dopamine



While eating food

Typically, dopamine increases in response to natural rewards such as food. When cocaine is taken, dopamine increases are exaggerated, and communication is denied.



While using cocaine



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- <https://www.youtube.com/watch?v=7VUIKP4LDyQ>



Co-Occurring Disorders

- Depression
- Personality Disorders
- Post Traumatic Stress Disorder (PTSD)
- Anxiety



How can we help an abused person?

First:

- Believe them
- Don't minimize their danger
- Don't hold them to your standards
- Don't recommend marital counseling
- Don't tell them to leave



Tell them:

- They are not the cause of the violence
- They deserve love and respect
- They can regain control of their life and they are worth the change
- The abuse has broken the marriage covenant
- Don't try to fix their situation, just listen and support them



How to help victims:

- Protect their confidentiality
- Accept their decision and choices
- Encourage them to think about and plan for their safety
- Advocate for them
- Provide them with resources



References:

- National Coalition Against Domestic Violence -
<https://ncadv.org/statistics>
- Advocacy for Victims of Abuse (AVA)
- NIDA
- SAMSHA
- National Institute on Drug Abuse (NIDA)-
<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drugs-brain>



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For more information about the National Hispanic and Latino ATTC and to request training and technical assistance you can reach us at:

www.nlbha.org

<https://attcnetwork.org/centers/national-hispanic-and-latino-attc/home>

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