

DOMESTIC VIOLENCE & TRAUMA-INFORMED CARE

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TALKING ABOUT DOMESTIC VIOLENCE
CAN BE DIFFICULT



Please step away if you need to!

OBJECTIVES

- Introduction to the dynamics of domestic violence
- Overview of trauma-informed care and responding to disclosures
- Victim Intervention Program services and referrals

OCTOBER IS DOMESTIC
VIOLENCE AWARENESS
MONTH

You are not alone.

NYP's **Victim Intervention Program** is
here to help.

Our free and confidential services are
available to patients, students,
employees, and community members
who are survivors or co-survivors of
domestic violence and other crimes.

212-746-9414

NYPVIP@nyp.org

COMMON MYTHS

- It's the victim's fault
- If it was bad enough, they would leave
- Only severe physical abuse is domestic violence
- It's a personal, private problem
- Reporting to police will stop the abuse
- I don't know anyone in an abusive relationship
- Only men are perpetrators and only women are victims of domestic violence
- Victims and abusers are in a codependent relationship
- Stressors (mental illness, alcohol use, financial issues) are an excuse for abuse

STATISTICS

- Under reported
- 1 in 4 women and 1 in 7 men will experience physical violence by an intimate partner in their lifetime¹
- In New York City, NYPD responded to 111,330 intimate partner related domestic incident reports in 2018²

Survivors and abusers can come from every...

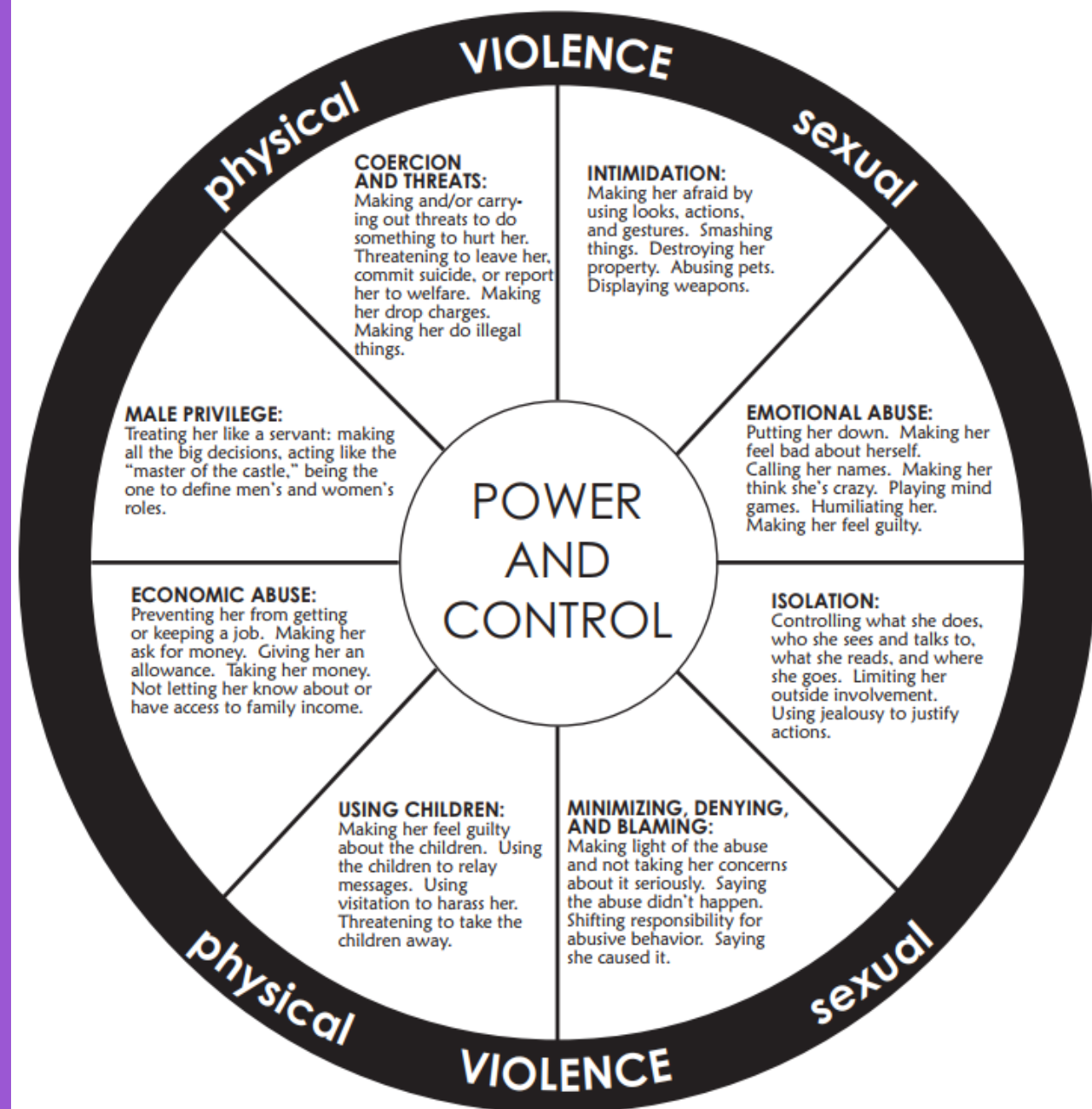
- Age group
- Religion
- Racial or ethnic group
- Socioeconomic level
- Educational background
- Gender
- Sexual Orientation

¹ CDC, 2017 via Safe Horizon

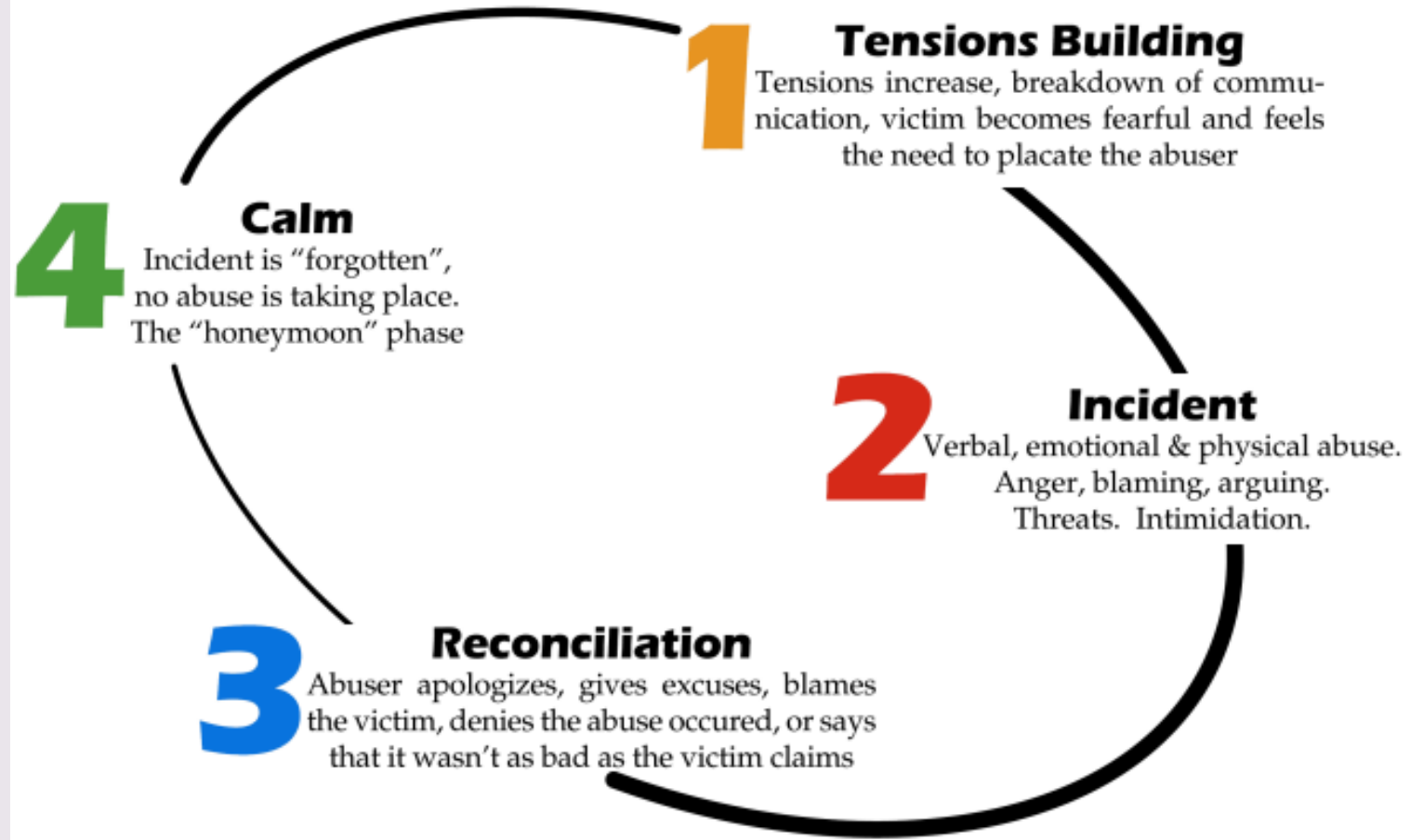
² Mayor's Office to End Domestic and Gender Based Violence

DYNAMICS OF DOMESTIC VIOLENCE

Domestic violence is a **pattern** of coercive behavior designed to exert power and control over a person in an intimate relationship through the use of intimidation, threats, harassment, or other harmful behaviors.



Cycle of Abuse



TRAUMA RESPONSES & SYMPTOMS

- Helplessness
- Powerlessness
- Fear
- Depression
- Shame / Guilt
- Self-blame
- Self-harm behaviors
- Flashbacks
- Nightmares
- Change in sleep patterns
- Hypervigilance
- Poor concentration
- Shock or disbelief
- Memory loss
- Isolation or withdrawal
- Physical symptoms

All are “normal”

TRAUMA-INFORMED APPROACH

- Supports the survivor's physical and psychological safety
- Provides transparency when discussing care
- Encourages connection with trusted others
- Works to level power differential
- Allows survivor choice whenever possible
- Mindfulness about how historical, cultural, and gender issues contribute to survivor's experience

BEST PRACTICES

Establishing safety and sensitive communication

- Talk to survivor in a private space
- Explain your role
- Let the survivor name what happened
- Utilize open-ended questioning, summarizing
- Be mindful of mirroring their language (in documentation too)
- Consider best practices when utilizing interpretation services

RESPONDING TO DISCLOSURES

DO:

- Affirm their feelings and express admiration for their courage to share with you.
- Empathize and verbalize your stance against what they experienced.
- Follow their lead and respect their decisions. Allow the survivor to dictate what they want to do.

TRY TO AVOID:

- Question the validity of the survivor's claims. It is not your job to investigate.
- Make excuses for the perpetrator.
- Minimize or label their experience.

How one responds to a survivor's disclosure can forever impact how they heal.

SUPPORTIVE STATEMENTS

Validate

- “I’m sorry this happened to you.”
- “What would it take for you to feel safe here?”
- “It’s okay for you to have these reactions.”
- “What you are feeling is very common for someone who has been through what you have.”
- “It’s important that you’re telling me these things.”

MAKING DECISIONS

- Provide information in a clear, concise manner
- Tell them what their options are
- It is always a survivors choice whether or not to involve law enforcement
- Give them agency to make their own decisions
- Provide referrals to services

REFER TO THE VICTIM INTERVENTION PROGRAM

All of our services are free and confidential for survivors (age 12+) of any crime at any time in their life, as well as their family/friends.

- **Pager: 11478**
Phone: 212-746-9414
- In-person assessments – crisis counseling and safety planning
- Outpatient short-term counseling and safety planning
- Assistance with financial reimbursement for crime-related expenses
- Criminal justice information and advocacy
- Emergency Department services (Advocates & SAFEs)
- Student-specific services
- Training, education, and consultation
- Information and referrals

ADDITIONAL RESOURCES

Safe Horizon 24 Hour Domestic Violence Hotline:

- 1-800-621-4673

Sanctuary for Families

- 1-212-349-6009 x221

Family Justice Centers

Citywide Wear Purple Day for DV Awareness

- Thursday 10/21

THANK YOU!

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