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The Impact of Domestic Violence on Mental Health

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The Impact of Domestic Violence on Mental Health

Murray State University

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Abstract

This research paper examines the issues of domestic violence on mental health. The paper will provide helpful information for a caseworker to follow as a guideline and structure for understanding and addressing domestic violence issues. There are numerous types of domestic violence, and this is a general list. Each area that is identified provides a description of the violence, as well as the issues that can be raised due to domestic violence. In addition to background, it also has numerous factors that influence how people make decisions, resources for the victim, and legal protections.

Background

In the United States alone, 1 out of every 320 households is affected by domestic violence; this term is sometimes referred to as intimate partner violence. In Kentucky, The National Center for Victims of Crime defines domestic violence as the willful intimidation, assault, battery, sexual assault, or other abusive behavior perpetrated by one family member, household member, or intimate partner against another (Brown, 2007, p. 114). Intimate partner violence is defined as violence between those cohabiting nonmarried intimate partners. Domestic violence in the home affects around 20% or 14 million children that live in the United States every year, even if they themselves are not direct targets of the violence. Domestic violence is among one of the top leading causes of death in individuals ages 15-44, resulting in 14% of male deaths and 7% of female deaths each year for a total of 1.6 million deaths to violence worldwide. In addition, for each life lost as a result of violence, many more suffer from a wide range of physical, sexual, and mental health problems that cost billions of dollars each year in health care, law enforcement, and lost productivity (World Health Organization, 2002). Unfortunately, Kentucky has the highest incidence of domestic violence than any other state in the United States, according to www.worldpopulatinoreview.com/state-rankings. "In a single day in 2019, Kentucky's domestic violence programs served 1,420 adults and child survivors, while another 128 requests when unmet due to a lack of resources. Kentucky also ranked 11th in the U.S. for femicides, which is the intentional killing of women or girls because they are female." The review shows that Kentucky has 45.3% of women and 35.5% of men have experienced domestic violence. These are very alarming numbers. We know numerous situations are probably never recorded for

all of those being reported. The child welfare outcomes website provides the Child Welfare Summary number of child maltreatment victims from 2015 – to 2018. The number for each year has continued to increase from 2015 at 18,897 children affected to 23,752 in 2018. To prepare for the future and help educate our state citizens, we must examine the background of domestic violence and attempt to plan for a more positive future concerning domestic violence. One positive of that movement is the development of "victimology" as an area to learn about within the psychology field. In addition, shelters for battered women and children have been discussed and better known since the beginning of knowledge in 1974. What was once before something unique to a community now are known nationally and locally. "Domestic-violence laws continue to evolve and are providing increasing amounts of coverage for victims" (Counseling Victims of Violence," p. 114) the following list compiled from "Counseling Victims of Violence" provides more clarity on the measures being used to assist victims.

- Shelters
- Law enforcement (see list below regarding laws, pages 114 – 115)
 - Police are mandated to arrest batterers, even if the victim does not press charges or recants her story.
 - Abusers who have been issued restraining orders are included in a restraining order registration system that law enforcement can check.
 - Batterers who have restraining orders cannot own or possess a firearm during the duration of the order.
 - Prison sentences have been increased for domestic violence, as well as fines.
 - The visitation rights of an abuser can be cut off, supervised, or restricted when a restraining order is in effect (Meadows 2001)

- Crisis Intervention
- Social and public services needs assessment.

While these measures have helped, they are not comprehensive, nor are they without flaws. As a result, there is still a need to review and assess these measures.

The 1970s women's movement gave victims of domestic violence some hope by shining light on the issue. In 1974, women could seek refuge in the first domestic-violence shelter. Since 1974, those numbers have increased dramatically. According to the National statistics from the U.S. Department of Justice, in 2001, almost 12,000,000 criminal offenses were reported, and many other domestic violence crimes went unreported each year. In addition, millions of dollars are spent on treatment and compensation for domestic violence every year. Domestic violence does not discriminate against race, sex, age, gender, or religion and can be physical abuse, sexual abuse, psychological, financial, or emotional abuse. The abuse can leave long-term effects for years to come. Many studies show the ties between witnessing abuse and domestic violence as a child and its impact on emotionality as an adult. A study was conducted randomly among a sample of 375 adults participating in a telephone interview. Among this group, 67 individuals reported witnessing some domestic violence between their parents during childhood. In addition, this study was conducted to determine if witnessing domestic violence as a child impacted the level of emotionality of an individual later in their adult life.

Statistics show that 275 million children worldwide see domestic violence each year. In the United States alone, the estimated number of children who witness domestic violence each year is 10 million. Studies have linked the internalized problems and adverse outcomes from domestic violence to the emotional functioning and mental health issues present in adulthood to witnessing domestic violence as a child. Some children who experience domestic violence may often

experience adverse psychological outcomes and long-term effects of emotional or behavioral problems such as anxiety, depression, anger, loss, rage, hostility, fright, fear, and post-traumatic stress disorder.

The study conducted in this article was telephone interviews with random individuals in four large southeastern cities in Virginia (McKee, 2014). Among the 375 interviewed, the study determined if the participants had ever experienced violence as a child. One of the interview questions was whether the individual had ever witnessed his or her mother or father kick, punch, or beat up his or her partner. Another question was if the individual was spanked or hit as a child. The findings revealed that 67 interviewees had witnessed abuse among their parents as a child, and 308 had not. The results showed that 240 individuals had been spanked or hit as a child, and 130 individuals were not spanked or whipped. Another study was conducted to link high emotionality levels to those who experienced direct violence and those whose parents did not physically abuse. The results of the scores from the research ranged from 10 to 60 for emotionality, with higher scores meaning that the individuals were more at risk of emotionality. Emotionality was only influenced by gender; males had lower emotionality scores. Therefore, females rated higher in emotionality than males.

Simply put, emotionality might be a significant variable for females. Given the traditional focus of criminologists on males, the result is that variables that are relevant to females are potentially excluded in the bulk of criminological endeavors (McKee & Payne, 2014). Research has shown that boys that witness domestic violence are related to men's perpetration of domestic violence later in life. Most female victims of domestic violence have witnessed abuse in the home between their parents as a child. Research suggests that when children see domestic violence in the house, boys tend to "learn" how to become abusers, and females "learn" to be victims of

domestic violence later in their adult lives. Male perpetrators often experience various emotions (e.g., anger, jealousy, shame, guilt; Borochowitz, 2008; Harper, Austin, Cercone, & Arias, 2005). The violence they engage in is explained by their level of emotionality (Ross & Babcock, 2009). However, these emotions are used to justify or excuse the violence (Adams, 1990; Bancroft, 2002).

Many female victims of domestic violence are more apt to experience higher levels of emotionality such as anger, anxiety, depression, and PTSD because emotional abuse tends to target the victims' emotions, and females tend to internalize their feelings more than males. In addition, many studies have found men to be more emotionally constrictive, whereas women tend to be more emotionally reactive (Valdez & Lilly, 2012); this occurs from social and cultural conditioning.

Other research findings have shown emotionality has a connection to relationship violence. Studies have shown an association between an individual's emotions and behaviors. One can argue that witnessing domestic violence as a child will negatively affect the individual in adulthood because of its influence on emotionality. According to a study where a sample of older adolescents had witnessed domestic violence, the results found that an increase in childhood abuse, sexual abuse, and neglect often leads to many behavioral and psychological problems such as aggression, depression, and even substance abuse.

Many individuals may have difficulty processing and regulating if they have experienced high emotional reactivity from witnessing domestic violence. This tends to affect relationships later because the child develops disrupted parental attachments due to domestic violence, which carries over into adulthood as a form of negative emotionality. The disruption of the child-parent

attachment can negatively impact intimate relationships and tends to be expressed as jealousy, fear of detachment, increased aggression, and partner violence.

Research studies were completed randomly to determine if the exposure to domestic violence in childhood is connected to emotionality in adulthood. The surveys had better results if the subjects were only those exposed to domestic violence at a young age. In addition, the results were combined with individuals who did not experience domestic violence and were not spanked or hit as a child. Therefore, the results could have been more concrete if the interviewed individuals were only victims of domestic violence or child abuse. Likely, factors such as the frequency of witnessing domestic violence, maternal support, verbal abuse outside of just physical abuse, and the severity of the violence would influence both immediate and long-term emotional problems (McKee & Payne, 2014) (Likens, 2021)

Types of Domestic Violence

- Physical Abuse
- Sexual abuse
- Psychological/Emotional abuse
- Verbal abuse
- Emotional abuse
- Financial abuse
- Harassment and stalking
- Spiritual/Religious/Cultural abuse

The list above identifies eight different types of domestic violence. Unfortunately, when hearing about 'domestic violence', most people immediately think of physical abuse.

However, there are seven additional types of violence that people identify with. We will examine each type of domestic violence and study the issues within each one. This is an essential step in recognizing the various types of violence. Most people (especially women) think the other types listed above are not abuse and are just a way of life for many people, if not everyone. A child who has grown up in the middle of domestic violence may not know any other world than the one they live in; therefore, they do not always identify it as "violence" and consider it "normal." As mentioned earlier, males tend to become perpetrators while women become victims. That is not to say that everyone who has suffered through domestic violence will repeat it; however, studies show that they often do.

Physical Abuse

Physical abuse is the image people have when they hear of "domestic violence." Physical abuse most commonly leaves scars visible to the world. This form of abuse can happen to cohabitating adults, the elderly, and children. This type of abuse seems to create the most common accusation involving children. If we look first at the abuse of children, it creates a significant concern from more people. It is not uncommon for some people, including those being battered or abused, to think abuse is only criminal when against a child. This is the most widespread instance of reporting as well. When kids are in school, other adults not in the household may see the signs of physical abuse; however, there are also non-physical signs indicating neglect. According to "Counseling Victims of Violence (Pages 148 and 149)," neglect can be physical, emotional, or

educational in nature. When concerning physical abuse, they present the following as types of physical neglect:

- Refusing to seek or provide medical or psychological treatment for illnesses
- Abandonment
- Lack of adequate supervision to provide physical safety
- Failing to make the home safe for the child
- Failure to provide adequate nutrition, clothing, or cleanliness when to do so is within the means of the caregiver.

In the counseling realm, there is mandatory reporting. Keep in mind that you only have to suspect that a child is being physically abused or neglected to report those issues. It is up to the Department of Social Services in your area to investigate any allegations. It is our job to inform and their job to investigate and decide whether it fits the state's laws against child abuse and neglect. The most important thing we can do is to be aware of indicators. Abuse and neglect connect to our children in foster care. In Kentucky, according to the Kids Count publication for 2021, the number of children in foster care rose from 39.2% in 2013-to 2015 and increased to 53.7% between 2018-and 2020. This is a negative difference of 14.50 additional cases admitted into the foster care system in Kentucky. In Muhlenberg County specifically (where I reside), the increase went from 15.9% in 2013-2015 to 30.3% in 2018-2020. This shows the numbers doubled during those four years.

Those statistics were for children from birth – to 18 years old. There are numerous signs and symptoms of physical abuse in children. According to the "Counseling Victims of Violence," pages 149 and 150, signs of physical abuse include:

- Hitting, spanking, welts, bites, burns, broken bones, fractures

- Internal injuries to major organs
- Head trauma
- Physical restraints, such as tying up the child or strangling

As mandated reporters, counselors need to be conscious of the signs of physical abuse among children; however, these indicators can also be signs in adults or the elderly.

According to The National Domestic Violence Hotline ([thehotline.org/resources/types-of-abuse](https://www.thehotline.org/resources/types-of-abuse)), there are many signs that someone is being abused. But, it takes the person being abused to learn the indicators for physical abuse. As mentioned earlier, sometimes, the abused person does not view what is happening to them as abuse. The signs of physical abuse in a relationship are: (<https://www.verywellhealth.com/signs-of-domestic-abuse-5209419>).

- Pull your hair or punch, slap, kick, bite, choke or smother you.
- Forbid or prevent you from eating or sleeping.
- Use weapons against you, including firearms, knives, bats, or mace.
- Prevent you from contacting emergency services, including medical attention or law enforcement.
- Harm your children or pets.
- Drive recklessly or dangerously with you in the car or abandon you in unfamiliar places.
Force you to use drugs or alcohol, especially if you have a history of substance abuse.
- Trapping you in your home⁴ or preventing you from leaving.
- Throw objects at you.

In addition to these signs, professionals recommend the following steps to document abuse.

Ways to document include:

- Keeping a journal of what you experience, including descriptions of how the incident made you feel.
- Writing down statements you, your partner, or any witnesses make before, during, or after the abuse.

Recording dates, times, and descriptions of incidents.

- If furniture is overturned or items were thrown, describe the scene and take photos of the damage.
- Documenting any injuries, no matter how small (with photos if possible).
- Seeking medical care, even if there are no visible injuries, especially if you have been strangled or choked.
- Filing a report with the police if you determine that it's safe for you to do so.

Counselors should be aware of these behaviors and encourage documentation for a suspected victim of physical abuse. The counselor may be the only person directly knowing an alleged victim. Creating that relationship and building trust is critical. The counselor will be better prepared to assist the situation if a trusted connection is established.

In 1979, Dr. Lenore Walker coined the phrase: "Battered Woman Syndrome." (Counseling Victims of Violence, p. 118). She describes the syndrome and identifies issues that also indicate Post Traumatic Stress Disorder. The indicators for both can vary from the victim trying to "self-medicate" with alcohol and drugs and can span from depression to irrational fears and sometimes even psychosis. Counselors must be aware of all of the above issues and view what this person's life has been, including looking back on their childhood. As written earlier, the adults in the relationship often witnessed domestic violence or were the victim of domestic violence situations

as a child. In addition to physical violence, the client may have also been mentally or emotionally abused.

Mental and Emotional Abuse

While most physical abuse situations can be seen visually, mental and emotional abuse is not easy to identify.

The National Domestic Violence Hotline lists mental and emotional abuse indicators in a relationship. They talk to victims about what may indicate that the person is being controlled mentally or emotionally. They are: (<https://www.thehotline.org/resources/types-of-abuse>).

- Calling you names, insulting you, or constantly criticizing you.
- Acting jealous or possessive or refusing to trust you.
- Isolating you from family, friends, or other people in your life.
- Monitoring your activities with or without your knowledge, including demanding to know where you go, who you contact, and how you spend your time.
- Attempting to control what you wear, including clothes, makeup, or hairstyles.
- Humiliating you in any way, especially in front of others.
- Gaslighting you by pretending not to understand or refusing to listen to you; questioning your recollection of facts, events, or sources; trivializing your needs or feelings, or denying previous statements or promises.
- Threatening you, your children, your family, or your pets (with or without weapons).
- Damaging your belongings, including throwing objects, punching walls, kicking doors, etc.
- Blaming you for their abusive behaviors.

- Accusing you of cheating or cheating themselves and blaming you for their actions.
- Cheating on you to intentionally hurt you and threatening to cheat again suggests that they're "better" than you.
- Telling you that you're lucky to be with them or that you'll never find someone better.

According to research, power and control are usually the driving factors of abuse. When a person can manipulate someone else mentally and emotionally, the victims' scars and bruises may not have a physical appearance. These issues can cause a more profound, more personal attack on a person. If the victim has lived through abuse in a previous relationship, including being abused as a child by an adult, they may believe that what they are experiencing is normal. According to Acesdv.org, "controlling behavior is a way for the abuser to maintain dominance over the victim. Controlling behavior, the belief that they are justified in the controlling behavior, and the resultant abuse is the core issue in domestic violence. The counselor needs to be aware of sometimes very subtle activities as part of the mental and emotional abuse.

The website lists these possible

ways: (https://api.turnitin.com/paperPermission.asp?lang=en_us&r=32.9434439218325&svr=62)

- Checking the mileage on the odometer following their use of the car.
- Monitoring phone calls, using caller ID or other number monitoring devices, not allowing the victim to make or receive phone calls.
- Not allowing their freedom of choice in terms of clothing styles or hairstyles. This may include forcing the victim to dress in a specific way, more seductively or more conservatively than they are comfortable.
- Calling or coming home unexpectedly to check up on them. This may initially start as what appears to be a loving gesture but becomes a sign of jealousy or possessiveness.

- Invading their privacy by not allowing them time and space of their own.
- Forcing or encouraging dependency makes the victim believe they're incapable of surviving or performing simple tasks without the abuser or on their own.
- Using the children to control the victim parent by using the children as spies, threatening to kill, hurt or kidnap the children, physical or sexual abuse the children, and threatening to call the Department of Child Safety (DCS, formerly CPS) if the mother leaves the relationship.

While all types of abuse may need counseling, there can be a need for much longer treatments for an abused person (usually women but can also be men). The scars and remnants of mental and emotional scars may take years to mend and, in some cases, can cause permanent damage that the person will live with for the rest of their life. As counselors, we need to discuss and prescribe various treatments, including but not limited to short-term counseling, social/public services the victim may need, and long-term counseling. We must recognize many concerns in mentally and emotionally abused women and men. Often, our clients will be terrified to discuss it with the counselor and maybe even more afraid of someone else finding out. These situations can be very traumatic and cause the person to sometimes return to the perpetrator and defend the perpetrator. This is where the power and control element can be identified by a counselor so clearly. The victim is often afraid that charges against the abuser will not help, and many times, the victim will drop charges, even after she has filed them during the event. Remember the previous research that the perpetrator convinces the victim that she can only make it through life with his help. The abuser will use multiple circumstances to make the victim responsible for all that is happening to her and that she cannot make it through life without him. Often the perpetrator will use things like controlling the finances, threats against the children, and raise

concerns that no one else is willing to help the victim, who is the reason for all of the abuse in the first place (according to the perpetrator). Other areas can cause secondary issues, such as substance abuse, loss of trust, lack of protection by symptoms, and family and cultural or religious pressures to stay in the relationship.

Elder Abuse

According to "Counseling Victims of Violence," Elder abuse is significantly underreported (Hardin and Khan-Hudson 2005). The book explains a more significant number of elderly adults since the "baby boomers" are now considered elderly. This type of abuse is often unreported or not reported as frequently as spousal or child abuse. "Elder abuse is more difficult to identify due to the isolation of the victims, the reluctance of the elderly to report abuse, and the fear of retaliation (National Academics of Sciences 2002)." The book goes on to list types of elderly neglect and abuse:

- Active neglect: The willful failure to provide care.
- Passive neglect: The inadequate knowledge or inability of a caretaker that results in non-willful failure to provide care
- Self-neglect: The failure of the family to monitor an elder's ability to care for her – or himself (Commonwealth of Pennsylvania 1988)
- Physical Abuse: Acts committed by a relative or caregiver that result in physical injuries, unreasonable confinement, or over sedation
- Sexual abuse: Any type of sexual manipulation to which an elderly person does not consent

- Financial exploitation: The caretaker's improper use or mismanagement of an elderly person's funds or property.
- Psychological or emotional abuse: A caretaker's actions or verbalizations that are designed to humiliate, provoke, confuse or frighten the elderly person
- Violation of rights: Locking the elderly in or out of their home, placing them into a nursing care facility against their will, coercion, unreasonable confinement, opening or censoring mail, refusing access to a telephone or visitors, or any other breach of rights that citizens have under state, federal, or constitutional law, including state and federal statutes (Martin 1987)

Elder abuse is a poorly reported, poorly addressed type of abuse. Society must become more aware of it to stop it. While this abuse can occur in a residential or skilled nursing facility, it is also a part of domestic violence. Caregivers can get stressed out dealing with a relative suffering from physical or mental challenges, such as dementia. We need to look at a comprehensive plan to assist caregivers and provide the support necessary to be patient with their elderly loved ones. Just as child abuse is often triggered by stress or being overwhelmed by the person's constant need for attention, elder abuse can be triggered by those same feelings. When you have to care for an older person, it's much more difficult in some ways than for a child. Size alone makes it more complex, and when the older person cannot control what is happening, they also cannot control the reaction of their caregiver.

Sexual Abuse

According to the 24-hour Domestic Violence Helpline website, the definition of sexual abuse is "any forced or unwanted sexual activity," and "humiliation can often play a part in sexual abuse,

as well." This domestic violence act can be perpetrated on anyone, including spouses, children, and the elderly. Most people believe that a sexual act with a spouse cannot be sexual abuse; however, it is a crime if the action is unwanted and forcible. The helpline lists the following forms of sexual abuse:

- Any form of pressured or unwanted sex or sexual degradation causing pain during sex
- Assaulting genitals (hurting your private parts)
- Forced sex without protection against pregnancy or sexually transmitted disease
- Making the victim perform sexual acts unwillingly (including taking or distributing explicit photos without their consent)
- Criticizing or using sexually degrading insults

Human trafficking has become a terrible problem across the United States and worldwide in the last few years. Sexual abuse is what is most commonly related to trafficking. Any person can be trafficked, including children. Types of trafficking are often child exploitation. According to the "I Care About Kids" ky.gov website, child exploitation may include the following:

- Prostitution
- Child pornography
- Sex trafficking

The article continues to say, "children in Kentucky can be exploited by persons such as parents, relatives, acquaintances, and strangers, just to name a few ." Children and abused adults (mostly women) can get caught up in trafficking before realizing what is happening. There has been a huge increase in the number of arrests and crimes. However, this is still a very unreported issue. People often do not identify with trafficking and never think they are being trafficked. One of the most vulnerable areas is the internet, especially among children and teens. Someone can start

messaging them and present themselves as different people than they truly are. These predators gain the potential victim's trust and convince them that the predator only has her best interest in the situation. Since 2007, when Kentucky started tracking data, "Kentucky has had 3,134 contacts, 806 cases, total victim – moderate 1,030 and Total Victims – High 940".

(www.humantraffickinghotline.org/state/kentucky). The website also breaks down the following:

- Type of Trafficking (73)
- Labor Trafficking (17)
- Trafficking Type Not Specified (8)
- Sex and Labor (6).

The website also identifies the top venues/industries for sex trafficking. They are:

- Pornography (10)
- Illicit Massage/Spa business (6)
- Online Ad. Venue Unknown (4)
- Hotel/Motel-based (3)
- Other venues (3)

As we become more aware of trafficking, it is hopeful that people will report and help intervene in these young people's lives (as well as the older victims).

Harassment and Stalking

Trafficking leads us to another form of domestic violence: Stalking and Cyberstalking. In all forms of domestic violence, victims often think they cannot report this type of abuse. The perpetrator often convinces the victim that no one will listen to them and the preparator isn't doing anything wrong. The stiffest charge for a long time was "harassment." We, as therapists,

need to be more direct about the crime of stalking. In the digital age, people can be stalked in person and digitally. According to "Counseling Victims of Violence (pages 47 & 48), stalkers are categorized into two types.

- Love stalkers – They represent 20 percent to 25 percent of stalkers. They often stalk people". The book adds, "Some love stalkers go after celebrities, but many stalk everyday citizens." Notably, "it continues, most of these stalkers are mentally ill...."
- Simple Stalkers – These stalkers "represent 75 percent to 80 percent of stalkers". The book continues to say, they "represent 75 percent to 80 percent of stalkers. This category overlaps with domestic-violence relationships, and stalking occurs in dating relationships."

It is imperative that we support this segment of the population. As indicated above, the victim often does not see or feel that there is anything she can do about this type of stalking. She knows the perpetrator.

Victims of domestic violence issues "run a 75% chance of being stalked (National Center for Victims of Crime, Stalking Resource Center website). Part of our job as therapists is to help the victim realize what is happening to her is a crime. If we recognize it and also pursue it with the victim, we can encourage her to take some of the following actions:

- File a restraining/protective order
- Become familiar with state stalking laws
- Document the stalking events
- Report stalking events
- Develop a contingency plan for safety.

I will elaborate more on the above issues when I address what we can do clinically to help someone who has been affected by domestic violence/stalking. However, in the book "Counseling Victims of Violence," the following steps can be implemented to prevent stalking (<http://www.feelsafeagain.org/emergency.html>).

- Install solid core doors with deadbolts. If the victim cannot account for all keys, change the locks and secure spare keys.
- If possible, install adequate outside lighting and trim back bushes around the residence and driveway.
- Keep an unlisted phone number. If harassing calls continue, notify law enforcement. Keep a written log of any harassing calls and any answering machine tapes of voice mails with the stalker's message.
- Treat any and all threats as legitimate, and notify law enforcement immediately.
- The victim should frequently change travel routes and other habits (e.g., the way to work, the stores where she shops, and the time she goes to the gym).
- Notify a safe person about the situation. Provide information such as a photo or description of the stalker, the types of vehicle (s) he uses, and any other facts about him.
- Inform the landlord or on-site manager and provide a picture and information about the suspect.
- Have co-workers screen all personal calls and visitors.
- The victim should try to have someone with her when she is not at home or work. She should try to stay invisible in public areas while she is out. She should limit the time she spends walking or jogging outside, especially when alone.

- If the victim needs help, she should know to scream "FIRE" to get immediate attention because more people respond to "FIRE" than to "HELP."
- If possible, the victim should have an answering machine connected to a published phone line, so she can record the stalker's messages and turn the recording over to law enforcement. The victim should also have a private, unlisted line for friends and family. The stalker may not realize she has another line.

Financial and Economic Abuse

As in most abuse situations, the perpetrator is looking for power and control. This is the motivator for almost all abuse situations and is a significant reason for financial and economic abuse. "Financial abuse is an aspect of 'coercive control' – a pattern of controlling, threatening and degrading behavior that restricts a victims' freedom." www.womensaid.org/uk/information-support/what-is-domestic-abuse/financial-abuse Financial and economical abuse generally occur with other types of abuse. If a person is physically, mentally, or sexually abused, the financial situation can play a critical component in ongoing abuse. If someone is cut off financially from the world, that person feels like they are stuck and can't make a break because the perpetrator controls finances. Although spousal abuse shelters have become more available, there is still a significant need for women and children, especially for a safe place. When that person has been cut off financially and has no money for food, gas, or basic needs, even IF a shelter is available, the person sometimes stays in the situation because of finances. According to the womensaid.org.uk website, "Economic abuse is designed to reinforce or create economic instability. This way limits women's choices and ability to access safety. Lack of access to

economic resources can result in women staying with abusive men for longer and experiencing more harm as a result."

As therapists, we need to recognize and address financial and economical abuse when it is identified. The more significant problem is that most people suffering financial and economical abuse genuinely feel trapped. Unfortunately, this may be a segment of our abuse population that goes underreported. Many victims do not see how they can be successful or even survive without the financial aid of the abuser. And that is with good reason. According to nnedv.org, a person's odds of "surviving" financial abuse are sometimes overwhelming. They often have poor credit scores, bad payment history, and sometimes even legal issues. These things make it difficult for the victim to find long-term independence and safety. This website lists these standard methods that abusers use to gain control. These include: (<https://nnedv.org/content/about-financial-abuse>).

- Forbidding the victim to work.
- Sabotaging work or employment opportunities by stalking or harassing the victim at the workplace or causing the victim to lose their job by physically battering prior to important meetings or interviews.
- Forbidding the victim from attending job training or advancement opportunities.
- Controlling how all of the money is spent.
- Not including the victim in investment or banking decisions.
- Not allowing the victim access to bank accounts.
- Withholding money or giving "an allowance."
- Forcing the victim to write bad checks or file fraudulent tax returns.
- Running up large amounts of debt on joint accounts.
- Refusing to work or contribute to the family income.

- Withholding funds for the victim or children to obtain basic needs such as food and medicine.
- Hiding assets.
- Stealing the victim's identity, property, or inheritance.
- Forcing the victim to work in a family business without pay.
- Refusing to pay bills and ruining the victims' credit score.
- Forcing the victim to turn over public benefits or threatening to turn the victim in for "cheating or misusing benefits."
- Filing false insurance claims.
- Refusing to pay or evading child support or manipulating the divorce process by drawing it out by hiding or not disclosing assets.

As therapists, we must recognize and address the mental issues caused by physical abuse and financial abuse. Some reports show that 99% of identified physical, mental, or sexual abuse victims also experience financial and economic abuse. This is alarming; however, we realize it is much more prevalent when looking at the even bigger picture involving abuse. There are many victims of abuse who never report that abuse. So, knowing how many people are being financially abused is challenging to determine. But, we know that many abuse victims do not leave due to their financial situation.

Impact of Personality Style

As we move from types of abuse and their implications, we must address the impact of personality style. There are many factors in identifying a person's personality and how that person handles the situation of abuse they are in. The effect of character will also directly affect

the perpetrator and why they decide to abuse. Again, most abuse is more about power and control than the actual act of violence or abuse. According to inquiriesjournal.com/articles/180/decision-making-factors-that-influence-decision-making-heuristics-used-and-decision-outcomes, "Several factors influence decision making. These factors include past experience (Juliusson, Karlsson & Garling, 2005), cognitive biases (Stanovich & West 2008), age and individual differences (Bruin, Parker & Fischhoff, 2007), belief in personal relevance (Acevedo, & Krueger, 2004), and an escalation of commitment, influence what choices people make. Understanding the factors that influence the decision-making process is important to understanding what decisions are made. The factors that influence the process may impact the outcomes"

<http://www.inquiriesjournal.com/articles/180/decision-making-factors-that-influence-decision-making-heuristics-used-and-decision-outcomes>).

Many people have questions regarding how someone being abused can stay in the situation. The heuristics of psychology give background information into how a person decides. As indicated previously, experience throughout a person's life significantly impacts how a person chooses. The table below shows the decision-making factors, heuristics, and desired outcomes. This information was gathered from inquiriesjournal.com/articles/180/decision-making-factors-that-influence-decision-making. The article is "Decision Making: Factors that Influence Decision Making, Heuristics Used, and Decision Outcomes."

Factors That Influence Decision Making

Past experience	Juliusson, Karlsson & Garling, 2005
Cognitive Biases	Stanovich & West, 2008
Age & Individual	Bruin, Parker, &

differences	Fischhoff, 2007
Belief in personal relevance	Acevedo, & Krueger, 2004
Escalation of Commitment	

The article goes on to say, "Understanding the factors that influence the decision making process is important to understanding what decisions are made. That is, the factors that influence the process may impact the outcomes." (Shah & Oppenheimer, 20008). Again, we refer to the facts that past experience factors into decision making. Therefore, if someone has been raised in a home with abuse (physical, mental, emotional, etc.), they are more likely to experience abuse as an adult. A person's history and background make a difference in reaching those quick and easy decisions today.

Heuristics

The psychological areas of Heuristics also design a framework that aids in good decisions that can be made quickly and with ease. (inquiriesjournal.com). in an article on [verywellmind.com/what-is-a-heuristic-2795235](https://www.verywellmind.com/what-is-a-heuristic-2795235), the following theories from psychologists were discussed.

Attribute substitution	Effort Reduction	Fast & Frugal
People substitute simpler but related questions in place of more complex and difficult questions	People utilize heuristics as a type of cognitive laziness to reduce the mental effort required to make choices and	People use heuristics because they can be fast and correct in certain contexts. Some theories argue that heuristics

	decisions.	are actually more accurate than they are biased.
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People are making hundreds, possibly thousands, of decisions daily. Decisions about your food choices, your travel choices, things at work, finances, etc., are made daily. A heuristics plan is an essential part of that framework. The article "What Are Heuristics?" on verywellmind.com offers these areas of heuristics:

Type	Definition	Example
Availability	This heuristic involves making decisions based upon how easy it is to bring something to mind.	If you are thinking of flying and suddenly think of a number of recent airline accidents, you might feel like air travel is too dangerous and decide to travel by car instead.
Representativeness	This heuristic involves making a decision by comparing the present situation to the most representative mental prototype.	When you are trying to decide if someone is trustworthy, you might compare aspects of the individual to other mental examples you hold. A sweet older woman might remind you of your grandmother.
Affect	This involves making choices that are influenced by the emotions that an individual is experiencing at that	Research has shown that people are more likely to see decisions as having benefits and lower risks

	moment.	when they are in a positive mood. Negative emotions, on the other hand, lead people to focus on the potential downsides of a decision rather than the possible benefits.
Anchoring	This involves the tendency to be overly influenced by the first bit of information we hear or learn. This can make it more difficult to consider other factors and lead to poor choices.	Anchoring bias can influence how much you are willing to pay for something, causing you to jump at the first offer without shopping around for a better deal.

www.verywellmind.com/what-is-a-heuristic-2795235

As psychologists, we must examine the decision-making reasons in a person and identify where those decisions are coming from and how they are shaped. There is Research to show that people can learn heuristics. We need to identify and help the client identify why and where those decisions are coming from. Is the decision-making process utilizing heuristics, and if not, should it? While heuristics can be valuable in shaping a person's decision-making process, some issues can arise from the framework, such as cognitive bias. According to inquiriesjournal.com, "there are several cognitive biases that influence decision making. Cognitive biases are thinking patterns based on observations and generalizations that may lead to memory errors, inaccurate judgments, and faulty logic (Evans, Barston, & Pollard, 1983; West Toplak & Stonovich, 2008). Other influences in this area also indicate that age, socioeconomic status, and cognitive abilities

influence decision making (DeBruin, Parker & Fischhoff, 2007; Finucane, Mertz, Slovic & Schmidt, 2005).

When it comes to bias, we all have them. As you can see from the information provided, many factors can affect and influence your preference. For example, if you invest more significant amounts of time, money, and effort, you may be more committed to a position while not as eager to decide if you're not "invested" in the bias. These are things we need to help clients understand and identify. Hence, they can study and look at areas to shape their opinions, such as individual differences such as age, previous experience with an area, and how the recent decision makes the person feel. People may be satisfied with a decision but could also be dissatisfied. These decisions will become a part of the heuristics a person uses and will, inevitably, impact future decisions.

When we look at all these factors, it becomes evident that many things influence the impact of a person's personality, including genetics, environment, lifestyle, and behaviors. According to verywellmind.com, in the article "How Your Personality Type Affects Your Health," "Research clearly shows a connection between personality and health. If you believe that your personality, mental state, or behaviors are causing illness or worsening your current symptoms, talk to your doctor for advice on possible treatments which may involve psychotherapy, medication, or self-care". The chart below describes some personality types and the markers connected to health outcomes.

Personality Type	Characteristics	Possible Medical Impacts
Type A	They are often seen as hard-driving workaholics who will	Possible hypertension, increased job stress, and

	do anything to get ahead. As a result, they often feel the need to dominate both at work and in personal interactions.	social isolation. They tend to experience more hostility, a characteristic that has been tied to an increased risk of heart disease.
Personality Type	Characteristics	Possible Medical Impacts
Type B	This type of personality is usually considered a laid-back personality, tends to be much more relaxed and easy-going, and is typically less stressed and less competitive.	Possibly slack in being more health-conscious, but you probably have a lower risk of developing health issues related to anxiety. Sometimes likely to experience things like stress, anger, and anxiety.
People Pleasers	These people are eager to please and tend to accommodate, be passive and conform.	The positive is the person is more likely to follow doctor's orders, but the negative is they may be more likely to feel hopeless or helpless in the face of an adverse health event.
Worrywarts	These people are often neurotic and may respond to feelings of loss, frustration,	Neuroticism has been associated with generalized anxiety disorder, depression,

	and other stresses with negative emotions.	panic disorder, antisocial personality disorder, and substance use.
Personality Type	Characteristics	Possible Medical Impacts
Distressed	This characteristic was first introduced in 1996. It is characterized by "distressed" traits such as being more prone to negative emotions and lacking self-expression.	Stress, depression, anxiety, anger, and loneliness can cause other issues like increased risk of heart problems, including heart failure.
Introverts	The person can lack social support because they don't reach out to others, including medical help.	Decreased immunity and an increase of heart disease.

www.verywellmind.com/how-personality-type-affects-health-4153786

When looking at these personality traits and what kind of physical and mental issues they cause, we also need to focus on the perpetrator rather than just focusing on the victim.

The more we learn about the how and why of someone becoming abusive, the closer we will be to possibly prevent domestic violence rather than focusing totally on how to address the victim's needs. It is difficult to think about helping the abuser; however, until that person receives mental

health treatment and can break the chain of violence, we will only be putting a Band-Aid on the issue of domestic violence.

The type of personality is a critical identification point for both the victim and the perpetrator. We can individualize treatment for both parties when we can identify the issues. One major challenge is the fact it is "domestic violence." There are numerous studies and citations made regarding this impact on families. Unfortunately, many families are very secretive about the abuse within the family unit. People tend to think this is something that "couldn't happen" to their families.

That thought process also comes with how abuse has been "normalized" in a family setting. Many victims grow up to be abusers. Most will say that they want to be as much different from the abuser as they can, yet they often become an adult with the same issues. As we learned through Heuristics, this can lead to bias. When the victim has experienced physical, mental, or emotional abuse, they may feel this is a "normal" issue in families. They may have never been around or involved with a family where abuse doesn't happen. However, as that person grows, they may become abused due to environmental factors. Just as eye color, skin tone, and health issues such as diabetes are inherited, personalities can also be inherited in families. As described in the chart above, different personalities are more prone to be the abuser or the abused. As mental health providers, we must study these personality types and be able to identify traits of each one in evaluating a person seeking mental health treatment.

Understanding Biases

Bias

Examples: (www.verywellmind.com/status-quo-bias-psychological-definition-5065385)

Status Quo or Confirmation

- Only paying attention to information that confirms your beliefs about issues such as gun control and global warming
- Only following people on social media who share your viewpoints
- Choosing news sources that present stories that support your views
- Refusing to listen to the opposing side
- Not considering all of the facts in a logical and rational manner

Hindsight Bias

- Insisting that you knew who was going to win a football game once the event was over
- Believing that you knew all along that one political candidate was going to win the election
- Saying that you knew you weren't going to win after losing a coin flip with a friend
- Looking back on an exam and thinking that you knew the answers to the questions you missed
- Believing you could have predicted which stocks would become profitable

Anchoring

- The first number voiced during a price negotiation typically becomes the anchoring point from which all further negotiations are based.
- Hearing a random number can influence estimates on entirely unrelated topics.

- Doctors can become susceptible to anchoring bias when diagnosing patients. The physician's first impressions of the patient often create an anchoring point that can sometimes incorrectly influence all subsequent diagnostic assessments.

Misinformation Effect

- Research has shown that simply asking questions about an event can change someone's memories of what happened.
- Watching television coverage may change how people remember the event.
- Hearing other people talk about a memory from their perspective may change your memory of what transpired.

Actor-Observer

- You might complain that you ruined an important meeting because of jet lag.
- You might say you failed an exam because the teacher posed too many trick questions.
- A colleague screwed up an important presentation because he's lazy and incompetent (not because he had jet lag).
- A fellow student bombed a test because they lack diligence and intelligence (and not because they took the same test as you with all those trick questions).

False Consensus

- Thinking that other people share your opinion on controversial topics
- Overestimating the number of people who are similar to you.

- Believing that the majority of people share your preferences.

Halo Effect

- Thinking people who are good-looking are also smarter, kinder, and funnier than less attractive people
- Believing that products marketed by attractive people are also more valuable
- Thinking that a political candidate who is confident must also be intelligent and competent

Self-Serving

- Attributing good grades to being smart or studying hard
- Believing your athletic performance is due to practice and hard work
- Thinking you got the job because of your merits

Availability

- After seeing several news reports of car thefts in your neighborhood, you might start to believe that such crimes are more common than they are.
- You might believe that plane crashes are more common than they really are because you can easily think of several examples.

Optimism

- We may assume that negative events won't affect us, such as:
- Divorce

- Job loss
- Illness
- Death

www.verywellmind.com/status-quo-bias-psychological-definition-5065385)

According to [verywellmind.com/status-quo-bias-psychological-definition-4065385](http://www.verywellmind.com/status-quo-bias-psychological-definition-4065385), "The status quo bias is one type of cognitive bias that involves people preferring that things stay as they are or that the current state of affairs remains the same. This bias can have an effect on human behavior, but it is also a topic of interest in other fields, including sociology, politics, and economics."

Most people, whatever their personality style, prefer consistency rather than change. This is one reason that abuse continues from generation to generation. It has become "the norm" for many families. We have to understand this status quo bias to understand the perspective of each person we are treating. "The status quo bias can make people resistant to change, but it can also have a powerful effect on the decisions they make." (www.verywellmind.com/status-quo-bias-psychological-definition-5065385)

The term was initially brought to light by researchers William Samuelson and Richard Zeckhauser in 1988. According to their study, status quo bias results in issues with change, but it can also cause people to miss out on the possible benefits that outweigh the risk. The article on [verywellmind.com](http://www.verywellmind.com) discusses how this bias can affect daily decisions such as restaurant food choices or investment and savings decisions. Both of those topics are commonplace for many people.

For instance, if you are at a restaurant and reviewing the menu, your status quo bias may push you to order the same thing you always order here. This can prevent you from having a new experience.

Yes, you are "safe" with your choice because you know it's something you like, but you may be missing out on a great new food because you prefer safety rather than risk. The same can be true when it deals with issues regarding your health, such as wanting to stay on a specific medication rather than trying a new treatment. The same can be said about domestic violence. Often, the victim is more comfortable with "what they know" than with chancing that this cycle could stop if they can seek help. In other words, they may accept that, yes, life is difficult with the perpetrator, but it could be safer than leaving the situation. Things like housing, finances, children, etc., can be significantly affected when it comes to these issues. With status quo bias, people tend to stay with "what they know," even though it is a dangerous and challenging situation.

The table above only lists a small number of types of bias. Many things go into our decision-making qualities and our personality types. These are important for mental health providers to identify and classify what biases are seen in a victim or a perpetrator. These will influence the person's decision-making ability and influence the outcomes of any situation, whether it's ordering food or being involved in a domestic dispute. "These biases collectively influence much of our thoughts and, ultimately, decision making. Many of these biases are inevitable. We don't have the time to evaluate every thought in every decision for the presence of any bias.

Understanding these biases is very helpful in learning how they can lead us to poor decisions in life." (www.verywellmind.com/status-quo-bias-psychological-definition-5065385)

So, where to go from now? We have examined the background of the impact of abuse on mental health, reviewed the various types of abuse, and the effect of personality style on these situations. Having addressed each of these issues in the complex abstract regarding how people are impacted, it is time to seek resources for these situations. There are some minor differences in resources based on the type of abuse that has been experienced. But, many of the resources can and should be used for analyzing the situation and providing appropriate resources for any given or specific situation. Now, examine many of the resources and move towards a plan for the persons involved in these situations, whether perpetrator or victim.

There are many resources available for persons who have been impacted by domestic violence. These resources range from books and websites with information through many social services and mental health disorder counseling. In addition, in many cases, the Department for Community Based Services – Protection and Permanency and adult services may be utilized. The information below is grouped in a table to identify the resources and potential treatments for various abusive behaviors.

Trauma

Resources/Services

Crime & Robbery

- Victim Advocate
- Short-term counseling and support programs
- State crime compensation
- Neighborly services for safety equipment installation

- Insurance Company contact
- Assistance with moving (if appropriate)
- Long term counseling

Domestic Violence

- Crisis intervention counselor
- Spouse abuse shelter
- Victim advocate
- Transitional Services (housing, financial aid, job skills)
- Restraining Order
- Prosecutor or attorney
- Group Counseling
- Police intervention
- Child protection services
- Transportation
- Emergency medical treatment
- Counseling for the children
- Short term counseling
- Long term counseling
- Assertiveness training
- Offender counseling (if desired)
- Job skills and life skills
- Housing, financial assistance, and food

Trauma

Resource/Services

Violence Against Children

- Child Protective Services
- Guardian ad litem (for child victims)
- Prosecutor or attorney (for child victim)
- Defense attorney (for the abuser)
- Family counseling
- Offender counseling
- Sibling counseling
- Spouse counseling
- Group counseling for a child victim
- Financial assistance (if the abuser is arrested)
- School guidance counselor
- Play therapy or developmental play
- Prevention skills
- Short term counseling
- Long term counseling

Sexual Trauma

- Crisis-intervention counselor

- Medical or rape exam; education about HIV and STDs
- Victim assistance through law enforcement agencies
- State crime compensation
- Prosecutor or attorney
- Short term counseling
- Long term counseling

Homicide

- Victim advocate
- Trained crisis counselor
- Homicide detective or private investigator
- Prosecuting attorney
- State crime compensation (financial aid)
- Life insurance company
- Homicide clean-up crew (if appropriate)
- Clergy
- Short term counseling
- Long term counseling

Societal Trauma

- Crisis intervention counselor
- Services associated with trauma (Red Cross, other compensational agencies via state or federal government or private insurance companies)

- Housing, food, water, emergency services
- Clergy (if trained)
- Unemployment compensation (if unable to work)
- Vocational Rehabilitation counseling (if applicable)

Figure 5 "Counseling Victims of Violence," Sandra L. Brown, M.A.

As noted in the above chart, numerous resources are available for trauma victims. The chart is an overview based on the information in "Counseling Victims of Violence," Sandra L. Brown, M.A.

In seeking to find and identify other resources, the information below was gathered from the National Center on Domestic Violence, Trauma & Mental Health website. (<http://www.nationalcenterdvtraumamh.org>)

Family-Centered Toolkit for Domestic Violence Programs

Most domestic violence services have been grouped into adult services and children and youth services in the past. "The Family-Centered Toolkit helps programs envision and implement an integrated approach that supports parent-child relationships and families with culturally responsive, trauma-informed, and developmentally sensitive services."

Understanding Substance Use Coercion

Many abusers try to get their partners to sabotage their recovery attempts. This is a barrier to safety, recovery, and economic stability. There are many highlighted reports and a webinar on

the nationalcenterdvtraumah.org. "For services to be effective, safe, and accessible to survivors, Practicing and policymakers need to understand how substance use coercion and generate recommendations for policy, research, and practice."

Committed to Safety for ALL Survivors

This program "assists programs and advocates in supporting survivors who use substances by providing practical strategies embedded within an accessible, culturally responsive, and trauma-informed approach." There is a webinar for this new resource. (<http://www.nationalcenterdvtraumamh.org>).

Tools for Transformation: Implementation Support Guide 1

This series of resources for program leaders contains resources and strategies to support organizational change. "This is the first in a new series of ACRTI (accessible, culturally responsive, and trauma-informed) Implementation Support Guides." This tool can be downloaded from the nationalcenterdvtrauma.mamh.org website. These will help organizations develop trauma-informed services and integrated approaches.

Implementation Support Guide 1: The Social, Emotional, and Relational Climate and Organizational Trauma". This will help identify how staff "feels" to work in a particular place. This guide "offers leaders opportunities for reflection and strategies to support staff's capacity to do work they are committed to and feel passionate about it."

Implementation Support Guide 2: Supporting Change Leadership

This guide is for "DSV leaders who are considering initiating – or are already in the process of implementing – organization-wide ACRTI change initiatives." This document serves as a roadmap to managing change. A 2021-2022 webinar series also helps identify capacity-building resources and "provides insight from staff who have utilized these tools in the field."

New Resource – Faith and Spirituality in Trauma Resilience, Recovery, and Healing

One area that you should not overlook is Faith and Spirituality. The National Center on Domestic Violence, Trauma & Mental Health provides this resource for families with a strong faith and spirituality culture. It may differ from the provider's viewpoint; however, the provider must maintain this as a valuable resource even if it doesn't reflect that person's personal beliefs. The 2021-2022 Webinar: Special Topic analyzed this area with a panel discussion and product launch. The group featured leaders from across the domestic violence, sexual violence, mental health, substance use, and spiritual care fields (panelists' bios were provided). Below is a listing of the panelists who examined and reviewed this resource. (<http://www.nationalcenterdvtraumamh.org>).

Belinda J. Stiles, LCSW, currently serves as the Director of Integrative Behavioral Health Services at Howard Brown Health. "Much of her background has been providing direct clinical services to youth, adults, and families growing through anxiety, depression, school-related behavioral issues, substance use, trauma, and life transitions around health diagnoses and self-identity" (<http://www.nationalcenterdvtraumamh.org>).

Bonnie Violet, a trans femme genderqueer spiritual drag artist and digital chaplain" She is also a YouTuber, Twitcher, and host of a queer chaplain podcast. "Bonnie shares her experience of strength and hope with HIV, recovering from drugs, alcohol, and sexual assault, among other things, in classrooms, community centers, churches, online, and pretty much anywhere they'll let her. As a queer chaplain, she is present with people in death and dying to self by helping to lace one's narrative with a spiritual thread to remind one of their resilience, strengthen faith in self, and create serenity in the now" (<http://www.nationalcenterdvtraumamh.org>).

Janette Garcia "has worked at Haven Women's Center of Stanislaus for over 24 years, providing services to people impacted by domestic or sexual violence. She is currently the Training Manager at Haven. In addition, she facilitates support groups in treatment centers focusing on the connection between substance use and trauma. Janette has 29 years of being clean and sober. Spiritually is at the core of her recovery and healing" (<http://www.nationalcenterdvtraumamh.org>).

Karen Tronsgard-Scott "is working toward a world in which all people thrive. Currently, she is working on building solidarity with others who live to end violence across social spectrums focusing on gender-based violence. Ms. Tronsgard-Scott has worked in the field since 1995, first at Tri-County Help Center in Ohio and since 2007 at the Vermont Network Against Domestic and Sexual Violence, where she is the Executive Director. In 2020, Tronsgard-Scott joined the Masters in Restorative Justice Program at the Vermont Law School, where she teaches a course focused on domestic and sexual violence responses. In addition, she has been privileged to have worked with organizations and coalitions in the movement to end gender-based violence throughout the United States and Europe. Ms. Tronsgard-Scott is a Movement Maker and alumna of Move to End Violence, a 10-year project designed to create new approaches to

addressing gender-based violence. Her work allows her to deeply explore the synergies that arise when people join in community, when organizations adopt transformative practices, and when organizations and people actively engage in power-sharing and trauma healing."

The book's author and moderator for the panel are Gabriela Zapata-Alma, LCSW, CADC, is the Associate Director of the National Center on Domestic Violence, Trauma and Mental Health (NCDVTMH). Gabriela earned her B.A. in Comparative Mystical Traditions and Philosophy at the University of Michigan and her AM in Clinical Social Work at the University of Chicago. In addition to their work at NCDVTMH, Gabriela currently teaches "Spirituality and Social Work" at the University of Chicago. Gabriela comes from a lineage of healers and social justice warriors and deeply values becoming a worthy ancestor. (Zapata-Alma, GA (2022). Faith and Spirituality in Trauma Resilience, Recovery, and Healing: A Guide for Domestic Violence and Sexual Violence Advocates, Chicago, IL; National Center on Domestic Violence, Trauma, and Mental Health (NCDVTMH) (<http://www.nationalcenterdvtraumamh.org>).

Zapata cited several goals as a resource to support advocates and programs:

- Increase **accessibility** to advocacy services, safety, stability, and healing
 - For survivors who identify faith and spirituality as sources of support or struggle.
- Cultivate **cultural responsiveness** in advocacy services
 - Respond to matters of faith, spirituality, and belief as a dimension of culture
- Support **trauma** resilience, recovery, and healing
 - Understand how faith, faith communities, and spirituality can be resources as well as present risk factors for trauma resilience and healing

Many clinicians shy away from addressing the spiritual or faith-based approach to mental health. However, Zapata contends in her book, "the role of an advocate in responding to matters of faith

becomes even clearer when we understand how faith and spirituality are dimensions of culture. As well as how belief often plays a role in how many people try to make sense of crisis and traumatic experiences." She also notes that advocates need to be aware of their bias, positive and negative, in dealing with a client.

She offers this chart with examples that are particularly significant for individuals who have experienced domestic or sexual violence:

Domain	Faith-Related Resilience Factors	Faith-Related Risk Factors
Community	Accessing safety and support through a religious or spiritual community	Experiencing rejection or punishment from a religious or spiritual community
Practice	Praying or meditating for relief from the effects of trauma. Using contemplative practices to soothe fear responses.	Praying for forgiveness for having caused the violence (self-blame).
Belief	Believing that G*d, a Higher Power, one's spirit guide(s), one's ancestor(s), or another nurturing or protective divine essence was present during the trauma and will aid in healing or divine justice.	Believing that G*d, a Higher Power or another divine being or process allowed or caused the trauma to happen as a punishment.

Figure 6 Faith and Spirituality in Trauma Resilience

The book goes on to identify the 2014 Religious Landscape Study, a survey of over 35,000 Individuals across all 50 States (Pew Research Center) found that:

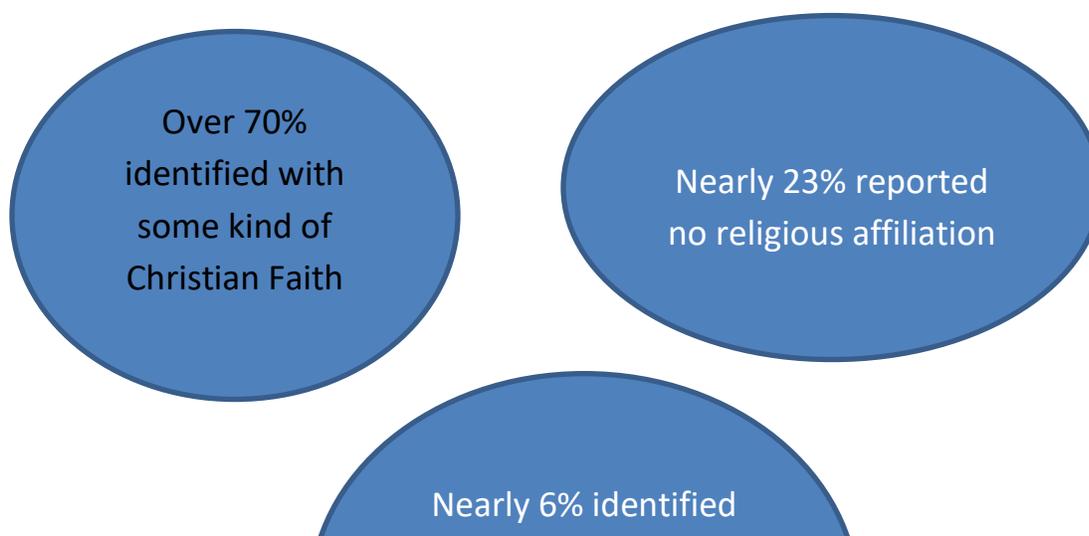




Figure 7 & 8 Nationalcenterdvtraumamh.org/faith

Legal Protection

We have discovered and reviewed the available resources for victims of domestic violence.

Legal protection is a resource all its own; however, many victims refuse to testify against the abuser for fear they will retaliate at some point. Here we will explore the various areas under legal protection. According to Jane C. Murphy, J.D., in her article “Legal protection for domestic violence victims: a guide for the treating physician, published in the Maryland Medical Journal in October 1994, “battering by a spouse or Intimate partner is the single largest cause of injury to women in the United States.” This article explores both the benefits and the limitations of the legal system’s response to victims.

Federal Domestic Violence Law: Violence against Women Act (VAWA)

According to the website <https://www.findlaw.com/family/domestic-violence/federal-domestic-violence-legislation-the-violence-against-women.html>, the 1994 VAWA was passed to help establish further protections for victims of domestic abuse. The keys to the Violence Against Women Act are: (<https://www.findlaw.com/family/domestic-violence/federal-domestic-violence-legislation-the-violence-against-women.html>).

- Full funding of rape kits and legal/court fees for domestic violence protection orders
- Victim protection orders are recognized and enforced in all state, tribal, and territorial jurisdictions within the U.S.
- Implementation and funding of special domestic violence crime units in local communities
- Special domestic violence and sexual violence training for law enforcement officers
- Ability of tribal courts to try non-Indian spouses or intimate partners of Indian women in domestic or dating violence cases
- Provision allowing undocumented immigrants who are the victims of domestic violence to apply for a green card in exchange for helping law enforcement officials prosecute their abusers

The website also has a definition of the VAWA Act misdemeanor crime “has, as an element, the use or attempted use of physical force, or the threatened use of a deadly weapon, committed by a current or former spouse, parent, or guardian of the victim, by a person who is cohabiting with or has cohabited with the victim as a spouse, parent, or guardian, or by a person similarly situated to a spouse, parent, or guardian of the victim.” Many acts against women and children are at the

hands of a spouse, parent, or guardian of the victim. Another protection legally is the interstate traveling restrictions for abusers. Many states did not recognize a protection order issued in another state in the past. According to the article, “The VAWA specifies full faith and credit to all orders of protection issued in any civil or criminal proceeding, or by any Indian tribe, meaning that those orders can be fully enforced in another jurisdiction.” There have also been several landmark cases, particularly “United States v. Rita Gluzman (N.Y.), where the woman went from New Jersey to New York intending to kill her estranged husband. Another aspect is the United States v. Morrison (2000), “wherein the court held that Congress did not have the authority to implement such a law,” pertaining to civil suits in domestic violence cases. <https://www.theiacp.org/sites/default/files/all/p-r/ProtectingVictimsOfDV.pdf> faith and credit reduce the risk of liability as: (<http://www.dvtf.org/content/view/44/75/>).

- Understand the laws of your jurisdiction related to liability
- Respond in a timely fashion
- Investigate thoroughly
- Follow arrest laws of enforcing jurisdiction
- Enforce custody provisions
- Offer assistance and referral to victim
- Complete detailed incident reports
- Charge appropriately
- Follow-up for victim protection
- Train all law enforcement personnel
- Supervise carefully to ensure victim safety
- Confiscate proscribed weapons

Although there are laws in different states regarding orders of protection, the federal guidelines and regulations are consistent. Below is a table with information on each type of protective order a victim can be given (<https://2009-2017.state.gov/j/drl/rls/55504.htm#annex1>).

Interstate Travel to Commit Domestic Violence – 18 U.S.C. 2261	Interstate Stalking – 18 U.S.C., 2261A	Interstate Violation of an Order of Protection – 18 U.S.C., 2262
<p>It is a federal crime for a person to travel in interstate or foreign commerce, or leave or enter Indian country with the intent to kill, injure, harass, or intimidate a spouse or intimate partner when in the course of or as a result of such travel, the person commits or attempts to commit a violent crime against that spouse or intimate partner. The person must intend to commit domestic violence at the time of travel. The broad definition of spouse or intimate partner</p>	<p>It is a Federal crime to travel in interstate or foreign commerce or within the special maritime and territorial jurisdiction of the United States, or leave or enter Indian country, with the intent to kill, injure, harass, or intimidate any person if, in the course of or as a result of such travel, the offender places that person in reasonable fear of the death of, or serious bodily injury to, that person, a member of that person’s immediate family, or that person’s spouse or</p>	<p>It is a Federal crime to travel in interstate or foreign commerce, or leave or enter Indian country, with the intent to engage in conduct that violates the portion of a protection order that prohibits or provides protection against violence, threats, or harassment against, contact or communication with, or physical proximity to, another person, or that would violate such a portion of a protection order in the jurisdiction in which the order was issued. The person must intend to</p>

<p>includes a spouse or former spouse of the abuser, a person who shares a child in common with the abuser, a person who cohabits or has cohabited with the abuser as a spouse, and any other person similarly situated to a spouse who is protected by the domestic or family violence laws of the state or tribal jurisdiction in which the injury occurred or where the victim resides. It is also a Federal crime to cause a spouse or intimate partner to travel in interstate or foreign commerce, or leave or enter Indian country, by force, coercion, duress, or fraud, if in the course of, as a result of, or to facilitate such conduct or travel, the person commits</p>	<p>intimate partner. The terms immediate family and spouse or intimate partner are broad and include a spouse or former spouse of the stalking target, a person who shares a child in common with the stalking target, a person who cohabits or has cohabited as a spouse with the stalking target, any other person similarly situated to a spouse who is protected by the domestic or family violence laws of the state or tribal jurisdiction in which the injury occurred or the victim resides, and a parent, child, sibling, and all household members related to the stalking target by blood or marriage. It is also a Federal crime to use the mail or any</p>	<p>violate the order at the time of travel and must subsequently engage in a violation of such portion of the order. It is also a Federal crime to cause another person to travel in interstate or foreign commerce, or leave or enter Indian country, by force, coercion, duress, or fraud, if in the course of, as a result of, or to facilitate such conduct or travel the offender engages in conduct that violates the portion of a protection order that prohibits or provides protection against violence, threats, or harassment against, contact or communication with, or physical proximity to, another person, or that would violate such a portion of a protection</p>
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<p>or attempts to commit a crime of violence against the spouse or intimate partner.</p>	<p>facility of interstate or foreign commerce (including telephones, fax machines, and the Internet) to engage in a course of conduct that places a person in reasonable fear of the death of, or serious bodily injury to, that person, a member of that person's immediate family, or that person's spouse or intimate partner. The offender must commit these acts with the intent either to kill or injure a person in another state or tribal jurisdiction or within the special maritime and territorial jurisdiction of the United States or to place a person in another state or tribal jurisdiction or within the special maritime and territorial jurisdiction of the</p>	<p>order in the jurisdiction in which the order was issued.</p>
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	<p>United States in reasonable fear of the death of, or serious bodily injury to, that person, a member of that person's immediate family, or that person's spouse or intimate partner. A course of conduct is defined as a pattern composed of two or more acts evidencing a continuity of purpose.</p>	
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Other Legal Assistance to Victims of Domestic Violence from Protecting Victims of Domestic Violence technical assistance on full faith and credit implementation

https://api.turnitin.com/paperPermission.asp?svr=62&lang=en_us&r=80.2407453483319).

- National Domestic Violence Hotline (800) 799-SAFE (7233), TTY (800) 787-3224 (24 hours/day, for referral to state and local programs) Technical Assistance on Full Faith and Credit
- International Association of Chiefs of Police (800)The-IACP ■ National Center on Protection Orders and Full Faith & Credit (800) 903-0111, ext. 2
- Battered Women's Justice Project (800) 903-0111, ext. 1 Expertise on Tribal Legal Issues
- Mending the Sacred Hoop (888) 305-1650
- Northern Plains Tribal Judicial Institute Expertise on Child Custody

- National Center on Protection Orders and Full Faith & Credit (800) 903-0111, ext. 2
- National Council of Juvenile and Family Court Judges (775) 784-6012

Lessons Learned

There have been many lessons learned throughout the research for this paper. One of the first sources of information was the high numbers of domestic violence affecting about 20% or 14 million children in the United States each year. Also, it was examined and noted that there has been a total of 1.6 million deaths to violence worldwide. We have learned that there are numerous types of domestic violence, and some of those aren't easily recognized by the victim. Many domestic violence issues are seen as "normal" for domestic violence generational family issues. Many perpetrators and victims are living life just as they did as children. They are modeling those who have victimized them, as well. This type of violence is present in all walks of life, all socio-economic areas, and both males and females. www.worldpopulationviewreview.com taught us that "Kentucky has the highest incidence of domestic violence than any other state in the United States." Also, "In a single day in 2019, Kentucky's Domestic violence programs served 1,420 adults and child survivors, while another 128 requests went unmet due to lack of resources. This is a difficult lesson. We must provide more resources for women and children in this category. And the stigma needs to be ignored when it comes to mental health and domestic violence.

Some things can be accessed during or following a domestic violence event. In this paper, the following have been identified: Shelters, Law enforcement, Crisis intervention, and social and public services needs assessment. We also learned that 12,000,000 criminal offenses were reported, and many other domestic violence crimes went unreported each year. As stated early in the paper, law enforcement, DCBS, and mental health employees should be able to recognize the

signs of abuse, whether physical, mental, emotional, sexual, etc. When these issues can be addressed early on in the abuse cycle, we may be able to provide the additional support needed to help these victims survive and thrive.

Recommendations

There are several things a person can do to help raise awareness about domestic and sexual violence. This paper has identified many of those areas. The following is a helpful grid to remind someone what hope is available and how we can raise awareness for those in need

(<https://www.new-hope.org/raise-awareness/>).

Educate Yourself	Speak Up!	Shar Resources	Host a training or workshop
<p>Knowledge is power! Read articles, watch documentaries, attend events and connect with domestic and sexual violence resource organizations.</p>	<p>Domestic and sexual violence are silent epidemics that thrive in environments of secrecy and shame. Did you hear a joke that condones sexual violence? If so, speak up! Let your friends know that abuse is no laughing matter.</p>	<p>If you have a friend, family member, co-worker or neighbor who is experiencing domestic or sexual violence, find a private moment and share New Hope's Hotline number: 800-323-HOPE. If you would like to display New Hope's free resource brochures at</p>	<p>Interested in organizing an education session for your peers? Our Education & Outreach team can present to all ages and knowledge levels on the topics of:</p> <ul style="list-style-type: none"> • Bullying • Gystanders <p>and Community</p>

		<p>your place of business, worship, school or gym, please contact us at new-hope@new-hope.org or 508-226-4015</p>	<p>Response to Domestic and Sexual Violence</p> <ul style="list-style-type: none"> • Child Assault Prevention Program (CAPP) • Creating a victim-friendly work environment • Domestic violence 101 • Domestic violence and Law enforcement (for Law Enforcement only) • Domestic Violence and
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			<p>the Workplace</p> <ul style="list-style-type: none">• Healthy Relationships• Teen Dating Violence• Sexual Violence 101• Stalking, Sexual Harassment and Sexual Violence Prevention
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<https://www.new-hope.org/raise-awareness/>

In addition to the above recommendations, New Hope also provides several other areas that can be used to educate people:

Participate in a New Hope Awareness Campaign



“**Lack of Con-Cent**” is a sexual violence awareness initiative in which survivors of sexual violence send New Hope a penny and a story or statement about the violence perpetrated against them. The individual stories are incredibly moving, and the collective display of pennies illustrates the prevalence of sexual violence in our society.

“**The Clothesline Project**”



"The Clothesline Project" is a moving display of t-shirts created by domestic and sexual violence survivors. Each shirt tells a story of healing, as expressed by the survivors. If you are interested in displaying The Clothesline Project, don't hesitate to contact the outreach and education team at: www.new-hope@newhope.org.

Conclusion

Finally, after researching numerous sources and delving into each one to glean information, it is time to complete the paper. This only touches the surface of how domestic violence can affect mental health. It is recommended a person wanting more information on these subjects should continue to research and develop ideas, action steps, and follow-ups. After going through this numerous list of resources, there have been many examples of domestic violence, definitions for each of those, and the possible resources, legal protection, and lessons learned can prepare the reader or researcher to continue finding and adapting new information that comes in. This is a large project that requires numerous members of society to be involved in recognizing crises and some possible resources and recommendations to treat a patient.

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