

Interpersonal Violence



Please Respond

Scan QR code to complete a short survey

“lies, damned lies, and statistics...”

Risk Factors for IPV

- ✿ *Female*
- ✿ *Low socioeconomic status*
- ✿ *General relationship conflict*
- ✿ *Violence in the family of origin*
- ✿ *Heavy alcohol consumption*

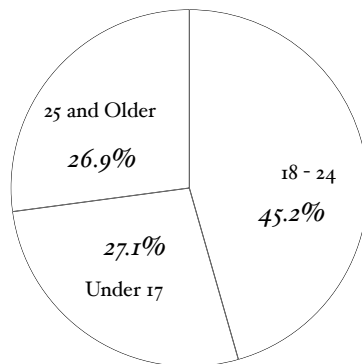
Lifetime (Women)

- 47.3% report any contact sexual violence, physical violence, or stalking
- 19.6% report sexual violence
- 13.5% report stalking
- 42% report physical violence
 - 32.5% report severe physical violence
 - 38.9% report slapped, pushed, or shoved

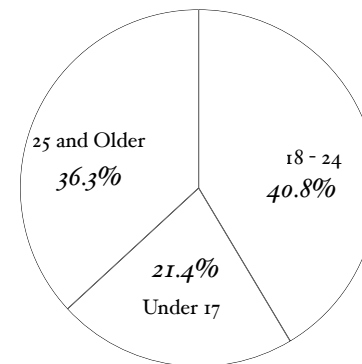
Lifetime (Men)

- 44.2% report any contact sexual violence, physical violence, or stalking
- 7.6% report sexual violence
- 5.2% report stalking
- 42.3% report physical violence
 - 24.6% report severe physical violence
 - 39% report slapped, pushed, or shoved

Age at IPV Victimization
(Females)



Age at First IPV Victimization
(Males)



Before COVID

- *Between 2016 and 2018, the number of IPV victimizations increased by 48%*

Impact of COVID

- *In the United States, a reliable estimate is an increase of 8.1% of reported incidents of IPV after lockdown was implemented through approximately September 2020*
- *A 9.7% increase in IPV calls for service occurred during March and April 2020*

Revolving Problems

- *50% - 60% of women leaving an IPV shelter return to live with their abuser after being discharged from a shelter*

Contextual Factors

- *An abuser's access to a firearm increases the risk of intimate partner femicide by 400%*
- *In 2018, partner violence accounted for 20% of all violent crime*
- *19% of intimate partner violence involves a weapon*

Cost in Lives

• 2001

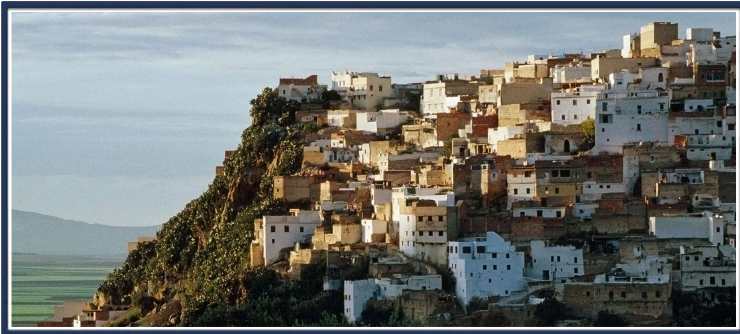
- *57% of female homicides are committed by intimate partners*
- *74% of all murder-suicides are committed by intimate partners*

• 2019

- *1 in 2 female murder victims and 1 in 13 male murder victims are killed by intimate partners*
- *65% of all murder-suicides are perpetrated by intimate partners*

Cost in Lives

- *96% of murder-suicide victims are female*
- *Abusers' access to firearms increases the risk of intimate partner femicide at least five-fold.*
- *When firearms have been used in the most severe abuse incident, the risk increases 41-fold.*



Types of IPV

Variations on Theme

Coercive Control

- *Intimidation*
- *Emotional abuse*
- *Isolation*
- *Minimizing, denying, blaming*
- *Use of children*
- *Assertion of dominance and privilege*
- *Economic abuse/control*
- *Coercion*
- *Threats*

Violent Resistance

- ✿ *Often immediate reaction to assault*
- ✿ *Primarily designed to protect self against threat*
- ✿ *Goal oriented*
- ✿ *Short lived*

Situational Couple Violence

- ✿ *Most common type*
- ✿ *Perpetrate by both men and women*
- ✿ *Embedded in a relationship-wide pattern of power, coercion, and control*
- ✿ *Arises from incidents that begin as disagreement and culminate in violence*

Situational Couple Violence

- ✿ *Typically involves more minor forms of violence (pushing, shoving)*
- ✿ *Not accompanied by a chronic pattern of controlling, intimidation, or stalking*
- ✿ *Generally less severe*
- ✿ *Increased risks for people with borderline and narcissistic personality features*

Separation-Instigated Violence

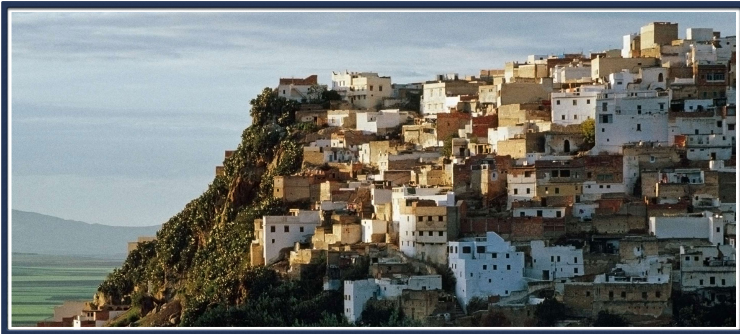
- ✿ *Unexpected and uncharacteristic*
- ✿ *No prior history of violent behavior*
- ✿ *Often committed by the partner who feels “left out”*
- ✿ *“Shock and awe” response*
 - ✿ *Keying car, breaking treasured items, tearing up pictures*

SIV: Instigated by Change

- ✿ *Coming home to an empty living space*
- ✿ *Coming home to no children in the house*
- ✿ *Public humiliation*
- ✿ *New/unexpected allegations of abuse*
- ✿ *Discovery of dishonesty*

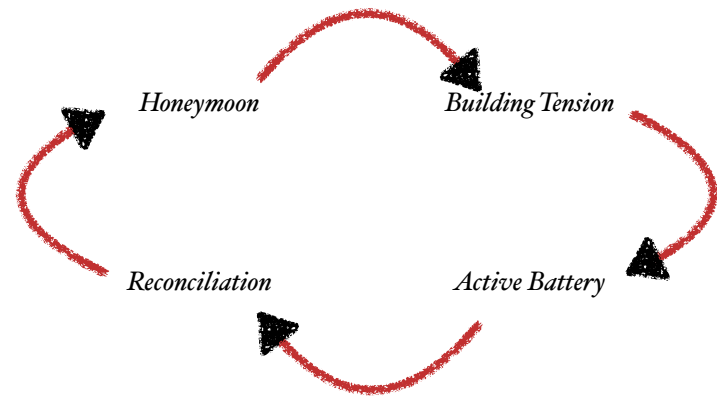
SIV: Increased Risks

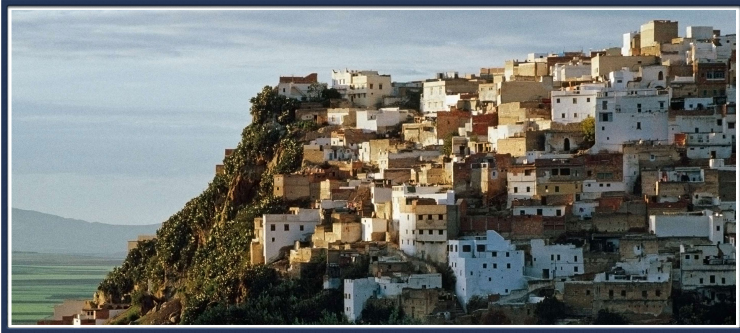
- ✿ *Informing partner that you are going to leave*
- ✿ *Partner served divorce papers*
- ✿ *Court proceedings (especially if partner "lost")*
- ✿ *Anniversaries of change*



Cycle of Violence

Self-Perpetuating and Self-Sustaining





Impacts of IPV on Families

Present Impacts for Children

- *Children exposed to violence and high conflict are at increased risk for a broad range of emotional and behavioral difficulties*

Present Impacts for Children

- *Sleep disruptions*
- *Eating disruptions*
- *Anxiety*
- *Depression*
- *PTSD*
- *Developmental regression*
- *Nightmares*
- *Aggressive behavior*
- *Concentration impairment*
- *Withdrawal*
- *School avoidance/truancy*
- *Antisocial behavior*
- *School failure/dropout*
- *Impulsivity*
- *High-risk sexual behavior*
- *Drug/alcohol problems*

Present Impacts for Women

- *1 in 4 fearful*
- *1 in 3 injured*
- *1 in 4 concerned for safety*
- *1 in 3 have PTSD symptoms*
- *1 in 8 need medical care*
- *But only 1 in 3 receive it*
- *1 in 6 need help from law enforcement*
- *Increased risk for depression and suicide*

Present Impacts for Women

- *Women are much more likely to be seriously injured when IPV occurs*
- *Women are more likely to experience terror*

Present Impacts for Men

- *1 in 13 fearful*
- *1 in 5 injured*
- *1 in 14 concerned for safety*
- *1 in 7 have PTSD symptoms*
- *1 in 23 need medical care*
- *1 in 18 need help from law enforcement*
- *Increased risk for depression and suicide*
- *Lower probability of reporting*

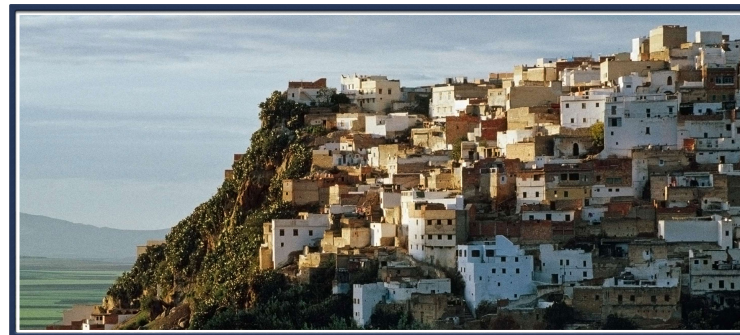
Impacts for All

- *8,000,000 days of paid work lost per year*
- *Equivalent of 32,000 FT jobs*
- *Estimated to cost between \$5.8 billion and \$12.6 billion annually in US*
- *Between 21 and 60% of victims lose their jobs because of IPV*
- *Between 2003 and 2008, 142 women were murdered in their workplace by former or current partners (22% of workplace homicides among women)*

Distant Impacts

- *Children have an acutely heightened risk of repeating the cycle of conflict and abusive relationships*
- *Intergenerational violence in perpetuity*

Working with Individuals Affected by IPV



Know Your Biases

Universality of Bias

- ✿ *The person with greatest bias is the person who believes he/she does not have any*

Myths

- ✿ *There is a widespread perception that mothers frequently made intentionally false allegations of child abuse in divorce and separation cases in order to gain a tactical advantage, but the data for this assertion are slim.*

Myths

- ✿ *Victims are blamed more if they adopt a “non-traditional” role*
- ✿ *Victims are blamed more if they react negatively to the abuse*
- ✿ *Women become victims because they desire abuse*
- ✿ *Women become victims because they somehow provoked their partner*
- ✿ *Women become victims because of their own behavior*

Myths

- ✿ *Women deserve the violence they receive*
- ✿ *She wouldn’t stand for that*
- ✿ *She must have done something to deserve it*
- ✿ *He would never do that*
- ✿ *That doesn’t happen in our town/congregation/neighborhood/family*
- ✿ *She could leave if she wanted to*

Findings

- ✿ *23% believed women secretly wanted to be abused*
- ✿ *63% believed she could leave if she wanted to*
- ✿ *Women who are dating their abuser are judged more harshly than those who are married to their abuser*

Findings

- ✿ *Even when corroborating evidence is available, IPV may be ignored or minimized.*
- ✿ *Evaluators, judges, and private attorneys are more likely to believe mothers make false allegations than do legal aid attorneys and IPV workers.*
- ✿ *Interpersonal Violence workers and legal aid attorneys gave the highest estimates of the percentages of fathers who made false allegations of abuse, while judges and custody evaluators made the lowest estimates*

Findings

- ✿ *On average, custody evaluators estimated at 26% of allegations made by mothers and 31% of allegations made by fathers were false*
- ✿ *Evaluators were more likely to view fathers as alienating their children than mothers alienating their children*
- ✿ *Male evaluators are more likely than female evaluators to believe that IPV allegations are false*

Findings

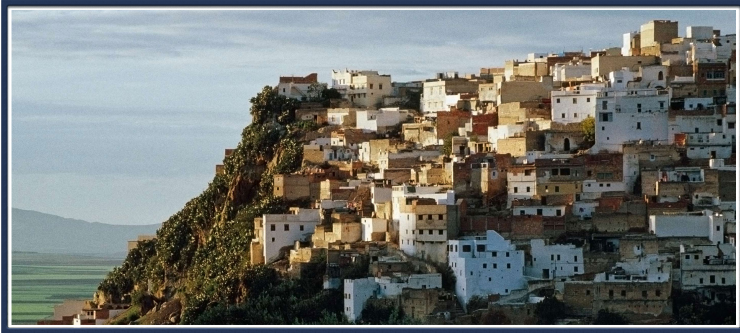
- ✿ *Almost 30% of IPV workers believed fathers made false allegations 90 to 100% of the time*
- ✿ *Another 24% of IPV workers believe mothers make false allegations more than 70% of the time*

Findings

- ✿ *People who hold onto these myths often re-victimize the victim because they*
 - ✿ *Hold the victim responsible*
 - ✿ *Excuse the perpetrator*
 - ✿ *Minimize the seriousness of the abuse*

Findings: Men

- ✿ *Assign more blame to victims*
- ✿ *Minimize more frequently and more powerfully*
- ✿ *Exonerate the perpetrator*



Why didn't she just leave?

Self-Deception & Distortion

- ✿ *Rationalization*
 - ✿ *"I felt like it was my fault and if I just [fill in the blank] more, he would stop."*
- ✿ *Minimization*
 - ✿ *"I thought that as long as he wasn't hitting me, it wasn't abuse."*
 - ✿ *"He didn't mean for that to happen."*

Self-Deception & Distortion

- ✿ *"I am no victim. I can stand up for myself."*
- ✿ *"I would rather get hit than admit I am a 'battered wife.'"*
- ✿ *"He told me he wouldn't do it anymore."*
- ✿ *"He is going to change."*
- ✿ *"This only happens sometimes."*

Self-Worth

- ✿ *"In his presence, I was the lowest denomination of myself"*
- ✿ *"I knew that he was the only one who could ever love me."*
- ✿ *"I was already so broken, having something was better than having nothing."*
- ✿ *"It was my fault, anyway. He told me..."*
- ✿ *"I deserved it this time. If only I had..."*

Fear

- *“No one is going to believe me, anyway.”*
- *“What will happen to him if I call the police?”*
- *“What will my children think if they find out?”*
- *“What will he do if he finds out I have told someone?”*

Fear

- *“I was afraid of what he would do to me, my family, and my children.”*
- *“I was afraid of what he would say to my [family, children, boss, congregation, neighbors, online].”*
- *“He told me that if I tried to leave, he would kill himself.”*
- *“He told me that if I ever left him, he would never stop looking for me.”*
- *“He told me that if I tried to leave, he would kill me.”*

Save/Change Him

- *“I can change him.”*
- *“I believed I could love the abuse out of him.”*
- *“I am no quitter.”*
- *“I thought if I worked hard enough, it would get better.”*
- *“When I got married, it was forever. I couldn’t give up.”*

Save/Change Him

- *“I had to help him.”*
- *“He needed me.”*
- *“I knew he was a better man than this.”*
- *“I couldn’t let him do this to someone else.”*

Family Ties

- *"We had children together."*
- *"My family would be so disappointed in me."*
- *"My family would hate him."*

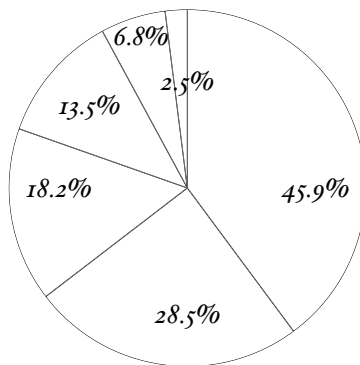
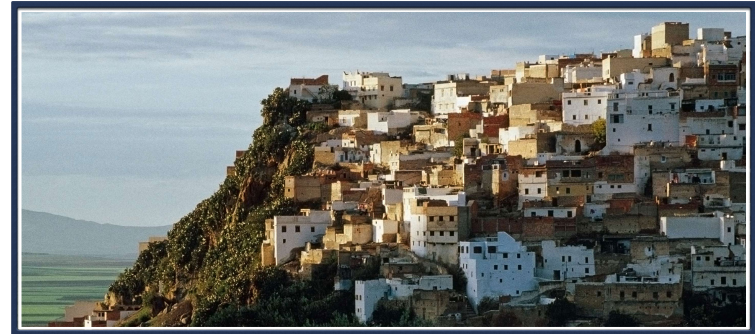
Pragmatic Realities

- *"I have no money."*
- *"I have no job or prospects."*
- *"I have nowhere to go."*
- *"No one will believe me."*

No Money
No Support from Police

Nowhere to go
No support from Court

Homeless
No support from Medical Professionals



Why she (finally) left

Personal Growth

- ✿ *Clarity of self*
 - ✿ *"I finally realized that I am enough and that I deserve better."*
- ✿ *Clarity of abuser*
 - ✿ *"I had to love myself enough to realize it was not my job to change him."*
 - ✿ *"I had to make peace with the fact that no matter how hard I tried, I could not choose for him."*

Personal Growth

- ✿ *Clarity of healthy relationships*
 - ✿ *"I realized that when someone loves me, they make changes instead of excuses."*
 - ✿ *"I remembered being loved. This was not being loved."*

Connections

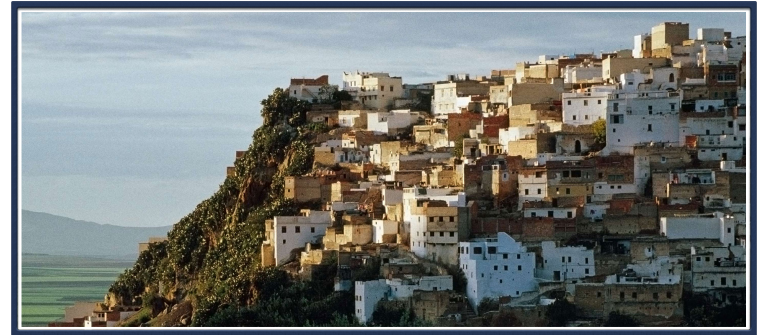
- ✿ *"I saw a therapist."*
- ✿ *"I talked to someone from a shelter."*
- ✿ *"I spoke with my [religious leader]."*
- ✿ *"I told someone. They believed me."*

Protecting My Children

- ✿ *"I did not want my children growing up in this hell."*
- ✿ *"I did not want my children to think this was what marriage is supposed to be."*
- ✿ *"I did not want my daughter to believe this is normal."*

Fear

- ✿ *"I realized he was going to kill me."*

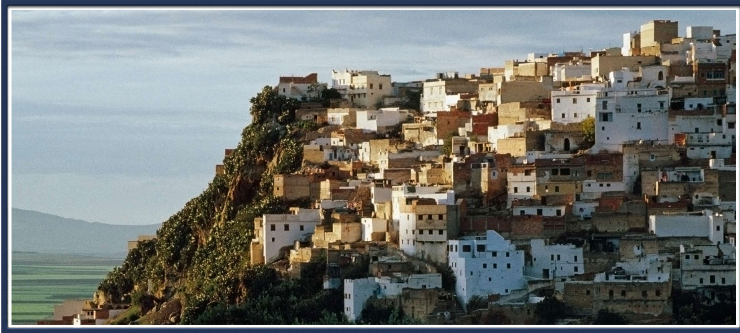


Patterns of Leaving

Knocking Over a Vending Machine

- ✿ *Leaving is really hard*
- ✿ *Most women leave multiple times and return multiple times*
- ✿ *Myriad factors interrupt or prevent leaving*

Leaving is neither simple nor easy.



Working with Victims

Maintain Training

- ✿ *Knowing about how IPV happens and is sustained enables us to direct support to both victims and perpetrators*
- ✿ *Avoiding/reducing error reduces chronicity of IPV*
- ✿ *Recognizing patterns associated with IPV enables effective intervention*

Healthy Skepticism

- ✿ *Recognize secondary gain/ulterior motivations*
- ✿ *Recognize patterns consistent with IPV*
- ✿ *Recognize patterns inconsistent with IPV*

Know Thyself

- ✿ *Remember biases?*
- ✿ *Be a healthy skeptic*
- ✿ *Remember your biases*
- ✿ *Manage your biases*
- ✿ *Willingly acknowledge what you do not know*

Know Your Role

- *You cannot save a victim*
- *You cannot choose for a victim*
- *You cannot force a victim*
- *Attempts to do so are often met with great resistance*
- *You may inadvertently perpetuate the problem you seek to resolve*

Avoid Re-Victimization

- *Know your biases*
 - *Manage them*
- *Review your biases*
 - *Manage them*
- *Discuss your biases*
 - *Manage them*

Avoid Re-Victimization

- *Allow victims to control the narrative*
 - *Avoid assumptions*
 - *Assume you know nothing*
 - *Be the “wise old fool”*
 - *Attend to pace*

Avoid Re-Victimization

- *Attend to nonverbal communications*
 - *Social support is a vital factor in ending IPV, but only if it is perceived as helpful*
- *Use open-ended questions*

Avoid Re-Victimization

- *Listen*
 - *Attentively*
 - *Consistently*
 - *Effectively*
 - *Silently*

Assess Gently

- *Tell me about the times you were afraid?*
- *Evaluate current risks*
 - *Has he threatened your life?*
- *Evaluate pragmatic threats*
 - *Does he have access to a gun?*

Assess Gently

- *Assess for suicide*
- *Avoid assumptions*
- *Attend to your voice*
 - *Tone*
 - *Volume*
 - *Rate*

Assess Gently

- *The more comfortable you are, the more comfortable the victim will be*

Assess Gently

- ✿ *"I wonder if there have ever been times when you excused your partner's behavior or motivations in order to make them sound better?"*
- ✿ *"Can you think of any examples when you tried to downplay your partner's role in an argument?"*
- ✿ *"Do you think you have ever described an issue as smaller or less problematic than it really was?"*

Assess Gently

- ✿ *"Have you ever exaggerated his good qualities to help you feel better?"*
- ✿ *"Have you ever blamed yourself for his behavior?"*
- ✿ *"Do you ever excuse his behavior because you had become aggressive?"*
- ✿ *"Do you see yourself differently now than when you began this relationship?"*
- ✿ *"Is this the kind of relationship you had hoped for when you were younger?"*

Assess Gently

- ✿ *"How is your relationship working for you?"*
- ✿ *"I have no doubt that you can get through anything. Is it worth it?"*
- ✿ *"Do you think anyone else is being hurt because of what is happening in your relationship?"*

Offer Gently

- ✿ *"I wondered if you might be interested in...?"*
- ✿ *"Tell me what you have thought before about...?"*
- ✿ *"I know some great resources; would you mind if I shared them with you?"*

Promote Growth

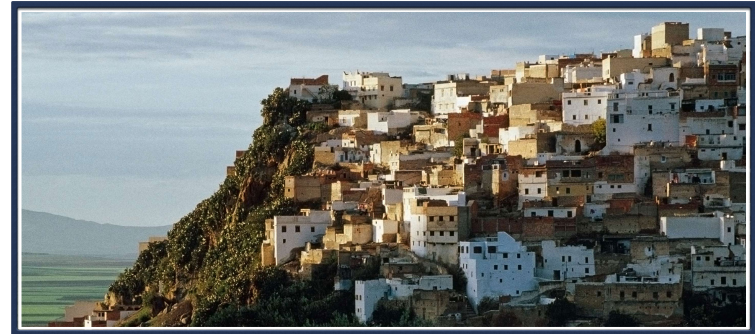
- *Foster pragmatic hope*
- *Offer community resources*
- *Offer specialized healthcare*
- *Offer job opportunities*
- *Share genuine compliments*
- *Talk openly about healthy relationships*
- *Point out observable patterns*
- *Invite consideration in her own space and time*
- *Avoid pressure*

Promote Growth

- *Share beliefs of human worth*
- *Demonstrate dignity*
- *Offer dignity to perpetrator*
- *Avoid defensiveness*
- *Recognize her efforts at protection*
- *Honor her survival*
- *Express trust in her*
- *Create a legitimate expectation of change*

Be Gracious in Defeat

- *"If ever you are interested, please know..."*
- *"Remember: you are Mr. Incredible. You've got time."*
- *"I am ready if ever you think differently."*
- *Being Johnny Appleseed*
- *Principle of least interest*



Working with Perpetrators

Attend to Warning Signs

- *Perpetrators often view partners as “things” rather than persons*
- *Perpetrators often see opposing views as obstacles to conquer rather opportunities to collaborate*
- *Perpetrators often excuse, minimize, deny their abusive behavior*

Attend to Warning Signs

- *Perpetrators often blame the victim*
 - *“She deserved it.”*
 - *“I was trying to teach her a lesson.”*
 - *“I wasn’t trying to hurt her. She’s just weak.”*
 - *“She knew what was going to happen.”*
 - *“She got what she deserved.”*

Attend to Warning Signs

- *Perpetrators often manipulate*
 - *“She’s crazy.”*
 - *“She’s making this stuff up.”*
- *Perpetrators often insist they are telling the truth repeatedly*
- *Perpetrators may appear very calm and collected during denials*

Attend to Warning Signs

- *Perpetrators are often charismatic*
- *Perpetrators are often socially polished*
- *Perpetrators are often excellent liars*
- *Perpetrators often believe their own distortions*

Know Thyself

- ✿ *Remember biases?*

Avoid Inadvertent Condoning

- ✿ *Remember biases?*
- ✿ *Remember myths?*

Avoid Emboldening

- ✿ *Remember the myths?*

Avoid Antagonizing

- ✿ *Strive for empathy*
- ✿ *Contextualize perpetrator behavior*
 - ✿ *Myriad variables contribute to patterns of abuse*
- ✿ *Honor perpetrator's human dignity*
 - ✿ *Separate disgusting human behavior from a person with inherent worth*

Avoid Being Antagonized

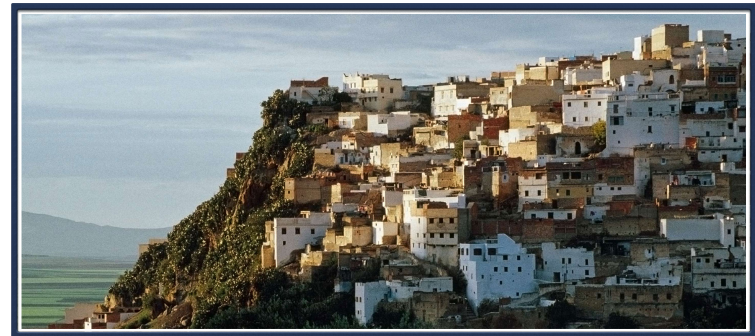
- ✿ *Attend to your own internal experiences*
- ✿ *Regulate emotion*
- ✿ *Exercise caution in conclusions*
- ✿ *Avoid assumptions*

Assess Attentively

- ✿ *“Can you think of times when you have attempted to convince your partner that she was not being abused?”*
- ✿ *“What do you think motivated these denials?”*
- ✿ *“Can you think of a time when you blamed your partner for your behavior?”*

Assess Attentively

- ✿ *“Can you think of examples when you may have tried to make yourself sound more innocent than you really were?”*
- ✿ *“Can you think of times when you may have downplayed the severity of what happened to your partner?”*
- ✿ *“Have you felt that your behavior was being blown out of proportion or you were being represented inaccurately (e.g., during an arrest)?”*
- ✿ *“What tells you that you are ready to listen to your partner without retribution?”*



Summing it Up

- *Be a healthy skeptic*
- *Know your biases*
- *Manage biases as best you can*
- *Assess effectively*
- *Empower victims*
- *Avoid antagonizing perpetrators*
- *Avoid emboldening perpetrators*

Whiting, Oka, & Fife (2012)

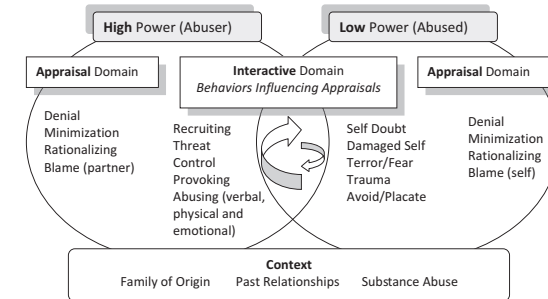
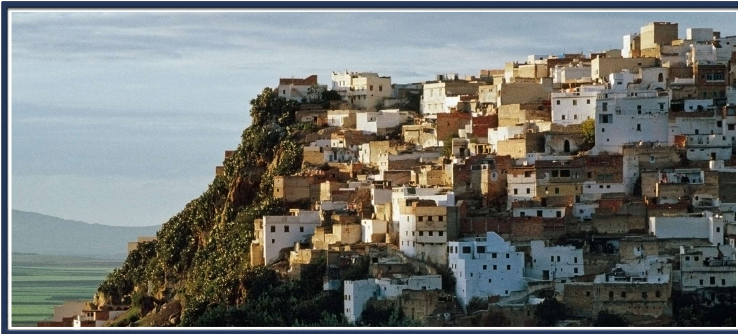


Figure 1. Model of appraisals and interactions in violent relationships.



Resources

- *National DV Hotline: 800-799-7233*
- *National Center Against Domestic Violence: ncadv.org*
- *Utah Domestic Violence Coalition: udvc.org*
- *List of Utah DV centers: <https://udvc.org/resources/>*
- *UDHHS: <https://dcfs.utah.gov/services/domestic-violence-services/>*