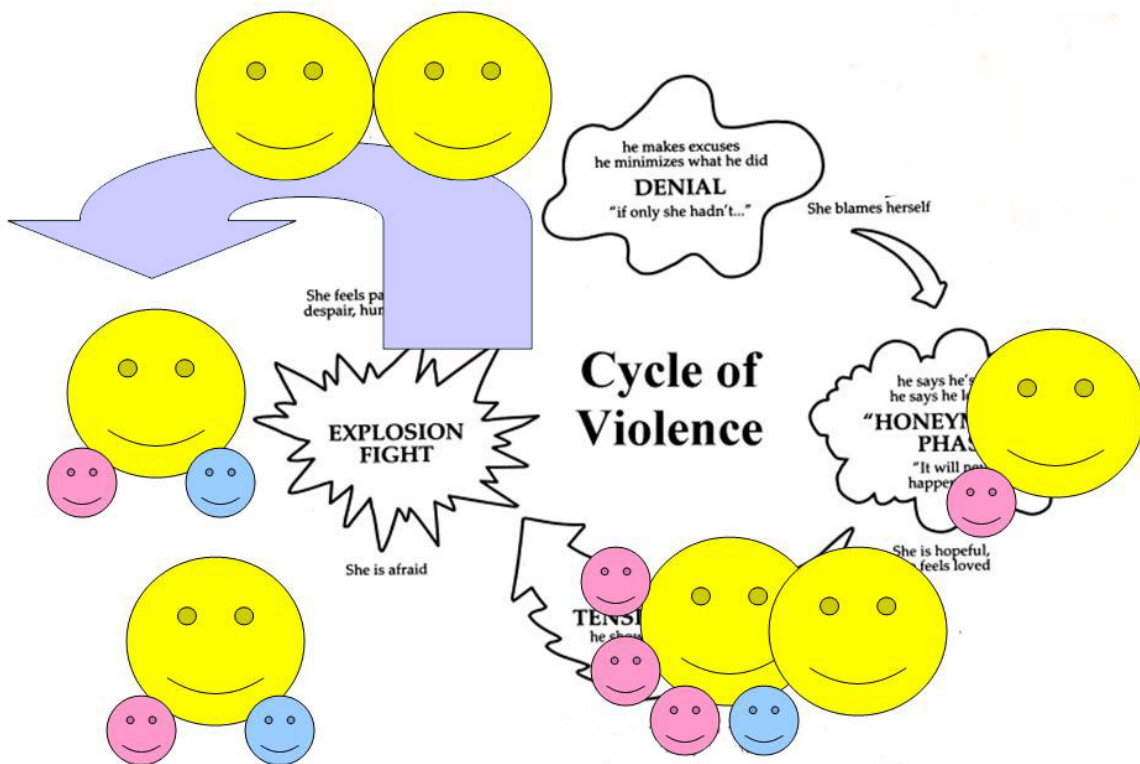


WOMAN ABUSE INTERVENTION AND PREVENTION TRAINING MANUAL

A FACILITATOR'S GUIDE FOR SUPPORTING SERVICE PROVIDERS
Revised Edition 2005



PART C: REALITY OF WOMAN ABUSE

Purpose:

- To understand the problem of woman abuse and its impact on children
- To value the needs of the victims of woman abuse

Topic 8: What is Woman Abuse? (5 minutes)

Read Overhead 9: What is Woman Abuse?

WOMAN/PARTNER ABUSE

The physical, sexual, psychological, economic abuse of women by their intimate partners whether they are:

- married
- common-law
- dating
- current or former relationships
- same or opposite sex couples

Victims Primarily Women (90%-95%)
Abusers Primarily Men (5%-10%)

Note to the Overhead

Woman/partner abuse refers to all forms of violent or abusive behaviour committed by spouses or partners in an intimate relationship, whether they be legally married, living together in a common-law relationship or dating. This also includes both former and current relationships and both same and opposite sex couples.

Who are the victims?

Most victims of spousal abuse are women. Although it is recognized that men are also victims of abuse, research indicates that the overwhelming majority of victims are women.³ For this reason, the terminology in this training manual refers to victims of partner abuse by using the feminine pronoun and to the perpetrators of abuse by using the masculine pronoun. Studies have estimated between 90% and 95% of the victims

³ See Dobash, Russell P. et al. (1992). "The Myth of Sexual Symmetry in Marital Violence" in *Social Problems* Vol. 30 no. 1 for a full discussion of this issue.

are women.⁴

Who are the perpetrators?

Most perpetrators of spousal abuse are men. Studies have indicated between 5% and 10% of victims are men.

Topic 9: Types of Abuse (30 minutes)

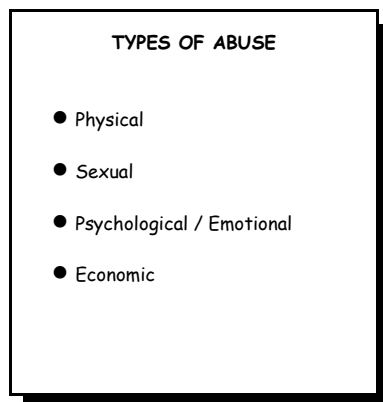
Roles: Facilitator and Flipcharter

Preparation: Display four flipcharts with headers of each type abuse.

Most people think of abuse in its physical form, but the other kinds of abuse are often as damaging, if not more so. As one woman said, "The bruises and cuts heal but the blow to the self esteem can last a lifetime."

Display flipcharts or show the overhead and ask participants to draw on their own experiences and observations and give examples of what each of these forms of abuse might look like before reading the notes to the overhead. Record responses on flipchart.

Read Overhead 10: Types of Abuse



⁴ Marshall Carolyn (1995). *The Response of the Justice System to Family Violence in Nova Scotia: A Report of the Nova Scotia Family Violence Tracking Project*. Nova Scotia: Department of Justice. Findings from this study reveal that out of 929 cases of spousal violence reported to police in Nova Scotia, 92% of victims were female. A recent survey coordinated by the Department of Justice found that 90% of the victims to be female. Similarly, Dobash (et al) 1992 note that studies in both North America and Europe reveal that up to 95% of victims in cases of family violence are female.

Notes to the Overhead

Reference handout, "Types of Abuse" in the participant's package.

Underlying all abuse is a power imbalance between the victim and the offender. It need not involve physical contact with the victim since acts of intimidation such as punching walls and making verbal threats can achieve the same result. Abuse of women does not necessarily end when women leave a relationship. Abusive partners may continue to harass and assault women even though they no longer live together. Many forms of abuse are crimes under the Criminal Code of Canada

Physical abuse: (hurting the body) the non-accidental, wilful infliction of physical pain or injury such as slapping, kicking, punching, burning, choking, stabbing and/or shooting. Brutal beatings can result in bruising, lacerations, broken bones or death. Between 1974 and 1992 in Canada, a married woman was nine times as likely to be killed by her spouse as by a stranger.⁵

Economic Abuse: (Using money or lack of money to control or hurt) the control of a victim's financial resources such as withholding money for basic necessities such as food, clothing, diapers, medication, and transportation. As well, economic abuse can include preventing a victim from getting to work or denying access to employment altogether.

Sexual Abuse: (using unwanted sex to hurt you. Making you do sexual things you don't want to do) any form of sexual activity with a person without the consent of that person. Sexual abuse may include unwanted sexual touching, sexual relations without voluntary consent, or the forcing or coercing of degrading, humiliating, or painful sexual acts. In 1983 Canadian law addressed the issue of sexual assault within marriage, making it a crime for a man to sexually assault his wife or partner.

Emotional/Psychological Abuse: (hurting the heart, mind and spirit) Behaviours intended to control, humiliate, intimidate, instill fear or diminish a person's sense of self worth is also abuse. This includes persistent verbal aggression, forcing the victim to do degrading things such as eating cigarette butts or licking the floor, forced confinement, isolation, intimidation, humiliation, degradation, threats, harassing phone calls at work, destruction of prized possessions, threats of suicide by the abuser or deliberately doing things to frighten the victim such as speeding through traffic or "playing" with weapons. Abusers may also threaten to remove, hide or prevent access to children. Threats to harm or kill the children, other family members, pets or prized possessions is also abuse. Threats to harm or kill a person or pet are illegal under the terms of Canada's Criminal Code.

⁵ Statistics Canada (1994). "Spousal Homicide" in *Juristat* Vol 14 no. 8 Ottawa: Statistics Canada.

Note: All forms of abuse are emotionally abusive.

Optional for use with police and other justice personnel.

The following are Criminal Code violations and may cause the victim to fear for his/her safety or that of others. These words/actions/gestures are a serious form of abuse and include, but are not limited to, the following:

- threat to harm or kill the victim or her children
- threats to harm or kill other family members
- threats to remove, hide, or prevent access to children (e.g., gain custody, kidnap, send to relatives in distant countries)
- threats to harm or actual injury to pets
- threats to destroy (or actual damage to) prized possessions or personal property
- display, threat, or use of weapons
- using violence or the threat of violence to control or intimidate the victim
- stalking/criminal harassment - repeatedly following a victim from place to place

Topic 10: Prevalence of Woman Abuse (5 minutes)

We can never really know the whole story on woman abuse in this province or in Canada because for many, abuse is still a private family matter. The most comprehensive data on woman abuse collected to date is from a national survey on violence against women conducted by Statistics Canada in 1993.

Read Overhead 11: Prevalence of Woman Abuse

PREVALENCE

- 51% of women have experienced physical or sexual abuse at least once in her lifetime
- 1 in 4 women (29%) has been abused by her partner
- 1 in 5 involved serious physical injury
- 4 in 10 women report being sexually assaulted
- Between 1974 and 1992, a married woman in Canada was nine times more likely to be killed by her spouse than by a stranger.
- An average of 100 women a year are murdered by their male partners
- Over 1000 women and 850 children housed in 9 NS transition houses a year. 18,000 distress calls received.

Notes to the Overhead

A 1993 Statistics Canada survey found that:

- Half of all Canadian women have experienced at least one incident of violence after the age of 16, almost half (45%) by men known to them (dates, boyfriends, marital partners, friends, family, neighbours, etc.)
- 1 in 4 women (or 29% of women who have ever been married or lived with a partner) have experienced physical or sexual violence in an intimate relationship.
- 1 in 5 incidents was serious enough to involve physical injury
- One-half of all Canadian women have experienced at least one incident of violence since the age of 16.
- 63% of women assaulted by a past or current partner were victimized more than once.⁶
Note: the term marital partner used here includes common-law unions.
- Women with a household income of \$15,000 and under are twice as likely to be battered as women in general.⁷

⁶ Statistics Canada (1993). "Findings from the Violence Against Women Survey" as reported in *The Daily*, Nov.18, 1993.

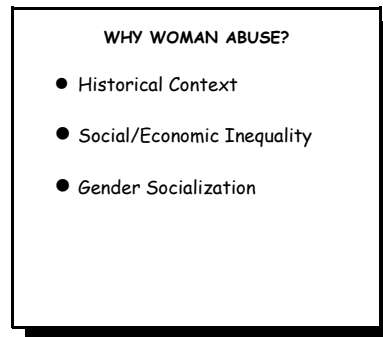
⁷ Statistics Canada. Findings from the Violence Against Women Survey as reported in *The Daily*, Nov 18, 1993.

Topic 11: Why Does Abuse Happen? (15 Minutes)

Q. What are the factors that contribute to woman abuse in a social context?

Solicit ideas from participants instead of, or in addition to, displaying the following overhead.

Read Overhead 12: Why Woman Abuse?

**Notes to the Overhead**

Historical Context: There is no easy answer to why men abuse women. Until the early part of the twentieth century, women were not considered equal citizens. There were many things women were not allowed to do. In families they were often treated like property, belonging first to a father or other male relative and later to a husband. The man was the legal head of the household and ruled the family. It was expected that a man should control his wife and was a sign of weakness if he failed to do so. The use of force to solve of family problems was considered to be appropriate.

Social and Economic Inequality: Cultural attitudes and behaviours towards women that were the basis for this history have not disappeared in society and are still prevalent in some families. One result of this history is that men do not always treat women as equals in intimate relationships. Persistent social and economic inequality between women and men is another legacy of the past.

Gender Socialization: In addition, even though social expectations for both boys and girls have changed in recent years, boys and girls still tend to be socialized differently. While girls learn to be cooperative, boys are socialized to be more aggressive. Experts argue that this leads some men to express their frustration in more violent ways than women.

Persistent social and economic inequality, cultural attitudes which are resistant to change, gender socialization and different expectations of women and men in society, as well as the modelling of abusive behaviours by men within families and in society, all make women particularly vulnerable to violence and abuse.

PART D: DYNAMICS OF WOMAN ABUSE

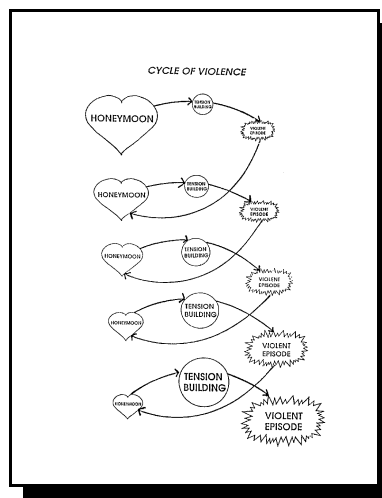
Purpose:

- To understand the problem of woman abuse and its impact on children
- To understand the power and control dynamics and cycle of violence in an abusive relationship
- To value the needs of the victims of woman abuse

Topic 12: Cycle of Violence⁸ (15 minutes)

The cycle of violence can be a useful visual and conceptual model to help understand the complex dynamics and stages that can occur in intimate partner violence. The diagram illustrates that violence is not an isolated act but rather occurs over and over, escalating in frequency and severity overtime. It also reveals why women stay -- because hurt leads hope in the cycle. Although the experience of violence is complex, this model is one way of thinking about it. There are thought to be three main phases of the cycle of violence.

❑ Display Overhead 13: Cycle of Violence



Notes to the Overhead

Intimate partner violence is not an isolated event such as losing one’s temper. It is the systematic abuse of power and the betrayal of trust over a long period of time.

⁸ Office for the Prevention of Family Violence (1994). *Breaking the Pattern: How Alberta Communities Can Help*. Alberta: Office for the Prevention of Family Violence.

Key Points

- over time, the honeymoon stage gets shorter
- over time, the violence gets worse
- think of the cycle as a chain that must be broken
- the cycle is experienced from the perspective of all participants including the perpetrator, victim, and children who witness the violence

The professional needs to be aware of this cycle and of the stages at which they may encounter the victim because it may influence her willingness to accept action and offers of help. At the point of the crisis, the victim is most in need. It further explains apparent erratic behaviour seen by one professional when dealing with the victim who has entered another phase of the cycle.

- 1. Tension Building Stage** - This stage may begin with criticism and jealousy. Minor incidents begin, communication breaks down, anger, blaming and arguing, victim tries to meet needs of perpetrator and uses coping mechanisms to prevent outbursts and deal with tension, psychological and verbal abuse as the tension becomes unbearable, like walking on eggshells.
 - 2. Violent Stage** - Batterer loses control often because of an external trigger. (I.e. Job loss, alcohol, birth of a child, crying child, etc.) Tensions erupt in violence, hitting, choking, slapping, in places on the body that will not show, use of objects and weapons, sexual abuse.
 - 3. Remorse/Calm Stage or “Honeymoon”** - The abuser is apologetic, cries, brings gifts and becomes involved in family and children. During his reconciliation he may say he’s sorry and promise he will never do it again or he may deny violence, blame drinking. Hope is experienced by everyone. This stage may decrease over time. This stage may also last through the entire courting/dating period and the victim has little indication that it will change.
- 1b. Return to the Tension Phase** - Overtime the cycle continues and begins to change as the remorse stage becomes shorter, the tension phase becomes longer and the violent stage increases in intensity from slaps and hits to extreme assault/use of weapons, and becomes more frequent and triggered by less intense events. Batterers may begin to display more aggression outside the home and start to hit her around the face and other places where bruises may show. The cycle may extend over decades and continue until the couple find effective help and counselling, separate, or one of them dies.
- Q.** How might this cycle influence how receptive a victim is to offers of help or her willingness to even disclose abuse?

Topic 13: Video Screening and Discussion (30 to 45 minutes)

The following videos are recommended to teach or reinforce learning about the dynamics of woman abuse.

Option A: One Hit Leads to Another (14 minute video with study guide)

Recommended time allotment, including discussion - 30 minutes minimum

Synopsis: John has a good job, a nice home, two great kids and a wife who loves him. Why does he beat his wife? This film debunks the myths surrounding the issues of partner abuse. It consists of five dramatic vignettes (including teenagers exhibiting early power and control behaviours), punctuated with interviews of victims, recovering batterers and experts with advice on available resources. Availability: Order from Victoria Women's Transition House Society by phone: (250) 592-2927 ext. 14 or by email: info@vwth.bc.ca

Key messages in the video

- Woman abuse is a crime. It can happen to anyone. It can start at any age.
- Over one million Canadian women are beaten each year by their partner
- The reasons she stays
- It not her fault
- Children witness 80% of woman abuse.
- Abuse almost always gets worse.

Option B: Without Fear (23 minute video with study guide)

Recommended time allotment, including discussion - 45 minutes minimum

Synopsis: Produced for the Canadian Panel on Violence Against Women, this video is designed to raise public awareness about the extent of violence against women in Canadian society. Through the powerful stories of six survivors, the film explores various types of violence perpetrated on women, including physical abuse, sexual assault and child sexual abuse. Statistical information and dramatizations of public intervention scenarios with personal narratives. Available from National Film Board of Canada. www.nfb.ca

Video Debriefing

After the video is shown, it is important for participants to debrief their emotional response to the powerful stories being told. It is the role of the facilitator to ensure that the conversation honours the sharing of the feelings that arise and to be aware of the tendency of some participants to move quickly into a rational discussion of the facts and figures or the merits of the film.

Show video and ask questions to prompt discussion.

Q. Discuss your response to this video with someone sitting with you or with your small group. How do you feel after watching this film?
Encourage participant's to discuss feelings rather than enter into how film was made and other rational responses.

Q. What are the key points in this video that are important for professionals to understand?

Q. How does the video exemplify the power and control issues?

Additional questions for police.

Q. Why do victims call the police?

Q. What are the concerns related to mutual charging?

Topic 14: Power and Control - Individual Context (15 to 30 minutes)

Key Points:

- *Emotional/psychological abuse is inherent in all behaviours and conflict tactics.*
- *Abuse is not an isolated incident but fits into a larger context.*

In order to understand some of the issues that lie at the root of woman abuse, it is important to view each abusive act in the larger context of a relationship of power and control. Abuse is rarely an isolated incident or the result on a temper that gets out of control, but rather a systematic attempt to manipulate and control the victim's every move and sense of self. The perpetrator of abuse uses a range of behaviours to establish and maintain control over the victim. The **Power and Control Wheel**⁹ developed by the Domestic Abuse Intervention Project in Duluth, Minnesota, illustrates the various tactics used to exercise control and power over the subject of the abuse.

This information is valuable to understand for 2 reasons:

1. To appreciate the experiences and backgrounds of your clients that may have been victimized by abuse.
2. To relate the examples of power and control tactics as the basis of cues and indicators during the interview and assessment process.

⁹ Permission to reprint granted by the Duluth Abuse Intervention Project. Duluth, Minnesota, USA

Option A: Small Group Activity (30 Minutes)

This group activity solicits participant's experiences as each group is assigned a "spoke" of the wheel to discuss and provide examples for. Each group reports on their discussion as they piece together the Power and Control Wheel on the wall. This options maximizes participation.

Instructions:

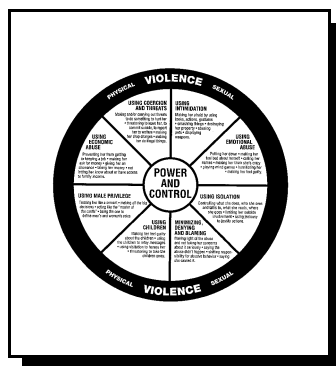
1. Tape the outer circle pieces to a wall and use the explanation above to introduce the concept of the wheel. Leave enough space on the wall to complete the wheel.
2. Distribute power and control wheel subthemes or "spokes" topic sheets (Section 5) to small groups for discussion. Subtheme "spokes" are: Using coercion and threats, using intimidation, using emotional abuse, using isolation, minimizing, denying and blaming, using children, using male privilege, and finally using economic abuse.
3. Allow 5 to 10 minutes for groups to discuss examples of behaviours and tactics associated with each subtheme they were given.
4. Invite a person from each group to stick their subtopic on the wall to construct the wheel and explain the examples they discussed.

Overhead in Option B may be used to support discussion. If time allows, group participant's may also discuss and share with the large group, what each of these subthemes would look like in a healthy relationship where power was shared. I.e., the opposite of "using coercion and threats" and behaviours associated with that. Note: Use Equality Wheel for reference.

Option B: Large Group Discussion (15 minutes)

This information may be distributed as a handout.

- Display Overhead 14: Power and Control Wheel



Notes to the Overhead

Reference "Power and Control" handout in participant's package for further explanation.

Participants can be asked to provide examples from their experience and ideas to expand on the categories of each "spoke" prior to, or as well as, sharing the information below.

Physical abuse never takes place in isolation. It is part of a system of abusive behaviours, the purpose of which is to maintain power and control over the partner in the relationship.

Abusive behaviour can be thought of as a wheel. At the heart of the wheel is power and control. This is the motivation behind the abuse to ensure that the batter remains in control of how the partner thinks, feels and behaves.

On the outside of the wheel is physical abuse, the behaviour that most people see as "the problem". Not all these forms of abuse are used in every relationship, and the abuser may switch tactics often to keep the victim defensive. When the victim learns to respond to one type of attack, the batterer may change strategies. Eventually the struggle may become so exhausting that the victim begins to modify her behaviour, and thereby give up control of her life, in order to avoid further abuse.

Optional for justice personnel participants: emphasize sections of the wheel that are Criminal Code violations.

Examples of Abusive Behaviours/Conflict Tactics

Physical Abuse

Slapping, punching, kicking, scratching, biting, shaking, choking or smothering, throwing down stairs, smashing eyeglasses, tickling until victim panics.

Assaults with a weapon - knives, guns, vehicles, ropes or extension cords, high heeled shoes, baseball bats, broken bottles, frying pans, cigarettes, poison, or any other object which causes pain or fear.

Impairment of physical condition - sleep interferences; deprivations of food, medicine or heat; holding victim hostage; locking victim in a closet or other confined space.

Woman Abuse Intervention and Prevention Training Manual

Yes! Please send me the **Woman Abuse Intervention and Prevention Training Manual**

Ship to:

Name _____

Organization _____

Address _____

Province/State _____

Postal/Zip Code _____

Phone/Fax _____

E-mail _____

CD Bonuses

1. Audio CD: A Child's Call to 911
2. Computer Data CD of Powerpoint Presentation Files
 - a. Training Overheads Slide Show
 - b. Inspirational Success Slide Show

Method of Payment:

- Cheque (To Peter Davison Innerweath Seminars)
- Purchase Order (Fax or mail and attached)
- Purchase with credit card online at

http://www.peterdavison.ca/abuse_prevention_guide

Adobe PDF Format CD

(Includes Audio & Powerpoint Files) @ \$35 CAN _____
\$7 CAN Shipping and Handling: _____

Subtotal: _____
Total Payment: _____

Orders may be placed by mail, phone, fax or e-mail to:

Peter Davison Innerweath Seminars
66 Doyle St, Bedford, Nova Scotia, Canada B4A 1K5
Phone (902) 492-4104, Fax (902) 832-9211
Email: peter@peterdavison.ca

From more information on Presentations:

Internet: <http://www.peterdavison.ca>

Table of Contents

SECTION ONE: OVERVIEW

SECTION TWO: FACILITATOR'S SCRIPT

Part A: Introduction/Opening

Part B: Introduction to Family Violence

- Topic 4: What is Family Violence?
- Topic 5: Consequences of Family
Violence
- Topic 6: Human Costs of Family
Violence
- Topic 7: Prevention: A Conceptual
Framework

Part C: Reality of Woman Abuse

- Topic 8: What is Woman Abuse?
- Topic 9: Types of Abuse
- Topic 10: Prevalence of Abuse
- Topic 11: Why Does Abuse Happen?

Part D: Dynamics of Woman Abuse

- Topic 12: Cycle of Violence
- Topic 13: Video Screening
- Topic 14: Power and Control / The
Equality Wheel
- Topic 15: Profile of Men Who Abuse
- Topic 16: Impact of Abuse
- Topic 17: Why Women Stay
- Topic 18: Leaving is a Process

Part E: Children Exposed to Family Violence

- Topic 19: Children Exposed: A
Child's Call to 911
- Topic 20: Child's Cycle of Violence
- Topic 21: Indicators of Children
Exposed to Family Violence

Part F: Professional Response

- Topic 22: Personal Values/Beliefs
- Topic 23: Professional Beliefs and
Assumptions

Part G: Intervention Guidelines

- Topic 27: Legislation
- Topic 28: Duty to Report Child
Abuse
- Topic 29: Duty of Professionals

Part H: Policies and Procedures

- Topic 30: Organizational Policy
- Topic 31: Case Studies

Part I: Services and Resources

- Topic 32: Service/Resource Needs
- Topic 33: Services for Abused
Women and their Children

Part J: Collegial Relations

- Topic 35: The Web: One Woman's
Journey Through the System

Part I: Preventing Woman Abuse and Family Violence

- Topic 36: Solutions to Woman Abuse
- Topic 37: Personal Action Plans
- Topic 38: Primary Prevention of
Contributing Factors
- Topic 39: Summary and Closure

SECTION 3: OVERHEAD TRANSPARENCIES

SECTION 4: HANDOUT ORIGINALS

SECTION 5: SUPPORT RESOURCES

1. Audio File: A Child's Call to 911
2. Powerpoint Presentation Files
 - a. Training Overheads Slide Show
 - b. Inspirational Success Slide Show