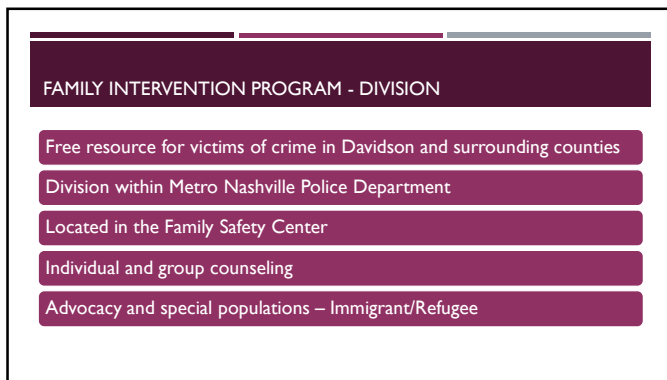


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JEAN CROWE ADVOCACY CENTER (& OTHER NASHVILLE RESOURCES)

- Court Support
 - Jean Crowe Advocacy Center
- Emergency Shelter
 - YWCA
 - Morning Star/Agape
- Transitional Housing
 - Mary Parrish
- Address Confidentiality
 - Safe At Home



4

COMPONENTS OF IPV WORK

Psychoeducation

- Power & Control
- Cycle of Violence
- Types of batterers
- Relationship red flags
- Equality wheel
- Trauma responses

Safety Assessment & Planning

- Danger Assessment/Lethality Assessment
- Safety Planning

Court Process & Resources

- Orders of Protection
- Criminal Court
- Divorce/Custody

Treatment Planning

- Grounding and Coping skills
- Boundaries
- Self-Esteem
- Self-Care

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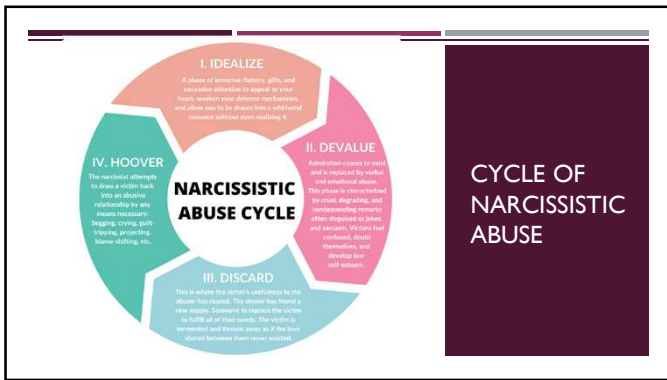
POWER & CONTROL



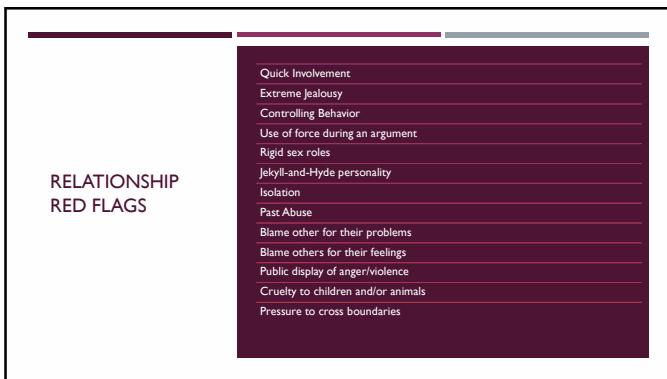
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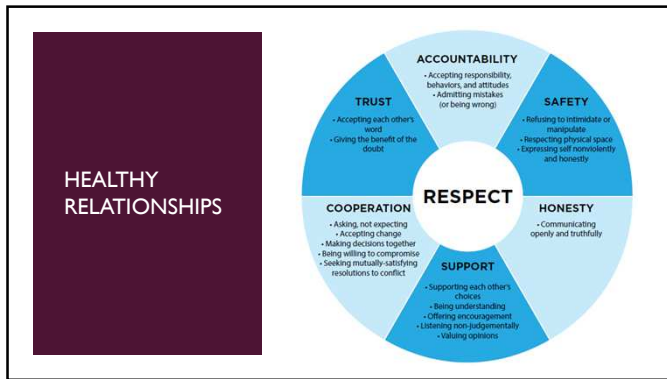
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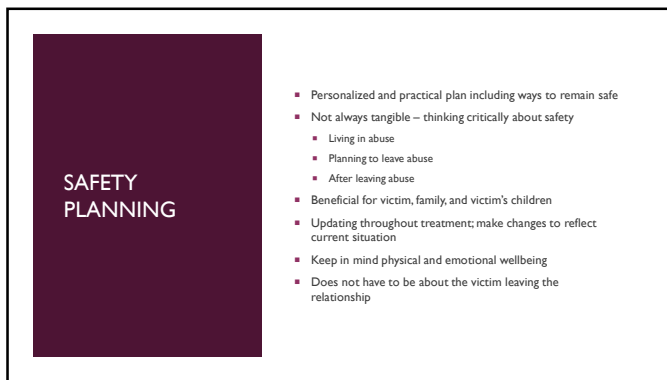
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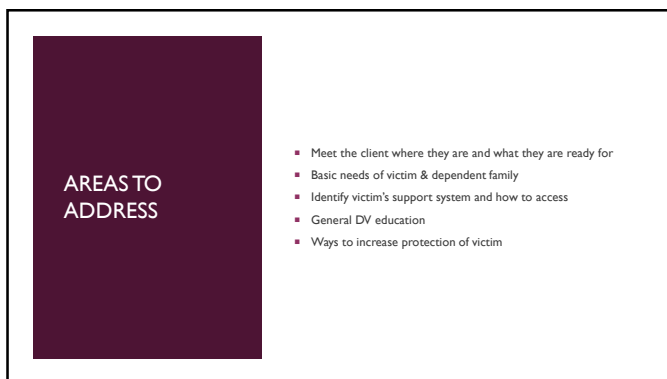
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11



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WHAT DO YOU NEED IN YOUR LIFE TO FEEL SAFE?

- Calling 911
 - SMART911 Profile
- At the house or another residence?
 - Home security – locks/alarm system
 - Stable housing
- Remaining in contact with abuser
 - Can still be a resources or relief to keep tabs on the person

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OPENING THE CONVERSATION

- Is there anything that concerns you about your safety right now?
- What steps have you already taken to increase your safety?
- Write down areas of concern and review with client
 - It sounds like you're concerned about ... What have you done in the past when this has happened?
 - If this happens again, do you think you could ...?

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BEFORE A VIOLENT INCIDENT (EVEN IF ONE HAS NOT YET OCCURRED)

- Identify safe places in the home
 - Door locks well
- Remove yourself or children from incident if possible
 - Notice tension rising, warning signs that violence is coming
- Make sure phone is charged and car has gas
- Pack an emergency bag
 - Important documents, medicine, money, chargers, clothing

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SPECIAL CONSIDERATIONS

Pregnancy

Pets

Stalking

Consider high risk indicators

- Firearms
- Strangulation
- Sexual Assault

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LEAVING

- Have backup plans
- Leave when least expected by abuser
- Get your own PO box, Bank accounts, Phone plan
- Set money aside whenever possible
- Plan for pets
- Move important documents to safety deposit box
- Take important documents and any evidence of abuse
- Think what you will do if kids disclose your plan
- Address confidentiality Program
- Filing OP or Police Reports

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AREAS FOR PLANNING

- When at home
 - Security system, keeping doors/windows locked, telling neighbors to call police, don't disclose address to anyone
- When in public or work
 - Tell security/managers about situation and call police if see abuser, vary route from work, think of plan if abuse shows up
- When using technology or social media
 - Turn location feature off, don't post or share location, use a fake name, use a virtual phone number app, have phone number unlisted, never call abuser from home/cell
- With children
 - Notify schools/daycares who can pick them up, practice safety with kids, make sure kid knows how to call 911, create a code word with kids, formalize parenting plan through court
- With an OP
 - Keep a copy at all times, give a copy to trusted friends/family

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ORDERS OF PROTECTION

- Legal document that makes it a crime for an abuser to contact or come around a victim
- Typically are in place for one year if granted
- If violated, it is a criminal charge with up to 10 days in jail for each violation
- A victim can ask the court for the abuser to move out of the home immediately, pay child support, and separate phone lines
- Who can get an OP?
 - Dating, have dated, or have had sex
 - Married, have been married, or share children
 - Related by blood, marriage, or adoption
 - Lived together
 - Sexual assault or stalking

[illegible]

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CRIMINAL COURT PROCESS

1. Filing a police report
2. DA pressing charges
3. Preliminary Hearing
4. Grand Jury
5. Trial OR plea offered

[illegible]

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IPV ASSESSMENT TOOLS

Psychological Maltreatment Towards Women Scale (PMTW) 58 Questions total

1. My partner put down my physical appearance. 1,2,3,4,5 NA
2. My partner assumed me or blamed me in front of others. 1,2,3,4,5 NA
3. My partner treated me like I was stupid. 1,2,3,4,5 NA
4. My partner was insensitive to my feelings. 1,2,3,4,5 NA
5. My partner told me I couldn't manage or take care of myself without him. 1,2,3,4,5 NA
6. My partner put down one or more of the children. 1,2,3,4,5 NA
7. My partner criticized the way I took care of the house. 1,2,3,4,5 NA
8. My partner said something to upset me. 1,2,3,4,5 NA
9. My partner began to separate from the pair to hurt me. 1,2,3,4,5 NA
10. My partner called me names. 1,2,3,4,5 NA
11. My partner swore at me. 1,2,3,4,5 NA
12. My partner yelled and screamed at me. 1,2,3,4,5 NA
13. My partner treated me like an inferior. 1,2,3,4,5 NA
14. My partner asked or refused to talk about a problem. 1,2,3,4,5 NA

Women's Experiences with Battering (WEB)

We ask all our clients to complete this form. For every question below, please look at the scale and select the number (1-6) that best reflects how you feel.

- and select the number (1-6) that best reflects how you feel.
- | | 1 | 2 | 3 | 4 | 5 | 6 |
|-------------------|---|---|---|---|---|---|
| Disagree Strongly | | | | | | |
| Disagree Somewhat | | | | | | |
| Disagree a Little | | | | | | |
| Agree a Little | | | | | | |
| Agree Somewhat | | | | | | |
| Agree Strongly | | | | | | |
- He makes me feel unsafe even in my own home.
 - I feel ashamed of the things he does to me.
 - I try not to rock the boat because I am afraid of what he might do.
 - I feel like I am programmed to react a certain way to him.
 - I feel like he keeps me prisoner.
 - He makes me feel like I have no control over my life, no power, no protection.
 - I hide the truth from others because I am afraid not to.
 - I feel owned and controlled by him.
 - He can scare me without laying a hand on me.
 - He has a look that goes straight through me and terrifies me.

TREATMENT PLANNING

Long-term Goals

- Eliminate all physical, emotional, sexual, or verbal abuse in the relationship.
- Take legal steps necessary to guarantee safety and follow through with legal action against the abusive spouse/partner.
- Develop the skills necessary to maintain physical and emotional safety in current and future relationships.
- Return to the level of psychological, emotional, social, and occupational functioning present before the abuse began.
- Assimilate the assault event into daily life experiences as a resilient survivor rather than a hopeless victim.

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BOUNDARIES

Boundaries by Henry Cloud

Psycho-education – types, categories

Non-negotiables

Self-care (prioritizing self and mental health)

“The Helper” – Drama Triangle

Risks associated with setting boundaries

Saying no is a full sentence

Bill of Rights

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ATTACKER (Bully/Blamer)

Beliefs
This is your fault.
You're not OK but I am.
You'll be OK if you do what I tell you.

Behaviours/Feelings

- Critical, domineering and bossy
- Puts other person down
- Blames and finger points
- Feels anger or resentment
- Feels being out of control
- Rigid in thinking

Be THE ONE to CHANGE

RESCUER (Enabler)

Beliefs
You need my help.
You're not OK but I am.

Behaviours/Feelings

- Supports other at expense of self
- Feels guilty and anxious if doesn't rescue
- Feels connected and capable when victim is dependent

VICTIM (Underdog)

Beliefs
I'm helpless and powerless.
I'm not OK and everybody else is.

Behaviours/Feelings

- Feels oppressed, hopeless, incapable and misunderstood
- Seeks a rescuer to validate feelings
- Does not stand up to attacker
- Refuses to make decisions, solve problems, get professional help, do self-care or change behaviour

DRAMA TRIANGLE

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My "Relationship Bill of Rights"

- I have the right to be treated with respect
- I have the right to say no and not feel guilty
- I have the right to express my feelings without being criticized
- I have the right to take time for myself
- I have the right to feel safe
- I have the right to make my own decisions
- I have the right to change my mind
- I have the right to ask for what I want
- I have the right to spend as much time with my family and friends as I want
- I have the right to make mistakes
- I have the right to not be pressured into doing stuff I don't feel like doing
- I have the right to feel good about myself
- I have the right to be respected if I want to end a relationship I have the right to say no and not feel guilty
- I have the right to express my feelings without being criticized
- I have the right to take time for myself
- I have the right to feel safe

BILL OF RIGHTS


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THE NATURE OF SELF ESTEEM

- In some cases, domestic violence and self esteem go hand and hand.
- Generally we are all born with a healthy self esteem but somewhere along the line something happens.
- Help Client learn to be their best friend
- Developing self-love
- **Use positive affirmations:** This can be difficult at first, but many people find it helpful. Once you've challenged your inner critic, try telling yourself something positive, for example I am perfectly capable of doing 'x' and repeating it to yourself often.
- Responding to criticism –
 - How do I feel about what is being said?
 - Do I agree?
 - Is this person really trying to help me?
 - How can I set boundaries with regular critics?

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MY SELF-CARE PLAN



Everyone has bad days. What counts is how we deal with those downer days. Will you perpetuate the negative spiral, or will you pick yourself back up again?

This worksheet is a tool kit for your worst days. Answer the questions now, and when you start feeling down, come back to these prompts to start feeling like yourself again.

1. List 10 things you are grateful for in life:
2. Describe the perfect day of your dreams:
3. What one, realistic thing could you do for yourself today that captures the essence of your fantasy day?
4. What is the best compliment you've ever received? What has someone said to you that always makes you smile?
5. What was your favorite thing to do as a kid? How could you recreate that activity as an adult?

SELF CARE

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's Self-Care Plan!

MIND

BODY

SUPPORTIVE PEOPLE IN MY LIFE

SPIRIT

I WANT TO ACCOMPLISH

Self-Care Plan for Social Work Tech 1 Special Package
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TECHNIQUES

- CBT
 - cognitive distortions, self-compassion, inner critic, self-talk
 - Present me vs. ideal me
- EMDR
 - Grounding and reprocessing trauma
- DBT
 - Wise Mind, Dialectics (all or nothing thinking)

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MORE TECHNIQUES

- Motivational Interviewing
 - Stages of Change
- Solution Focused/Strengths Based
- Mindfulness/Somatic skills



PRECONTEMPLATION
Build awareness for my need to change

CONTEMPLATION
Increase my pros for change and decrease my cons

PREPARATION
Commit and plan

ACTION
Implement and revise my plan

MAINTENANCE
Integrate change into my lifestyle

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CASE CONCEPTUALIZATION

- Early 60 y/o white heterosexual female presents in therapy currently dating a mid 40's black heterosexual male.
- Identified current physical, verbal, emotional, and sexual abuse
- Hx of several abusive relationships and marriages starting at age 18.
- Has 4 grown children, whose fathers were also abusive
- Needs: Establish safety, get through criminal court process, examine past trauma to mitigate future violent relationships
- Advocacy: Court support and resource needs (legal, housing, financial)
- Therapeutic work: Psychoeducation, Self-esteem work, Regulation/Stabilization, EMDR protocol
- Future work: Survivor groups

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RESOURCES

- Psychological Maltreatment of Women Inventory: <http://www-personal.umich.edu/~rtolman/pmwimas.htm>
- WEB Relationship Assessment Tool: https://multco-web7-psh-files-usw2.s3-us-west-2.amazonaws.com/s3fs-public/sun/documents/intimate_partner_violence_relationship_assessment_tool.pdf
- Danger Assessment: <https://www.dangerassessment.org/>
- Why Does He Do That, Lundy Bancroft
- How to Spot a Dangerous Man Workbook, Sandra L. Brown
- The Emotionally Destructive Relationship, Leslie Vernick
- The Betrayal Bond, Patrick Carnes
- Healing from Hidden Abuse, Shannon Thomas
- Ugly Love: A Survivor's Story of Narcissistic Abuse, Laura Charanza
- No Visible Bruises: What We Don't Know About Domestic Violence Can Kill Us, Rachel Louise Snyder

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- <https://www.justice.gov/ovw/domestic-violence>
- <https://ofs.nashville.gov/get-help/orders-of-protection/>
- <https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/IPV-Guide/APA-Guide-to-IPV-Among-Women.pdf>

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