

2014 ANNUAL CONVENTION

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GLOBAL DOMESTIC VIOLENCE

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Symposium on Global Violence Towards Women-
Interventions & Strategies for Change

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DOMESTIC VIOLENCE TAKES ITS TOLL

- Domestic violence takes many different forms in different areas of the world.
- Most of our strategies and interventions focus on intimate partner violence or abuse perpetrated by mostly male intimate partners from a Western perspective.
- Recent focus on certain areas of the world remind us about other forms of domestic violence against women by religious groups, community norms, and denial of access to life-sustaining resources.



PSYCHOLOGICAL PERSPECTIVES

- Violation of Human Rights
- Violation of Civil Rights
- Impact on quality of life
 - Substance abuse to deal with trauma
 - Loss of education and/or career focus
- Potential for crime and incarceration
- Damage to health over a lifetime
- Specific psychological conditions
- Continuity to next generation

CONSULTATION

- **Understanding culture & gender issues**
- **Role of the family**
 - Who controls what family issues? Children? Women's work at home?
- **Role of women in a particular society**
 - What are the written and unwritten rules?
 - Do women enforce men's power for their own safety and control?
 - What about the LGBT community?
- **Where do women obtain their information about health care?**
- **Are girls permitted to be educated?**
- **Is there an alternative to marriage? Arranged marriages?**
- **Are women permitted to earn their own money?**
- **What is the role of mental health treatment in that society?**
 - Are crisis workers accepted and how do they enter the country?
 - Can we have a role in training?
- **How do families deal with domestic violence & shame?**
 - Dowry deaths
 - Families killing woman for bringing shame
 - Families permitting multiple wives and children in one household

TRAUMA & MENTAL HEALTH

- Assessing impact of trauma in different countries
 - What is labeled as violence?
 - Role of psychological abuse or maltreatment?
 - Norms for psychological tests?
- Designing intervention plans in different countries
 - What is the acceptance of psychological methods?
 - Who delivers them? Trained MH workers? Shamen? Others?
- Public health models
 - Prevention & early intervention
 - Intervention with minor to moderate trauma
 - Tertiary intervention
 - Hospitals
 - Battered Women Shelters
 - Removal from country to safe place

PREVENTION STRATEGIES

Radio

U.S. Aid Information broadcasts

Media ads & Use of Internet

- Egypt

Television Programming & PSAs

- Latin America with public health government offices

National Campaigns

- Red card campaign in Spain
- United Nations campaigns
- WHO campaigns

Targeting Specific Groups

- Immigrant Families in Netherland





INTERVENTION PROGRAMS

- Psychotherapy
 - Individual or Group
 - Dealing with family oriented communities that prefer to save the family than protect individuals
 - Relationship Oriented or Skill Building?
 - Negotiating Goals
 - Confidentiality Issues especially in small areas
 - Preferences for same ethnic group therapists?
- Medication
- Forensic Issues
 - How much domestic violence before separation or divorce?
 - How are decisions around child access made?

TERTIARY LEVEL PROGRAMS

- Role of a Battered Woman Shelter?
- Mental Health Treatment in Community?
- Hospitalization
 - Psychotic Behavior
 - Suicidal or Homicidal Behavior
 - Substance Abuse
- Incarceration
 - Criminal Behavior

Modifying STEP

- Trauma Specific Program based on working to support strengths
- Can be used as part of other interventions/therapy
- Move from identifying problem areas, healing trauma symptoms & moving to PTSD growth
- Has psychoeducational part for participants to learn to correct cognitive myths and misinformation
- Emotional processing part to regulate emotions
- Skill building intervention to learn new methods of dealing with stress, anxiety, & other symptoms

Modifying STEP Continued...

- STEP can be delivered in groups or individually
- Has a manual with information & forms that can be modified to fit the culture & situation
- Evidence-based data demonstrated program can be used in different settings, men or women, different populations with mental health issues, in correctional settings, in different countries, in different sized groups, & with each session itself being helpful.
- Dose-related – the more sessions attended, the better the results but even one is helpful. Order of sessions not important

TOPICS

- Definitions of domestic violence or IPV
- Escape Plans
- Relaxation Training for anxiety
- Cognitive clarity & myths
- Dealing with anger
- Defining PTSD & BWS
- Identifying own PTSD symptoms
- Impact on Children
- Emotional Re-regulation
- Mindfulness
- Alternatives to substance abuse
- Assertiveness Training
- Letting go of dreams
- Reestablishing friendships & family relationships
- Building resilience

AMERICAN PSYCHOLOGICAL ASSOCIATION



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