

PATHOGENESIS OF DOMESTIC VIOLENCE
PREDATOR AND PREY

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Marcia Pindling
Drew University
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ABSTRACT

Pathogenesis of Domestic Violence Predator and Prey

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Marcia Pindling

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The prevalence of intimate partner abuse, despite judicial, social, and therapeutic programs, continues unabated. The U.S. Department of Justice conducted a study in 2000, and of the 16,005 participants surveyed, 59.1% of women and 66.4% of men admitted to being assaulted by a caregiver as a child. The pathogenic link between childhood abuse, and adult re-victimization indicates that survivors of childhood abuse or trauma may be susceptible to adult victimization. During the acute phase of abuse, the victim is in a heightened state of arousal and may retreat back into an unconscious survival mode; created during the very first abuse. The pattern of denial and repression enables the victim to survive the moment, and escape from the immediate trauma; with repeated trauma, the escape becomes permanent.

Current crisis counseling is meant to promote immediate recovery from the acute battering phase. Unfortunately, survivors reluctantly participate in therapy sessions, and their attendance, and participation in programs are notably lacking in long term effect. Short term crisis intervention does not allow regressive reflection, and past and present abuses remain isolated.

This research study examined the pathogenic long term effect of dissociative coping mechanisms. At the end of each session, data was gathered from the responses given on the participants' questionnaires. Aggregate research data indicate the majority of participants found

the material helpful, new, and important. Post study discussions, one, three and six months with program directors, supported and confirmed the data. The study revealed that victims who participated in the research sessions were unlikely to return or engage in abusive relationship at one, three or six months post study. The workshop environment of learning and reflection created a group paradigm of support and surprisingly fostered accountability to the group when any participant missed a session. The research study was beneficially to victims of emotional, verbal and physical abuse. The group surveyed, indicated that after the workshop their cycle of domestic violence was curtailed.

In Memoriam

Venice Lindel Pindling, 1936-2012

Wilfred Alexander Pindling, 1929-2009

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The stories I heard, from the survivors, kept me awake at night, but eventually I became inspired by their words. I write this dissertation to tell their stories. The survivors of domestic violence that I have met, came through shattered but not broken.

INTRODUCTION

In 1975, many states within the United States granted women the right to bring criminal charges against their husbands for injuries inflicted on them,¹ but recent statistical data on domestic violence belies the existence of these protective laws. In the United States approximately 4,000,000 women are emotionally, sexually and physically assaulted annually, and every day 4 women are murdered by their husband, former husband, or boyfriend.² In 2000, the United States Department of Justice conducted an in-depth study called *The Prevalence, Incidence, and Consequences of Violence Against Women* by randomly interviewing men and women via a computer assisted telephone system. A total of 8,000 women and 8,005 men completed the survey. During the interview a modified Conflict Tactic Scale was used to screen participants who may have experienced physical assault. “Responses revealed that physical assault is widespread in American Society.”³ Of the 16,005 surveyed, 59.1% of women and 66.4% of men admitted to being either “physically assaulted by an adult caretaker as a child and/or by another adult as an adult.”⁴ The respondents were asked about a range of physical assaults. The most common assaults on children were slapping and hitting, then pushing, grabbing and shoving, followed by being hit with an object. Less common were more serious assaults such as hair pulling, and fewer still choking, near drowning, kicking, biting or being threatened with a weapon. The data collected revealed the silent epidemic of domestic violence, an epidemic that remains undeterred by legal or judicial systems.

¹ Domestic Violence and Sexual Assault Timeline, ed. Paige Feldman and Leslye Orloff, in the National Immigrant Women's Advocacy Project, www.niwap.org (accessed October 17, 2014).

² Ibid.

³ Patricia Tjaden and Nancy Thoennes, *Full Report of the Prevalence, Incidence, and Consequence of Violence against Women* 2000. pt. NCJ 183781.

⁴ Ibid.

The data may also indicate that the population exposed to childhood physical or sexual assault was more likely to be physically or sexually assaulted as an adult.⁵

The Centers for Disease Control define an epidemic as a widespread illness or disease that affect a large number of people, and the number of people affected continuously exceeds the previous number recorded. During a disease outbreak, the pathogenesis of the outbreak is thoroughly investigated and stringent measures are taken to prevent a repeat of the incident. In this paper, the origins of domestic violence and the chain of events leading to its widespread effects will be investigated to define its root cause or pathogenesis.

Documented literatures will be used to provide background evidence of the origins of Cannon laws and the effect on domestic abuse. Amongst the preponderance of these literatures are rare glimpses of the true origins of domestic violence which may have begun in the Garden of Eden, where long ago a woman named Eve wandered away from her husband, and was coerced to perform a single act of defiance. The result of this act of defiance laid the foundation for laws and edicts throughout the history of women. Although the book of Genesis chronicles the life of Adam and Eve, little is known about the relationship which ensued after they were both expelled from the Garden of Eden. No explicit references are made to Eve's defiance, yet the first five books of the bible are laced with prophetic rhetoric and liturgical teachings about the expected behaviors, norms and value of a woman, and referenced in Deuteronomic Laws and the Laws of Covenants. These laws rendered strict chastisement to fallen women and allowed acts of cruelty at the hands of their husbands. Overtime, these laws were verbalized and changed to depict the evolving dogma. The original translation may have different connotations,

⁵ Tjaden and Thoennes.

yet today many still infer that it was the woman that caused mankind to fall. The same rhetorical preaching from Deuteronomic chapters are relevant today as women still struggle to find their place in the world. The predatory nature of domestic violence is played out as relationship selection between the two genders are prominent in the three major religions.

A historical look at the origins of Judaic, Christian, and Islamic doctrines will provide comparative analysis on commonalities found in laws from Old and New Testament, connecting the binding principles and rulings which became a part of our judicial system. The failed or faltering judicial response to domestic violence will be reconciled with centuries old subjugation of women which molded and shaped the current attitudes and dynamics of relationships. The journey through the timeline of domestic violence will traverse the evolution of response to laws and the resulting psychopathology. This subjugation created rigid socioeconomic roles which provided fodder for the rise of women suffrage and the 19th Amendment, giving the plight of women a voice, but in spite of these changes there remains an increase in the incidence of domestic violence. To sustain the epidemic, there must be an undiscovered root cause of internal factors that are fostering the abusive hunter males to repeatedly seek the prey, and their prey to repeatedly engage in abusive relationships.

Freud's paper on the unconscious will be used to explain a mind capable of hiding from or denying the trauma. Bowlby will be used to compare Freud's theory on attachment and trauma. Predatory attitudes will be discussed to reconcile the narratives of women to assess what triggered the attraction. The attributes of victims who continuously tolerate abuse will be reconciled with internal psychopathological aspects including

repetition compulsion, dissociative syndromes, learned helplessness, socioeconomic factors and misuse of resources to prevent future abuse. Disruption in infant-mother attachment and the resulting personality disorders will be discussed to analyze issues of past failed relationships which create a model of tolerance for future relationship dynamics. To reverse the learned helplessness, the theory of unconscious knowing will be tested in a workshop setting with victims of domestic violence. Historically, victims are caught in a cycle of dependency on an unconscious level and are often unaware of the circumstances which led them to this type of behavior. The workshop pace is designed to allow reflection at various intervals and to allow retrospection. The combined knowledge of systemic and internal factors should create a place of self-realization, which is the hallmark of recovery; admitting that a problem exists and understanding the cause of the problem. For the purpose of this research, the gender of male will be used to identify the abuser, and the gender of female will be used to identify the abused. There is overwhelming evidence that an abuser may be male or female, but since the majority of the abused victims are female, this research will use the feminine gender to signify the victim of abuse, and the masculine gender to identify the abuser. The journey begins with a predator, described as one who is known to prey upon another. The nature of domestic violence involves an invitation to a dance, where the beat, the rhythm and the words are orchestrated by the predator, and the prey follows because this is expected, despite not consciously knowing the song. Soon the prey is caught up in the ritualistic rhythms and lovingly engages in the natural desire to be loved. Eventually, the past and present merge inside the unconscious and the repressed material gets acted out. The prey continues to

dance despite fleeting flashes of past abuse, the dance is primitive and the need to be loved overrides the horror of past abuse.

CHAPTER I

EVOLUTION OF PREDATOR

A symbiotic relationship is directly linked to natural interactions. Mainly, symbiosis is the interaction process between two or more biological species.⁶ The term was initiated in 1877, and it has been used ever since whenever two different species engage in a relationship. Symbiosis is the interaction but the sub group defines the type of relationship dynamics, unique interactions predefined by the predator or prey; mutualism, parasitism and commensalism are three distinct relationship types. However, as defined by Webster, symbiosis may also be defined as a similar relationship of mutual interdependency within a species. Nature allows these interaction to provide companionship, or to create a dominant outcome that can annihilate the host in the survival of the fittest. The symbiotic relationship might lead to co-evolution within the relationship as it matures. Symbiotic Parasitism results in one feeding off the other, and eventually the host dies, within this relationship type the host is the prey who is ill prepared to ward off its predator. Ironically humans use parasitic symbiosis as they seek food and shelter, and mentally, physically and emotionally engage in mutualistic relationships. However, the instinct of humans to hunt, select and destroy their prey is not unlike the animals in the wild. The insidious nature of the hunt, masks the true intentions of the abuser and as the partners begin their dance, it is slow and sweet, and the music within rises to a crescendo that drowns the alarms that would alert the victims that the abuser is changing and the intuition to fight or flight

⁶ Mario Mikulincer et al., "The Pushes and Pulls of Close Relationships: Attachment Insecurities and Relational Ambivalence," *Journal of Personality and Social Psychology* 98, no. 3 (2010).

occurs outside of the consciousness of victim. This is a dance where one partner always leads.

As the abuser and the intended victim engages in this mutualistic dance, the victim is unaware that they are entering into the dualistic coupling of both mutualistic and parasitic dependency. During this dance, the subconscious is stifled and the victim retreats into the dissociative world of ignorance where red flags, contradictions and alerts are suppressed or ignored. The abuser first sends out a signal of subconscious habitual behavior patterns and slowly draws the intended victim into the world of abuse. The abuse is at first subtle and may be easily missed even by the chronically abused victim. The abuser is skilled at this mating dance and will initiate different rhythmic patterns to lure and entrap, but in the end it is the same song. It is the initial uniqueness of the dance that gives the victim a false sense of security and allows the abuse to continue. Before long the song is loud and disruptive, the victims is not given a chance to stop the dance, and even when subconscious memories of abuse are triggered, for many the alert is too late. The victims' original alarms are forgotten or suppressed because sustained abuse becomes the norm, this is the victim's new normalcy. There is a feeling of dread to leave the abuser because the dance is soon all the victim knows. Soon like parasites they feed off the energy of the other, and cannot survive alone without each other. The relationship is now a mutualistic relationship of abuse.

Lenore Walker in her book, *The Battered Woman*, discusses the cycle of abuse as tension building, explosion and calm.⁷ The cyclical duration varies and creates a pattern that may be unfamiliar to the unsuspecting women. During the tension building phase, there are signs of discontent, and the woman will adjust and try to attend to her partner's

⁷ Lenore E. Walker, *The Battered Woman* (New York: Harper and Row, 1980).p. 55

every whim. She engages in the dance so intense she is unaware that she is being hurt, it may be a slap here or there, or terse, angry words that trigger the defense mechanism of denial. The victim rationalizes the abuse and is grateful that he only slapped once, or he really did not mean to hurt. The denial of abuse creates the pseudo sense of normalcy and allows the two to co- exist. The incidence of abuse is minimized and swept into the victim's unconscious although the physical signs are often visible to outsiders. Despite warnings from friends and family members, she will continue to rationalize that maybe the "abuser had a bad day, or he is tired or he only gets violent when he drinks."⁸ The rationale is that these factors are all outside the abusers control. It is a false sense of mutualism, where the abused helps the abuser by justifying the abuse, thinking it will help the situation. It is a careful dance, filled with seasons of hurt, but the duration, rhythm and pattern is controlled by the abusive partner. The abuser is aware that each incidence of hurt triggers a corresponding anger in the victim, although the anger is unrecognizable to the victim, her passivity foster the abuser's anger who will continuously turn up the heat to watch her dance. Lenore Walker describes this dance as psychological torture as the victim struggles to control the abusive behaviors; she covers to family members, she protects the children, she hides from the world; this constant hyper-vigilance is exhausting and soon she is weakened and ripe for the next phase called the Acute Battering Phase where the abuser explodes.⁹ According to Lenore Walker, this phase of the dance is no longer sweet and slow it occurs fast with little warning leaving the woman dazed and seriously hurt.

The point of discharge in the acute battering phase is reached when the tension

⁸ Ibid., 57

⁹ Ibid., 59

becomes unbearable for both partners. The duration of the buildup serves to render the woman weak and mentally broken, granting the abuser anger and power over the victim's weakened state. The predator's sense of power is so great that he is unaware of the extent of rage that spirals out of control during the battering. Lenore Walker wrote "some women will encourage the explosion in order to move to the next stage of calm. The abused woman is aware that the tension is building and will attempt to control the duration by provoking the anger of the abuser. The discharge of anger is a relief to both the abused and the abuser."¹⁰ As an advocate against domestic violence, I noticed that the abused are aware that the explosive phase is short lived, but believe that they can control the degree of anger. The stress of sleeplessness, loss of appetite, and fatigue will trigger other illnesses, and many women present to doctors' offices and emergency rooms battered but citing non-specific illnesses. The explosion is severe and traumatic, because the abuser will not stop until emotional or physically depleted. During the explosion the abuser will continue their assault even when the injury is obvious. Lenore Walker explains that the abused "will do little to defend themselves as this will incite more abuse; many describe a dissociative state where they are hovering, watching their bodies hammered and thrown across the room like rag dolls."¹¹ "The defense of dissociation is to avoid remembering the pain, because although women have vivid recall of what was done to them during the abuse, they are unable to describe how they felt during the abuse."¹² However, the risk of dissociative forgetfulness allows the easy transition into the next phase of reconciliation.

Lenore Walker describes the period following the abuse as shock, the victim is

¹⁰ Ibid., 60

¹¹ Ibid., 62

¹² Ibid., 62

listless and hurt and often goes into hiding. The pattern of disbelief and shock extends to the physical damages as well. As an advocate for victims of domestic violence, I have witnessed victims refusing to go to the hospital to tend to their injuries. They present at Police stations, busted and bruised, many favoring a broken rib or arm; caught in that volt of epinephrine state where pain is minimized by the immediacy of retelling the story. Sadly, many arrive at the police station after neighbors call about the noise and screaming and convince the officers and themselves that they are okay. The dissociative state will overcome eventually and the story is locked inside the subconscious allowing the victim to return to the abusive partner.

Phase three is a welcomed phase after the brutality of the explosion; the abusive partner is contrite and manipulates the emotions of the victim by crying and asking for forgiveness. The forgotten rhythmic dance of past explosions is stilled, and the woman easily forgives and suppresses the memories in a dissociative state to continue living with the abuser. The phase is filled with all the gestures of the honeymoon; gifts, flowers and acts of kindness are showered on the victim. Lenore Walker believes that the “abuser believes that the victim’s behavior is what set off the explosion and hopefully the victim has learned a lesson and will not do anything to cause the abusive behavior again.”¹³

Time and time again I have watched the abuser resume the dance, luring the victim into a state of calm, where the familiarity of the dance eventually overrides the pain and hurt. For many victims of abuse this is welcomed after the trauma, and the bond is strengthened between them as they both seek to please the other.

During this phase the abusive partner will go to great lengths to show how contrite he is, and will often volunteer to attend therapy, give up drinking or other

¹³ Ibid., 65-66

stimulants that may have triggered the explosion. The outward acts are enough to encourage their partner not to press charges and many will not seek restraining orders when prompted by police officers. According to Lenore Walker, “the initial period following the explosion is a terrifying time for the prey who is feeling lonely and isolated and angry; the abuser will often reconnect in hospitals and convince the victim of the changes he or she will make if they just came back home.”¹⁴ The victim will undergo a transformation, and I have often observed the emotional changes from lonely and angry to happy and relief that the abuser is willing to take the abused back. The anxiety of where to live is lifted as the familiarity of home lures the woman back to her abuser. During my interviews with abused victims, I often ask for the names of family or friend that may shelter her for a time until she is able to find shelter or housing. I give contact information for housing, courts, and shelters but observe that after the victims have been contacted by the abuser, it is difficult to change their directions or thought processes. The trap is set from the moment the abuser asks for forgiveness. I firmly believe this act of begging for forgiveness renders a paradigm shift in status. The woman experiences a rush of control as her abuser begs to be taken back. This meager measure of control will last for a while. She is showered with so much outpouring of affected love that she feels compelled to return to the abuser. Unfortunately for advocates against domestic violence, it is impossible to convince the abused woman that it is an act, and that this behavior is temporary. Lenore Walker writes “the violent relationship becomes a symbiotic pairing, each dependent on the other, and during phase three bonding is most intense. Together the abused prey and the abusive predator will take on the world and anyone who

¹⁴ Ibid., 66

interferes.”¹⁵ Given that the relationship is again righted by the outpouring of love, it is difficult for women to leave during this phase. Walker writes that “during this time there are periods of psychological trauma as the abused experience moments of awareness of current and past states, the overlap memory creates feeling of self-loathing, shame and embarrassment as the abused seeks to justify staying in an abusive relationship.”¹⁶ I believe this is when the memory of the explosive anger drifts safely into the dissociative state allowing the dance to continue, the rhythm to change and moments of tension creep back into the dance. This tension builds not only in the abused but in the abuser. Counter emotions are mirrored in the woman and her self-image and self-confidence diminishes in fear of the next explosion, so she attempts to retreat from the dance. This is the signal to the abuser that he is losing control and is being manipulated by her, as she is again walking on eggshells to keep him happy.

Before 1975, very little was known about intimate partner violence. Prior to this period, many psychology journals accepted marriage as an institution and little was done to interfere in acts of violence towards the abused. Personality theorists suggested there was a fixed type who rendered acts of violence.¹⁷ Donald Dutton, PhD and Professor of Psychology in British Columbia, is also the founder of the “Assaultive Husband Projects,” which is a court mandated treatment program for men convicted of spousal abuse. Dutton’s books: *The Abusive Personality*, *The Batterer: A Psychological Profile*; and *Rethinking Domestic Violence*, have gained him the honor of being an expert witness in civil trials involving domestic violence. In *The Abusive Personality*, Dutton discusses

¹⁵ Ibid., 68

¹⁶ Ibid., 69

¹⁷ Donald G. Dutton, *The Abusive Personality: Violence and Control in Intimate Relationships*, 2nd ed. (New York: The Guilford Press, 2007). p.1

the works of early psychiatrists who focused on the limbic system as the primary root cause of adult emotions; Psychiatrists Allan Schore and Bessel van der Kolk were pioneers in attachment disruption theory to explain brain development and emotions. Dutton, agreeing with early domestic abuser profiles, believes that there is a “neurobiology disturbance present that causes impulsive eruptions of rage.”¹⁸ Dutton affirmed Karl Menninger’s theory on episodic dyscontrol theory as an out of control sudden unconscious bodily reaction to stress. Episodic dyscontrol is listed in the DSM-IV TR as an impulse control disorder, called intermittent explosive disorder (IED), and Dutton believes there are “psychological triggers or stressors that allow the individual to break out in rage that is out of proportion to whatever preceded the explosion.”¹⁹ Dutton’s theory is one that targets the root cause of the abuse which controls the extent of the explosion.

Despite agreeing that episodic dyscontrol may be present in domestic violence, Dutton argued that domestic violence episodic dyscontrol is somewhat controlled because the abuse is acted in private under specific circumstances. This also led Dutton to believe that domestic abuse is not necessarily random, and something is guiding the rage towards the partner.²⁰ Dutton provided a few hypothesis to domestic violence, one of which is “pairing of past experience to current one.”²¹ Dutton explains that “this pairing takes place between the limbic and the orbital cortex that supplies rational context for raw, unregulated emotions and serves as a breaking function for the emotions that mediates

¹⁸ Ibid., 21

¹⁹ Ibid., 22

²⁰ Ibid., 25

²¹ Ibid., 26

the capacity for empathy.”²² To understand the connection to proposed pairing, Dutton referenced the 1963 experiment on aggression in children. In this experiment, children were allowed to watch children behaving aggressively, adults behaving aggressively and cartoon characters behaving aggressively. The results were astonishing. Children who watched adults behaving aggressively behaved more aggressively than the children who watched the other films. The conclusion per Dutton is that children will more likely learn aggression from watching adults act out forms of aggression. Dutton further describes the ability of humans to drive the aggressive behavior underground when a punishing adult or parent is present; this is noted in children as well.²³ According to Dutton, habitual learning has three aspects: the first is the origin of the habit, the second is the instigator (trigger), and the third is the regulator. Dutton explains that “body size may be consider an origin as muscular men are challenged and rewarded for physical actions, it is not that muscular men inherit the habit of being aggressive, they learn from rewards that physical actions create success. The habit is reinforced by increasing awards as the physical aptitude is exceeded.”²⁴ I believe Dutton’s point was well discussed, and have noticed that extreme physical behaviors are encouraged in boys and signs of empathy are considered weakness; the idea that males inherit the habit of acting masculine is not true, this is a learned behavior which was introduced in the home of the child. In my role as an advocate, women have often made comments regarding boys exhibiting signs of aggression or acting out in school after witnessing their fathers abusing their mothers. Based on findings by Dutton, these boys are more likely to become abusive as adults. Intergenerational transmission of abuse was a term widely used throughout the

²² Ibid., 20-22

²³ Ibid., 45

²⁴ Ibid., 46

psychiatric community to describe the odds of child to adult abusive behavior.²⁵ Dutton argued that many abused children do not become abusive, but those who do acquired the habit, resulting from the lack of a protective factor during childhood, lack of a positive environment, and a lack of a supportive parent or family.²⁶ So how does the aggressive boy who witnesses domestic abuse in the home transform into an abusive partner? I have concluded that acts of aggression were rewarded as the child observed the mother being submissive and the father relaxing and at ease after abusing the mother. This behavior may be considered rewarding as the father is now relaxed and at ease around the child; the abusive episode created a calming environment in the home. I have often watched as women begin to cry when told that the tension building phase is felt by the child as well, and from this the child may learn that he should abuse in order to relax. To support my theory, Dutton describes the instigators of aggression, the triggers that create internal states of discomfort, as aversive arousal.²⁷ In Dutton's book, he writes that "the act of watching the father slam doors and yell is frightening to the child, equally frightening is watching the physical assault on the mother, and the child is dependent on both for survival. Viewing the father's behavior as uncontrollable, the child will often hide, tune out or self-hypnotize which is dissociative behavior to override the feeling of helplessness."²⁸ According to Dutton, this blunting of affects reduces repetitive abuse and the child learns to escape the anger by retreating;²⁹ Dutton further believes, psychic numbing is a frequent response to uncontrollable trauma; where the child is physically

²⁵Ibid., 49-51

²⁶ Ibid., 52

²⁷ Ibid., 52

²⁸ Ibid., 53

²⁹ Ibid., 56

present but cognitively absent.³⁰ Agreeing with Dutton, psychic numbing occurs inside the subconscious of the abused as well. Despite knowing that the new relationship may become abusive, during courtship the internal alerts are suppressed or overridden by the excessive affection that masked the abusive partner's intent. The suppression allows the previously abused women to ignore the alerts that may have prevented pairing with an abusive personality.

For most women, the time of courtship is euphoric as red flags are dismissed and even excused. For most women, the jealous and paranoid abusive partner is often hidden during courtship; and acts of jealousy and paranoia are translated into the ideal that "he loves me so much he cannot wait to see me" or "he wants to be with me so much that I have to spend all my time with him." This is an ego boost especially for women who are fleeing an abusive partner and have residual self-esteem issues. To trained domestic violence experts, jealousy and paranoia are considered red flags, but in the euphoric moments of love and courtship these behaviors are wrapped into the spell of love, and as a result, the signs of early abuse are masked. The abuser sends the signal but the woman misinterprets the signal, the dance is known but the rhythm is different. The jealous and paranoid partner masks their behavior as they control where, whom and what the woman does and these early signs of aggression become inescapable when enclosed within the sanctity of marriage. Dutton uses the term "delusional instigator" as he describes sessions where men discussed their abusive behaviors to their wives in detached tones. In Dutton's book, *The Batterer*, he writes, "the abuser fails to realize or acknowledge their behavior

³⁰ Ibid., 56

but will instead focus on the behavior of the partner.”³¹ Dutton also writes that the abusive husband further justifies his behavior by the following:

Moral justification: I am the head of the household, wife must submit; Palliative comparison: I never used a weapon so I am not a real batterer; Displacement of responsibility: I was so drunk; I did not know what I was doing; Diffusion of responsibility: it happens in every marriage, it is no big deal; Dehumanizing the victim: she deserves everything I dish out; Attribution of blame: She drove me to it, if she did not keep nagging me, none of this would have happened; and Minimization/selective memory: I only got mad at her once.³²

I believe these delusions impair the abusers emotions, and beliefs, as they attempt to justify the abuse in every day occurrences. As the abuser justifies his irrational and unwarranted explosion, he justifies the abuse inflicted upon the partner. Sadly, the child emerges from observing the abusive, delusional personality traits of a parent or influential adult and the learned or acquired behavior that transcends normalcy during childhood, eventually becomes the norm and commonplace. The child later becomes a batterer, an archetype of the past who witnessed domestic violence.

Despite the many advances from theorists and psychiatrists, battering was often ignored by the public as “not my problem.” Many acknowledge the horror as news media flash the battered faces of some unknown victim’s black eye, busted lips, and arm in a cast; but beyond the sensational story is the inherent thought of “what can I do, I don’t even know her?” So, nothing prepared the world for the very public cry of Nicole Brown-Simpson’s 911 call with OJ Simpson yelling in the background. Suddenly, battering became the word of the day, every news media and radio station battled to define and redefine the batterer. Their glorious image of the once superhuman OJ Simpson was demolished with that one single phone call, yet many could not believe this

³¹Donald G. Dutton, *The Batterer* (New York: Basic Books, 1995).p. 44

³²Dutton., p. 64

actually occurred. Ironically, a year earlier June 9, 1993, Tina Turner's autobiography and movie, *What's Love Got to do with it*, was heralded as a raw gut wrenching look into domestic violence. Nicole Brown Simpson died on June 13, 1994. Photos released of these battered stars infiltrated the fog of "what can I do?" but still OJ's supporters lobbied to have him acquitted of Nicole's murder. With this in mind it is often difficult to know who will be the abuser. Tina Turner in her book, *I Tina*, describes a life in Nut Bush as one filled with fights from her parents; her term was "real wall rattlers,"³³ In the book, *Nicole Brown Simpson, the Private Diary of a Life Interrupted*, Nicole's friend Faye Resnick describes that Nicole felt inadequate, not being as beautiful as her sister, and was probably overwhelmed when a superstar like O.J. Simpson was attracted to her; but it was Faye's description of her own childhood that depicted abuse. In memorializing her friend Nicole Brown Simpson, Faye disclosed how she herself was "married three times, had issues with alcoholism, and the details of her horrific childhood slipped into the pages of Nicole's story as she described her father's abandonment and her stepfather spanking her because she was a bed wetter."³⁴

Dutton, himself admittedly followed the trial of OJ Simpson and expressed being puzzled by the disbelief that abusers and killers express during questioning. He explained that the batterers often justified their actions by simply stating that "she made me do it," with little remorse for their actions. The term Dutton used to describe this occurrence is "dissociative rage" as one so terrifying that the batterer blocks that image of himself from self. Victims I have interviewed recollect that their partner's features distort and becomes unrecognizable during the abuse. This in itself is frightening and

³³ Tina Turner, *I, Tina*, ed. Kurt Loder (New York: Harper Collins, 1986).p.5

³⁴Faye D. Resnick, *Nicole Brown Simpson:The Private Dairy of a Life Interrupted* (Beverly Hills: Dove Books, 1994). p.54-57

will often propel the victim into a state of dissociation as she grapples to identify her real abuser. In his book, *The Batterer*, Dutton describes his time as a “young psychologist who rode with police officers during their Friday night calls.” “Friday nights,” he explains “were peak days for domestic violence calls.”³⁵ He recollects instances where, upon entering the household he was amazed at the storm that overthrew large pieces of furniture, and the busted pulp huddled in a corner that was once a woman. His recollection also includes his sadness on seeing the bodies of women who did not make it outside to call for help or the ones found in driveways beaten and broken beyond recognition.³⁶ Back then, Dutton was often amazed by how normal these men appeared; they were blue collar, white collar, black, white, rich, poor, drunk, sober, and drugged. As he interviewed these batterers he realized that it was not only about the physical release of the punches, hits, and slaps; there was also a psychological need to control and demean the victim and to damage their self-esteem. After listening to their stories, Dutton concluded that “the perceived thought of the victim leaving the abuser for another is constantly in the background and may be the number one mitigating factor that triggers the abuse.”³⁷ This perceived abandonment becomes critical if the victim comments about another man, or another man looks at the victim, or there are unexplained absences or excessive self-pampering. Dutton in his interview with batterers, discovered that these men often use the same four words to demean their partners, “bitch, whore, cunt, and slut”³⁸ I believe these words denote a degrading sexual connotation to the explosive verbal assault. Dutton reveals that it is like there are two

³⁵ Dutton.p.9

³⁶ Ibid.p.9-11

³⁷ Dutton.p.128-129

³⁸ Dutton., p. 16

different persons, the social likable worker who compliments his female coworkers, and gets employee of the month; and the other who is the private batterer who flies into fits of rage at perceived slights. OJ Simpson followers denied that he would be a cold bloodied killer, yet despite the acquittal the evidence was eerily compelling.

In his book, *The Batterer*, Dutton carefully and apologetically raises the inferred slight chance that maybe these abusers were themselves once abused. We all hear about the physical and sexual abuse of boys, but Dutton referred to a more subtle form of abuse, he was in no way excusing their behavior but instead explaining the whys of the behavior. Dutton performed a root cause of the batterer and I was not surprised but immensely intrigued by his findings. He defines the repeat abusers as “using their women as emotional lightning rods in the storms of life”³⁹ Dutton in his extensive work with abusive men redefined the batterers into several subgroups. The following is a summary of Dutton’s first batterer’s profile: The Psychopathic Wife Assaulter Lenny was a charming, likable guy, he arrived to his appointment late, smiled and blamed it on the bus, and entered into a charming conversation of how he was always impressed with psychology and maybe if he had entered therapy things would have turned out differently. Lenny had a long history of thefts, fires, and battering. In his interview with Dutton, he was charming and talkative, and when he began talking about the battering, he mentioned that the woman had it coming, and he warned her to quit sleeping around and so on, Dutton remarked that he showed no remorse, he told Dutton that the only person who suffered was him. Dutton quotes Robert Hare, author of the book *Without Conscience: The Disturbing World of the Psychopaths*, description of the psychopath “as

³⁹Ibid., 24

lacking in emotional responsiveness which sets them apart from other criminals.”⁴⁰

They are missing conscience, which is the ability to self-punish the self for violating one’s standards of conduct. They do not have pangs of guilt and loses the ability to imagine the other person’s pain and fear.⁴¹ British psychoanalyst John Bowlby, the author of *The Attachment and Loss Trilogy*, in volume two, *Separation: Anxiety and Anger*, defines the psychopath as having extreme detachment behavior; when the child, in early stages of infancy, need for closeness and intimacy is chronically frustrated.⁴²

Dutton describes the Psychopathic Assaulters like Lenny as having a history of assault with others, including an intimate partner. They have a tendency to live an antisocial life and sadly “psychological assaulters have a low chance of improving and never look back; as a result do they not learn from their past mistakes.”⁴³ A study in 1994, by psychologists John M. Gottman and Neil S. Jacobson identified psychotic men as “vagal reactors.” The Vagus nerve conducts impulses between the brain and the muscles of the throat, heart, and abdomen. Jacobson explains that when we are upset our heart races, our palms sweats, our breathing quickens and our stomach churns. Vagal reactors do not respond this way, their internal reactions becomes cool and controlled.⁴⁴ Jacobson and Gottman, in their book, *The Abusive Personality*, announced that “20 percent of batterers showed a decline in heart rate during the course of an argument. They become calm on the inside as the outside showed an aroused state.”⁴⁵ He countered that the ones who had

⁴⁰ Ibid., p.26

⁴¹ Ibid., 25-27

⁴² John Bowlby, *Attachment and Loss, Separation: Anxiety and Anger*, vol. 2 (New York: Basic Books, 1973).p. 253-257

⁴³ Dutton.p.27

⁴⁴ John M. Gottman et al., "The Relationship between Heart Rate Reactivity, Emotional Aggressiveness Behavior, and General Violence in Batterers," *Journal of Family Psychology* 9, no. 3 (1995). P235-238

⁴⁵ Neil Jacobsen and John Gottman, *When Men Batter Women: New Insights into Ending Abusive Relationships* (New York: Simon & Schuster, 1998). p.28-30

the slower heart rate had the most belligerent attitudes towards their wives, and coined the term Cobra to describe this type. Jacobsen believes that the “psychotic assaulter tendency began as a result of violence in their family of origin.”⁴⁶ The next type of wife assaulter described by Dutton is the Over controlled Wife Assaulters. Dutton defined this type as “distanced from their feelings and a tendency of avoidance and passive aggressiveness. This type of assaulter has a long windup; there is a buildup of frustration to external events. The buildup erupts into violence after long periods of unexpressed rage.”⁴⁷ Dutton explains that the over controlled assaulter lacks charisma and is often the opposite of the typical wife batterer. According to Dutton there are two subtypes of the over-controlled assaulter: 1-active type or the control freak who attempts to dominate others, who are usually described by their wives as meticulous perfectionists; and 2-passive type are distant and usually the wives’ attempted attainment of contact which sets this type off. Both types measure high on the Dominance /Isolation scale which measures emotional abusiveness. Dominance/Isolation includes the husband’s rigid sex roles, an insistence on subservience, and they are usually stingy with time, money and emotions.⁴⁸ As I read this section of the over-controlled wife assaulter, I reflected on my client lying in the hospital bed, with no income, no home and no family contact. Her boyfriend had isolated her, told her to quit her job, as he will be the man of the house and take care of her, and moved her away from her family. When I asked her if there was any one whom she could call, she shook her head no. I pressed, “not even a friend?” She replied, “we share the same friends, and they would tell him where I am.” This is truly the hallmark of emotional abuse, even after the victims have

⁴⁶ Ibid., 37

⁴⁷ Dutton. p.29

⁴⁸ Ibid., 29

escaped, the fear of the abuser subliminally dominates. Dutton's next type of abuser described as the Cyclical/Emotional Volatile Wife Abusers. Dutton reflects that he once read about a man who wants to keep his woman at arm's length on a noose so he could manipulate her at will. It is this need to have control which drives the cyclical/emotional volatile wife abuser. There is a dominant drive for external control. According to Dutton, these men exhibit rage and jealousy. They believe the partner is responsible for their feelings and their demands are impossible to uphold. They are cyclical in their demands, a constant push away and pull together which explains the dual personality tendency. The women in their lives describe living with them as on a rollercoaster and they never know who is coming home at night. Dutton further explains that they are highly skilled at verbal insults. They are also skilled at hitting hard without leaving marks. Dutton describes his client Carla, a beautiful blonde who married Meyer after four months of a whirlwind romance. Meyer was a lawyer who did not practice, but was instead, involved in schemes at high speed. He hated to lose an argument and Carla describes one such argument where he stormed off after calling her a bitch then returned to hit and kick her then attempted to strangle her. Carla escaped to the neighbors, and upon her return she found Meyer staring at the wall curled in a fetal position sucking his thumb. Carla describes his behavior as being linked to phone calls from his mother. Although he was a millionaire, he would enter periods where he would obsess about her spending money. He would begin calling her a whore or slut. Meyer agreed to therapy only after Carla filed for divorce and he realized how much he had to lose.⁴⁹ For the cyclical/emotional wife abuser, there is little internal brake to stem the flow of images and perceived wrongs that they feel. In her book, *Life Interrupted*, Faye Resnick describes O J

⁴⁹Ibid., 33-38

Simpson's reaction to a perceived slight by Nicole Brown Simpson, who mentioned a past boyfriend: "the purple bulging veins, the vulgarity and the anger; he followed Nicole into the ladies room after breaking the lock on the door and urinated in her presence."⁵⁰ For the most part, Dutton describes the cyclical abuser has having a vague feeling that something is not quite right. Dutton describes their behavior as repetitive and limited, with emotional flat affect. Dutton believes some of these men were conditioned to not reveal internal emotions but were encouraged to react to external cues. According to Dutton, during therapy, he seldom hears "I am unhappy and falling apart;" rather he hears, "she dress poorly and the house is dirty."⁵¹ During my time with victims of domestic violence, most recollect instances where the alleged offense occurred months prior to the abuse. This external trigger sends the abuser into internal conjecturing of the perceived slight and this thought pattern spirals until the release is dealt physically to the partner. I believe this release is addictive; once experienced the overwhelming power that is gained is unparalleled. Abusers are even more empowered by the privacy and convenience to unleash the abuse behind closed doors. This is a learned behavior of violence that is hidden or suppressed. Ignacio's story typifies the father's contribution to the learned behavior of violence.

Dutton was an expert witness in the trial of Ignacio, a teenager who was being tried for killing his step-father. Ignacio was sentenced to house arrest until the trial began. Dutton, upon arriving at the home, noticed the stark cleanliness of the home and the shrine that was built by Ignacio's mother Rosa in honor of her husband. Ignacio's stepfather, Oscar, was a decorated police officer who received many accolades of honor

⁵⁰ Resnick.p 8-12

⁵¹ Dutton.p. 44

for his service. But in Dutton's questioning Ignacio, a pattern of abuse was revealed. Apparently Oscar was verbally abusive to Ignacio and was known to strike him with a leather belt. Oscar ran his home like a drill sergeant with inspections, verbal insults, and karate blows and kicks. Rosa was at work during much of the abuse but when home, she rarely intervened. Dutton surmised that Ignacio could not escape the abuse and developed learned helplessness. During the trial, Ignacio was asked why he did not run away, to which he replied "it had never crossed my mind."⁵² Dutton describes Ignacio's conditioning as a scrubbing of arousal and perception. This constant abuse came to a halt one night when Ignacio decided he was going to kill himself, so he got his stepfather's revolver, ran to the backyard where he was intercepted by his stepfather. He fired several shots behind him in the dark; one bullet killing his stepfather. Ignacio, not knowing he shot his stepfather kept running and finally stopped in fear of being caught. He waited in fear, in a state of hyper arousal until he passed out in fright. When he came to, he went back to the house, yet even after seeing his stepfather's body lying in the yard he did not believe him dead and was still afraid. The years of abuse made him powerless and fearful and even after his stepfather died, Ignacio still feared him.⁵³ Ignacio's case is much like that of an abused woman, who after years of abuse, develops learned helplessness and feel powerless to stop or escape the abuse.⁵⁴ The cyclical abuser's journey may have begun much like Ignacio's, who was made to feel shame and Dutton believes that shame annihilates the self. Dutton's research reveals that most abusers experience some form of humiliation, shame or embarrassment publically or

⁵² Ibid., 81

⁵³ Ibid., 79-82

⁵⁴ Ibid., 82

privately by their parents.⁵⁵ Dutton describes the father's attack as being more damaging to the child, especially boys; and this may be the beginning of rage. He also believes that it is shaming, not so much the physical abuse, which creates the abusive personality in boys.⁵⁶ According to Dutton, this latent tendency of anger is masked in public until the intimate partner peels back the mask and discovers the monster inside. The fear of exposure to the world is further shameful and so the abuser creates power and control over the one person who may reveal who they really are.⁵⁷ The father's role in abusive personality is important but equally important is the role of the mother during the life of the child.

Dutton believes, "a man's early relationship with his mother is the second key element in the evolution of the abusive personality."⁵⁸ He describes the case of Sam, who exploded at his wife because she cooked the meat wrong: he smashed the banister, threw a meat cleaver and the cooking pan at his wife who fled the scene. Sam's wife was horrified. Luckily, they both immediately sought therapy and discovered Sam's deep seated hatred for his mother who left his bed ridden father for another man forcing him to leave home at thirteen.⁵⁹ This situation was remarkable as it is a cut and dried matter; mom was emotionally abusive, man hates mother, man hates wife. However, there are other subtle forms of mother abuse that create the abusive personality. The famous research of attachment was performed by the experimental psychologist, Harry Harlow and his wife, during 1960s and 1970s. The behavior of infant rhesus monkeys was observed: both soft inanimate mothers and hard mesh wire mothers were designed.

⁵⁵Ibid., 83

⁵⁶ Ibid., 83

⁵⁷ Ibid., 93

⁵⁸ Dutton.p. 127

⁵⁹ Dutton.p. 94-95

In their experiment, the infant monkeys were thrown to the floor by the mesh wire mother and noxious air was blasted at the monkey as they attempted to attach. Surprisingly, nothing disrupted the mother-baby bonding. Harlow concludes that the infants clung more tenaciously as the mother became more odious. Remarkably, the experiment showed that rather than weakening the bond the extreme harshness strengthened the bond.⁶⁰ The harsher the situation the more the baby clings to the mother. Trauma forms a great bond that is imprinted inside the minds of the abused, which use the trauma of abuse to secure the relationship with the partner. In *Attachment and Loss: Separation*, Bowlby describes the child's first separation from his mother as a period of anxiety. The child cries, and looks toward the spot where he last saw his mother. Anger is the child's first impulse towards separation.⁶¹ Bowlby's *Attachment and Loss: Attachment*, further defines this attachment as a "form of security beginning with infancy."⁶² The child shakes the crib and cries loudly, and as an adult, the abuser smashes and throws things to express the anger at the perceived abandonment. The child learns that crying brings mother back, but when the mother remains distant, even emotionally while present, the child learns that crying will not bring mother back and his cries turn to anger and rage.⁶³ Separation anxiety in children is often a natural occurrence, but Bowlby implies that mothers who threaten their children with leaving as punishment may hardwire their children to hide their fear of abandonment.⁶⁴ Agreeing with Bowlby, I believe this suppressed fear of abandonment from childhood may be residual, latent fear in abusive males of their partners' leaving. The fear of abandonment

⁶⁰ Harry F. Harlow, "The Nature of Love," *American Psychologist* 25, no. 2 (1970).p.161-168

⁶¹ Bowlby.p. 42-47

⁶² John Bowlby, *Attachment and Loss, Attachment*, 2nd ed., vol. 1 (New York: Basic Books, 1982).p. 205

⁶³ Ibid., 27-31

⁶⁴ Bowlby, *Attachment and Loss, Separation: Anxiety and Anger*.p. 226-227

justifies every perceived slight when the abused partner buys a new dress, stays out late or comments on another man.

Dutton's case of abandonment is discussed in his description of the husband who felt rage when his wife disappeared at a party for a few minutes.⁶⁵ During therapy with Dutton, it was discovered that the husband was adopted and his adoptive parents would threaten to give him back when he misbehaved. As a child, the husband hid his fear of separation; but that latent fear of abandonment suppressed as a child, seeks relief and is expelled in anger when the husband reacts to his wife's separation, perceived or real, as an adult with rage.⁶⁶ But this learned reaction to abandonment is found in the abused woman as well. Beverly Engel, psychotherapist, author, and founder of the Center for Adult Survivors of Sexual Abuse (CASSA) in California, in her book titled, *The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself*, gave graphic case studies and examples of women who struggled to reconcile adult behaviors with their trauma as a child. Engel's work with women is evident in her chronological account which she believes stems from an emotional place that is walled off inside the subconscious of the child. Engel also believes that walled-off trauma renders the woman vulnerable as low or poor self-esteem is never recovered, healed or alleviated, the continued search for perfection is unconscious and at best, futile.⁶⁷ I agree with Engel, as an advocate for abused victims of domestic violence, I notice that my clients never refer to past abuse or the effect on the present. Those walled-off experiences are then never healed but continue to lay dormant in the graveyard of the

⁶⁵ Dutton.p.16

⁶⁶ Ibid., 110-111

⁶⁷ Beverly Engel, *The Emotionally Abused Woman, Overcoming Destructive Patterns and Reclaiming Yourself* (New York: The Random House Publishing Group, 1990).p.2

mind consciously, unretainable.

It is often difficult for an outsider with little clinical expertise to recognize the emotionally abused woman. Emotional scars created as a result of physical, sexual or verbal abuse are hidden or repressed to allow one to escape the nightmare that the memory will bring. I often think that this is a merciful, for not many can continuously relive horrific events without fight or flight instinct being constantly triggered. The emotionally abused women is continuously in dissociation mode as she hides and suppresses the memory of past childhood trauma. She may appear competent, well dressed and may have achieved academic success. To society, she epitomizes what most desire, but the private life often differs from the public persona. In chapter one of Engel's book, she got straight to the point by defining "the emotionally abused women as one driven to be successful in order to overcome an intrinsic and subconscious fear of being worthless."⁶⁸ I believe this fear is the drive to appear to be the best and the achieved, self-imposed goals are a result of moments alone where self-flagellation occurs. The emotionally abused woman is super critical of herself without knowing why. She is never satisfied and seeks to be perfect at the risk of self-annihilation. The mask of normalcy is a shield that is packaged to perfection, but as Freud, in his discussion on the Unconscious, describes the mind as a powerful place. Hidden memory seeks relief and at some point this relief may take on a form that is detrimental to the individual. There are so many shelters, advocacies and books on domestic violence, but in my work as an advocate, I was surprised at how many women knew so little about the pathogenesis of their problem. They all knew they were repeatedly in abusive relationship, but rarely knew why. The coping skills were ingrained at a time in the past

⁶⁸ Ibid., 7

where abusive behavior became the norm. It is my belief that the role or place of women was defined a long time ago, and as society evolved, so did the interpretations of the dominant gender. There was a prototype of woman found in the book of Genesis that still permeates today's stance on domestic violence. According to biblical references, a woman's place was originally created for beauty and companionship. Eventually her place in society evolved to accommodate the changing dogma by ethical scholars. Over time, the religion became dogma, and later the dogma became religion.

CHAPTER II

THE EVOLUTION OF WOMAN AS PREY

According to the biblical narrative from Genesis, in the very beginning, God created man and gave man dominion over all living things. God placed man inside the Garden of Eden and gave him the power to name every living thing in the garden. After man had named all the living creatures in the garden, God saw that there was no mate for man and in the book of Genesis, chapter two, God declared, “it is not good for man to be alone; I will make him a help meet.”⁶⁹ The word “help meet” translated from the New International Version (NIV) Compact Dictionary of the Bible means a helper, suitable for or complementing him.⁷⁰ God created a help meet for Adam (the first and representative man) to complement or help him, by removing a rib from Adam while he slept. From that rib God formed woman and gave her to Adam and she (Eve) became his wife.⁷¹ This very first marriage between man and woman is acknowledged in conjunction with the Hebrew verb *baal* translated to mean master or lord to rule or possess which was the entitlement of the husband.⁷² The Garden of Eden was a paradise where they were allowed to live freely, except one edict from God: “of every tree of the garden you may eat freely, but of the tree of the knowledge of good and evil, thou shalt not eat of it; for in the day that thou eatest thereof thou shalt surely die.”⁷³ It may be argued that the notion of free will given to Adam and Eve came with a stipulation that may have been a temptation in itself. I will revisit this theory later in this paper when repetition

⁶⁹ *The Holy Bible King James Version*, Concordance (Nashville: Memorial Bible International Inc., 1974).Genesis 2:18

⁷⁰ J. D. Douglas and Merrill C. Tenney, *New International Version Compact Dictionary of the Bible*, ed. Claire Hughes, Niv Compact Series (Grand Rapids: Zondervan Publishing House, 1989).p.247.

⁷¹ Gen. 2:21-25.

⁷² Douglas and Tenney. p 366 - 368

⁷³ Gen. 2:16-17.

compulsion is discussed, but will continue the narrative of Eden where Adam and Eve lived in perfect harmony with God.

The edict from God was a constant reminder to Eve. Passing by the forbidden tree day by day, obedient to God's command, there was no cause to question her creator; life was good. However, according to Genesis, this biblical account of creation took a turn when the serpent confronted Eve with contradicting arguments against God's edict. He challenged her, and asked why not eat from the tree of knowledge of good and evil and told her that she would not die. Eve succumbed to his wiles and ate the fruit and gave it to Adam to eat. And after they had eaten the fruit they acquired knowledge and hid themselves from God. God came looking for Adam and Eve, but they hid themselves because they were naked. The omniscient God rebuked Adam for hiding, and asked him how he knew he was naked. Adam's reply, "the woman whom thou gavest to be with me, she gave me of the tree, and I did eat,"⁷⁴ set in motion an irreversible judgment from God which changed the course of history. I would like to pause in the narrative to question Adam's reply. Adam's depersonalized response to God distanced himself from Eve whom he felt was at fault and lay blame by admonishing God about the woman he was given. Adam's response may be the first inkling that he may have questioned Eve's moral capacity and decision making capabilities. God delivered his punishment for them both by declaring; to Eve, "I will greatly increase your pains in childbearing; with pain you will give birth to children. Your desire will be for your husband and he will rule over you." To Adam He said: "Because you listened to your wife and ate from the tree Cursed is the ground because of you; through painful toil you will eat of it all the days of

⁷⁴ *The Holy Bible King James Version*.p. 3

your life...”⁷⁵ God’s admonishment was delivered effective immediately. Adam and Eve were evicted from their home, a life of leisure and pleasure, replaced by a life of pain and toil. Could this sentence render further injustices upon Eve at the hands of her husband? When confronted with his sins, Adam laid blame on his wife. No further mention was made about the relationship dynamics between Adam and his wife, so little is known about the possibility of Adam being angry at Eve, but the possibility exists. Adam and Eve’s disobedience to God’s edict forced them into a life of misery. It is here the first delineation of labor between man and woman may have occurred. Adam who was the ruler over Eve, was forced to procure food and prosperity for his wife, and Eve was forced to care for the home. Eve’s conception of Cain may have added to the division in duties as Eve in her state of gestation was forced to remain closer to home and tend to the home.

Dr. Raley Husted Bell, one of the earlier writers on the role of women in post-Eve era in her book, *Woman from Bondage to Freedom*, chronicled the historical roles of women through early mankind, the feminist movement, world wars and current dogmas. In her book, Bell described the challenges women may have faced in a more primitive society:

Primitive women were forced into the role of caregiver as the men hunted and tilled the land. Women were the nurturers and the division of labor drove women to care for the children. As men were forced to hunt and toil like Adam, it was left to the woman to cultivate and grow plants, herbs, and prepare the food. As men became warriors, women are again left to nurture and care for the children and home. They planted and created and their ingenuity made life at home easier for the men. The gestation period of childbirth forced women to depend on the men for care. In her weakened state after childbirth she sought protection from

⁷⁵ Ibid., 3

men...in savage states of society the helplessness of the weak arouses the cruelty of the strong.⁷⁶

Here Bell proposes that this division of labor may have reinforced women's role as the subservient one which explains why so little is known about the contributions of women throughout the bible. With the exception of a few, the role of women in the bible was that of a helper who administered care and nurtured their men. Their roles were subservient to their fathers, brothers and husbands. Understandably, division of labor brought structure and routine to the household, but comingled perceptions and attitudes may have transcended time to perpetuate dogma and societal norms that dictated and stifled the roles and place of women in today's society.

Eve's legacy permeates biblical teachings and can be found in many religions including Judaism, Christianity, and Islam. At the dawn of creation there exist moral laws of right and wrong, acceptable and unacceptable behaviors; the most famous being the Ten Commandments found in Exodus, said to be blasted onto stones by the finger of God. The Book of the Covenant found in Exodus 20 dating back to 1200-1000 BCE, and the Deuteronomic Laws found in 2 Kings 22 – 23 dating back to laws found in the Jerusalem Temple during the reign of King Josiah 640-609 BCE, are all laws dictating the morals and ethics of that time.⁷⁷ Both sets of laws are interdependent of each other and seven of these laws were written specifically for women. These laws identified gender roles and outlined the role of the wife to her husband. Author Cheryl Anderson took issue with past doctrine and in her book, *Women, Ideology and Violence*, Anderson

⁷⁶ Ralcy Husted Bell, *Woman from Bondage to Freedom* (New York: The Critic and Guide Company, 1921). p.41

⁷⁷ Cheryl B Anderson, *Women, Ideology, and Violence*, ed. Andrew Mein, Critical Theory and the Construction of Gender in the Book of the Covenant and the Deuteronomic Law (New York: T & T Clark International, 2004). p.2

defines the stereotypes of the feminine identity, “the idea of male and female is a natural biological term which denotes the sex of a person, the term man and woman however, is a sociological term that connotes the notion of gender and the term gender are attributes specifically assigned to man and woman.”⁷⁸ I understood this to mean that differential laws clearly dictate the roles of the male and female gender; the delineation of duties was based on gender. Written in the Book of the Covenant and Deuteronomic Law are inclusive laws which treat men and women similarly and exclusive laws which treat men and women differently.⁷⁹ The biblical laws from the Book of the Covenant provided a paradigm for laws which exist today, laws that appear ageless and are enforced with the same vigor of the past, which for many may be incongruous in our changing society. Rav Yitzchak Yaacov Fuchs, in his translated book, *A Woman’s Guide to Jewish Observance*, explains the Judaic law that forbids women from participating in religious worship in Jerusalem. He further explained that in attendance, women are seated away from the men in a separate section upstairs or behind a partition.⁸⁰ Fuchs’ translated book appears to echo the timeless dictates that defined the place of females in Deuteronomy where in the context of morality, there were always justifiable punishments if not followed. With little to guide behaviors and norms, the men of the household relied heavily on dictates from the priests and rabbis whose only reference may have been biblical. In the Jewish society, a woman’s sexuality was controlled by her father before marriage and by her husband after marriage. One could argue that these laws protected women from unwanted sexual attacks before marriage as virginity was considered a priceless

⁷⁸ Ibid., 7

⁷⁹ Ibid., 21

⁸⁰ Rav Yitzchak Yaacov Fuchs, *A Woman's Guide to Jewish Observance*, 2 vols., vol. 1 (New York: Targum Press, 1985). p.50.

commodity and it was the duty of the father to preserve the virginity of his daughter. Yet the biblical theory of protection disallows financial protection in the event of divorce or separation; if the wife seeks separation from her husband the dowry remains with the husband. Because of this law, the Israelite women had no financial recourse in the event of a divorce, unless the woman was of Mesopotamian or Babylonian origins, she is allowed to file or petition for divorce, reclaim her dowry, and return to her father's house.⁸¹ It is critical to note these laws implicitly prevented an Israelite female from petitioning for divorce or from leaving her husband because there may or may not be financial recourse to sustain her after the divorce. This doctrine of allowances and disallowances forced the women then to become dependent on the men for survival which may have fostered a patriarchal society. It is this dictate that supported the idea that males must take charge and rule the household; not from innate aggressiveness, but manifestation of sanctions, both political and familial, which supported the male perspective of his role and place as standard. The origins of male dominance laws are entrenched in the books of Exodus, Kings and Deuteronomy, and transcend time as evidenced by their existence in the first century when religious edicts reconciled behavioral norms of male and female to pre-existing laws. Over time, leaders of religious groups (Judaism, Christianity and Islam) referenced Old Testament biblical texts to justify the roles of women as paralleled to Genesis where Eve was created as a "help meet" for Adam. To illustrate the effects of transitional Old Testament laws, several archetypically prophetic rhetoric discussed in the Old Testament are outlined in Canon and judicial laws; their impact is evident in chronological roles of women in history.

⁸¹ Anderson.79

The Old Testament rhetoric was fashioned and composed to appeal to the dominant male audience of that time. Most public speakers will agree that their presentation appealed to the targeted audience, which is why after reading the Deuteronomy chapters of the bible, I concluded that the prophets preached to a male dominant audience. In order to gain mass appeal the rhetoric had to be unconventional and edgy and had the ability to evoke strong emotions to gain compliance. The rhetoric of the Hebrew prophets, Hosea, Jeremiah and Ezekiel was translated from a male perspective which supported the men's place as head of household. Renita J. Weems, author of *Battered Love: Marriage, Sex, and Violence in the Hebrew Prophets*, identified several texts where prophetic rhetoric was interlaced with acts of extreme violence towards women. During that time, if a woman was caught in an act of adultery she was stripped naked and stoned to death. This was the dictate of that time, retribution was extreme and public. The husband was considered in charge of the wife and was responsible for any wrongdoing by his wife, and this gave the husband the power to discipline her. Weems also defined the expectation of the woman by her husband, father or brother: "women were expected to be modest, chaste, industrious and totally submissive to the authority of their husbands. Anything less would threaten the social order and bring shame to the husband"⁸² As head of the household, the male whether it is the father, brother or husband, may enforce acts of retribution to restore the family's standing within the community. Deuteronomy, chapter 22, gives an example of extreme punishment rendered to women at that time:

⁸² Renita J. Weems, *Battered Love: Marriage, Sex, and Violence in the Hebrew Prophets* (Minneapolis: Fortress Press, 1995). p. 42-43

And if this thing be true, and the tokens of virginity be not found for the damsel then they shall bring out the damsel to the door of her fathers' house and the men of the city shall stone her with stones that she shall die: because she hath wrought folly in Israel, to play the whore in her father's house: so shalt thou put evil away from among you.⁸³

This text provides an example of an effective tool that reinforced the sanctity of marriage while enforcing control over the women of Israel; to disobey resulted in death. Oddly enough these laws are found within scriptural texts that established proprietor rights of ass, donkeys, ox, and other material goods.⁸⁴ This may have established the position of women as being equal in stature to other possessions of the man. It is in Deuteronomy where the first laws regarding the rights of the wife in the event of a divorce are established:

When a man hath taken a wife, and married her, and it came to pass that she finds no favor in his eyes, because he hath found uncleanness in her; then let him write her a bill of divorcement, and give it in her hand, and send her out of his house. Her former husband, which sent her away, may not take her again to be his wife, after she has been defiled; for that is abomination before the Lord; and thou shall not cause the land to sin, which the Lord thy God giveth you for an inheritance.⁸⁵

Biblical references to a man's inheritance of prosperity were so intertwined with the woman he married that to be nothing other than perfect may have created undue pressures on the woman. A woman at that time was disposable and at the mercy of her husband and may have been blamed for his lack of prosperity, health or children.

If a husband found fault with his wife he simply gave her a bill of divorcement. The terms of a bill of divorcement legally grant termination of marital responsibilities, and free both husband and wife of further obligations to each other. Divorce was usually initiated by the husband, who can divorces his wife if she commits adultery or fails to

⁸³ Deut. 22:20-21

⁸⁴ Deut. 23:18

⁸⁵ Deut. 24:1-4

give birth to a child. However, if the husband is the adulterer, the woman is expected to forgive him and remain with him if that is his choice.⁸⁶ So the law of divorcement is a prominent example of exclusive laws giving the right of divorce solely to the husband, which may have forced women to cling and remain in abusive, loveless marriages. Notably the prophets Hosea, Jeremiah and Ezekiel, the prophets of the Pentateuch, made powerful references regarding the place and roles of women in relation to their husband.

The Hebrew prophets Hosea, Jeremiah and Ezekiel's allegorical preaching have defined the disobedience of Israel to God as an adulterous wife to her husband. The second chapter of Hosea opened with this emotion provoking cry:

Plead with your mother, plead; for she is not my wife, neither am I her husband; let her therefore put away her whoredoms out of her sight, and her adulteries from between her breast; Lest I strip her naked, and set her as in the day she was born, and make her as a wilderness, and set her like a dry land, and slay her with thirst. And I shall not have mercy upon her children; for they be the children of whoredoms.⁸⁷

This text referenced Israel as a woman and offered strong words against an adulterous women; the public reference to stripping her naked and dry like the wilderness is a rhetoric that was preached to evoke strong emotions. Because a husband had the power over his wife, he was duty bound to publically chastise his wife and retaliate against her shame to his household. It was the husband's duty to have her publically stoned to death.⁸⁸ In an era where women's modesty and chastity were revered and glorified, the idea of stripping a woman in public leads to the atrocities those women suffered at the hands of their husbands. To speak openly about a woman's breast may have been an emotion stirring rhetoric, but this imagery may have inadvertently linked becoming

⁸⁶ Douglas and Tenney. p.158

⁸⁷ Hosea 2:1-4

⁸⁸ Deut. 22:21

attributes of a woman to a means of abuse. To refer to the woman in the wilderness is reminiscent of the children of Israel wandering in the wilderness as a result of their disobedience to God. The underlying inference connotes as a God who would punish his disobedient children, so should a man punish his wife. No inference on how the husband may have led to the wife's adulterous behavior was found. Those allegorical preachings may have rendered unfair injustices against a wayward wife. Because of established acts of punishments, even if the husband is forgiving of the wife, public outcry had the ability to override the forgiving husband, who is then compelled to restore honor to his household. The prophet Ezekiel justified the rape, murder and mutilation of the woman as being her fault, and the acts of her husband were justified because of the promiscuous and shameful behavior of his wife. To further illustrate biblical inferences to a woman's worth, the infamous story of neglect and abuse in the Old Testament book of Genesis chapter 19, where much like the wives' the daughter's role or status in society was one of dependency on the male brother, uncle or father, the narrative of Lot and his daughters will be discussed

According to biblical accounts, in the city of Sodom, Lot was visited by two angels to warn him about the impending destruction to the city. At that time, Sodom was known for its debauchery and wickedness and God wanted to destroy the city, but Abraham, Lot's uncle, interceded on its behalf because his nephew lived there. So God, in his infinite wisdom, sent two angels to warn Lot to flee the city with his wife and children before it was destroyed. While the angels were with Lot and his family, the men of Sodom knocked on his door asking him to send the [visitors] men out to them so they may know them. In order to understand the implications of this strange request we will

first define the term *know them*. In Genesis chapter four the very first verse reads, “And Adam knew his wife Eve; and she conceived, and bare Cain, and said, I have gotten a man from the Lord.”⁸⁹ It is safe to reason that the term *knew her* meant Adam had sexual relations with his wife. With this reference in mind, I return back to the narrative of Sodom, a sin filled city that God sought to destroy where men were knocking on Lot’s door demanding that he send the male angels to them so they might *know them*. The language of the text explicitly proposed a sexual connotation that gave insight to the sexual climate of Sodom. The text went on to read that Lot, in response to their request, stepped outside the door of his home and said to the men of the city:

I pray you, brethren, do not so wickedly. Behold now, I have two daughters which have not known man; let me, I pray you, bring them out unto you, and do ye to them as is good in your eyes; only unto these men do nothing; for therefore came they under the shadow of my roof.⁹⁰

The implication of this text is disturbing because it gave credence to the worth of the daughters of that time. A father offered up both daughters who were virgins to the men of the city to be raped and sodomized. Lot knew the men were angels, did he not think they could protect themselves? These biblical references predefined a woman’s worth as the Old Testament became the progenitor to a host of laws and edicts against women.

The bible is considered the standard of morality for many and most religious edicts can be traced back to the bible. Judaism extracted doctrines taken from Old Testament’s Deuteronomic and Mosaic laws and with the passing of time, these doctrines may have been modified, embellished and interpreted as the Jewish people began their exodus from Egypt to Israel, travelling far and wide as they were driven from place to place while fighting to retain their beliefs and traditions. The Orthodox and Hassidic

⁸⁹ Gen. 4:1

⁹⁰ Gen. 19:7-8

sects today still valiantly maintain the original laws of Judaism, because it is a link to their origin and a confirmation of their true identity. It is quite possible that Judaism may have been the anchor and the only unchangeable force that remained as the Jews were forced from country to country in search of acceptance and prosperity. It is also possible that century old laws from the Mosaic era found in the book of Leviticus were passed down from rabbi to rabbi and the laws or doctrines may have been translated to the changing dictates of that time. One of the most recent translations of the Mosaics laws are found in the English book written by Halichos Bas Yisrael, titled *A Women's Guide to Jewish Observance*. This book outlines the laws and doctrines which support the strict adherence of Orthodox and Hassidic Jews' codes or beliefs.

The laws of the Talmud and the Mishnah were codified into restrictive moral codes of behavior that a scholar on Judaism, Rachel Biale, clinical psychotherapist who obtained a Master's degree in Jewish History at UCLA, born and raised on the Kibbutz Kfar Ruppin in Israel, was able to decipher. In her book, *Women and Jewish Law*, Biale ingeniously correlated past Jewish laws to contemporary practices today and explains that while teaching Jewish history she began comparing biblical and rabbinical texts to Talmudic interpretations. Jewish laws, Halalkhah, to the contemporary reader, may appear to contain rigid male-centered laws on dietary requirements, religion, marriage, divorce, sexuality, procreation, rape and adultery. But at a time when health, disease, and death had little oversight or governance, the need existed to have a defined set of laws to govern the actions of the people. Biale argues that the residual effects of Eve's legacy were the initiator of laws for women in Jewish society that strongly enforced the male as the head of the woman and household.

Biale first began her contemporary comparative analysis of Jewish laws by acknowledging the needs for laws in our society, but her derisive tone regarding outdated laws is woven throughout her narrative from direct observation of the Jewish laws. She discusses the Kinyan, the Jewish word for purchase, the acquisition or deed to purchase the Kiddushin (betrothal) where the groom is required to pay a perutah, the smallest coin for his bride.⁹¹ The term Kiddushin is a term denoting the exclusivity of the bride to the groom; she belongs to him and because she is his purchase, he is allowed to share her with other fellowman if this is his wish. In contrast the bride is acquired by the husband and she may only serve her husband and him only, she is forbidden to seek or have relations with other men without her husband's permission.⁹² The bride has little say in whom she marries, and must comply with the will of the males in the family. Despite the fact that the Kiddushin requires consent from the bride (the affirmation or I do in the Christian religion) there is no articulation or affirmation from the bride during the religious ceremony, her silence is considered consent, and this along with the parental acceptance of the payment from the groom seals the deal that she is betrothed.⁹³ This acquisition sets the stage for the marriage of a young girl, (as young as twelve years old) unprepared for the details of marriage. The argument supporting this transaction from rabbinical scholars considers the innocence and the whims of the young as a need for such decision. But what is the relevance of prearranged marriage in today's society? Evelyn Kaye, author of the book, *The Hole in the Sheet*, insists that Jewish Hassidic and Orthodox women are still subjugated to the wills of the parent and marriages are still

⁹¹ Rachel Biale, *Women and Jewish Law: The Essential Texts, Their History, and Their Relevance for Today* (New York: Schocken Books inc., 1984). p. 46

⁹² Ibid., 48

⁹³ Ibid., 59

arranged with little consent from the bride.⁹⁴ Should the laws and edicts of the past be enforced in today's society? Traditional laws are still prevalent today in many Jewish sects where Jewish women are not allowed to read from the Torah and must depend on its interpretations and directions from the men in the family, despite the fact that the Torah is now translated in English and has become accessible to women who read and direct their own lives. A woman is still forbidden, based on Jewish laws, to sit beside her husband in the synagogue and must not be allowed to read in public. The Talmud references the fact that a woman is a distraction to a man, and her voice may imbue "forbidden thoughts or evil impulses in his mind while she reads the Torah."⁹⁵ In Biale's chapter on Sexuality and Marriage, an explanation of why women were considered not only a distraction but an evil that must be banished to the back or separate section during religious services, was found. It appears that rabbinical societies were aware of the embarrassing problem of an aroused male. Their concerns were if a male is aroused during religious services, his arousal is clearly evident, but woman's sexuality is hidden and perverse and so she is considered the temptress. It may have been considered sacrilegious to have sexual thoughts while reading the bible or worse sitting in the house of God.

As a child, I had often watched in fascination every Saturday on Ocean Parkway in Brooklyn, New York, as Jewish Orthodox and Hassidic men rushed to synagogue in their black attire. I was equally fascinated as the women would follow at a slight distance, head bowed, shoulders slightly hunched, not looking at me as I passed by; and wondered why their hair was so strangely arranged. As an adult today, I understand and have more respect for the proprieties of the Orthodox and Hassidic religious edicts, yet a

⁹⁴ Evelyn Kaye, *The Hole in the Sheet: A Modern Woman Look at Orthodox and Hisidic Judaism* (Secaucus: Lyle Stuart Inc, 1987). p. 119

⁹⁵ Biale.p 26

part of me still wonder if some, not all of the existing laws and dogmas are anachronistic relics of a time past. I meant no disrespect regarding the doctrines of the Jewish religion, but the hierarchical differences are evident in the evolution of man in comparison to the evolution of woman. The actions still being leveraged at women in Jewish religious societies are constant reminders of past laws. I grew up in a strict Christian environment where I was given a set of laws and rules to which I had to abide. As a child, I followed these laws and rules, but as an adult my personal relationship with God changed the more I read the Bible and attended religious services. Christianity, for many signifies the advent of the Messiah and a new beginning. The book, *Women in Christianity*, written by Hans Kung, Christian theologian, Emeritus Professor and President of the Independent Global Ethic Foundation, is one of many texts giving historical accounts of women and chronicles their evolution throughout Christianity.

At the dawn of Christianity, Kung wrote that the “role of women was still influenced by Judaic theologies, and depicted Christians as Jewish-Christians with little political or religious power existing outside the periphery of society.”⁹⁶ During the second and third century, biblical recounts of a woman’s place became rigid and interlaced with early dogma from the Judaic point of view. Little was done to refute the subjugation of women and emancipate them from laws which limited their role in society. The persistent doctrine on women’s submissiveness was sustained by theologians whose moral indignation focused on the sinful nature of women. Kung wrote that, “the renunciation of sex was praised by the ascetic community of the early church, and the dominant consensus of that time was the contempt for women and a desire to control the

⁹⁶ Hans Kung, *Women in Christianity* (New York: Continuum, 2005).p. 1

seductress...Eve.”⁹⁷ Sexual desires and acts were deemed worldly outside of marriage and the ideal life was a life of celibacy. The devaluation of sexuality led indirectly to the devaluation of women and this created a hierarchal structure within the Roman Empire.⁹⁸ A woman’s place was still interlaced with her place in marriage, and very little was done to expand her role. Sexuality and sin codified as one were additionally restrictive to anyone wanting to be defined as Godly.

The restraints of sexuality fell in line with the idea that sex was for procreation only within the scope of marriage. The act of sex outside of procreation was sinful and this theology continued well into the periods following the Middle Ages, because Kung wrote, that “sexual-moral rigorism was fully established during the Merovingian and Carolingian periods.”⁹⁹ During these periods, laity within the Christian community was forbidden to have sexual relations and further forbidden to touch anything pertaining to sex including semen from men and emissions from women.

Perhaps the dominant androcentric prose of Christianity during the Middle Ages may have been attributed to Augustine’s and Aquinas’ theories on women. Kung wrote that the great cultural revolution of the Middle Ages was reportedly a paradigm shift concerning the body and that “during this time, the body was despised especially the female body as a prison of the soul, the seat of sexuality and infection of the flesh by the original sin, which may account for the indoctrinated disposition towards the female body as being prone to the temptation of Satan.”¹⁰⁰ In stark contrast to the teaching of the Roman Catholic Church, mysticism gained momentum during the Middle Ages. Women

⁹⁷ Ibid., 22

⁹⁸ Ibid., 24-25

⁹⁹ Ibid., 31

¹⁰⁰ Ibid., 43

were the chief mythicists of the time, and Kung wrote that the witch craze began as early as 1310, when Marguerite Porete was burned at the stake.¹⁰¹ The doctrine continued to evolve and the view of women in Christianity as written by Kung, created a movement to eradicate sin in European countries. The European Witch Craze began during the fifteenth century, and continued well into the eighteenth century.

The European Witch Craze and The Salem Witch Hunt in New England both chronicled violent and horrific crimes done in the name of Christianity; at a time when women and sexuality were considered devilish and forbidden. During that era, the continued subjugation of women was tied to the belief that women and sexuality were of the Devil. This began with the religious persecution and murder of women during the European Witch Craze, from 1450 A.D. to 1730 A.D., which ended with the Salem Witch Hunt. Women were tortured, murdered and burned at the stake by those who sought to blame the ills of society on what was considered the lesser class. The European Witch Craze is a dark chapter in Christianity which promoted the existence of the sorceress believed to be a diabolical heretical witch and a malicious, lustful and devilish woman.¹⁰²

The European Witch Craze occurred as a mass phenomenon in France, Northern Italy, the Alpine countries, Germany, Benelux states, and Scotland.¹⁰³ English historian H.R. Trevor-Roper's, book on *The European Witch Craze*, discusses the dissolution of society, which began in 1618. Roper wrote that the Thirty Years war, beginning in 1618 and ending in 1648, resulted in increased taxation, oppression and violence. Roper believed the European Witch Craze was a manufactured demonology propagated by the

¹⁰¹ Ibid., 52

¹⁰² Ibid., 70

¹⁰³ H.R. Trevor-Roper, *The European Witch Craze of the Sixteenth and Seventeenth Centuries* (New York: Harper and Row Publishers, Inc, 1969),p.106

church, justice system, military and government.¹⁰⁴ By 1630, the experts were amassing confessions from women, who by their own admission had made a pact with the Devil. At that time the Devil had emerged as the Prince of Darkness; the great spiritual potentate bent on recovering his empire.¹⁰⁵ Confessions elicited from women included greasing up in the fat of murdered infants, slipping through cracks and flying off to rendezvous with the Devil; a rendezvous called the Witches' Sabbat. Upon reaching their destination, these witches worshiped the Devil who appeared as a big black bearded man, a stinking goat, or a great toad. At his command they threw themselves at him in a frenzied sexual orgy or feasted on the corpses of children or adults.¹⁰⁶ The stigma of the witch became a timeless depiction largely sustained because society needed to blame someone or something for the atrocities of war, poverty and hunger and the weaker in society are often targeted. Roper writes that during this period church preachings against witchcrafts and death sentences were sustained by the religious order of the Dominicans. Pope Innocent VIII, under substantial pressure from the Dominicans, acquiesced to the inquisition of witches, and this allowed the great witch craze to gain further momentum.¹⁰⁷ Roper wrote that there was little evidence to substantiate the claims of witchcraft, so the inquisitors used several tools to identify witches prior to torture. If a woman had a wart it was thought that this was where the Devil suckled, if pricked by a needle they did not bleed, if thrown into water they floated, or if they lacked the ability to shed tears. To extract a confession, Roman laws of punishments were used: fingers and toes were crushed in a vice, bodies were stretched on a rack, tender parts of the body

¹⁰⁴ Ibid., 47-48

¹⁰⁵ Ibid., 93

¹⁰⁶ Ibid., 94-95

¹⁰⁷ Ibid., 101-108

were squeezed, pulleys jerked the body in midair, leg screws broke the shin bone in pieces, a bed of nails, the “lift” which hoisted the hands behind the back, fingernails were pulled out one by one, and the most effective...sleep deprivation.¹⁰⁸ Roper believes that victims surrendered and confessed when death was chosen to end torture. Roper writes that as the Lutherans and Calvinists travelled they spread the doctrine of torture and death to all witches throughout Europe.¹⁰⁹ As the Europeans travelled across the world and settled in a new land, they brought with them their religious persecution of witches and their disdain for women as sinful.

The author of the book, *The Salem Witch Hunt*, Dr. Richard Godbeer is a history professor at the University of Miami with an extensive background in research on religious culture, gender studies and the history of sexuality. In his book he writes about the farming community in the little town of Salem, Massachusetts in 1692, where over 150 women accused of witchcraft and men who were married to or associated with witches, were murdered. Godbeer wrote that the panic began in January of 1692 when several girls and women began to have strange fits which horrified their neighbors and families. According to Godbeer, the rapid spread of this unknown illness throughout the community created an endemic reaction of fear so the villagers turned to their minister to control, or stop the spread of the disease. Samuel Paris, the local minister, and uncle to two of the afflicted, sought the advice of the local doctor, William Griggs who after his initial examination of the afflicted concluded that the fits were not treatable by his medical expertise because the fits were a result of “an evil hand.”¹¹⁰ Dr. Griggs asked the

¹⁰⁸ Ibid., 120-121

¹⁰⁹ Ibid., 137-141

¹¹⁰ Richard Godbeer, *The Salem Witch Hunt: A Brief History with Documents*, ed. Heidi L. Hood (Boston: Bedford/St Martin's, 2011).p. 2

community to pray and wait upon the providence of God.¹¹¹ Apparently, providence in New England was not a trait that was easily acquired and the reaction to the unknown may have allowed the murder and torture of women.

In his narrative, Godbeer wrote that the community refused to wait and pray and Mary Sibley, the aunt of one of the afflicted took matters into her own hands. Godbeer writes that Mary Sibley baked a cake of meal mixed with the afflicted's urine and fed the cake to a dog (at the time this was the English technique for identifying victims as witches).¹¹² Minister Paris was "horrified and condemned the practice as devil worship,"¹¹³ but under pressure from the community he succumbed to the dogma of that time and encouraged the practice with hope that the cause of the fits would be revealed. The community accused the three women of bewitching them and warrants were issued for their arrest.¹¹⁴ This began the arrest and trials of witches in New England and accusations ran rampant throughout the village of Salem, Massachusetts. Godbeer wrote that incidentally around this time, the sixty year charter of government by London had been withdrawn which enabled the people of Massachusetts to self-govern until they appointed a governor. On May 14, 1692, Sir William Phips the new governor of Massachusetts arrived to chaos. He appointed six judges to oversee the trials and at the head was the Chief Justice, William Stoughton, a Harvard trained minister with a background in theology. On June 2, 1692, the court convened to begin the trial and one by one the afflicted and accused were sentenced to death by hanging. By September 22, 1692 the court had a conviction rate of 100 percent. In total seventy-six percent of all

¹¹¹ Ibid. p. 2

¹¹² Ibid., 2

¹¹³ Ibid., 2

¹¹⁴ Ibid., 2

murdered during this trial were women. A few men were murdered not because they were accused of being a witch but because they were married to or associated with a witch.¹¹⁵ Mainly, the Salem Witch Hunt was targeted towards women.

Salem was populated by settlers from Europe, who held the belief that God was responsible for anything that happened around them, even the most trivial occurrence.¹¹⁶ Their understanding of God was of someone who constantly tested, tempted, rewarded and punished.¹¹⁷ Godbeer writes that any occurrence outside the norm such as comets, eclipses, deformed births, failed crops, dreams, and visions were enough to elicit penance or forgiveness from the supernatural power at play. The Puritans were constantly reminded of their sinful nature inherited from Adam and Eve and the religious dogma was for them to constantly attempt to live a virtuous life. The church ministers were the heads of the community and would warn the parishioners of God's displeasure.¹¹⁸ The ministers solidified to the congregants the relationship between man, woman and God.

Reminiscent of past dogmas, the Puritan ministers taught the congregation that "it was Eve who first gave way to Satan and then seduced Adam, and that women had inherited from their first mother (Eve) the blend of vulnerability of being easily influenced by the Devil."¹¹⁹ The comparison of a rebellious woman in the Puritan church was as to the Devil's rebellion against God in Heaven.¹²⁰ Abigail Abbot's memoir was the first of its kind to document domestic abuse during the eighteenth century from a Puritan perspective. The fear of God created a group of believers who continued the

¹¹⁵ Ibid., 11

¹¹⁶ Ibid., 8

¹¹⁷ Ibid., 8

¹¹⁸ Ibid., 8

¹¹⁹ Ibid., 11

¹²⁰ Ibid., 13

patriarchal views of the earlier church. The Puritans believed that man was the ruling body of government; women were at the mercy of men and little was done toward the emancipation of women. Editor Ann Taves extracted Abigail's story from Pineas' two hundred page memoir of his mother, Abigail Abbot. Taves began her compilation by describing Abigail as the second of ten children, born in 1746, and raised a Puritan. Taves writes that Abigail converted to Congregationalism at eighteen, and married at age twenty-two to Major Asa Bailey, known to be emotionally volatile.¹²¹ In her memoir, Abigail wrote that within one month of marriage Asa began to physically abuse her, had an affair with one of the help, and attempted to rape another. It was only after twenty-two years of marriage, fourteen children, and the incestuous relationship of Asa with their oldest daughter, who was sixteen at the time, that Abigail sought divorce, which was unheard of at that time.¹²² Abigail's demeanor was of a submissive wife, who felt that she ought to obey the man in authority, and that any unusual occurrences were God's way of punishing her. Her understanding of her world was deeply rooted in the religious dogma of the Puritans and acts of domestic violence to her may have been interpreted as a religious message from God.

Both Asa and Abigail's fathers were prosperous, elected officials who owned land, but unlike the Abbots the Baileys were not church members or associated with the church. Abigail's patterns of abuse began as isolation as Asa moved her away from her immediate family, and intimidation. Asa, although not a church going man, was protected by the covenant of marriage. Abigail's memoir indicated that she believed the colonial New England view that "marriage was considered a sacred covenant between

¹²¹ Ann Taves, ed. *Religion and Domestic Violence in Early New England* (Bloomington: Indiana University Press, 1989). p.1

¹²² *Ibid.*, 1

man and wife and was compared to the relationship between God and his congregation. In these relationships one partner was clearly subordinate to the other, and in each case the subordinate was to honor and subject themselves to the superior partner.”¹²³ At that time, there was a rarity of divorce in New England, in fact, the only grounds for divorce at that time was adultery as referenced in the bible. Ironically, the incestuous relationship of Asa with his sixteen-year old daughter was protected because incestuous adultery within the marriage was sanctioned within the laws of divorce. Abigail’s memoir indicated that the prospects of her getting a divorce would not be granted on the grounds of cruelty alone, because above all else the preservation of the family takes precedence over protecting the victims.¹²⁴ Abigail’s divorce, the first of its kind in New England, was instrumental in paving the foundations of laws to protect women. Ironically, both Judaism and Christianity may have heavily influenced the rise of Islam, where the roles of women were further redefined in Asia and the Middle East.

The religion of Islam began around 600 A.D. Christianity was well established and it is believed that the prophet Mohammed drew from both Judaism and Christianity. Born in 570 A.D., Mohammed was known for his truthfulness, sincerity, and generosity; he was often called upon to settle disputes and gained the respect of those around him. At the age of forty, he received his first revelation from God via the angel Gabriel. These revelations lasted for twenty three years. The Quran is a compilation of Mohammed’s interpretation of the messages from the angel Gabriel. Although the preaching of Mohammed is interlaced with Judaism and Christian influence, Islam has distinct doctrines that are not found in either. *Understanding Islam and the Muslim* prepared by

¹²³ Ibid., 11

¹²⁴ Ibid., 13

The Islamic Affairs Department gives a brief overview of the religion of Islam, inside there are five abiding principles which all Muslims must follow:

(One) Faith: there is no god worthy of worship except God and Mohammed is his messenger; (two) Prayer: Prayer is obligatory and should be performed five times daily; (three) Purification and Growth: wealth belongs to God and wealth is held in trust by human beings; (four) Fasting: each year during Ramadan, all Muslims fast from first light to sundown, abstaining from food, drink, and sexual relations; (five) Pilgrimage: annual pilgrimage to Mekka is an obligation for those who are physically and financially able to do so.¹²⁵

The five principles of Mohammed echoed similar messages of purity, allegiance and spiritual growth as Christianity and Judaism, but its rigid gender roles were a harbinger of time past and may have served to further subjugate women to acts of violence.

In her book, *The Hidden Faces of Eve*, Nawal El Saadawi, MD, not only gives a powerful testament to the current conditions of women in the Arab world, but provides background information on how Mohammed's message became the tool to be used against woman in her society. Saadawi was born and raised in a society where Islam was the primary religion, and in her book, she not only expresses her hurt and frustration of growing up in a world where she was suppressed by a patriarchal society, but also her work as a doctor in Egypt, where she witnessed the brutality to women in the name of honor and God. She began her story with a brutal, heart wrenching description of the night her innocence was lost.

Saadawi was six years old when she was awakened suddenly by several cold rough hands, one of which clamped her mouth to prevent her from screaming. She described the terror as her arms were held firm, her legs were spread open and her naked body placed onto the cold bathroom tiles exposed to the flash of a knife. She described her struggles to be free, but was held firm as hands probed between her legs; within seconds she recalled screaming in pain as a searing hot flame went throughout her body. She recalled screaming out for her mother in pain and in shock looked around and saw her mother amongst her abusers smiling

¹²⁵ The Islamic Affairs Department, *Understanding Islam and the Muslims* (Washington: The Embassy of Saudi Arabia, 1989). p. 9-15

and talking to them. That same night her four year old sister experienced the same fate as Saadawi.¹²⁶

This procedure was a rite of passage, as with Jewish custom, it was intended to protect.

Saadawi writes that the custom of female circumcision was prevalent amongst the wealthy and the poor. She recalls afterward asking her mother why and never really being given an answer. “After that night she became aware of other differences between her and her brother. She noticed he was allowed freedom to laugh at the top of his voice, to move his legs freely, while she was not allowed to look at anyone directly in the eyes, to lower her voice, to laugh softly and her legs were to be kept together as she moved about.”¹²⁷ At one point she asked her parents why are boys different from girls and she was told by her grandmother that she is not a boy and she wishes Saadawi had been born a boy like her brother.¹²⁸ Growing up in this environment is what drove Saadawi to investigate the origins of the traditions which favored males and punished females. She wrote that as ancient societies became more structured and men were given more control over land and property, women continued to lose rights and privileges as they focused on home and raising the children. In accordance to biblical teachings, men had authority over everything, especially religion and status.¹²⁹ Islam much like Judaism equates honor and morality to the state of women. Saadawi writes that female circumcision was used to protect the women by suppressing sexual desires and thoughts; the honor of the family is protected preventing girls from losing their virginity outside of wedlock. Saadawi also writes that the veil is meant to protect not the women, but men from lusting after the woman’s body. The idea is to keep women from disrupting the norms of a patriarchal

¹²⁶ Nawal El Saadawi, *The Hidden Faces of Eve* (New York: Zed Books, 2007). p.13-14

¹²⁷ Ibid., 17

¹²⁸ Ibid., 19

¹²⁹ Ibid., 141

society.

According to Saadawi, the Islamic wife has few rights; she belongs to her husband and her duty is absolute obedience to him. Failure to be obedient to her husband, including denying sexual relations, allowed him to divorce her at any time and she may be denied alimony.¹³⁰ In return for her obedience she is fed and clothed by her husband within his means. He dictates the type of home they live in, the type of foods they eat and if a woman asks for more than what the husband feels she is worth, he has the right to divorce her and find another who demands less; which may explain the custom of polygamy within the Islamic society. Religious dogma and preaching once meant to provide prosperity, protection and to restore harmony to God, permeated the evolution of women beginning with Eve. Today's woman has evolved as a progeny of religious molds and governmental paradigms. Unfortunately, the archetypal woman of the past created standardized allowances towards women that may have stymied the emotional growth and self-confidence of today's women. Centuries of subjugation may have inadvertently created today's woman of prey.

Although there have been positive changes to laws forbidding the abuse of women, there still exists the need to protect the status quo of political, economic and social structures. The impact of change in the male dominated dynamics is only created as a need or a result of those who dared to revolt (male and female) against injustices of abuse of any kind. *I am woman hear me roar*, became the anthem for many woman as they attempted to erase years of pain with a movement that grew strong and powerful. Women felt empowered and brave worlds of opportunities were within their reach. This independence was different and new, but it came at a price. The mask of normalcy was

¹³⁰ Ibid., 211-212

in place as these women faced the work force. From nine to five they were strong, but at night the terror remained for those still trapped in the cycle of abuse. Domestic violence is the disease; emotional, physical, and verbal abuses are signs and symptoms of the disease. In the last chapter the behaviors of predatory abusers were linked to hidden hurt and childhood abuse; not as an excuse but to further understand the pathogenesis of the abusive predator. Men hurt because they learn to hurt or learn that pain can be used to control and subdue. Childhood trauma has a lasting effect. During childhood trauma, women learn to hide or suppress their responses to emotional, physical and verbal abuse. The damaging effects of verbal insults, physical injury and emotional defamation leave the abused woman questioning her self-worth. Battered women presented to emergency rooms with vague aches and pains or unexplained broken bones. Emergency room doctors and primary care physicians were puzzled and wary of underlying causes, and often made unaware that the pain was also internal. As more victims became vocal against domestic violence, therapists began looking past the physical to understand the emotional residual scars that render these women susceptible to predatory abuse.

Emotional abuse is lingering; it resides inside long past the physical hurt and the verbal insults. The damaging effects are lasting and internalized by the victims, and this makes cure difficult to sustain. In her book, *The Emotionally Abused Woman*, Beverly Engel describes emotional abuse as “brainwashing and systematically tearing down of self as the victims begin to doubt their self-worth, self-confidence and self-concept.”¹³¹ I agree with Engel, emotional abuse creates an alternate self who resides in a false world that is devoid of true self. There are several types of emotional abuse but Engel lists the most common as: domination, verbal assaults, abusive expectations, emotional blackmail,

¹³¹ Engel, p. 10

unpredictable responses, constant criticism, character assassination, gaslighting, constant chaos, and sexual harassment.¹³²

This emotional abuse is often undetected by others because it leaves no physical or tangible scars, especially if the abuse began in childhood. To further validate this, Engel writes that victims are preconditioned by past childhood trauma; where reactions to abuse create emotional scars that render them prey to an abusive personality.¹³³ Although a few of the victims that I have interviewed recall abuse by a relative or friend of the family, most childhood emotional scars are more often inflicted by a parent. Engel refers to a girl's mother as "the most important women in her life, she learns safety, love, fear and value. This relationship is where a girl learns to be a mother."¹³⁴ Engel writes that this mother-child bond is a blueprint for all future relationships.¹³⁵ Alternately, a girl's father is where she learns about the opposite sex. "Her father becomes the model of what a male should be, it is the first love relationship that is vital to what she expects from a man and how she expects to be treated."¹³⁶ According to Engel if the father is overly critical or demeaning of his daughter, she will in time develop low or poor self-worth and will gravitate towards abusive relationships.¹³⁷ It is my belief that the role of parents is critical to a child's emotional wellbeing and that this relationship sets the stage for future relationships. If a child is emotionally abused and she is not validated as a victim of abuse and healed from the abuse, she may eventually become an emotionally abused woman. I believe the aftermath of a fractured parent-child relationship is the development

¹³² Ibid., 14-21

¹³³ Ibid., 11

¹³⁴ Ibid., 26

¹³⁵ Ibid., 27

¹³⁶ Ibid., 27

¹³⁷ Ibid., 27

of an emotionally fractured woman who develops alternative coping skills, detrimental to her self-esteem and well-being. Emotional abuse and verbal abuse are often a sustained attack on the victim's self-esteem and worthiness, and Patricia Evans, author of the book, *The Verbally Abusive Relationship*, describes verbal abuse as "the most obvious form of abuse; meant to hurt and destroy its victim self-esteem."¹³⁸ Verbal abuse, writes Evans, can be: secretive, increasingly intense, and cloaked in nuances; but ultimately meant to discount the abused perceptions of the abuse.¹³⁹ According to Evans, verbal abuse is a subtle form of physical violence that has become a part of our culture. I've personally witnessed Evans' depiction in the workplace: One-upmanship, intimidation, criticizing, putting down, and manipulating are all fair game for those skilled in verbal assault while climbing the corporate ladder. The subtle aspects of verbal abuse are easily denied, unless there is an audience, which makes it very hard to prove. In my discussions with victims of abuse, many affirmed their feeling of worthlessness of being verbally attacked by partners who constantly deny the validity of the abuse. Like Engel's gaslighting, most of my clients' abusers use verbal assault as a weapon to keep their partners at a distance and to conceal their own inadequacies. This I believe can erase the validity of being abused. Evans writes, "the victim may fail to recognize that they are being abused unless the abuse is validated."¹⁴⁰ Sadly, in my experience, the very act of getting the abuser to validate the abuse will only increase the intensity of the attack.

Both Engel and Evans authored very powerful and compelling descriptions of emotional and verbal abuse. Their descriptions are mirrored in the faces of the women I represent as an advocate against domestic violence. I've often questioned my clients of

¹³⁸ Patricia Evans, *The Verbally Abusive Relationship* (Avon: Adams Media, 2010). p.21

¹³⁹ Ibid., 21

¹⁴⁰ Ibid., 25

any patterns they have observed in their past and present relationships. Most are unaware that their behaviors and self-concepts may be attracting the abusive predator. Self-reflection during abuse is suppressed, as fight or flight overwhelms the moment. The acute crisis becomes separated from the past, and in time the past is blocked outside of consciousness. In chapter one, learned aggressiveness of boys observing abuse was discussed, but now we see that girls who witnessed abuse learn to be submissive and helpless. I've often asked victims of domestic violence to tell me about the first time they were abused. After some thought, the usual response is a discussion of the last abusive episode. This is not unusual, as discussed earlier; the past is blocked in a state of suppressive memory loss that is irretrievable or inaccessible to the conscious mind. Self-realization is usually not accessible during crisis, but during rare moments in therapy sessions, the survivors are able to look back and reflect on the horrors that are often trapped in memory. Even then there is a fight to suppress the memory as it may overwhelm the self. The ability to self-reflect is important because, Engel feels that in order to get it right, you must find the original abuser. This concept of finding the original abuser was new to me. In regression therapy, victims are often told to think back to the acute abuse, and the therapist focuses on the crisis abuse that brought the victim to counseling. Apparently Engel thinks that the original abuse was the progenitor for all subsequent abuses. Engel believes that "the original abuser is not always the first person that abused you, but the one who had the most lasting effect and did the most damage."¹⁴¹ She also believes that one or both parents are usually the original abuser.¹⁴² This is a

¹⁴¹ Engel, p. 78

¹⁴² Ibid., 78

dilemma for most. Emotional abuse occurs outside the level of perception of a child and most children, once acclimated to the abuse, would know no difference.

When I was growing up, several of my friends, ranging in age from thirteen to fourteen, had keys to their homes. I would often hang out at their homes and marveled that they were so independent. I would daydream about having a key to my home, coming and going as I pleased. It was later I learned they were called latch-key kids. Their parents were often out working, or socializing and they had to fend for themselves. Even as a teenager I thought nothing was wrong with the idea. I myself always had a parent home, and had to check in upon arrival and if granted, upon departure. I felt my friends must have enjoyed this freedom. One event that stood out for me was my friend Cynthia (not her real name), who was fourteen. I remember going home with her and watched her struggle to find food for herself and her sister. I would deny any thing offered. I was being polite and knew that I had dinner waiting at home and I had better not spoil my appetite. Looking back, Cynthia and her sister were latch-keys kids, but there was also something I missed as a child. I never saw their parents. Engel writes that “absentee parenting, leaving the child alone in the house or being emotionally absent deprives the child of needed affection, and attention.”¹⁴³ Cynthia’s situation was considered absentee parenting, but parents, may also be considered absentee if they are on drugs or alcohol giving little or no attention to their children. During crisis counselling, I often counsel grandparents who have been left to care for a child whose parents are on drugs, jailed or have died. In this instance, the child protection agency may suggest foster care and the child may be removed from the grandparent’s care. There are instances that I have witnessed, where the child, present during the investigation is

¹⁴³ Ibid., 81

silenced, although capable of speaking. I remember a case where the child was being abused by her drug addicted mother and boyfriend. When I asked the little girl about her mother's boyfriend, she just hung her head and hid behind her tangled hair. During this interview, I felt there was so much that was left unsaid. I left that meeting wondering, how much of that little girl's youth will be lost, and what will happen as she battles to regain a sense of normalcy. It was disheartening for me, to see one so young with little affect.

It appears that victimization from an original abuser can range from the very subtle to the overt; in any form, it has a lasting effect on the victim that will change the direction of their lives. Children rarely are given the chance to defend themselves, especially if a parent is the abuser. Many avoid the pitfalls of being revictimized, but I still see many trapped inside the past. The game of trying to beat the odds is an unconscious battle of the mind; victims of abuse are constantly adjusting their mental states to suppress warnings and alerts to allow the progression of abusive relationships. It is a gamble, where the emotional baggage of prior abuse renders one susceptible to revictimization. It is a compulsive force of the mind, as one repeatedly battles to beat the odds, by unconsciously engaging in the same types of abusive relationship again and again.

CHAPTER III

PATHOGENESIS OF REPETITION COMPULSION

Based on statistical data conducted by the U.S Department of Justice, it is safe to suggest that childhood physical or sexual assault may have residual effects that may render victims susceptible to revictimization. Buried within the unconscious, childhood memories of assault struggle to be released and acknowledged, but are hindered by defense mechanisms and a host of others regulatory forces preventing their escape. The concepts of brain involvement, attachment theory, affect regulation, defense mechanism, post-traumatic stress disorder, and revictimization will be discussed in an effort to reconcile the trauma of childhood assault to adult repetitive patterns of destructive behaviors. The pathogenesis of repetition compulsion is locked inside the unconscious, where the behavior or act was never given a name by the child affected by the trauma, but is instead internalized and expressed in the unconscious choices of intimate partner selection, and other interpersonal relationships. Intimate partner violence will be reconciled with underlying factors affecting partner selections, as well as the adaptive abilities of the abused to assimilate a learned complacent response to repeated violence and trauma.

The insidious nature of childhood sexual or physical assault confirms the findings of most psychoanalysts who, along with Freud, Bowlby, and others, studied the ability of the abused to internalize and repress the assault. Sigmund Freud, physiologist, psychologist, medical doctor, and considered the father of psychoanalysis, in his treatise *Beyond the Pleasure Principle*, defines the behavior of compulsion as an undesirable impulse fueled with biological energy and demonic force continually pressing for

discharge.¹⁴⁴ Additionally, Freud defined this compulsion as an unconscious impulse to repeat a pattern that has been long established and has become a learned response on an unconscious level. This repressed memory dictates behavior as well as reactions to stimulus, and becomes a learned behavior that serves as a benchmark to our responses. Additionally, chemicals inside the human brain act as filters, triggered by our impulses and behaviors. Repetition compulsion may be related to the DMS- IV profile of borderline personality disorders which is theorized to be an unconscious learned response to childhood trauma. Viewed by many as harmful to the self, this repetitive pattern of compulsion was never linked to mental illness, although at the time of Freud's writings, he described repetition compulsion as a neurotic behavior.

Insanity has been defined as, "doing the same thing over and over and expecting a different result,"¹⁴⁵ but the compulsion to repeat trauma is outside the awareness and is not consciously motivated by the victims themselves. Additionally, the victim is determined to master the outcome but has little knowledge of having repeated the same behavior over and over again. Diagnosed mental illnesses such as schizophrenia, dementia, and personality disorders are classified, treated and labeled, but repetition compulsion is often undetected and buried deep within the individual's response to everyday stimulus, that its pathology remains untreated. According to psychoanalysts LaPlanche and Pontalis, repetition compulsion is defined as the following:

At a level of concrete psychopathology, the compulsion to repeat is an ungovernable process originating in the unconscious. As a result of its action, the subject deliberately places themselves in distressing situations, thereby repeating an old experience, but does not recall this prototype; on the contrary, he has the

¹⁴⁴ Sigmund Freud, *Beyond the Pleasure Principle*, trans., C.J. M. Hubback (Breinigsville: Digireads, 2009). p.45-47

¹⁴⁵ Denise K. Shull, "The Neurobiology of Freud's Repetition Compulsion," *Annals of Modern Psychoanalysis* II, no. 1 (2003). 21

strong impression that the situation is fully determined by the circumstances of the moment.¹⁴⁶

In 1914, Freud defined the force of compulsion as patterns forgotten in childhood that then are reproduced actions where the patient is compelled to surrender to these impulses to satisfy an unconscious reactivation of past experiences.¹⁴⁷ Originating in the brain, these memories create forces which drive our impulses and reactions. Neuroscientists depict the brain as the storehouse of our memories that is armed with a myriad of structures which governs and controls the impulse of repetition compulsion.

The brain is made up of neurons, glia, synapses, and neurotransmitters. According to Dr. Joseph LeDoux, neuroscientist, professor and author of the book *The Emotional Brain*, “neurons consist of dendrites, cells, and an axon. Dendrites receive messages and forward them via electrical signals within the cell.”¹⁴⁸ “Glia are the administrator that directs waste control and repair and synapses are miniscule spaces between neurons, they are the tiny space joining neurons and this is where information is exchanged.”¹⁴⁹ “Neurotransmitters are chemical substances which excite or inhibit the cell in the brainstems and produce chemicals integral to learning, memory, attention, and emotion.”¹⁵⁰ “The brainstem connects the brain to the body and within the brain are structures called the amygdale and the hippocampus.”¹⁵¹ The tiny organ called the amygdale is at the heart of repetition compulsion.

The amygdale is an almond shaped structure which is located in the temporal lobe. ” This structure receives and processes sensory perceptions, activates motor and

¹⁴⁶ Ibid., 23

¹⁴⁷ Freud.p.21

¹⁴⁸ Joseph LeDoux, *The Emotional Brain* (New York: Simon & Schuster, 1996).p. 214

¹⁴⁹ Ibid., 213-214

¹⁵⁰ Ibid., 288-289

¹⁵¹ Shull, "The Neurobiology of Freud's Repetition Compulsion." p. 25

automotor response, and processes unconscious emotions and behaviors. Created at birth, the amygdale rapidly changes within the first two months of life and performs an important role in repetition compulsion.”¹⁵² As discussed in chapter one, as the infant matures, its demand for eye contact with its mother is preceded by its cry and if the cry is ignored, the infant is capable of exhibiting anger and fear. Citing several references in her paper, *The Neurobiology of Freud's Repetition Compulsion*, Shull quotes Cozolino's theory on the effect of childhood trauma: “the early exposure to tension affects the level of adrenaline secreted and creates a pattern of neurochemical release which is stimulated each time the infant is faced with similar situations; which in turn creates a pattern that becomes a part of the unconscious adult response later in life.”¹⁵³ I believe this period in infancy, where maladaptive responses are initiated may be the development of individual psychopathology.

In 2002, Dr. Louis J. Cozolino, clinical psychologist, professor, and author of the book *The Neuroscience of Psychotherapy*, describes the “neural response as being desensitized by the barrage of stimuli over a brief period of time, the desensitizing generates the same response with weaker stimuli.”¹⁵⁴ In summary, Cozolino believes that even the slightest tap will produce a firing of the neurons and this is a phenomenon referred to as Long Term Potentiation (LTP) or Hebbian Learning.¹⁵⁵ This change to the neuron response is lasting and will fire in this manner decades later because the synapses never forget.¹⁵⁶ These findings suggest that the rapid firing of excessive stimulation

¹⁵² Ibid., 26

¹⁵³ Ibid., 30

¹⁵⁴ Louis J. Cozolino, *The Neuroscience of Psychotherapy: Healing the Social Brain*, 2 ed. (New York: W.W. Norton & Company, 2010). p. 67

¹⁵⁵ Ibid., 67

¹⁵⁶ Shull, "The Neurobiology of Freud's Repetition Compulsion." 31

creates a neurobiological path of least resistance. Shull quotes, Dr. Allan Schore, neuropsychanalyst, and author of several books and the 2001 document, "Affect Regulation and the Origins, Disorders, and Repair of Self," to describe how neurons selectively respond to input at preferred frequencies. Schore describes this selection as:

Turning the dial on the radio seeking the best frequency and its selection is the path of least resistance or the best produced with minimal effort. The brain's neuron is constantly seeking this frequency with each new experience, when it finds a close match, the memory is propelled forward and locked in with the new experience, creating a bias to the person's perception and alters the behavior. This is all done within seconds and is totally within the realm of the unconscious.¹⁵⁷

These memories are embedded within the unconscious and become a part of our unconscious reactions.

Memory is essential to our interactions, abilities, emotions, and aspirations. Two types of memories will be discussed within this research, declarative or explicit memory and implicit or non-declarative memory. Declarative memory (conscious) is the ability to remember day to day things which govern our lifestyle; this memory is explicit and is supported by the hippocampus.¹⁵⁸ LeDoux describes implicit memory (unconscious) as "flashbacks of a memory made clear because of the emotional implications."¹⁵⁹ It is the theory of PTSD that repeated trauma and stress creates an ongoing reaction by driving the compulsion to repeat the event.¹⁶⁰ Although implicit memory is useful in performing day to day activities, skill learning, and priming and classical conditioning, LeDoux believes that "implicit memory is a conditioned reaction to stimulus, and highly charged emotions

¹⁵⁷ Ibid., 31-32

¹⁵⁸ LeDoux.p. 201

¹⁵⁹ Ibid., 206

¹⁶⁰ Shull, "The Neurobiology of Freud's Repetition Compulsion."32

will create a more lasting conditioned response.”¹⁶¹ Brad Bowins, MD, who wrote a paper on unconscious or maladaptive repetitious behavior agreed with LeDoux’s previous statements on implicit memory; Bowins implies that the compulsion to repeat the trauma is a pattern that may be guided by an unconscious memory to what one has been previously exposed.¹⁶² I believe these findings may also suggest that in choosing partners the abused unconsciously select someone reminiscent of a past memory, and this latent emotion or reaction is evoked by the brain structure called the amygdale. The function of the amygdale was studied by research scientists, Heinrich Klüver and Paul Bucy. The “Klüver-Bucy syndrome, is a neurobehavioral syndrome, associated with bilateral lesions in the anterior temporal horn or amygdala.” To summarize their experiment, the amygdale was removed from the temporal lobes of rhesus monkeys; removal of the amygdale resulted in a lack of fear in these monkeys to situations that previously created fear.¹⁶³ To support the earlier findings of Klüver and Bucy, LeDoux recreated the experiment and confirmed that an incompletely developed or damaged amygdale may create the compulsion to repeat or recreate fearful situations later in life.¹⁶⁴ Both experiments support the theory that the amygdale has an integral role in our response to stress and trauma. LeDoux describes the fight or flight response as an emotional state that is heightened during stress response which alters coping mechanisms and shapes the

¹⁶¹ LeDoux.p. 196-197

¹⁶² Repetitive Maladaptive Behavior: Beyond Repetition Compulsion, *American Journal of Psychoanalysis* ed. Brad Bowins, <http://ezproxy.drew.edu/login?url=http://search.proquest.com/docview/751175804?accountid=10558>. (accessed November 18, 2014).p. 10

¹⁶³ Anne Hayman et al., "Klüver-Bucy Syndrome after Bilateral Selective Damage of Amygdala and Its Cortical Connection," *Journal of Neuropsychiatry and Clinical Neuroscience* (1998). <http://neuro.psychiatryonline.org/cgi/content/full/10/3/354> (accessed December 30, 2010).

¹⁶⁴ LeDoux.p. 289

way one reacts to future stimuli.¹⁶⁵ In his article, “When Trauma Strikes the Soul: Shame, Splitting and Psychic Pain,” Benjamin Kilborne described the mother-infant interactions as critical, emotionally charged interactions that create lasting effect into adulthood, and can trigger adult onset repetition compulsion.¹⁶⁶ This theory aligns with Bowlby’s attachment theories. Child psychiatrist, psychoanalyst and author of the *Attachment and Loss Trilogy*, John Bowlby’s attachment theory of 1969, recognizes the powerful bond between the child and the parent; this is where the first attachment dyad is created. He describes instinctive patterns of bonding as preconscious (out of awareness) and inaccessible.¹⁶⁷ Both writers confirm the learned response theory which suggests an unconscious coupling of past behaviors to future experience outcomes.

The relationship of nature versus nurture effects on learned modes of attachment and affective transpersonal states occurring deep within our subconscious was researched by psychotherapists Beatrice Beebe and Frank Lachmann. Beebe and Lachmann studied early mother-infant interactions and noted that at birth, an infant has the ability to track its mother’s voice and, by three to four months, has a wide range of emotions. The infant has the ability to self-regulate in response to his mother’s facial expression, and will look away to avoid overstimulation. Infants raised by depressed or emotionally detached mothers tend to exhibit a heightened arousal distress state, elevated heart rate and high cortisol levels.¹⁶⁸ Anxiety, sexual excitement, rage, depression, and euphoria in the mother will generate corresponding affects in the infant; equally intense affects like

¹⁶⁵ Ibid., 46

¹⁶⁶ Benjamin Kilborne, "When Trauma Strikes the Soul: Shame, Splitting, and Psychic Pain," *American Journal of Psychoanalysis* 59, no. 4 (1999).p. 8-10

¹⁶⁷ John Bowlby, *Attachment and Loss, Loss Sadness and Depression*, vol. 3 (New York: Basic Books, 1980).p. 38-43

¹⁶⁸ Beatrice Beebe and Frank M. Lachmann, *Infant Research and Adult Treatment* (New York: The Analytic Press, 2002).p. 28

terror, murder, rage and joy are also transferable and contagious. “It is this interchange of powerful emotions which is registered in the infant as ‘what I am feeling you are feeling’ and neither is sorted independently.”¹⁶⁹ In Steven Michell’s book, *Relationality from Attachment to Intersubjectivity*, he quoted Ogden’s multiplicitous self as “struggling to ward off impulses, but this discontinuous, multiple self organized, and packaged together an illusory sense of continuity and coherence that has both a conscious and unconscious feature.”¹⁷⁰ According to Michell, these affective states of self and others are divided into three categories where:

- (1) Others participate in recurrent, stabilizing patterns of interaction that are neither symbolic nor reflected upon;
- (2) Others participate in affective connections, sometimes making certain kinds of affective experiences possible;
- (3) Distinct others are symbolized, but play specific functional roles, like mirroring, exciting, and satisfying.¹⁷¹

Mitchell concluded that these interactions of self and others are formed during early interactions between mother and child.

Mary Ainsworth working with John Bowlby constructed the “Strange Situation” to assess how infants and children respond to the presence or absence of their mothers during play. Infants’ and children adaptative abilities are predicted by interactive regulation within the dyad (mother and child). According to Ainsworth, “during the interaction these responses are internalized and become incorporated into personality forming mental representation of self and other,”¹⁷² which may explain why individuals select partners to reenact the experiences from childhood. Additionally in Henderson, et

¹⁶⁹ Ibid., 26-27

¹⁷⁰ Stephen A. Mitchell, *Relationality from Attachment to Intersubjectivity*, 20 vols., vol. 20 (New York: The Analytic Press, 2000).p. 63

¹⁷¹ Ibid., 63.

¹⁷² A. J. Z. Henderson, K. Bartholomew, and D. G. Dutton, "He Loves Me; He Loves Me Not: Attachment and Separation Resolution of Abused Women," *Journal of Family Violence* 12, no. 2 (1997).

al's article, "He Loves Me; He Loves Me Not," psychologist Mary B main and colleagues are noted as identifying a distinct association between adult recollection of childhood experiences and the quality of their present relationships.¹⁷³ They show that the patterns of love, expectations and self-worth correlated to the internalized sense of self-worth, and the attachment styles dictate the course of romantic love, availability and trustworthiness of partners. The internal working model constructed by Main and colleagues developed the Adult Attachment Interview to categorize adults into three attachment groups: Secure, Avoidant, and Ambivalent. Similarly, psychologist Kim Bartholomew defines four prototypes of attachment patterns as they relate to relationship.

Secure patterns are defined by a positive view of self and others with a low anxiety and low avoidance. A dismissing pattern is defined by a positive view of self and a negative view of others with low anxiety and high avoidance. Fearful patterns are defined by a negative view of self and others with high anxiety and high avoidance. A preoccupied pattern is defined as a negative view of self and a positive view of others with high anxiety and low avoidance.¹⁷⁴

These patterns of attachment undergo a shift from infant and mother to adult romantic relationship and are complementary to the primary mode of attachment.

The attachment bonds are activated during stressful events such as threats and violence, and propel the threatened to seek proximity to an attachment figure. Insecure attachment to a caregiver during childhood is a learned response which is propagated in an adult instance of abuse and may even intensify the bond between the abused and the abuser. Bowlby reported that children who are rejected by their mother become clingy; it is instinctual in the child to remain close to a mother who is inattentive and distant.¹⁷⁵ Abuse in itself may strengthen the bond between the abused and the abuser, this social-

¹⁷³Ibid., 171

¹⁷⁴ Ibid., 172

¹⁷⁵ Bowlby, *Attachment and Loss, Separation: Anxiety and Anger*.p. 57-69

psychological theory is called traumatic bonding. A battered woman remains loyal to her abuser by a relationship that combines two forces, intrinsic and situational: power imbalance and intermittency of abuse. According to Henderson and others, “in an unbalanced power relationship, the dominated person’s negative self-appraisal escalates, and she becomes increasingly incapable of functioning without her dominator and is less likely to leave the relationship; conversely the dominator develops an inflated perception of his own which exacerbate this cycle of power asymmetry.”¹⁷⁶ Henderson continues, “In intermittent abuse, violent episodes are countered with periods of warmth and affectionate behavior. The alternating aversive and pleasant stimuli create a learned paradigm known as intermittent reinforcement.”¹⁷⁷ I believe this cycle is difficult to break and renders the abused women unable to break away from the abuser. Women in this cycle of abuse are less likely to remain away from their abuser and become emotionally attached to their partners. There are inner working models at play which strengthen this bond. Individuals with secure and dismissing inner working models are less likely to remain in abusive relationships and have a positive view of self. Individuals who are fearful and preoccupied have an inner working model of themselves as being unworthy and undeserving of love and find the abuse justifiable.¹⁷⁸ This archetype formed earlier in childhood emulates the mother-baby dyad, where the infant or the abused is both fearful and dependent on the mother or the abuser.

Fearful and preoccupied inner working models are at work in the willingness to

¹⁷⁶ Henderson et al., "He Loves Me; He Loves Me Not: Attachment and Separation Resolution of Abused Women." 173

¹⁷⁷ Ibid., 173

¹⁷⁸ Ibid., 174

accept the status quo of abuse which further lowers self-esteem, and cultivates a lack of choice. "Abused women with fearful and preoccupied inner working models are apt to feel controlled by outside forces and have a higher need to be validated and seek approval from their abuser."¹⁷⁹ This negative sense of self is related to anxiety, dependency and depression. According to Henderson:

Women who are preoccupied are more prone to remain with abusive partners, where the volatile nature of the relationship style is ambivalent with tendencies toward idealization and derogation. This compulsive relationship is fostered by the cycles of violence and calm, and is linked to the attachment patterns observed and learned in childhood. Preoccupied individuals are familiar with the parenting style of inconsistent reinforcement where separation or threats of abandonment by the caregiver are used as a method of control. This learned behavior and response to an attachment figure that is unpredictable, unavailable, and nonresponsive makes the concept of separation especially difficult for an abused women and she remains emotionally invested to her violent partner.¹⁸⁰

Coupled with these distinct attachment issues are defense mechanisms which govern and acclimate adaptative response to trauma. The human mind has the unique ability to unconsciously initiate defense mechanisms that wall off traumatic experiences. These defense mechanisms protect the self from anxiety, provide social sanctions, and allow the mind to escape from situations it is unable to cope with.¹⁸¹ The mind governs these instincts by the tripartite system of controls conceptualized in Freud's 1927 essay, "The Ego and the Id." It is this extraordinary system of control that not only handles trauma and life experience but creates conflicts as one or the other battles for dominance. At times, we hide from our past and sometimes the future by involuntarily burying our memories and parts of ourselves deep within the recesses of our unconscious, where they remain forgotten, inaccessible to the conscious mind.

¹⁷⁹ Ibid., 175

¹⁸⁰ Ibid., 176

¹⁸¹ Stephen Thornton, "Sigmund Freud 1856-1939." <http://www.iep.utm.edu/f/freud.htm>. (accessed 19 October 2008). p. 6.

The tormented mind has been a fascination for close to a century where psychological documents, portraying dueling paradigms of good and evil, gained momentum around the inception of Sigmund Freud's "Theory of the Unconscious." In his writings, Sigmund Freud postulated that slips of the tongue, obsessive behaviors and dreams were the results of hidden or repressed mental processes.¹⁸² He further postulated that two basic instincts in man, Eros and Thanatos, are the motivating forces which energize the mind to act or react. Eros, the life instinct, provides self-preserving and erotic instincts and Thanatos, the death instinct, provides aggression, self-destruction and cruelty.¹⁸³ These instincts reside in the unconscious, and are involuntary processes that are triggered during fight or flight. Freud describes the Id (the unconscious), as a self-centered, primitive, and often childish, pleasure oriented part of the mind, lacking the ability to delay gratification. The Superego (or conscience) reinforces internalized societal and parental standards of good, bad, right and wrong and punishes the self with anxiety and guilt. The Ego is the gatekeeper of the Id and the Superego and creates a compromise that allows both to express hidden urges and desires in a manner acceptably by society.¹⁸⁴ Dueling paradigms constantly at war inside the unconscious, alert the Ego to react and protect the self by deploying defense mechanisms.

Defense mechanisms are indispensable protectors that prevent the internalization of traumatic moments in life by allowing one the time and space to escape from situations where one is unable to cope. However, chronic use of these defense mechanisms allows the evolution of a dominant alter ego or second self. This "alter ego splits and separates

¹⁸² Sigmund Freud, "The Unconscious," ed. Vincent Dionis (Tree of Knowledge, 1892).p.380

¹⁸³ Thornton.p.5

¹⁸⁴ Sigmund Freud, "The Ego and the Id," ed. Ernst Jones (London: Hogarth Press, 1927) (accessed November 24, 2014).p. 28-45

the traumatic experience and hides the memories in a place irretrievable by one's consciousness."¹⁸⁵ This may appear ideal, but it prevents one from reflecting on the past and according to Philip Bromberg author of *Standing in the Spaces*, Socrates states, "The unexplained [un-reflected] life is not worth living."¹⁸⁶ "This ability of the human mind to adaptationally limit its self-reflective capacity is the hallmark of dissociation."¹⁸⁷ "In the dissociative world, the mind is stable, secure, and is oriented towards keeping the environment from being rearranged by outside influences. It is a self-contained environment free of unwanted intrusions, spontaneities or surprises."¹⁸⁸ But how does one get to this state of mind? Psychoanalysts propose that the mind escapes in situations where there is repeated and prolonged childhood physical and sexual trauma and where there is a familial history of dysfunctional behaviors. Bromberg and Apgar writes that combined or occurring individually, all of the above may be precursors to developing dissociative disorders.¹⁸⁹ Bromberg adds:

When self is unable to escape or prevent trauma, and there is no hope of escaping the experience, psychological trauma occurs and self is either invalidated or annihilated. If this experience is prolonged or violent the level of arousal increases and the state of hyperarousal of affects cannot be managed by thought...it is simply beyond belief. As the chaotic flooding of affect threatens to overwhelm the sanity the mind simply dissociates from the experience. Dissociation is a defense mechanism that is always on call; the dissociated personality is rigidly kept in check by isolating the individual from destructive thoughts.¹⁹⁰

There are many defense mechanisms which prevent the self from acting outside the norms of society and for the most part these defense mechanisms are guardians of the

¹⁸⁵ Freud, "The Unconscious". p.439

¹⁸⁶ Philip M. Bromberg, *Standing in the Spaces* (New York: The Analytic Press, 1998).p.7

¹⁸⁷ Ibid., 7

¹⁸⁸ Ibid., 9

¹⁸⁹ Barbara Apgar, M.D., M.S., "Childhood Trauma and Dissociation in Adulthood."
<http://www.americanfamilyphysician.com> (accessed 23 September 2008).par.3.

¹⁹⁰ Bromberg. p.12

unconscious. The mind buries and places traumatic memories outside of the consciousness and these memories cannot be readily brought to the forefront of consciousness except by prolonged psychoanalysis or an unconscious response to a traumatic memory. In order to retrieve these memories, prolonged psychoanalysis must first identify, disable and unlock a series of defense mechanisms. In his book *Adaptation to Life*, George E. Vaillant, psychoanalyst, research psychiatrist, and a pioneer in the study of adult development, defines eighteen adaptive defense mechanisms compiled from the earlier works of Percival Symonds, Anna Freud, Arthur Valenstein, Elvin Semrad, Otto Fenichel, and Lawrence Kold.¹⁹¹ According to Vaillant, these eighteen defense mechanisms are further divided into six levels:

Level 1

Psychotic defenses mechanisms are common in psychosis, dreams and childhood.

Behaviors include:

- 1) Denial: literal denial of external reality
- 2) Distortion: grossly reshapes external reality
- 3) Delusional: Projection about the event.

Level II

Immature defenses mechanisms are seen in children, adolescents, and in adults with depressive illnesses, addiction and brain disorders. "Immature defenses, per Vaillant, may be mobilized by physical illness and genetic vulnerability"¹⁹²

Behaviors include:

- 1) Fantasy: retreats into a fantasy land to avoid conflicts.
- 2) Projection: paranoia is displayed, and one lessens or transfers undesirable aspects of self onto another.¹⁹³
- 3) Hypochondriasis: is common in the physically ill who act out impulses without conscious awareness¹⁹⁴
- 4) Acting out: unconscious impulse that drives self to express a certain behavior.

¹⁹¹ George E. Vaillant, "Adaptation to Life," (Cambridge: Harvard University Press, 1977) (accessed March 31, 2015). 1068

¹⁹² Ibid., 1112

¹⁹³ Anna Freud, *The Writings of Anna Freud*, trans., Cecil Baines, VII vols., The Ego and the Mechanisms of Defense, vol. II (Madison: International Universities Press, Inc, 1936). 124-127

¹⁹⁴ Vaillant. 1112

- 5) Passive aggression: behavior is indirectly acted out towards others. Vaillant describes the adolescent child who is “not yet ready to leave his parent but is ready to establish autonomy.”¹⁹⁵

Level III

Neurotic defenses are commonly found in most adults. They are usually short term methods of coping. Vaillant describes neurotic defense as “mastering acute conflicts.”¹⁹⁶ Behaviors include:

- 1) Displacement: phobias, “negative behaviors are directed to a less threatening target.”¹⁹⁷
- 2) Dissociation: internal pain is denied and a happier state is put in its place, it a mental way of escaping.¹⁹⁸
- 3) Isolation: Vaillant suggests that identifying this defense was one of Freud’s most notable contributions. According to Vaillant, “Freud first describes this defense mechanism as isolating, dislocating or transposing upsetting affects from ideas and objects.”¹⁹⁹
- 4) Intellectualization: distancing oneself from the emotions or anxiety by focusing on the intellectual aspects of the events.²⁰⁰
- 5) Reaction formation: conveying negative impulses into opposite behavior. According to Vaillant, Lieutenant Keats, who fought in World War II, recalled a detached reaction as a fighter bomber pilot. In the air Keats was detached from the destruction he caused below. After the war ended, Keats lost the defense of being in war and became altruistic; returning to Germany to atone for the destruction he had caused.²⁰¹
- 6) Repression: Placing thoughts into the unconscious to prevent dangerous thoughts from entering the conscious.²⁰²

Level IV

Mature defenses are healthy adaptative defenses. Personal conflicts are used as learning tools to allow conflicts and traumas to surface and to deal with them effectively.

Behaviors include:

- 1) Altruism: providing service and comfort to others.
- 2) Anticipation: per Vaillant, allows one to become aware of an event before it happens and this prevents anxiety and depression.²⁰³
- 3) Humor: ability to express unpleasant feelings with humor.
- 4) Sublimation: transforming negative emotions into positive behaviors. Vaillant describes sublimation as an “efficient expression of one’s instinct.”²⁰⁴

¹⁹⁵ Ibid. 2439-2440

¹⁹⁶ Ibid., 1125

¹⁹⁷ Freud.p.124-133

¹⁹⁸ Vaillant. 308-309

¹⁹⁹ Ibid., 1028

²⁰⁰ Ibid., 1742

²⁰¹ Ibid., 1241-1263

²⁰² James Morrison, *Diagnostic and Statistical Manual of Mental Disorders Made Easy*, 4 ed. (New York: The Guilford press, 1995). p.317

²⁰³ Vaillant. 1425

- 5) Suppression: unconsciously pushing thoughts into the preconscious to delay and allow the individual to cope.²⁰⁵

The psychoanalytic process of disabling the defense mechanism requires a skilled psychoanalyst as the outpouring of memories may unleash that part of one's self that lurks in hiding, stoically guarding the trauma of our past.

In Rebecca Frey's article on "Dissociative Disorders," she defines trauma as the precursor of dissociation by stating that:

The human brain stores happy memories and traumatic memories in different confines of the unconscious. These split off memories may erupt into our consciousness without warning. Over time the two sets of memories may coexist, combine or blend. In extreme cases the memories may alter personalities and create sub-personalities and this is the trademark of dissociative identity disorder. These disorders vary in their severity and their onset, and are often misdiagnosed.²⁰⁶

She further described other aspects of dissociation as the following:

- (1) Dissociative Amnesia: the distinctive feature is the inability of the patients to remember important personal information to a degree that cannot be explained by normal forgetfulness. In many cases it is a reaction to a traumatic accident or witnessing a violent crime. Patients with dissociative amnesia may develop depersonalization or trance states as part of the disorder, but they do not experience a change in identity.²⁰⁷

I understand this to define a temporary forgetfulness of things that is linked to a traumatic event. This may be an immediate dissociative disorder that occurs during or shortly following the trauma. Forgetting the pain of the event allows the mind to begin healing as it struggles with understanding what took place.

- (2) Dissociative Fugue: A disorder in which the person temporarily loses his or her sense of personal identity and travels to another location where he or she

²⁰⁴ Ibid., 1328

²⁰⁵ 15 Common Defense Mechanisms, *PsychCentral*, ed. John M. Grohol, Psy.D, <http://psychcentral.com/lib/2007/15=common=defense=mechanisms/all/1/> (accessed 15 November 2010).

²⁰⁶ Rebecca Frey, "Dissociative Disorders." <<http://www.healthline.com/galecontent/dissociative-disorders?print=true>> (accessed 23 September 2008).

²⁰⁷ Ibid., par.7

may assume a new identity. Again, this condition usually follows a major stressor or trauma. Apart from the inability to recall their past or personal information, patients with dissociative fugue do not behave strangely or appear disturbed to others.²⁰⁸

The state of this dissociation, I believe, is a suppression of all that is known of oneself.

The knowledge of self is perhaps linked to a trauma so unbearable that the memory of self is split or buried with the trauma in order to create a new sense of normalcy. This is sudden and unplanned, where someone travels away from home to begin a new life.

There is no memory of past state and this may last for months or maybe years.

- (3) Depersonalization Disorder: A disorder where the person's symptoms are a sense of detachment from self. Depersonalization is a symptom common among college age population. It is often associated with sleep deprivation or recreational drug use. People with depersonalization often describe themselves as being out of body or watching themselves in a movie²⁰⁹

Many victims of domestic violence recall that during the immediacy of being beaten, there is a physical splitting of the body from the mind. The mind floats above the body and surrealistically observes the abuse; the loss of connection to the pain preserves the mind. The term numb is used to describe the moment.

- (4) Derealization: A dissociative disorder in which external environment is perceived as unreal. The patient may see walls or buildings changing shape, size or color²¹⁰

I believe the sense of walls moving and spinning may be a neurobiological reaction or residual vertigo, resulting from head trauma. However, in my experience, many victims recall sleeplessness or fear keeping them awake; unable to sleep.

Despite the multiplicity of dissociative disorders, the underlying pathology appears to be childhood or adult trauma. In her article, "Childhood Trauma, Adult Trauma and Dissociation," Michelle Lee Pearson cited Bloch's definition of dissociation as, "a

²⁰⁸ Ibid., par. 8

²⁰⁹ Ibid., par. 9

²¹⁰ Ibid., par. 14

structured separation of mental processes that are integrated. It separates, segregates, and isolates chunks of experience. It serves to compartmentalize threatening, destructive, or effectively negative material and prevent it from contaminating non-threatening material.”²¹¹ Dissociation is an immediate adaptive response that diminishes or blocks awareness of the trauma or its impact.²¹² John P. Muller suggests that “if a child is faced with trauma fundamental change in self-awareness appears towards the end of the second year [of life]...as a heightened anxiety about broken or defective things, about naughty (punishable) acts, and about potential criticism at the inability to understand or do a prescribed task.”²¹³ This is rather disconcerting, because the mother-infant dyad may be riddled with criticisms and punishment coupled with an abundance of affection as a result of the mother’s guilt. It is difficult to imagine a child living in a world where the mother-child dyad is fractured and abusive. “Children are placed in a rather frightening position of having to love ‘bad objects’ whether the mother is a good or bad mother is not a testament to the level of attachment. Children simply become attached to whatever is available.”²¹⁴ If prolonged, the experience leads to disturbances in psychological development and may later manifest itself in self-destructive behaviors. It is my theory that excessive imaginary friends and play may be a secondary response to childhood trauma, or a way for the child to escape or dissociate from the trauma.

From time to time we allow our minds to dissociate as we drive, and we find ourselves on autopilot and arrive unharmed at our destination. It is this ability that also allows one to escape the traumas of life; where the mind is equipped to store those

²¹¹ Michelle Lee Pearson, "Childhood Trauma, Adult Trauma, and Dissociation," *Dissociation*, (1997). p.58

²¹² *Ibid.*, 58

²¹³ John P. Muller, *Beyond the Psychoanalytic Dyad* (New York: Routledge, 1996).p. 54.

²¹⁴ Mitchell.p. 91

horrific experiences outside of consciousness, allowing us to feel at ease, interact socially and to cope. But as Socrates stated we need access to these memories to define and shape our interactions, and provide comparisons of right and wrong. According to Weber, “dissociation may then be further defined as thoughts and feelings that have not become successfully integrated into the usual sense of self; the result is discontinuities in conscious awareness and disruption in the ongoing “link-making” in the development of identity.”²¹⁵ These lapses in memory are crucial to avoiding repeated pain and trauma; forgetting allows the reoccurrence of the trauma without linking the past and present. “Memories provide the capacity to draw on past lessons and to link painful experiences to current trauma, and self-regulation provides the energy to regulate, process, and organize memories.”²¹⁶ Childhood abuse and trauma of prisoners was assessed by Dr. Gamze Akyüz, et al, in the article, “Trauma and Dissociation among Prisoners,” who linked the effects of childhood trauma directly to revictimization in the prison population. According to Akyüz, et al, victimization is cyclical and the resulting dissociation, depression and post-traumatic stress disorder among prisoners may be linked to childhood trauma. He states:

The long term reactions to victimization are: (1) emotional reactions: fear, anxiety, depression, anger, guilt and shame; (2) cognitive disturbances: dissociative processes; (3) biological reactions: hyperarousal and somatic disturbances; (4) behavioral changes: aggressive and suicidal behavior, substance abuse; (5) interpersonal problems, re-victimization, and becoming a victimizer.²¹⁷

²¹⁵ Scott Weber, , Ed, MSN, ASPRN, "Diagnosis of Trauma and Abuse-Related Dissociative Symptoms Disorders in Children and Adolescents," *Journal of Child and Adolescent Psychiatric Nursing* p 205

²¹⁶ Ibid., 205

²¹⁷ Gamze Akyuz and et al., "Trauma and Dissociation among Prisoners," *Nordic Journal of Psychiatry* 61, no. 3 (2007). 167

Akyuz's findings suggest that children re-live what they learn, even violent or traumatic events.

Sigmund Freud defines the compulsion to repeat as being driven by a demonic force that is unstoppable and is beyond awareness.²¹⁸ In Stanley Rosner and Patricia Hermes book, *The Self Sabotage Cycle*, they describe the repetition compulsive drive as an "instinctual and persistent force which suspends intellectual reasoning, judgment, and inhibitions."²¹⁹ The desire to repeat is an instinctual game of mastering mistakes, defying the odds, and cheating nature and death. The "inner motive which compels this destructive behavior is often considered as masochistic, and the behavior may even appear self-punishing."²²⁰ I believe that the compulsion to repeatedly remain in abusive relationships, and returning to undesirable partners is so deep seated within the unconscious that alerts that would otherwise linked past relationships to current one are suppressed. In studying veterans of World War I, Freud counseled veterans who appeared traumatized by past events; Freud found the reenactment and dreams a disturbing instinct towards death. His theory was disregarded as controversial and many psychoanalysts questioned his conclusion that these veterans were driven by the death instinct. I believe the behavior of repetition compulsion is a self-destructive behavior, and may be closer to the death instinct than Freud's colleagues understood. The drive to sabotage and mutilate is no less destructive than the drive to continuously choose partners who are carbon copies of past abusive partners. The period of repetitious behavior is preceded by a period of anxiety where the aftermath of the trauma of abuse remains so

²¹⁸ Freud, *Beyond the Pleasure Principle*.

²¹⁹ Stanley Rosner and Patricia Herrnes, *The Self Sabotage Cycle* (Westport: Praeger Publishers, 2006).p119

²²⁰ Ibid., 120

vivid that the abused feel out of control. It is this loss of control that drives the psychological integrity to hide that traumatic memory in an effort to save self. The reaction may be different if the event is remembered, but the feeling associated with the event is repressed, and if the entire event and feeling are repressed and forgotten, the individual becomes hyper aroused and reacts in fear to any event which remotely reminds them of the event. According to Rosner:

The trauma and the resulting anxiety remain unresolved and the individual lives in fear of the event reoccurring and unconsciously reenacts the event in an effort to master or control the outcome. The fear that the event will recur is so overwhelming that the individual unconsciously anticipates and recreates the event in an effort to get it over with and to relieve the anxiety. It is relieving when the event recurs and anxiety is lifted, even temporarily, the fear is known versus unknown.²²¹

Like a compulsive gambler, the repetition compulsion is a high risk game that is replayed over and over in an effort to beat the odds. In their book, Rosner and Hermes present numerous cases of adult and childhood repetition compulsion. The following are summaries of their case presentations.

The first case is Jack a successful lawyer who owned his own law firm and an employed a number of partners. He had it all, a wife, beautiful children, but he was a compulsive gambler who risk it all by stealing funds from clients' accounts to purchase expensive cars, and vacations. Jack only stopped when his wife found out about his affair and threatened to leave him if he did not go to therapy. I believe like most compulsion, it is difficult to adjust the behavior on your own, but if the behavior is recognized as being destructive, the behavior will not stop. I spoke to a Moorestown Nurse therapist, who used art in her sessions with victims of domestic violence. She explained that until the behavior is owned by the abuser as being abusive, the behavior

²²¹ Ibid., 123

will not stop. The cycle of abuse will continue until the issue that created the abusive behavior is addressed. Remarkably, during therapy, Jack had a breakthrough. He admitted he grew up with a mother that was demanding, and a father whom he considered weak. Jack used his wealth, albeit stolen, to project the false image of outer control, yet inside he was still the little boy trying to please his mother. Jack attempted to conquer his feeling of impotence and weakness by employing passive aggressive behavior of stealing and gambling on a lavish lifestyle.²²² His therapy sessions eventually became combative and he stopped seeing his therapist. Jack continued to spiral downward and lost his business, his wife, and his children.²²³ Instinctual behavior patterns learned in childhood were ingrained in his responses even in the face of total self-annihilation. Reading Jack's story, it clearly aligned and affirmed Freud's Death Instinct theory. Jack was unconsciously reacting to his deep seated fear of impotency, losing, and failing. Jack's feeling of failure is akin to psychological castration. I also believe, this compulsive behavior is an individual's attempt to destroy the out of control feeling of fear and anxiety. He is unconsciously locked in a passionate embrace with past trauma and does not understand that the repetitious compulsive drive may eventually lead to death.

The action or drive that compels an individual to marry or partner with the same abusive personality over and over is the repetition compulsion to master the game and beat the odds, this is demonstrated in the case of Cy. Cy was a successful businessman who was married to his second wife. Like Jack, Cy was forced into therapy because his wife demanded. Much like Jack's passive aggressive reaction to the demands of life, Cy

²²² Ibid., 124

²²³ Ibid., 124

became impotent after his baby was born. Prolonged therapy revealed that as a child, Cy was placed in a remarkable position of being the man of the house when his father repeatedly abandoned the family. His impotency, I believe, was a physical and emotional way to abandon his wife. Still, although he revealed he lost interest in his wife, he stayed and tried to be a good father to his child. During psychotherapy, Cy revealed that he became the husband to his mother; but this created inner turmoil and he began to stutter after his father left. His mother depended on Cy even after he got married. Cy was caught in a push and pull relationship; both mother and wife demanding of his physical, financial and emotional support. He confessed that during his marriage he was forced to abandon his mother much like his father because he called her less and saw her less. Cy's passive aggressive behavior and impotence led to extramarital relationships where he felt like a man. The suppressive environment of marriage, eventually turned Cy into the man he was afraid of being and he soon divorced. His father was verbally abusive and his mother in turn would verbally discuss her displeasure about his father with Cy. He remembered his father degrading and mocking him as a child, although he in turn idealized his father. After his father left, he remembered his mother making remarks of how disgusting sexual feelings were in relation to his father and men in general. He recalled how his mother would undress in front of him, and selected his clothes even as an adolescent.²²⁴ Rosner felt that within Cy's repetition compulsion was his hidden repressed desire for his mother; when his wives became pregnant, they became mothers, and sex with mother was forbidden.²²⁵ Freud's Oedipus complex describes a child's desire for sexual involvement with the parent of the opposite sex, and rivalry with the

²²⁴ Ibid., 135

²²⁵ Ibid., 137

parent of the same sex; failure to resolve this complex as a child creates a state of confusion which plagued Cy's relationship with his wives. I believe Rosner's case study of Cy confirmed that repetition compulsion is ritualistic and driven outside the awareness; past traumas and behaviors are reenacted in a manner which commemorates and mark the event without conscious actions, words or emotions. Cy's case also confirms that self-image is formed during the early years of life where parental attitudes and beliefs are reflected in their communication to the child. Adult self-esteem is laced with echoes of mother or father telling a child that he is worthy and deserves to live a happy life, or it may be laced with negative communications of harsh criticisms and demands that belittle and demote a child's sense of self. Negative communication from a parent or caregiver will become internalized and acted out later in life. A sense of self-worth is important as the child develops and seeks relationships outside the confines of the familial structure. As with Jack and Cy, the cycle of repetition compulsion was hard wired early in life. Childhood traumatic events locked within their unconscious minds were being reenacted in their adult relationships.

These cases are just a small representation of the dysfunctional aspects of familial interactions. Dr. Charles Whitfield, is the author of several books including: *Healing the Child Within*, *A Gift to Myself* and *Memory and Abuse*. In his book, *Memory and Abuse*, he discusses statistical data that revealed one in three girls and one in four boys are sexually abused before the age of eighteen; which correlates to about 50 to 80 million people who have been sexually abused in the United States.²²⁶ More startling is that the abuser is often someone known to the abused. The incidence of abuse is often hushed by

²²⁶ Charles L. Whitfield, M.D., *Memory and Abuse* (Deerfield Beach: Health Communications, Inc., 1995), p.3

the adult caring for the child, and according to Whitfield, only 1 in 5 is ever reported; sexually abused children are silenced by the fact that they are not believed. When the assault is buried and repressed, the memory becomes irretrievable; this is evident in how the mind stores memory. Whitfield describes six components of memory: intake, experience, encoding, rehearsal, storage and retrieval. "Intake occurs through our senses: sight, sound, smell, taste, and touch."²²⁷ According to Whitfield, our beliefs, expectations and feelings, govern the way we experience the event. "Rehearsing helps to store the memory within reach of our consciousness and retrieval is recapturing the event when it is triggered by a similar event. In traumatic memory the conscious rehearsal and retrieval stage is disturbed."²²⁸ Whitfield continues:

Traumatic forgetting is a common result of sexual and childhood trauma, where the child adapts and reworks the memory in order to remain attached to the caregiver who both cares for and abuses him or her. Memory is made up of our experiences in life, but for the abused, childhood memories are often repressed, the event or experience is never told or remain un-validated. This pattern of unrehearsed, unspoken, or unwritten memories are the trademark of traumatic forgetting.²²⁹

I believe that all children look to their caregivers for validation. Within a warm and loving environment the child will share the traumatic experience to a caregiver who accepts and defends the child. "If the child's recount is rejected and additional shame is attached to the experience, the child's memories becomes forbidden and repressed. This creates a conflict about reality within the child, and memory is affected."²³⁰ The child in turn forgets the abuse as a means of survival, because to keep recounting the abuse threatens and overwhelms the child and forgetting places the memory deep within the

²²⁷ Ibid., 14

²²⁸ Ibid., 14

²²⁹ Ibid., 20

²³⁰ Ibid., 21

unconscious. The repeated abuse creates additional problems as the child habitually represses memory and loses awareness of their environment.

Whitfield coined the term “the child goes into hiding,” where the true self defensively submerges deep within an unconscious part of the self.²³¹ It is after the child goes into hiding that subsequent traumatic events occur outside the child’s awareness. The event and the child’s awareness of the event dissociates or splits as a coping mechanism to the trauma. The child’s ability to notice signs of impending danger is impaired, internal cues and warnings are indistinguishable from other events, and the child has difficulty distinguishing threats and violence. Conscious memories are explicit, simple and clear, divided into three kinds: episodic, semantic, and autobiographical. Episodic memory is time and date related. Semantic memory is not related to time or date and an example is our retention and mastery of language or driving to work. “Autobiographical type memory is our life story which is dependent on our language, where we express or share the remembered experiences.”²³² When the memory remains buried and the child dissociates from the memory, the conflict remains buried and unresolved; this is the theory of betrayal–trauma, as Whitfield sees it:

Betrayal trauma theory suggests that psychogenic amnesia is an adaptive response to childhood abuse. When a parent or other powerful figure violates a fundamental ethic of human relationship, victims may need to remain unaware of the trauma not to reduce suffering but rather to promote survival. Amnesia enables the child to maintain an attachment with a figure vital to survival, development and thriving. Analysis of evolutionary pressures, mental modules, social cognitions, and developmental needs suggests that the degree to which the most fundamental human ethics are violated can influence the nature, form, processes, and responses to trauma.²³³

²³¹ Ibid., 21

²³² Ibid., 23

²³³ Ibid., 28

“With the trauma of repeated abuse a child creates a wounding of the real self, and the real self alienates from internal experiences, emotions and responses to anger, grief, fear, abuse and shame as well as external experiences with others.”²³⁴ “Forgetting is a cognitive and emotional screen which interprets reality and substitutes a false reality that is based on the abusers demands and external sensor of the traumatic experience.”²³⁵ Stored unreleased emotions, manifest in life as physical, mental, emotional, and spiritual disorder, or a combination of all. This “repeated unconscious attempt to express the trauma and grief is the hallmark of repetition compulsion.”²³⁶ As described in the case of Jack and Cy, in repetition compulsion, tension builds as the true self battles to become exposed, while the negative destructive self attacks and suppresses the true self. “The resulting psychological lesion is called a schizoid compromise, multiplicity of repressed egos and a splitting off of the true self. In the developing child this creates developmental delays, arrests or failures.”²³⁷ The resulting pathology is seen in a variety of mental and physical illnesses.

There are many high risk disorders or conditions which correlate with high incidence of childhood trauma, according to Whitfield:

Psychiatric inpatients are 50 to 60 percent more likely to have been abused as children. People with dissociative identity disorder have a history of having been severely abused as children. People with eating disorders such as anorexia and bulimia were more likely to have been abused as children. Chemical dependency and self-destructive dysfunctional behavior may be linked to childhood trauma and abuse. A study of prostitutes revealed that 80% were sexually abused as children, and a similar study of pedophiles revealed that 60% were sexually abused and 100% of this population was traumatized in some way.²³⁸

²³⁴ Ibid., 33

²³⁵ Ibid., 34

²³⁶ Ibid., 34

²³⁷ Ibid., 35

²³⁸ Ibid., 152

In primary care settings, patients presenting with a history of gastrointestinal disorders, gynecological, respiratory, and neurological distress are more likely to have a history of childhood trauma. Post-traumatic stress disorder (PTSD), generally diagnosed in post war victims, and is now being used to describe adult survivors of childhood trauma and abuse. Post-traumatic stress disorder, a physical and psychological disorder, is always associated with a history of trauma and painful memories, conscious or unconscious.²³⁹ In the late 1800s and the early 1900s, Janet and Freud described hysteria seen in young women of that time, but during World War I hysteria was noted in young men. Shell Shock or combat neuroses were terms initially used to describe chronic reactions to being held hostage or suffering abuse in concentration camps. It was during 1962, that the term “Battered Child Syndrome,” was used to describe survivors of childhood abuse. Fifteen years later in 1974, Post Traumatic Stress Disorder was used to describe residual reactions of survivors to rape as Rape Trauma Syndrome and to battery as Battered Woman Syndrome. Societal norms render survivors of abuse as odd, misfits and despite the long history of childhood abuse, rape and battery, society remains ill equipped to recognize, handle or help victims of abuse. Survivors are often shamed, restrained, or faulted into hiding or repressing the trauma. The “censored response from society creates doubts within the survivor that they may be the cause of the abuse, or that they deserve the abuse.”²⁴⁰ I believe adult survivors become vulnerable and unconsciously repeat the experience in an effort to master or absolve themselves of blame.

Adult repetition compulsions are often fostered by lasting, internal childhood scars. Victims of past childhood abuse are at risk to the destructive process of re-

²³⁹ Ibid., 155

²⁴⁰ Ibid., 235

victimization. As discussed earlier, Sigmund Freud and colleagues noted that fragments of past trauma dominate or persist as an altered state of consciousness. These states include depression, dissociative disorders, fugue states, amnesia, and chronic states of helplessness.²⁴¹ Fragments of unconscious memories return as behavioral re-enactment of past experience, however, Janet noted that the victims “personality development has stopped at a certain point and will not expand further to assimilate new elements.”²⁴² Collectively Janet, Freud, and Charcot agreed that the “trauma permanently disturbed the capacity to deal with other challenges and the victim who did not integrate the trauma was doomed to repeat the repressed material as a contemporary [new] experience...not as something belonging to the past.”²⁴³ This theory was observed in juvenile inmates.

In a study of 14 juveniles condemned to death in the United States for murder in 1987, 12 had been physically abused, and five had been sodomized by relatives. These boys demonstrated a barrage of behaviors including depression, withdrawal, hyperactivity, stimulus seeking behavior, impaired pain perception, and violent aggressive behavior. The researchers concluded that the boys re-enacted criminal behaviors directed at them during childhood, and the conscious manifestations of these repressed trauma were harmful to self and others. I agree that the inclination to self-destruct is perhaps a learned behavior, albeit an unconscious one. Findings from the CDC, and various agencies of domestic violence found that victims of childhood sexual abuse are more likely to be raped as adults, and children who were physically abused as

²⁴¹ Bessel A. van der Kolk, "The Compulsion to Repeat the Trauma," *Psychiatric Clinics of North America* 12, no. 2 (1989).p 1

²⁴² Ibid., 1

²⁴³ Ibid., 1

children were more likely to be abused as adults.²⁴⁴ More startling is the fact that these victims made no conscious link between past childhood abuse and present self-destructive behaviors.

“Children become traumatized when both internal and external resources are inadequate to cope with external threat.”²⁴⁵ In the absence of a caregiver who is dependable and nurturing, children are unable to develop coping skills and remain hyper aroused. The caregiver is both the source of danger and protection, and “the child constantly maneuvers his reactions to maintain safety and wellbeing. They do not turn against the caregiver, but turn against themselves, and become fearfully attached and obedient to the source of danger.”²⁴⁶ This state of attachment is re-enacted in the adult women who clings and returns to her abuser. Studies show that boys who were abused will identify with the abusers, whereas girls who were abused will become attached to abusive men. Bowlby explains that immature coping response to trauma is associated to the process of re-victimization. The child in the face of external threats experiences a sudden loss of attachment to the caregiver and this triggers a post-traumatic stress response which in turn triggers intense clinging to the very source of the distress. Such is the case of adult fear and trauma; the victim will cling to a familiar source which renders them vulnerable to additional trauma. “Pain, fear, loss will evoke internal efforts to comfort self, and victims often turn to their tormentor for comfort.”²⁴⁷ This phenomenon was studied by Dutton.

²⁴⁴ Ibid., 2

²⁴⁵ Ibid., 3

²⁴⁶ Ibid., 3

²⁴⁷ Ibid., 5

Dutton and others acknowledged this bond between batterers and their victims, however, police, social workers and other law enforcement officers are often puzzled by this behavior. Victims of childhood abuse are often labeled as masochistic and the theory of traumatic bonding is often misunderstood. In the case of the battered woman, the victim often re-organizes her life around her abuser and unconsciously goads him to repeat the abuse. This cycle is a familiar factor which furthers binds the victim to her abuser and will thwart her attempts to leave.²⁴⁸ This cycle of violence was noted by Lenore Walker in her book, *The Battered Woman*. Walker describes the “Tension Phase” where the victim walks on eggshells around the abuser, sensing the tension because her abuser emotionally or verbally threatens her. The tension phase can last for a while as the abuser’s anger escalates. This phase is followed by the “Violence Phase” where actual physical abuse occurs. This episode is short and intense, and the victim is emotionally, sexually and physically abused. The storm ends and the “Honeymoon Phase” begin. The abuser may deny that the abuse occurred and woos the victim with flowers, gifts, and promises. Some abusers blame their anger on the victim’s actions or words which they felt triggered the abuse and may appear genuinely apologetic for their actions; they often cry and appear remorseful if they acknowledged the abuse occurred. The honeymoon lasts longer than the other phases and every attempt is made to win the victim back to the relationships; but this phase, although longer, is juxtaposed by the tension building phase which is always under the surface waiting to explode.²⁴⁹

Walker describes how the intermittent reinforced shift in relationships is reflected in the punishment-reinforcement pattern. Child abuse or spousal battering is a cyclical

²⁴⁸ Dutton, p. 192

²⁴⁹ Walker, p. 6

model of extreme terror followed by submission and reconciliation. “During the abuse the victim will dissociate emotionally with a sense of disbelief that the assault is really happening. This disbelief is followed by post-traumatic stress response of numbing and constriction which results in depression, self-blame and feelings of helplessness.”²⁵⁰ “The cycle allows intense emotional attachment and dramatic scenes of forgiveness, this reconciliation and physical contact restores the fantasy and the memory of the trauma is dissociated and forgotten never to return until a similar trauma occurs.”²⁵¹ The link between childhood traumas, whether sexual or physical, is a precept to adult revictimization, and the difficulties one faces when attempting to access the unconscious. Revictimization in adulthood and the link to childhood trauma is especially difficult to diagnose as the abuse may have occurred during a period in time where the abuse had no name and was unlabeled as abuse by the child.

As children, we learn our world by hearing, feeling or seeing what adults around us speak, show and experience. Adults point to an object and give it a name, and by two years old a child’s vocabulary of things within their world has an impressive 72 plus words, depending on the child’s capabilities. But no parent points to the monster and says monster. Charles Hammond and Karen Calhoun, in their article “Labeling of Abusive Experience and Rates of Victimization,” writes, “the terror associated with a sexual or physical abuse remains unlabeled and is simply beyond believe for the child, unable to grasp or label the assault further renders the child susceptible to adult revictimization.”²⁵² The theory of risk assessment was studied in a college population of

²⁵⁰ Kolk, "The Compulsion to Repeat the Trauma."p. 6

²⁵¹ Ibid., 6

²⁵² Charity B. Hammond and Karen S. Calhoun, "Labeling of Abusive Experiences and Rates of Victimization," *Psychology of Women Quarterly*, no. 31 (2007).p. 371

women who had a history of adult sexual assaults. Behaviors which enabled the assaults were also studied and found that these women “had difficulty identifying threatening cues in their environment due to dissociation, emotional avoidance, and impaired interpersonal affect regulation skills.”²⁵³ Women who have been sexually abused as children should have a heightened hyper-vigilance to subsequent abuse, but the studies revealed the exact opposite. These women are less likely to recognize inner cues that stimulate feelings of anxiety or fear and thus render them likely to be revictimized. Adult survivors of abuse with repressed childhood memories of abuse do not label past sexual assault as rape. In clinical practices, the current theory is to first label the exposed incident, allowing the victim to give the assault a name. This is a technique used in similar programs like smoking, where you first have to name your addiction to allow resolution of the behavior. Psychoanalysts and therapists often use dolls and hypnosis to uncover childhood trauma, because the adult survivor is unable to recall the incident except under hypnosis, or if the malignant memory becomes a dominant part of consciousness. Further disturbing is the ability of the child to remain romantically involved with the perpetrator of the assault as the child is unaware that the behavior is destructive to the self.²⁵⁴ Survivors of childhood sexual and physical assaults are more likely to experience multiple sexual and physical assaults as adults. This coupled with underlying fears, threats and familial involvement increases the likelihood of dissociation of the event.²⁵⁵

Although domestic violence dates back to the 8th century, it was still widespread in 2000 AD, when the US Dept. of Health conducted a study on its Prevalence, Incidence, and Consequence against Women. The Study by the United States

²⁵³ Ibid., 371

²⁵⁴ Ibid., 372

²⁵⁵ Ibid., 372

Department of Justice and the Centers for Disease Control (CDC) suggests that there are underlying factors which perpetuate acts of domestic abuse, and reminiscent of mental illness, these factors may be linked to childhood abuse or trauma. The epidemic of domestic violence has a repetitious pattern that is fueled by the unconscious drive to repeat and master the behavior. Repetition compulsion supports this theory, and its force is perpetuated by residual effects of the trauma that are forgotten by the child in an effort to save the self. The child hides from the trauma to remain attached to the caregiver, but the repressed memory struggles for release which is obtained when the adult is exposed to similar trauma or the memory is released during psychotherapy. Repetition compulsion resides in the unconscious, and the study by the CDC reported 59.1% of women and 66.4% of men, abused or abuser, are unaware or unreflective of the link to current abuse and their past trauma. Many victims of childhood trauma simply dissociate from the trauma, allowing the child to escape the event, but the pattern of chronically “hiding” may lead to personality disorders and creates unhealthy responses to stimulus reminiscent of the past as well as perception bias to new stimulus. Childhood exposure to trauma renders adult victims of domestic violence vulnerable and disrupts the development of healthy self-esteem. Victims unconsciously place themselves in abusive situations and form strong attachment bonds to their abuser; this cycle enables the victims to be repeatedly re-victimized. Additionally, women in abusive relationships have internal working models which trigger inappropriate responses to abuse, and may even initiate unconscious processes to drive the abuse. To suggest that laws and amendments fall short of resolving the epidemic of domestic violence is something to be considered in conjunction with the self-destructive patterns of the victims themselves. The untapped

ability to stop the repetitious process is locked within the victims, which if known, would allow women to heal childhood trauma and alter or disrupt the compulsion to beat the odds. Unfortunately, many women are unaware of the trauma buried outside the realms of consciousness; their defense mechanisms, aborted attachment processes and neurochemicals act as filters to ward off unpleasant memories and disallow reflection on past trauma. As a result these women do not reflect on the past and are destined to repeat the mistakes by continuously selecting abusive intimate partners, and the incidence of domestic violence continues to increase. Little work has been done as a result of the CDC's findings, and the stigmas of mental illnesses and societal responses continue to stifle revelations of the past. The process of eliminating repetition compulsion and the co-morbid outcome of domestic violence should be considered as a way to treat and abort the epidemic. Limited resources render this process costly and ill-afforded by the majority of women seeking shelter from abuse because the skill of a psychotherapist is required to unlock and heal the trauma. Most victims have access to short term counselling which focuses on the acute battering that brought them to shelters or counselling. Long term counselling is often incomplete as most victims disengaged from counselling and return to their abusers. I proposed that victims are encouraged to attend a workshop in conjunction to counselling where they can discuss the cause and effects of domestic violence. I strongly believe the answers to domestic violence are within the control of the victims and to prove this theory, I created and conducted a workshop on the pathogenicity of domestic violence as my dissertation research. I wanted to test the theory that women unaware of the link between past trauma and current abuse, if made aware, would be more apt to break the cycle of violence and revictimization. My

workshop encouraged self-reflection, which is the opposite of dissociation, in a controlled environment. The results of my research will be discussed in the next chapters.

CHAPTER IV

PROGRAM DESIGN AND STRUCTURE

Purpose of the Study

The purpose of this study is to provide curriculum based workshops or sessions to victims of domestic violence to educate the participants regarding some of the causes of domestic violence and the blocks to recovery. The curriculum will last for six-week at one hour durations and will be presented in a classroom environment where participants are free to participate or observe. The information based workshop will provide empowerment information that will include proven research regarding the pathology of childhood trauma and domestic violence. The root causes, the effects, and psychological factors will also be addressed. These sessions will be conducted in a group environment with a social worker present. The social worker will be given a detailed review of the curriculum prior to the first session. There will be no exchange of personal demographics or identifiable information from any participants. The curriculum will include 30 to 45 minutes of informative presentation followed by 15 to 20 minutes of questions and answers. I will make a note of all questions, which will be included in the summary of the program. At the completion of the six-week workshop, the researcher will follow up in a verbal discussion with the social worker at one, three and six month intervals to assess the impact of the presentations. Notable focus will be given to the number of participants who remained or left abusive relationship. At the time of the verbal discussion no personal information regarding the participants will be exchanged. It is the goal of this research to empower victims who are concurrently undergoing counselling and or psychotherapy for domestic abuse. This may circumvent the return to

a known and validated situation. The outcome of the research will be shared with other domestic violence shelters and if proven beneficial, will be possibly used as a model in conjunction with therapy and counseling sessions.

Participant Selection

Recruitment

Participants and Workshop Dynamics

My dissertation studies were conducted at the following location, Women in Transition (WIT), Philadelphia. The WIT participants are survivors of domestic violence and are participating in the Weekly Sister Circle conducted by WIT Domestic Violence Director, Ms. Brantley Lindsay Brantley. I met with Ms. Brantley on October 8, 2013, and asked permission to conduct a six-week workshop with the women who participated in her Sister Circle. Ms. Brantley was very responsive and excited about my study, and we both agreed that WIT counselors should be present to not only provide support to participants, but to meet the IRB requirements. A flyer for the workshop was drafted and after agreeing on its contents, the flyer was distributed to the participants in the Sister Circle program.²⁵⁶ We both agreed, on Thursdays from 1pm to 2 pm beginning on March 22, 2014 through April 24, 2014.

After the flyers were distributed, the WIT counselors would answer questions regarding the time place and duration of the study, the counselors will be asked not to coerce their clients but to simply distribute the flyer and refer all inquiries to the primary investigator. The flyer will provide contact phone number if more information on the workshop is needed. The workshop will be held at Women in Transition, located in Philadelphia. Although not required by the IRB, participants will be given the option to

²⁵⁶ See Appendix A

sign a consent form prior to the start of the workshop. There will be no compensation for attending the workshop, but Ms. Brantley asked if possible, snacks may be present during the workshop.

Eligibility Criteria

A total of 12 to 15 participants will be included, but the total number may increase to suit the needs of the participants; neither minors nor pregnant women will be included in the research study. All participants have a history of domestic violence and are undergoing counseling or psychotherapy.

Informed Consent

There will be no record of personal identification linking the subjects' to the research or survey material, and any information gathered will be discussed in general terms. No consent form is needed for this research study. However, as stated earlier, the participants will be given the option to sign or waive a consent form. No minors will be included.

Confidentiality

There will be no personal information collected during the workshop, this is strictly on a volunteer basis. Questions or answers collected from participants during the workshop will not be attached to any participant. All feedback documents will be scanned for storage in a locked file on the investigator's computer. All hard copies will be shredded upon extraction of data. Should the data become published, no identifying notations of place, or person will be disclosed. All information gathered will be held strictly confidential and will not be duplicated, copied or distributed to others.

Investigational Plan

Six-Week Workshop

I will prepare a six week curriculum. The participants are encouraged to attend all sessions at will, but have the option of ending their involvement at any time. The lectures will be a PowerPoint presentation with verbal commentary from the researcher. At the end of each session, the participants will be invited to rate the benefits of the workshop on an anonymous basis. The rating will be scaled as important, interesting, new, understood, helpful, known, and not sure. There will be a counselor in attendance while the participants take the survey and will ask the participants if the survey is easily understood and if needed will ask the primary investigator to explain any inquiries. The researcher will not be present while the participants answer the survey.

Description of Potential Benefits

The expected benefit is that the information provided will highlight the causes and effects of domestic violence to victims and lead to breaking the abusive cycle. In my discussions with the psychotherapist, there is a need for victims of domestic violence to understand the pathology and patterns that drives the behavior of the abused and the abuser. Therapists are faced with challenges of handling the short term crisis and as a result neglect to discuss issues such as: childhood trauma, repetition compulsion and other psychological factors. Sadly, many victims withdraw from counselling and psychotherapy before these issues may be addressed in long term therapy. The presentation will elicit discussions with their therapist on the role of childhood trauma and the pathological course of adult domestic violence. It is a known fact that past trauma

may increase the likelihood of re-victimization by their unconscious selection of abusive partners, yet many victims still remain locked in the cycle without understanding the root cause behind the abuse. Topics to be discussed will be dissociation, repetition compulsion, defense mechanism, and socio-economic situations. As mentioned, a goal of this study is to utilize the research to modify counseling approaches in domestic violence programs in an effort to break the cycle of domestic violence.

Description of Potential Risk and/or Adverse Effects

There may be the risk of psychological trauma given the nature of recollection that may occur. The counselor will be present at all times and all participants will be given the option of calling the National Domestic Violence Hotline, at 800 799-7233, if the investigation creates psychological, emotional, social or economic harm.

Additionally, the counselor will be present at all sessions and will answer questions and suggest follow-up as needed. This will allow participants and counselor to continually assess these risks prior, during and after the workshop is completed. This is a voluntary research workshop and participants will be reminded that they may terminate their attendance or the survey at any time and notify the counselor or call the Domestic Violence hotline.

Debriefing

At the end of the workshop, I will meet at intervals of one, three and six months with counselors and the director of the program, to follow-up on participants, and to assess if they are in safe relationships or are still involved in abusive relationships. The follow up sessions with the counselor will be withheld from the participants to avoid possibly perjurying their decisions to leave or remain in the relationship and to protect the

authenticity of the research data. It is the investigator's wish that the participants are not influenced by a countdown to leave the relationship set by the researcher. The decision should be solely instinctual based on therapy and workshop information. This will avoid subliminal coercion. Additionally, a period of one month may not be a realistic time frame for leaving; most abused victims will attempt to leave their abusers at least seven times before finally leaving. A variety of factors such as financial, emotional and physical dependencies are often a deterrent. It is not the researcher's wish to guide the time to leave but to monitor the outcome of how soon the participants leave the abusive relationship after the workshop.

The data collected from participants' survey and debriefing sessions with the director or counselors will be collated into graphs and table format to assess the material presented, and the value of the workshop. The quantitative aspects of this research will be discussed in the next chapter, to assess the program's ability to engage participants, assess their response to the pace of the workshop, and to gather information on the value of each topic that was presented. Participants will be asked if the contents are new, unknown, interesting, understood, or helpful.

CHAPTER V

WORKSHOP IMPLEMENTATION

Research Studying the Effectiveness of Victims Learning about Domestic Violence

This chapter will provide a description of the workshop design, the curriculum, a summary of the participants, the class room structure, the summary of the week by week presentation, question and answer sessions. Participants' responses, observation from the Women in Transition (WIT) counselors, follow up with (WIT) counselors of participants' responses to the workshop at one, three, and six months will also be included. The participants were a selected group of women who are known victims of some form of domestic violence. These participants are known to repeatedly return to abusive relationships which disrupts or terminates counselling sessions. Participants were given a questionnaire following each presentation. I will use the questionnaire to gauge their interest in the information, whether the information given is interesting, important, helpful, known, or unknown to the participants. Additional follow-up sessions with WIT counselors will provide immediate feedback as well as the long term effectiveness of the program. This workshop was a pilot to assess the need to disseminate empowerment information to women who have experienced domestic violence and to assess the after effects of sustained knowledge in preventing revictimization.

Current State of Women Involved in the Workshop

One week prior to the start of the workshop I met briefly with Ms. Brantley who gave me an overview of each participant with no identifying characteristics. All but one of the participants were involved in recovery at WIT, the single participant was accompanying a friend who asked for support. This was an added bonus as she may

willingly provide powerful insight to the state of attending the workshop with little experience with domestic violence. According to Ms. Brantley, most of the women attend Sister Circle on a regular basis. Each participant was given tokens to ride the Speed Line by WIT and available on-site child care was provided for participants with small children. Ms. Brantley explained that some of these women were also in drug recovery programs and have been involved in physical, emotional, and financial abuse over an extended period. For one of the participants, there were guns involved, and she sustained injury; the other participants were still afraid of their abusers. One of the participants was involved in a financial battle with her abuser. Ms. Brantley felt all were emotionally abused. She explained that I should not feel pressured to give any of the participants money in case they ask, and I assured her that as part of the IRB requirement, I can only provide light snacks if I chose to do so, as this may be lunch hour for most. We agreed on chips and soda on a weekly basis. I will briefly discuss my observation in the next section.

Weekly Observation of Participants Women in Transition

Weekly Curriculum

Program Mission statement: To determine the root cause of domestic violence. Root cause is a structured approach to determining the underlying cause of an adverse occurrence. It is a systematic approach that focuses on the people, place, thing and actions that were involved in the event. As a result this will determine ways to prevent the abuse from reoccurring by identifying potential improvement strategies that decreases the likelihood of repeating the event

1. Week One: Defining Domestic Violence
2. Week Two: Predator and Prey: The Abusive Personality
3. Week Three: Repetition Compulsion
4. Week Four: Childhood Trauma and Domestic Violence

5. Week Five: Defense Mechanisms
6. Week Six: Statistics and Resources on Domestic Violence

Week One: Defining Domestic Violence

My first workshop at Women in Transition was on March 20, 2014 at 1 pm. A total of 14 participants were in attendance plus two WIT counselors stationed at both ends of the room. All attendees were given a sign in sheet by the counselor in the room. This sheet was removed prior to the beginning of each session.

All the participants were women of unknown ages, but the director assured me that there were no minors present in the workshop. I asked each woman present if English was their language of choice and each affirmed yes to my question. Both WIT counselors were bilingual in the event there was need for translation. I explained that they are being invited to be a participant in a six-week presentation on the cause and effects of domestic violence. Attending or volunteering for this workshop is a result of being a victim of domestic violence or engaged in recovery transition. I asked that all participants attend the workshop at will, with the option to withdraw from the workshop at any time. During the workshop they were invited to participate or observe at their level of comfort. I discussed feedback as a brief survey which will be given to rate the sessions on a scale of, important, interesting, new, understood, helpful or difficult to understand, already known, not sure. I reiterated that during this workshop, there will be no exchange of personal information linking participants to any data collected, so signing a consent form is optional and will be provided for those who wish to sign one. Before signing the consent, I asked that they read the document and ask any questions they may

have before agreeing to sign the consent form. None of the participants requested a consent form and we began the workshop. Below is a summary:

We began by my asking each participant to give me one word that describe domestic violence.

These were their words:

- 1 Helplessness
- 2 Scared
- 3 Control
- 4 Patriarchal
- 5 Pain
- 6 Isolation
- 7 Issues
- 8 Imprison
- 9 Bullying
- 10 Scary
- 11 Cycle
- 12 Manipulation
- 13 Anger
- 14 Beatings- Counselor 1
- 15 Power- Counselor 2

I noted that the participants were alert and engaged. There was one participant who kept interrupting the presentation with stories of her abuse, which were graphic and unsettling. She was reminded by the counselors that this was not group sharing, that the information is educational, and only question and answering is allowed during the presentation. She said she understood and limited her questions to brief observations for confirmation relevant to the workshop. Questions asked were as follows:

- a. The participants asked if I had handouts of the presentation.
I responded by telling the participants that this workshop is a part of my dissertation and the presentation are copyrighted and property of Drew University. I told the participants that after my study is completed I will distribute the workshop and its content to domestic violence shelters and recovery programs. I again thanked them for participating.
- b. One of the participants asked for handouts or something to read on a weekly basis that is in line with the workshop topic.

I told her I do have handouts that relate to each topic and I will devise some sort of interactive homework to assess their understanding of the weekly topics.

At the completion of the first week's workshop, I handed out the participant assessment for immediate feedback and gave all participants a handout on the history of domestic violence: timeline of events dating back from 700 BC to the year 2000.²⁵⁷ Before I left the room, I asked that the participants do not write any personal information on the survey, and then I gave them a chance to answer the questionnaire without my presence and asked that the counselors remain with them in case they had questions. I came back after a few minutes and noticed that they were all still inside the classroom. I asked again if they had any further questions and I heard vocal feedback to the information. I had chosen the first week to discuss and define domestic violence and a few vocalized the fact that a lot of this was new information. I asked if this is helpful to them and they all responded yes verbally. I encourage them to attend the next session and gave a brief summary of what we will be discussing in the next workshop. I reminded them as they were leaving to select three of the most alarming facts on the handout that was given for discussion at our next workshop.

Week Two: Predator and Prey: The Abusive Personality

Our second week, March 27, 2014, there were 12 attendees; two were new and two WIT counselors present. Our topic of discussion was, Predator and Prey: The Abusive Personality. Before we began I asked if anyone would like to discuss the handout outlining the timeline of domestic violence.

The following are topics that were raised as a result of reading the timeline of domestic violence:

²⁵⁷ See Appendix B History of Domestic Violence

1. The rule of thumb, where a man was allowed to beat his wife if the stick was no bigger than his thumb. All participants were shocked that beatings were the right of the husband. Why was this allowed?

During the reign of Romulus in Rome around 753 B.C., wife beating was accepted and condoned under The Laws of Chastisement. Under these laws, the husband has absolute rights to physically discipline his wife. Since by law, a husband is held liable for crimes committed by his wife, this law was designed to protect the husband from harm caused by the wife's actions. These laws permit the husband to beat his wife with a rod or switch as long as its circumference is no greater than the girth of the base of the man's right thumb, hence: The Rule of Thumb." The tradition of these laws is perpetuated in English Common Laws and throughout most of Europe.²⁵⁸

2. Why did it take so long before women were treated as equals? This topic generated a lively discussion among the participants. I allowed time for the discussion as I realized that for many, this was the first time they read this information. After five minutes of discussion, I began session number two presentation.

The presentation began with a graphic picture of a lioness attacking an elephant. I discussed and compared the weight of both the elephant versus the lion and made note that the elephant being attacked was a baby elephant not a large, fully grown elephant. This was to emphasize the selection of prey. Predators will likely attack the sick, the isolated or the young and this selection was the vital aspect of predator and prey. I allowed the group time for a round table discussion of how relevant the idea of being selected was to them. After five minutes of discussion, the group consensus was they usually were approached after leaving an abusive relationship or they were lonely and feeling vulnerable. During the discussion on the abusive personality, one of the participants broke down in tears, and was ushered out by one of the counselors present. I asked the others for a brief pause and went to check in with the counselor. She said it is okay, "when they cry, we tell them it is okay to cry, this is therapeutic." She told me to continue and she will talk with the participant. I went back to the workshop and one of

²⁵⁸ April Howard and Susan Lewis, "Herstory of Domestic Violence: A Timeline of the Battered Women's Movement," (1999). <http://www.mincava.umn.edu/documents/herstory/herstory.html> (accessed November 21, 2010).

the participants remarked, “this is deep stuff, this is good, and this is so helpful, now we know what the deal is.” Others chimed in and I allowed their reflections. Some tear up, some smiled and thanked me. A few kept nodding and agreeing with the discussion. Everyone was involved and participating. The participant that left came back and gave a weak smile and nodded for me to continue. We discussed the possible causes of the abusive personality and the development of abuse. We discussed the mother-child bond and the attachment disruption theory. We ended with a few brief case discussions. Again I administered the survey and asked that they do not include any personal information. Before everyone left I gave them a homework assignment related to the abusive personality. The assignment was defining the Cobra and Pit Bull Personalities. The participants were asked to select the type that they felt they were involved with. Everyone left with smiles, except the participant that left the room crying during the presentation. The counselor stood at the door and I asked if everything was okay, I told her I am proud of her and hoped she continued with the workshop. She answered that it was okay she is crying tears because everything I said to describe the abuser was true. She also said she was shocked that childhood trauma on both sides may be the reason she was attracted to the same type. She said WIT was relocating her to another state and she was so sorry she could not attend the other sessions. She felt this was so interesting and she love the information that we were giving. I told her this was an important step towards healing and that sometimes a fresh start is best. I wished her the best and thanked her for attending the workshop. She left and one of the counselors asked if I could give an evening presentation. She was amazed by the information and wanted her other clients to

hear it. She felt it was so powerful to get to the root cause. I gave her the reference on Jacobsen and Gottman's Cobra and Pit Bull.

Week Three: Repetition Compulsion

Our third week, April 3, 2014 topic we began our session with the homework assignment of recognizing the abusive type that you are attracting or is attracted to you. Ms. Brantley gave me one homework assignment that was left for me by a participant who could not attend the session. Ms. Brantley reported how amazed she was that this person felt it important to hand in her assignment. She noted that the participant spoke highly of the workshop and told her she would be back next week. We had a round table discussion, and summarized below are the participants' assessment of their type of abuser and the worst abuse they could remember:

1. Pit Bull – worst abuse was being hit with a gun, pulling my hair, knocked me out, dragged me on the floor, black eye, choked, pushed, spit on
2. Pit Bull – worst abuse was the time I received two black eyes
3. Cobra and Pit Bull – worst abuse was when my husband humiliated me by warning me not to flush the toilet unless it was stool. His reason was that whenever the toilet flushes I was using one gallon of water. Therefore since I did not work and he did, he did not have the money to pay the bills. This made me feel very small.
4. Cobra – no reflection given
5. Pit Bull – my worst kind of abuse was the emotional and verbal abuse
6. Cobra – no remorse during miscarriage after abuse
7. Cobra – coming from the hospital, just had a baby, no food, he brought me home and left.
8. Pit Bull- worst abuse when my husband thought I couldn't move forward without him and taking advantage of me by not getting a job.
9. Pit Bull – no reflections

10. Pit Bull – in 1978 being beaten with a bed slat
11. Cobra and Pit Bull – worst abuse was being lifted off the floor then dropped into the tub and later told he will blow my head away. (This participant was very graphic about her abuser. She felt compelled to continue the discussion and told the group, who already knew her story from Sister Circle, that she slit his throat after he shot her in the head.)
12. Cobra – very abusive, suffered through drug abuse during the course of five years

I noted that the majority of the participants identified their abusive type as Pitt Bull which aligns with the study performed by Jacobsen and Gottman.²⁵⁹ There was no homework assignment or handouts given, I wanted the first few minutes of our next session to allow time for reflection and comments. We began our Repetition Compulsion presentation and we had a discussion on repeatedly engaging in the same behavior. Most of the participants admitted to repeatedly getting involved with the same type of relationship. Only five participants handed in the assessment of the workshop. There was a lively discussion still ongoing as I quietly left the room. I did not press like before, because I felt their need to continue to talk and verbalize their feelings about their discoveries.

Week Four: Childhood Trauma and Domestic Violence

On April 10, 2014, there were 12 participants and two WIT counselors present. We began the discussion recapping last session's on repetition compulsion. We had a round table two minute review by each participant who summarized their reactions in recognizing that they were attracted to or attracted a particular type of abuser. When we got to one of our more outspoken participants she asked if she can read a poem that she wrote after her discovery. I asked the group if this was okay and asked her if I can use

²⁵⁹ Jacobsen and Gottman, p 28-29

the poem in my dissertation. She smiled and said “wow that would be great.” I told her I would ask the IRB if this was allowed and let Ms. Brantley know. She read a poem that was a moving tribute of trying to love herself. The poem was self-explanatory and it depicted someone who was searching for love outside of herself, and settling for the abuse to feel alive. Most of the participants applauded after she was done and some cried a little. It was a great release for all of us in the room. We continued our discussion for several minutes and before long we had only twenty minutes left, so I began week four session on Childhood trauma. My objective was to continue to trigger reflections of the past and present abuse. During this presentation, I noticed the room grew a little quiet as some of the participants listened to case studies of what constitute childhood abuse. We discussed the child being abused and the type of abused woman she may become. During our discussion of the role of the parent, one of the participants argued that she did not like her mother and never wanted to become like her, she felt her mother was the abusive parent and she was more like her father. I allowed a few minutes for the discussion to continue before I continued the presentation.

Bowlby’s theory on attachment and trauma created a lively discussion to which parent or caregiver the participants were more attached. Many felt they were more attached to the parent who gave more love and affection than to the parent who was abusive, but sadly most of the participants were often left with the abusers who were both the nurturer and the abuser. During our discussion on the mother child bond and childhood trauma, the participants all felt their mother were always stressed and their fathers were missing, dead or provided little support. Two of the participants discussed being raised by a relative or being in foster care. There are many positive things about

foster care, many children placed in the care of an alternative home received better care with the new foster parents than with their biological parents, and this I believe is the majority. However, there exists a darker side to foster care, many children placed in the care of adults related or otherwise are abused, sexually, physically, and emotionally. The children who rebel are moved around from home to home and have little idea of normalcy and structure. They are often made to feel unwanted and misused by many to obtain a paycheck. Neglect in this population is often commonplace. Women who were taken from their nurturing and abusive parent still felt connected to that parent, this is all they know. To these children, the system took them from their mother and they still yearn to go back. I once read a poem "Children Live What they Learn," I read this to the participants and gave them a copy. In our homework I asked them to forgive their original abuser and believe this topic should be discussed during therapy sessions. Unresolved issues make healing impossible. During our round table discussion, I asked each participants if they are able to forgive their abusers. The majority felt they did not have that close of relationship with the abuser and that contact was sporadic and unplanned. I asked if they felt a need to meet with that person to discuss the abuse, they answered no; the majority felt that no one believed them then and no one will believe them now.

As I packed up for the day, I noticed that one of the participants hung back to speak to one of the counselors present. She discussed that during the presentation she realized that her mother had been abused. She now felt so sorry she did not help. She never put a name to what happened in the past until just that moment. Ms. Brantley and the WIT counselor escorted her inside the office to continue the discussion with her and I

said goodbye and left. Each participant was given a homework assignment to reflect on the very first abuse, and to reflect on their childhood and any time when they thought they had been abused.

Week Five: Defense Mechanism

On April, 17, 2014, there were eight participants plus two WIT counselors in attendance. We began our discussion on last week's homework assignment, where I asked everyone to think back to the very first abuse, and defined this abuse as the one that was lasting and left scars emotionally. Before we began the presentation on Defense Mechanism, I asked if everyone was able to identify their original abuser, and everyone except one person nodded. We went around the room and five participants discussed their original abuser. This is a brief summary of their reflections:

1. My mother was the abuser, she taught me to be dominant. Her mother and father fought a lot over money. Father was quiet, and she (as a child) intervened when they fought. This was 1960, I was five years old.
2. I sat on a guy from church's lap and he sexually molested me. I was three years old. Mother was independent raising six children and she was abusive, my father died when I was five years old.
3. This participant read the poem to the group, she discussed how low self-esteem made her believe he loved her after three days and in sixteen months after they met, she had no home, no family, and no friends. She describes being sexually abused by an uncle and felt neglected by her father who passed recently.
4. My mother beat me a lot with extension cords, father was an alcoholic
5. I was visiting a friend's and his male sibling grabbed me and raped me. I am still afraid of intimacy. I had no father figure in my life, and I rarely saw my mother, I lived with a guardian. The rape happened when I was eight years old, and no one believed me.

We paused briefly to allow the moment, and I asked how everyone felt after discussing these events. They told me that this is what they all share in the Sister Circle and this

workshop allows them to link events together. They asked if this could be a part of their sessions, to discuss the past. I discussed the need to link the past and reminded everyone that most Domestic Violence programs are dealing with the crisis that happened before the survivors arrived on their doorsteps. I reiterated that it is important to attend therapy sessions and to follow up with all sessions. We then began our presentation on Defense Mechanisms. The topic on defense mechanisms was new for most, the behavior occurred on an unconscious level and was never given a name. The participants were amazed upon hearing how childhood trauma shaped their personalities and adult relationship interactions. The idea of learned response during childhood becoming embedded in our adult responses, initiated a discussion on parenting styles both past and present. During our discussion on children living in a world where the mother-child dyad is fractured and abusive, I reinforced Mitchell's observations from chapter three, "Children are placed in a rather frightening position of having to love 'bad objects' whether the mother is a good or bad mother is not a testament to the level of attachment. Children simply become attached to whatever is available." Many were not aware that children present during the abuse episodes could develop an abusive personality or become the victim of an abusive personality. However, the most startling revelation to the participants, was that the child could continue to love the bad object. I explained that this is traumatic bonding where the child is afraid of the abuser/ provider's abandonment and will cling to what is familiar; unfortunately this bond allows for more abuse. This behavior is a defense mechanism of forgetting the abuse in order to remain with the abuser. Especially children who are dependent on the abusive caregiver.

Interestingly enough, this workshop was designed to help victims of domestic violence understand the need to hide. The concept of fight or flight is one that is limited or suppressed for women who are continuously victimized over and over again. In time most victims just dissociate from the abuse itself, and have little knowledge of how they got to the hospital or police stations. As discussed in previous chapters, this allows the victim a chance to escape whether mentally or physically from the crisis and terror that is often beyond belief. The psychological numbing helps the mind to maintain a sense of normalcy and the epinephrine helps the physical body to sustain the abuse with a detachment from the pain. One of the participants agreed and related how her boyfriend lifted her from the floor and she felt like she was watching the whole thing from the chair, when she hit the ground, she was beyond pain and felt little. This was a great segue into our discussion on other types of defenses that are deployed during or after the abuse. Our workshop sessions went very well, I would have like more reflection on how past trauma created adult coping mechanisms.

Week Six: Statistics and Resources on Domestic Violence

Our last session, April 24, 2014, a total of 9 participants, two WIT counselors and Ms. Brantley were in attendance. This was our last session, I arrived to a bit of gloom. The participants and I went on journey and I suspected that none wanted the journey to end. I knew this because the first few minutes of discussion after sign in was directed at this topic. We began our session with a review of the last five workshop sessions and I asked all the participants to discuss the most important information that they received each week. I captured their responses onto a survey that will be presented in Chapter IV, Results. After our review, I begin my last presentation on Statistics. This was a review

of then and now. We discussed the services available and how the first domestic violence shelter was founded by Erin Pizzy, in 1971. We discussed Amendments, Legal and Law enforcement response to domestic violence. We discussed safety planning briefly, and the need leave an abusive relationship safely.

We recapped the six week program highlights and celebrated with cake and soda. Ms. Brantley awarded eight participants with a certificate of attendance and I asked the final question. Tell me one word that defines domestic violence today.

These are their words on April 24, 2014:

1. Survivor
2. Freedom
3. Cleaning House
4. Empty House
5. In Control
6. Finance
7. Self-awareness

I read back their initial words and then read the words that were just spoken and asked that they take these words today and grow from the experience. I thanked everyone, and one by one the participants left; some smiling, some with tears. I met briefly with Ms. Brantley and the WIT counselors and we spoke about my follow-up in one, three, and six months to discuss their progress. I thanked Ms. Brantley and the WIT counselors and left.

Follow-up Session: One Month Post Workshop

On June 4, 2014, Ms. Brantley and I discussed the participants' experience one month post workshop. Ms. Brantley summarized the changes she witnessed in Sister Circle. She explained that the group of women was more confident and their language had changed. The term Cobra and Pit Bull were terms used by the workshop participants

who gladly shared with anyone new to the group. She expressed the difference in attendance and noted that all participants were still attending Sister Circle which was remarkable. She felt they were more vested in their progress. The participants led the group in their discussion of the information they now shared so freely and she saw an increase in attendance as participants referred and brought friends to Sister Circle. She was delighted that they were all still safe but regretfully some were still involved in sporadic emotional attachment with their abuser. They were still contact whether verbally or chance encounters which temporarily pull a few back. However, the relationships were transient and provided fodder for discussion in Sister Circle. She regretfully recounted that there was one who never returned to Sister Circle. This was the participant, who upon discovering that her mother had been abused told Ms. Brantley that she felt helpless and upset that she was unable to help her mother. Ms. Brantley knows she is safe, but noted that she did not return to Sister Circle. I told Ms. Brantley that often the revelation linking childhood to adult trauma generates relief of the burden that she carried unconsciously. I asked if she will continue to check in with that participants and she affirmed that she would.

Follow-up Session: Three Months Post Workshop

On August 7, 2014, Ms. Brantley and I spoke briefly. All, except one of the participant were still in the Sister Circle. She told me that the other counselors have begun to incorporate a few of the techniques that they learned in the workshop. For example, the workshops approach of having a weekly topic on domestic violence worked so well, that WIT has incorporated this format in their group meetings. Additionally, workshop attendees are given a certificate of participation. For many, these certificates

are the only frameable rewards that they have to validate success. She told me the biggest take away that has been repeatedly discussed was the Cobra and the Pit Bull, red flags, and childhood trauma. I thanked Ms. Brantley and told her I would check in again in three months.

Final Follow-up Session: Six Months Post Workshop

I scheduled my final follow-up session for September 25, 2014. I arrived at Women in Transition to meet with Ms. Brantley and the counselors for the last time. This was my six-month follow-up on the participants of the workshop. Sister Circle had ended but a few of the participants who knew I would be coming stayed back to talk. I was pleasantly surprised. We all sat down and I listened to their progress. The round table discussion was as follows:

1. I chose not to be in a relationship right now, I am too aware of red flags. I am now able to distinguish between a Pit Bull and a Cobra. I had a neighbor that I knew for 10 years, and I now know that he is a Pit Bull.
2. I am being cautious
3. It is hard waiting for a good man
4. I am having fun doing me, although my ex keeps telling me I am gonna miss him when he is gone.
5. I had a Cobra Mom and a passive dad. My mom always told me she wished I was a boy. I don't think she likes other women.

I thanked everyone for their input and told them how proud I was of their progress. I was moved because they all gave me a hug before they left. Ms. Brantley stood smiling at me and beckoned me to her office to talk.

I told Ms. Brantley, how amazing it was to listen not only to their words but to the confidence that accompanied their words. She smiled and told me she felt the workshop

armed them with knowledge. What they chose to do with the knowledge will make it a success or failure. She then pulled out her folder and gave me progress notes on the participants.

Participant 1. Immigration papers came through, so she does not have to depend on her husband.

Participant 2. Left the abusive relationship and is fighting for shared custody. Her son is acting out in school and she has begun to set boundaries around others in her life. She moved out of the place where she was staying and has become more assertive with the father of her child.

Participant 3. Left the abusive relationship, but still has flash backs of the abuse, she lost her job and is still depressed.

Participant 4. Faithfully attend Sister Circle on her lunch hour. Her abuser is still trying to control her by fighting for custody of their child. She has a great job and has joined the survivor's network to help others by telling her story.

Participant 5. Still struggles with drug recovery and attends individual sessions. Her recovery has not been consistent. Still a part of the program.

Participant 6. Writes poetry and will present at future Domestic Violence Affairs. She speaks to other survivors through poetry, she wants to help others. She has taken a leadership role in the WIT program.

Participant 7. Has been coming to Sister Circle for a long time and alternates between sobriety and wellness. Openly discusses the past, although children are grown. Misses group from time to time as she regresses.

Participant 8. Still trying to break free, husband is trying to get back and uses daughter to remain in contact. Additionally struggles to remain clean.

Participant 9. Became a powerhouse and represents WIT at domestic violence affairs. She is battling her husband for financial support but refuses to let him or anything break her. She is strong and wants to help others.

Participant 10. Refuses to get involved in relationship, she is taking time for herself. She is too aware of red flags and what she attracts.

We both surmised that the Empowering Victims/Survivors of Domestic Violence Workshop was a success and this was affirmed by one of the WIT counselors that

stopped by beaming as she related some of the workshop ideas that she now incorporates in her sessions. Before leaving Ms. Brantley and I decided that after my dissertation has been approved, the Empowering Survivors of Domestic Violence Workshop may be continued at WIT on a regular basis, not necessarily run by me, but by the counselors at WIT. The idea is to train the trainer. I told her that was my intent and I would distribute the presentation after the Drew doctoral board has approved my dissertation.

CHAPTER VI

QUALITATIVE AND QUANTITATIVE RESULTS OF THE WORKSHOP

Empowering Victims of Domestic Violence Workshop Sessions

The last chapter gave an in-depth qualitative discussion on the program design, and implementations. Although the workshop was constructed for women, I believe that eventually I will have to include the topic of same sex and female abusers in the context of the presentation. The study was a pilot study and I was not sure if my theory would prove correct. From casual discussions with advocates and after working at South Jersey Center for Families SERV division, I began to formulate a plan to educate the many women who were victims of domestic violence.

The theory behind the workshop was simple, “knowledge is power,” and this knowledge will empower women to make better choices in their relationships and partner selections. I pulled from a variety of sources mainly writings from past experts on domestic violence, attachment theory, and the unconscious to compile seeds of knowledge that, if planted will germinate into subconscious red flags and alerts. I established a six-week curriculum with weekly goals and objectives. Each workshop lasted for one hour; forty five minutes of presentation, fifteen minutes of discussion following the presentation. Participants were asked to complete a survey at the end of each weekly workshop and were given a homework topic to stimulate or enhance the weekly discussions. All participants were encouraged to attend all sessions and were allowed to miss one. If the participants attended the required sessions they were given a certificate of completion by WIT.

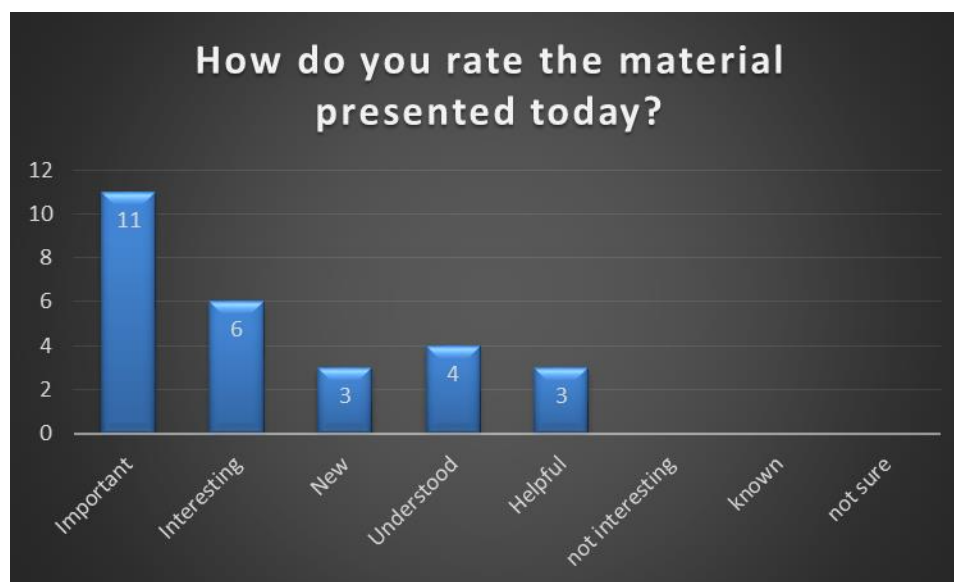
Week One – Defining Domestic Violence:

- Discussing what domestic violence means to each participant
- Provide a brief history on Domestic Violence

- Define the Phases of Domestic Violence
- Discuss the signs of abuse and the abusive personality

Participants' response to Week One Information:

Empowering Survivors of Domestic Violence: Defining Domestic Violence									
Participant's Assessment Summary									
Total of 12 participants responded									
Have you recently been a victim of domestic violence									
Yes 10									
No 2									
Are you involved in or had been involved in therapy group or individual sessions									
Yes 11									
No 1									
How would you rate the material presented today									
Important Interesting New Understood Helpful not interesting known not sure									
11 6 3 4 3									
How would you rate the contents of the slide									
important Interesting New Understood Helpful not interesting known not sure									
10 5 2 3 3									
How well was the speaker prepared to discuss the topic									
Well prepared somewhat not prepared									
12									
How do you rate the pace of the presentation									
Too fast just right Too slow									
3 9									
How would you rate the overall value of this presentation									
Important Interesting New Understood Helpful not interesting known not sure									
11 5 1 1									
Did you have any suggestion for making this presentation better: If Yes explain									
Yes 4 More time Facilitator skills in keeping someone on track									
One participant should not share so much personal info it takes up time									
No 8									
Did this workshop help you to:									
Very much Somewhat not at all									
Define Domestic violence 9									
Understand the Phases of domestic violence 10									
Understand the Cycle of violence 8									
Understand the Stigma of domestic violence 8 4									
Understand how abusers engage in victim selection 5 5									
Comments: There was one participant who tried to domineer the sessions with too much sharing. At the end of the session the director of the program had a one on one and established ground rules									



Important	Interesting	New	Understood	Helpful	not interesting	known	not sure
11	6	3	4	3			
78%	43%	21%	29%	21%	0%	0%	0%

The graph and table gave me an overview of how the material was conveyed and gave a sense of their reactions to the material. I used one of the survey questions to assess the engagement of the participants: How would you rate the material presented today: important, interesting, new, understood helpful, not interesting, know, not sure. Based on feedback from the survey the following adjustments were made. I decided to slow the pace of the presentation, allow more time between slides or topics for feedback and brief discussions, and pause to ask if there is anything they would like me to clarify on a particular topic. I was asked by the director to give homework assignments to steer discussion for the next session, we both thought that this will allow reflection and understanding of each session.

Of the 14 participants (excluding counselors) who took the survey, 91% found the presentation important and the same percentage found the material valuable. All

participants were initially able to define domestic violence as being assaulted, verbally, physically or financially as illustrated by the use of words that defined a helpless state of entrapment. When asked to describe domestic violence in their own words of:

Helplessness, Scared, Control, Patriarchal, Pain, Isolation, Issues, imprison, Bullying, Scary, Cycle, Manipulation, Anger are words that provided insight to their current thoughts on domestic violence, despite being involved in counselling sessions. The data suggests that most victims of domestic violence experience feelings of being victimized and loss of control. The response to abuse, as discussed in chapter 2, is entrenched in religious beliefs, economical, and social positions. The first session allowed the victims to voice their current state and reinforced the abuse as being destructive and intolerable. The workshop environment enabled the participants to relax, share, and learn. Ms. Brantley thought the weekly topics gave the participants time to reflex and learn in a safe environment. Allowing the participants to survey the material, pace and research gave them control over the process. Being in an abusive relationship, where the feeling of helplessness is constant, the participants took charge of the first session and voiced their displeasures of what went well and what they wanted changed. Reporting the participants who interrupted the session, was a group consensus. They all went to Ms. Brantley and asked that she revisit ground rules. The first lesson taught and learned was controlling your environment by changing what you can.

Week Two-Predator and Prey: The Abusive Personality

The Objectives for Week Two were:

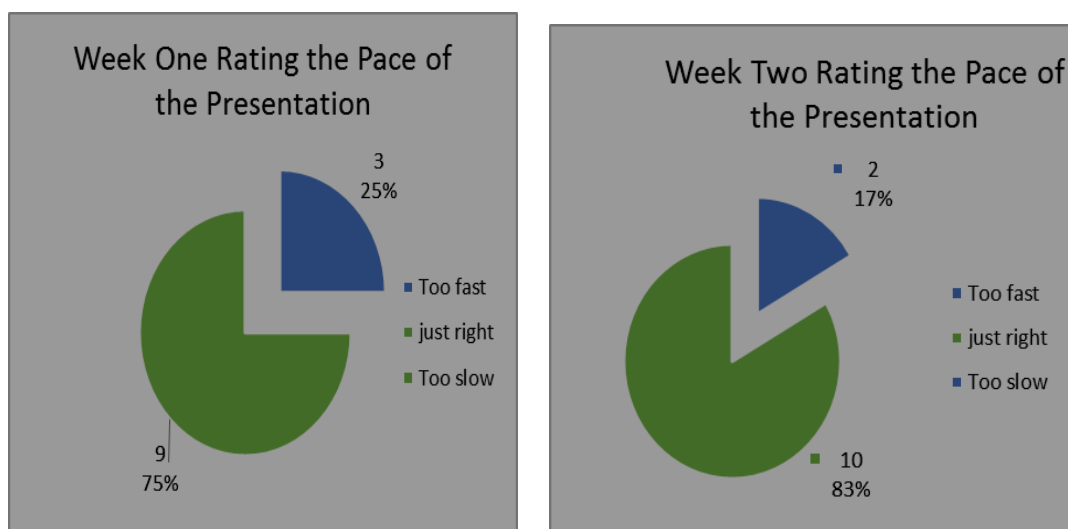
- Discussing the Abusive Personality
- Signs of an Abusive Personality
- Theory on why men become abusive
- Emotional Abuse
- Verbal Abuse

- Patterns of Abuse

Participants' response to Week Two workshop presentation:

Empowering Survivors of Domestic Violence: The Abusive Personality										
Participant's Assessment Summary										
					Total of 12 participants responded					
Have you recently been a victim of domestic violence										
Yes					11					
No					1					
Are you involved in or had been involved in therapy group or individual sessions										
Yes					11					
No					1					
How would you rate the material presented today										
Important		Interesting		New		Understood	Helpful	not interesting	known	not sure
11		3		1		1	3			
How would you rate the contents of the slide										
Related		Interesting		New		Understood	Helpful	not interesting	known	not sure
2		7		1		3	2			1
How well was the speaker prepared to discuss the topic										
Well prepared		somewhat		not prepared						
12										
How do you rate the pace of the presentation										
Too fast		just right		Too slow						
2		10								
How would you rate the overall value of this presentation										
important		Interesting		New		Understood	Helpful	not interesting	known	not sure
7		4				1	2			
Did you have any suggestion for making this presentation circle one, if yes explain										
Yes	4	More open discussion			More paper handouts, more time					
No	8									
Did this workshop help you to understand:										
		Very much		Somewhat		not at all				
Abusive personality		10		3						
Signs of the abusive personality		10		2						
Theory on why men become abusive		10		2						
Emotional abuser		9		3						
Verbal abuser		10		2						
Physical abuser		10		2						
patterns of abuse		10		2						
Thank you for your feedback										
Comments: Very passionate about her subject, Excellent presentation, more paper handouts										

After last week's survey response rating the pace of the presentation, I decided to assess the participants rating on the pace of the presentation for the current week. This is summarized in the graphs below.



I felt there was a slight improvement and asked Ms. Brantley's opinion on any verbal feedback that the group gave that was not captured within the survey. She explained that this may be a factor of comprehension. She went on to explain that one of the counselors noticed that someone was writing and listening. Participating and writing may be a factor. I was determined to monitor the progress, used another set of questions to determine comprehension. The participants' responses are listed in the following table.

As indicated in the table above, all but one of the participants felt that the presentation was understood despite two who felt the pace was a little too fast. I decided to reduce the contents of each slide. While reviewing their responses, I noticed the lone respondent who felt the need for more clarity regarding the emotional abuser. I thought this was so critical to domestic violence and is often overlooked because of the insidious quietness of mental abuse. After the physical is healed and the financial has been restored the underlying emotional abuse lingers. This was a critical moment for me and I felt a breakthrough in my research. I decided to provide more insight on emotional abuse.

The second week of research was remarkably similar in the participant's response to the material and overall value of the presentation. The terms Cobra and Pitt Bull was new for everyone present including the counselors who remarked that this was excellent way to define the two types of abusive personality. The term abuser is well known but the subtitle Cobra and Pit Bull was a term never heard so the participants challenged the data which suggests that 80% of all abusers were Pit Bulls and 20% were cobras. I gave them a chart listed below as asked that identify which type they were attracted to or were attracted to them.

Table 1: Jacobsen and Gottman depiction of Cobra and Pit Bull

Cobra	Pit Bull
Internally becomes still, focused and quiet before striking their victims. Cobras internally calm themselves although appearing loud and aggressive to everyone they are internally focusing before striking verbally and purposefully at their victims.	A slow burn. Their heart rates gradually increase until the men are domineering and aggressive and they do not let up on the attack.
Cobras' were severely more violent than any other batterers	insecure and dependent on their partners for emotional support
sadistic, antisocial, criminally minded, past criminal activity is common	engage in emotional dependency after a brief courtship, get engaged or marry quickly
not jealous or clingy	demanding of time together and will track their partners every move
alternating between charm and threat	calls frequently
lacks a conscience and are incapable of feeling remorse	wants a description of every interaction, every place visited and everyone whom the partner engages in conversation
Independent, does not track every move until they need something	threatened by another man's attention, he will exhibit fits of jealousy and rage

Table is a summary from Jacobsen and Gottman book, *When Men Batter Women*

Based on the participant's response there were more Pit Bull relationships than Cobra, the participants felt empowered upon learning to identify the distinct personalities of both Cobra and Pit Bull. They all felt they finally had a label for certain behaviors and patterns. Week two gave the participants a tangible label for abusive types. This presentation was the most effective and lasting. The counselors present were amazed at how exact Jacobsen and Gottman depicted the two types.

Week Three: Repetition Compulsion: Trying to beat the odds

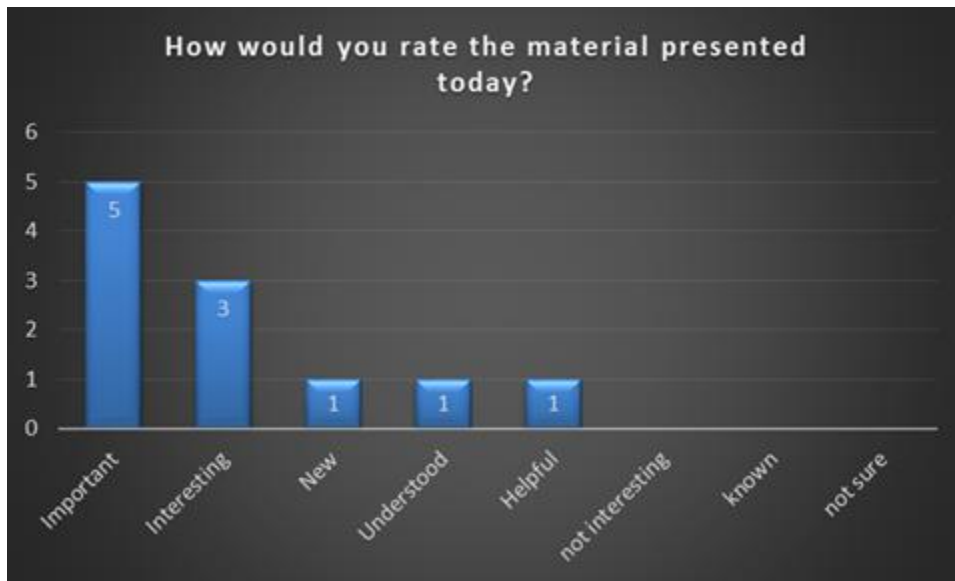
The Objectives for Week Three were:

- Defining Repetition Compulsion
- The Beginning of Repetition Compulsion
- Chances of Beating the Odds
- Science of Repetition Compulsion

Participants' response to Week Three workshop presentation:

Empowering Survivors of Domestic Violence: Repetition Compulsion- Trying to Beat the Odds									
Participant's Assessment Summary									
Total 5 participants responded									
Have you recently been a victim of domestic violence									
Yes	5								
No									
Are you involved in or had been involved in therapy group or individual sessions									
Yes	5								
No									
How would you rate the material presented today									
Important	5	3	1	1	1				
How would you rate the contents of the slide	Related	3	4	1	2	1			
How well was the speaker prepared to discuss the topic	Well prepared	4	1						
How do you rate the pace of the presentation	Too fast	1	4						
How would you rate the overall value of this presentation	Important	4	2	2	1	1			
Did you have any suggestion for making this presentation better?									
Yes	4	More time for questions		More time		circle one, if yes explain			
No	1								
Did this workshop help you to understand:									
		Very much	Somewhat	not at all					
Repetition compulsion									
How repetition compulsion begins									
Chances of beating the odds									
Science of compulsion									

I felt the need to survey the material presented on repetition compulsion. The chart below give a quantitative overview of the importance of the presentation.



For most of the participants, repetition compulsion was new terminology and my brief illustration on the Amygdala, the small organ on the brain that regulated response to stress and promote memory of trauma provided a physical structure to align with the behavior. Pictures were very effective in explaining the body's response to stress and trauma. I was able to convey the most difficult aspect of the workshop by simply showing the science involved in repetition compulsion.

The behaviors of repetition compulsion gave the victim a name for allowed revictimization. The workshop answered the question, "Why do I keep getting involved with losers." The out of control feeling was replaced by knowing the root cause of compulsive repetitious behavior. Beating the odds was seen by the participants as a rare occurrence. The comparison to gambling and losing it all was a somber discussion for the participants. Many spoke of homelessness with no financial support.

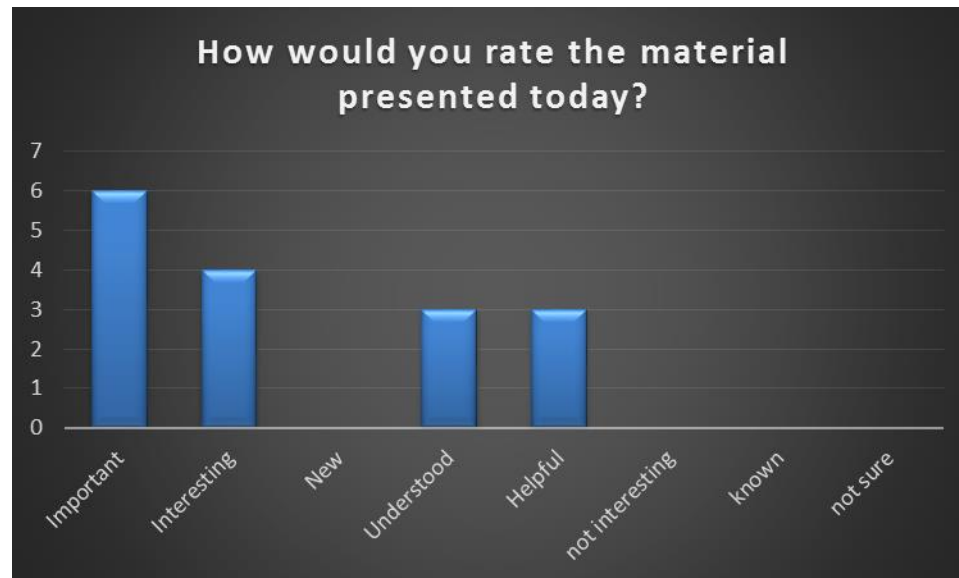
Week Four: Childhood Trauma and Domestic Violence- the Emotionally Abused Woman

The objectives of Week Four were:

- Revictimization
- Childhood Trauma
- Traumatic Bonding
- How and Why Women Become Victims of Abuse

Participants' response to Week Four Workshop presentation

Empowering Survivors of Domestic Violence: Childhood Trauma and Domestic Violence									
Participant's Assessment									
Total 9 participants responded									
Circle one of the following									
1 Have you recently been a victim of domestic violence									
Yes									
No									
2 Are you involved in or had been involved in therapy group or individual sessions									
Yes									
No									
3 How would you rate the material presented today									
Important	Interesting	New	Understood	Helpful	not interesting	known	not sure		
6	4		3	3					
4 How would you rate the contents of the slide									
Related	Interesting	New	Understood	Helpful	not interesting	known	not sure		
4	6	1	2	2					
5 How well was the speaker prepared to discuss the topic									
Well prepared	somewhat	not prepared							
7									
6 How do you rate the pace of the presentation									
Too fast	just right	Too slow							
1	6								
7 How would you rate the overall value of this presentation									
Important	Interesting	New	Understood	Helpful	not interesting	known	not sure		
7	4	1	2	2					
8 Did you have any suggestion for making this presentation better circle one, if yes explain									
Yes bring handouts of information this is important ! More discssion and tell us about homework at start of class									
wish I had more time to process and participate									
No 6									
9 Did this workshop help you to understand:									
Very much	Somewhat	not at all							
7	1								
7	1								
7		1							
8									
8									
Thank you for your feedback									



There were quite a few new terms for pathologies that were not previously known, this workshop gave an answer to the questions, “why do I keep doing this over and over again.” A few of the participants acknowledged the terms and felt vindicated that this was not just in their heads. The participant who did not understand the concept of traumatic bonding wanted more information, but due to the limited time frame I had to abort our discussion and move on to the next slide. The content, pace and duration of the workshop are all things to be reviewed for future workshops.

The link between past traumas is often overlooked by counselors in domestic violence shelters. The crisis sessions deal mainly with the acute battering and little is done to go back to childhood trauma. The victim is usually locked in a set pattern of response and dictates a slow regression for therapist to obtain information in to the past. The time to reflect gave the pattern a name. The participants all identified a past trauma that shaped their self-esteem, and relationship dynamics. I notice a trend of the absent father or lack of a father as a common theme in their discussions. For many of the participants, it was important to learn that their mothers struggled to care for them, without support from

their father. Many reported beatings, and abuse from a mother who was herself abused, tired and alone. The intergenerational transmission of abusive relationships and parenting is transferable as discovered by the participants who discovered she was like her abusive mother in her parenting style. The discovery by another participant that her mother was being abused created a chance to talk with her mother and resolve ill feelings. The participants understood traumatic bonding as being one of the main root causes of their pathogenesis. The learned attachment model created during childhood is the same dysfunctional attachment enabled during adult relationships. The session on childhood trauma was well paced with time to allow reflections on past trauma, but to also link the behaviors to the types of abusive personalities that they attract.

Week Five: Defense Mechanisms

Objectives:

- Fight or flight syndrome
- Defenses
- How defenses are engaged
- When are they engaged
- Why are they engaged
- Adaptation

Participants' response to Week Five Workshop presentation:

Empowering Survivors of Domestic Violence: Defense Mechanisms												
Participant's Assessment					A total of 7 participants responded							
					<u>Circle One of the following</u>							
1 Have you recently been a victim of domestic violence												
Yes	6											
No	1											
2 Are you involved in or had been involved in therapy group or individual sessions												
Yes	6											
No	1											
3 How would you rate the material presented today					Important	Interesting	New	Understood	Helpful	not interesting	known	not sure
					4	1	2		2			
4 How would you rate the contents of the slide					Related	Interesting	New	Understood	Helpful	not interesting	known	not sure
					4	3	2	2	1			
5 How well was the speaker prepared to discuss the topic					Well prepared	somewhat prepared	not prepared					
					4							
6 How do you rate the pace of the presentation					Too fast	just right	Too slow					
					3	4						
7 How would you rate the overall value of this presentation					Important	New	Helpful	not interesting	known	not sure		
					5	1	3					
8 Did you have any suggestion for making this presentation better? If yes, explain												
Yes	4	more time be given for this workshop					Handouts	more time				
		Need more workshops like this										
No	2											
9 Did this workshop help you to understand:												
			Very much	Somewhat	not at all							
Fight or flight syndrome		7										
Defenses		7										
How are they engaged		5	2									
When are they engaged		4	2									
Why are they engaged		4	2									
Adaptation		5	1									
Thank you for your feedback												

I did not noticed anything remarkable about the survey, but there was one comment that got my attention, “Need more workshops like this.” This comment made the difference, despite having data to suggest that the material is new, interesting and important, it was my goal for the participants to feel the need to know the pathogenesis of domestic violence. My theory behind the workshop was to allow victims to reflect on the why and how instead of the what. In my experience, I still found the majority of

programs reflected on what happened. I am not negating the need for crisis management as the victims are unconcerned with knowing why they are abused until the crisis is under control. I remembered my first meeting with Ms. Brantley, who told me that the forum or need for this type of workshop should be presented on the road to recovery; she felt that the survivors are caught up in the moment long after the abuse. The heightened awareness never leaves as they are often afraid to let their guard down. Ms. Brantley felt that the moment has to be timed along with group or individual therapy after the victims have been stabilized.

Defense Mechanisms was a session on how victims hide the abuse. All the participants had childhood trauma that were unresolved. They each demonstrated in their own words how they hide the trauma and how they ignored red flags in order to remain with the abusive partner. The National Coalition Against Domestic Violence reported that 85% return to the abuser. Finance is the number one reason many return. Many do not own homes, credit cards or cash to substantiate living on their own. The session brought out the fact that WIT had not discussed the concept of safety planning to the participants. This was brought to Ms. Brantley's attention. Ms. Brantley informed me that it is difficult to discuss safety planning as the women who came to WIT have left the abuser. I asked in her estimation how many returned, she said all return at some point, and usually drop out of the sessions. Finance coupled with emotional and physical scars creates the feeling of helplessness and low self-esteem.

Week six: Statistics and Review of Past Weeks Sessions

Objectives:

- History
- How often Domestic Violence Occurs
- At Risk Groups

- Police Involvement
- Shelter statistics
- Faces of Domestic Violence

Week Six Survey Results:

To assess the success of the participants to retain the information at the end of week six, I had asked each participant to write down the most important thing that they learned at each weekly session. Below is a listing of what was written:

Participant 1

Week one- Domestic Violence has been going on for years, it did not just start in our time

Week two-Abusive personality Cobra and Pitt Bull, looking back on my relationships in the past I was unable to identify the abusive personality that I was always attracted to, this workshop opened my eyes to be on the alert.

Week three-Trying to beat the odds- discussion on repeated abusive relationship

Week four-How Childhood Trauma affects your relationships now. Because of what I experienced during childhood, I learned that was why I was attracted to similar person like what I saw. Abuse as a child is carried over into our adult relationships. We unconsciously find people who fit the role models that we observed a child.

Week five- Defense Mechanisms. How we hide. Denying that the event ever took place. Blocking off memories to hide the events. When children after certain age still talks to the doll or imaginary friends that is a sign that they went through abusive situation. Defense mechanism protect you from traumatic experiences.

Participant 2

Week one- Scared, empty house, intimidation, honeymoon phase, tension

Week two-Cobra are not able to feel remorse. Between charming one minute and threatening the next. Pit Bull is very aggressive, domineering and very dependent for emotional support

Week three- Trying to beat the odds. Only had one abusive relationship, I don't want to repeat in shape or form. It was brutal to me when he lifted me up and choking me and then threw me into the tub.

Week four-because my mom was abusive yes it affected my relationship then but not now because there is no one now.

Participant 3

Week one-Unjustified beatings, verbal, physical, emotional abuse

Week two-Cobra- severely more violent, not jealous or clingy, independent, sadistic, antisocial, focus strike verbally and purposefully at the victims

Pitt Bull-insecure, aggressive, emotional dependency, demanding, calls frequently.

Week three-Compulsion, gambling, trying to beat the odds but can't.

Week four-If I had a childhood trauma, I don't remember. I was never abused as a child, only in my adult life

Week five-By dissociation, and defense mechanism, that will wall off traumatic experiences

Participant 4

Week one- It's a lot of manipulating; it goes back to being good for a little while over and over again

Week two-I've learned that a lot of my experiences were Pitt Bulls, liars, cheaters, very controlling, wanting to know every move I made.

Week three-There were more verbal, emotional abusive, insecure they were

Week four-Staying in them too long, when I noticed bad behaviors, fear of being alone, like my mother was

Participant 5

Week one-no comment

Week two-helped me identify my past relationships

Week three – Addiction

Week Four-Very informative, made me see how the past affects my present and future encounters.

Participant 6

Week one- Learned how and when it started, took too long before women were allowed help

Week two-Techniques that characterized the traits

Week three-Cannot beat the odds!!

Week four- Not applicable, but learned a lot from the experience shared

Participant 7

Week one-Domestic violence was defined more in detail with a name belonging to types of domestic violence. We were given a historical timeline of women in abuse

Week two-I learned the difference between the two, with characteristics signs to look for and pay attention to (red flags)

Week three-not applicable

Week four-The belief of emotional abuse being a form of abuse in the relationship were strengthened. The abuser is also my protector. Terms: Gaslighting, Drama Junkie

Week five-Not applicable

Participants' response Week Six Workshop presentation:

Empowering Survivors of Domestic Violence: Statistics and Resources of Domestic Violence												
Participant's Assessment						A total of 6 participants responded						
						<u>Circle One of the following</u>						
1 Have you recently been a victim of domestic violence												
Yes	6											
No												
2 Are you involved in or had been involved in therapy group or individual sessions												
Yes	6											
No												
3 How would you rate the material presented today					Important	Interesting	New	Understood	Helpful	not interesting	known	not sure
					3	3	1	1	1			
4 How would you rate the contents of the slide					Related	Interesting	New	Understood	Helpful	not interesting	known	not sure
					4	4		1	1			
5 How well was the speaker prepared to discuss the t					Well prepared	somewhat pre	not prepared					
					6							
6 How do you rate the pace of the presentation					Too fast	just right	Too slow					
					3	3						
7 How would you rate the overall value of this presentation					Important	Interesting	New	Understood	Helpful	not interesting	known	not sure
					5	3	1	1	1			
8 Did you have any suggestion for making this presentation better?							Circle one		If yes explain			
Yes	3											
No	4											
9 Did this workshop help you to understand:												
					Very much	Somewhat	not at all					
History					6	1						
How often domestic violence occurs					6							
At risk groups					5	1						
Police involvement					6							
Shelter statistics					5	1						
Faces of domestic violence					6							
Thank you for participating												

Overall the data gathered from the participants indicated that the workshops were valuable and interesting.

The workshops were designed to allow self-reflection for victims involved in group or individual therapy, but may still be engaged or involved with the abuser in a mental or physical manner. The pacing of the workshop for the WIT participants allowed time for reflection and the aggregate materials presented over six-week period were

intended to slowly assess and gauge the value and interest in a workshop approach during therapy. For future workshops, consideration will be given to a twice weekly format or two hour sessions to allow adequate time to cover all materials. The positive impact of this workshop on the participants included their involvement in the program, their responses, reflections and ability to speak the words of change. The empowerment of being guided to a better reflective state was a success for 55% of the participants who attended all sessions. Of the eight participant's surveyed at week six, 87% had the ability to retain the material presented, and were able to summarize or note the subject material for all five weeks.

Follow-up sessions on all 14 participants were critical. Unfortunately, Ms. Brantley was unable to follow up on four of the participants as two dropped out of the workshop at week two. One relocated to another state and one only attended four sessions. Of the twelve that remained in the workshop, ten are still involved in Sister Circle and therapy. Of the 10 women discussed six months post workshop, 70% are no longer involved in an abusive relationship. Three still attend Sister Circle, but struggle with substance abuse which impedes their progress.

This program, although a small sampling of the domestic abuse population, reverted the number of women returning from 85% to 30%. The coupling of the workshop along with therapy sessions may support better engagement in programs and outcomes. There is a need for changes in counselling victims of abuse. This program gave childhood abuse and the patterns of avoidance and involvement a name early into their recovery to allow reflection and to reinforce their engagement to learn more about their pathogenesis. Overall, the pilot workshop was a success.

CONCLUSION

The pathogenesis of domestic violence may have been inherent since time began. The time line listed the rule of thumb as being the first incidence, yet a review of historical edicts and dogmas suggest the beginning may be traced back to a much earlier time. Women have been subordinated and subjected to discrimination and abuse for centuries. Economical, legal and societal restrictions prevent progress, and all religions maintain aspects of covert gender preconceptions. I believe there are a lot of residual aspects of past laws that remain in a postmodern society, where the repeal of past laws is slow and not sustained.

In the 21st Century, there remains a lot to be done. Domestic violence continues unabated by laws, constitutional provisions and law enforcement involvement. Sadly, Tina Turner and Nicole Brown Simpson were the battered faces of fame that were able to penetrate the fog of indifference towards domestic violence. Faces of the two victims were broadcast on every news channel, and suddenly, everyone wanted to hear the stories behind the abuse. But as the spotlights faded, and the news cameras disappeared, domestic violence again was placed within the recessed memory of societal conscience and the epidemic continued. The public outcry did not help; it drove the viciousness of domestic violence underground. Women shunned and blamed by society because they stayed with the abuser, became adept at wearing a mask of normalcy to avoid public stares, gossip, and ridicule. The epidemic continued until in 2000, the Department of Justice conducted research and published alarming trends in domestic violence. Each day four women are murdered by their husband, boyfriend or partner.

This study jolted domestic violence awareness back into the limelight, and soon police stations, workplace and doctors' offices became vigilant of bruises and broken bones that were not explainable. The number of women's shelters grew exponentially and soon every state had hotlines and safe houses to assist women fleeing their abusive partners. Despite this, as an advocate for victims of domestic violence, I still found the numbers of domestic violence victims staggering and out of proportion to all that has been done. It was then I concluded that the root cause of the pathogenesis must be deeper and unaddressed by current programs. In the past, shelters were armed with the knowledge of domestic violence and therapeutic sessions dealt with the current crisis of the abuse and safety planning. I found that during the course of therapy sessions a significant amount of women left therapy and returned to the abusive partner or engaged in a new abusive relationship. The cycle continued as these women are selected by predators who are adept at seeking out vulnerable, low-esteem broken women. However, I discovered that equally, these women unconsciously select the same type of abusive partners time after time. I discovered this pathogenic variant as I studied the women for whom I advocate. Unknowingly, these women had an archetypal male standard in mind when they chose their mate and this may have been the prototype that had been imbedded during childhood. For most, childhood trauma is not a conscious link to the current abuse, and dissociative defenses prevent the two from merging. The crisis of the moment is not related consciously to past relationships which remain in an irretrievable place, and can only be accessed by prolonged therapy and psychoanalysis. As indicated earlier, most victims of domestic violence do not remain in therapy long enough to obtain that therapeutic link to past childhood traumas and adult revictimization. Self-reflection is

limited as most victims are overwhelmed, displaying the mask of normalcy to society, maintaining careers, and custody of their children.

The program designed and presented here allows these women to reflect in a safe environment. Group reflection is a bonus as sisterhood creates the impression that you are not alone and supports the feeling of shared experiences. Like Engel, I agree that one-on-one psychotherapy is needed to de-construct abusive behaviors that low self-esteem promotes. The workshop was created for both individuals undergoing group or individual therapy, to introduce the concepts and promote understanding of the root causes of domestic violence. During my sessions at WIT, it was often difficult for the women to remain focused on the material. The information displayed and verbalized are often reflected on the faces of the participants who are taking the journey of self-realization. As Engel points out, the journey toward healing is not an easy one, participants were asked to search inside and expose hurtful memories and emotions that are buried within the unconscious. The pain of forgetting is remaining in continued abusive relationships. The pain of remembering is self-realization, recovery, and healing by finally breaking the cycle of domestic violence.

APPENDICES

DREW UNIVERSITY

ALLAN C. DAWSON
ASSISTANT PROFESSOR
CHAIR, INSTITUTIONAL REVIEW BOARD
DEPARTMENT OF ANTHROPOLOGY
CHAIR, INSTITUTIONAL REVIEW BOARD
PH: 973/408.3292
FAX: 973/679.2821

Saturday, December 7, 2013

Re: Marcia Pindling, DMH Candidate
Cc: Rosemary McGee, DMH

Dear Marcia,

The Institutional Review Board has conducted a full review and approved your research entitled “Designing a curriculum based program that will empower survivors of Domestic violence.” with the following conditions:

NO CONDITIONS

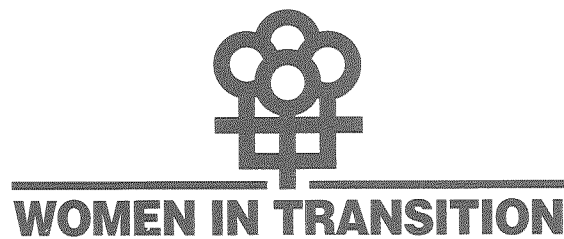
However, we must re-emphasize the extremely sensitive nature of the research you are undertaking and that you take every precaution to ensure the safety and confidentiality of your informants.

The approval for your research protocol and the human participants’ component of your work is valid through 7-DEC-14. If you plan to continue this research past this date, you will need to reapply for IRB approval. If you make any modifications to your research, you will need to obtain IRB approval for those changes as well.

Sincerely,



Allan C. Dawson
adawson@drew.edu



Empowering Women To Change Their Lives

21 South 12th Street • 6th Floor • Philadelphia PA 19107-3606 • Business (215) 564-5301 • Fax (215) 564-5723 • LifeLine (215) 751-1111 • www.helpwomen.org

November 18, 2013

Charles R. Drew University
Of Medicine and Science
Caspersen School of Graduate Studies
Institutional Review Board

To Whom It May Concern:

Please find this letter as documentation that Marcia Pindling-Watkins, MS, MT. M (ASCP), a Doctoral Candidate, of the Drew University, Caspersen School of Graduate Studies, has established an agreement to conduct a series of workshops with our clients at Women In Transition (WIT).

Ms. Pindling-Watkins met with me, WIT's Program Director, on October 8, 2013 to discuss the possibility of conducting a series of workshops for clients who are victim-survivors of domestic violence.

During the meeting, I shared that since 1971, WIT, through a broad range of services, has been empowering women to change their lives and gain/maintain economic independence and emotional well-being. Ms. Pindling-Watkins and I agreed that the objectives for the workshops align with the services that we currently provide at WIT so I agreed to discuss the workshop with my counseling team.

After discussion with the counseling team I am happy to report that Women In Transition is willing to assist Ms. Pindling-Watkins with the workshop project. We see this as a win-win situation for our clients as well as our counseling program.

If you have any questions or concerns regarding this agreement, please contact me at 215 564-5301 ext. 130.

Sincerely,


Irene L. Brantley
Program Director

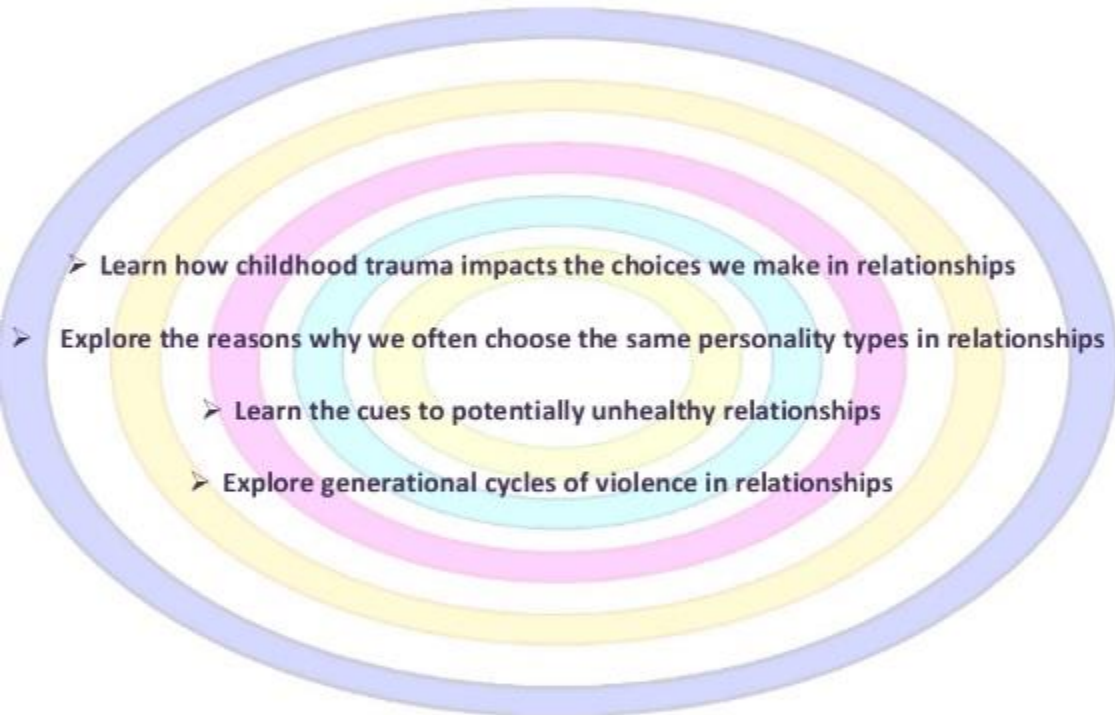
APPENDIX C

WOMEN IN TRANSITION FLYER

RELATIONSHIP EMPOWERMENT WORKSHOP

Presented by Marcia Pindling - Charles R. Drew University

JOIN OTHER WOMEN IN THIS 6-WEEK JOURNEY TO:



Thursdays 1:00 pm - 2:00 pm • March 20 - April 24, 2014

• Playcare and Snacks will be provided •

To register or if you have any questions

Contact Irene at 215-564-5301 x130



APPENDIX D

POWERPOINT PRESENTATIONS

Empowering survivors of Domestic Violence Workshop

Part one: Defining Domestic Violence

MARCIA PINDLING, MS, MT, M (ASCP)
DREW UNIVERSITY DOCTORAL STUDENT

Domestic Violence Hotline - 800 799-7333

Empowering survivors of Domestic Violence Workshop:
Defining Domestic Violence

Objective of this workshop

- **Determine the Root cause of the abuse:** root cause is a structured approach to determining the underlying cause of an adverse occurrence. It is a systematic approach that focuses on the people, place, thing and actions that were involved in the event.
- **Determine ways to prevent the abuse from reoccurring** by identifying potential improvement strategies that decreases the likelihood of repeating the event.

Domestic violence Hotline - 800 799-7333

Empowering survivors of Domestic Violence Workshop:
Defining Domestic Violence

- **Domestic Violence** is defined as a pattern of intimidation, coercion and violence that is used to achieve power and control over a current or former cohabiting or dating partner or a relationship where there is a child or pregnancy in common. It often increases in frequency and severity over time. The abuse can be physical, emotional or financial.

Domestic violence Hotline - 800 799-7333

Empowering survivors of Domestic Violence Workshop:
Defining Domestic Violence

- Symptoms of the problem of domestic violence includes: black eyes, broken bones, sleeplessness, headache, high blood pressure, drinking, promiscuity, drugs, etc.
- Ask yourself what is the underlying cause of these symptoms
- Why is it happening?
- When is it happening? Before or after cycle, at end of the day, identify moments of weakness.
- What happened prior to the abuse
- What activity was I engaged in before the abuse began?
- Where was I when this event took place?
- Who else was involved in the event?

Domestic violence Hotline - 800 799-7333

Empowering survivors of Domestic Violence Workshop:
Defining Domestic Violence

- **How can I prevent this event from reoccurring?**
- Define the problem- What is domestic violence?
- Describe what happens to create the problem what are the triggers?
- Discuss who are the players implicitly and explicitly involved-define past and present relationships?
- What is their role who is the instigator?
- Who is the follower?
- How can you take control of the outcome if the event reoccurs? Intervene and reinvent the event to gain control.

Empowering survivors of Domestic Violence Workshop:
Defining Domestic Violence

- **BRIEF HISTORY**
- Advocacy for survivors of domestic violence grew as a logical extension of the law enforcement and judicial systems that enforced the existing criminal statutes, in conjunction with female empowerment gained through the feminist movement of the 1960s.
- Prior to 1871, women in the United States had no rights within the context of marriage. They were legally viewed as property with no privilege to inheritance, property ownership or voting rights. Husbands were able to beat, maim, torture and even kill their wives with no legal or social consequences. Cruelty prevention was extended to animals (ASPCA) in 1866 and to children (SPCC) in 1875; no such organization existed to protect women. In the late 1800s, states began to forbid corporal punishment of wives by their husbands. However, this was not supported by enforcement of legal consequences. Cases which were severe enough to appear in court were overturned.

Domestic violence Hotline - 800 799-7333

Empowering survivors of Domestic Violence Workshop:
Defining Domestic Violence

- In 1911, New York created the first family court, thereby diverting acts of domestic violence from criminal court. This began a precedent which existed well into the 1970s. Domestic violence was seen as a social problem rather than a criminal problem, requiring crisis intervention and counseling as opposed to legal consequences.
- The feminist movement provided women with a voice in the late 1960s. Shelters and programs began to emerge and groups lobbied for state and federal funding. Through the 1970s, the concept of battery and long term effects of domestic abuse to both women and children gained understanding. However, police departments were still reluctant to arrest abusers within the family. The emphasis remained on mediation rather than prosecution, meaning the police responded to break up the fight not to punish the abuser.

Domestic violence Hotline - 800 799-7333

Empowering survivors of Domestic Violence Workshop:
Defining Domestic Violence

- In 1982, the New Jersey Legislature passed the New Jersey Prevention of Domestic Violence Act, which was revised in 1991. It provides two forms of relief for survivors: civil relief which is obtained by filing a restraining order and criminal relief which allows a survivor to lodge criminal complaints against a batterer. New Jersey recognizes restraining orders obtained by survivors from other states who feel the need to relocate here for safety issues. Various states put into place several working groups (Supreme Court and County) to address internal court issues and a central registry to track perpetrators and notify survivors of their release from jail.

Domestic violence Hotline - 800 799-7333

Empowering survivors of Domestic Violence Workshop

- There is a cycle of abuse, describes in Lenore Walker's book "The Battered Woman" that perpetuates violence in an insidious manner. This cycle begins with the **Tension building phase** where the survivor is on alert because of changes to the abuser's emotional state. There is often unpredictable outburst or erratic behavior patterns that signal that the violence is about to erupt. The survivor avoids the abuser and literally walks on eggshells, but this does little to prevent the cycle from continuing.

Domestic violence hotline - 800 791-7333

- The tension building phase, there are signs of discontent. And the abused will adjust and try to attend to the abuser's every whim. The abused engages in a dance so intense they are unaware that they are being hurt, it may be a slap here or there, or terse, angry words that triggers the defense mechanism of denial. The abuse rationalizes the abuse and is grateful that he only slapped once, or he really did not mean to hurt her. The denial of abuse creates the pseudo sense of normalcy where the two exist in parasitic symbiosis. The incidence of abuse is minimized and swept into the subconscious of the abused.

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop Defining Domestic Violence

- Lenore Walker describes this dance as psychological torture as the abused struggles to control the abuser abusive behaviors, she covers to family members, she protects the children, she hides from the world; this constant hyper-vigilance is exhausting and soon the abused is weakened and ripe for the next phase called the Acute Battering Phase where the abuser explodes.

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop Defining Domestic Violence

- The actual **acute battering episode** occurs at the peak of the tension phase. It is often triggered by the abuser's emotional inner state, not the external activities of the survivor. The onset of the abuse is unpredictable and beyond the survivor's control; however there may be intrinsic factors within the survivor which trigger the abuse to release the tension that is building both within the survivor in anticipation of the abuse and within the abuse where tension mounts continuously. It is the release that both seek, but one is battered in the aftermath.

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop Defining Domestic Violence

- The point of discharge is reached when the tension becomes unbearable for both abuser and the abused. The duration of the buildup serves to render abused weak and broken mentally and grant abuser anger and power over the abused weakened state. The abuser's sense of power is great and often unaware of the extent of rage that spirals out of control during the battering.
- The stress of sleeplessness, loss of appetite, and fatigue will trigger other illnesses, many abused present to doctors' offices and emergency rooms with non-specific illnesses. The explosion is severe and traumatic; the abusive abuser will not stop until emotional or physically depleted.

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop Defining Domestic Violence

- Lenore Walker explains that often the abused will do little to defend as this will incite more abuse, and that many describes a dissociative state where they are hovering watching their bodies hammered and thrown across the room like rag doll. "The defense of dissociation is to avoid the physical and mental pain."

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop Defining Domestic Violence

- The next phase is the **honeymoon phase** the period following the abuse. The abuser feels some remorse and may be shamed by his behavior. The abuser will attempt to minimize the abuse by blaming the abuse on the partner. The abuser may appear loving and kind in an attempt to convince the survivor that the abuse will not happen again. The excessive outpouring of love strengthens the bonds between both the abused and the abuser and thoughts of leaving is removed as the survivor is drawn into this dance of love and abuse. This pattern reinforces the shame because there is a hope within the survivor that the abuser will not repeat the abuse. There is a fear of being believed by family and friends. The emotional support that is needed for survivors can be excessive. The additional guilt of a failed relationship and the fear of economical instability often reinforce the bond. A feeling of being trapped and helpless and often the survivor feels sorry for the abuser and believes that if she stays the abuser will change and grow to love her.

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop Defining Domestic Violence

Phase three is a welcomed phase after the brutality of the explosion; the abusive abuser is contrite and manipulates the emotions of the abused by crying and asking for forgiveness. Contrary to the rhythmic patterns of past explosions, the abused easily forgives and suppresses the memories in a dissociative state in order to continue living with the abuser. The phase is filled with all the gestures of the honeymoon, gifts, flowers and acts of kindness are showered onto the abused.

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop Defining Domestic Violence

It is all about control... Physical, verbal and emotional abuse is never a one time event

- **Intimidation** – the abuser makes the survivor afraid with often a look, or gesture, some may smash objects, or hurt pets.
- **Emotional abuse** – the abuser puts down the survivor by making her feel bad, name calling or telling her she is crazy, mind games and humiliating the survivor in public
- **Isolation** – control of where the survivor goes, who they see, who they talk to, what they read, and what they eat
- **Minimizing and blaming** – makes light of the abuse downplaying what happened even when the survivor is severely hurt. Telling the survivor that the abuse did not happen or telling the survivor that they caused the abuse
- **Using Children** – telling the children negative things about the survivor or threaten to take the children away
- **Male privilege** – treating the survivor like a servant, telling her what to do, makes all decisions, define the place and role of the survivor
- **Economic abuse** – preventing the survivor from getting a job, causing her to lose her job, forcing her to ask for money or preventing her access to funds
- **Coercion and threats** – making threats to hurt the survivor if they leave, threatening to leave or commit suicide, forcing her to drop charges, or forcing her to do illegal things

Domestic violence hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop Defining Domestic Violence

► A battered woman remains loyal to her abuser by a relationship that combines two forces, intrinsic and situational: power imbalance and intermittency of abuse. "In an unbalanced power relationship, the dominated person's negative self appraisal escalates, and she becomes increasingly incapable of functioning without her dominator and is less likely to leave the relationship; on the other hand the dominator develops an inflated perception of his own which worsen this cycle of power.

Domestic violence hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop Defining Domestic Violence

► Fearful and preoccupied inner working models are at work in the willingness to accept the status quo of abuse further lowers self esteem, and cultivates a lack of choice. Abused women with fearful and preoccupied inner working models are apt to feel controlled by outside forces and have a higher need to be validated and seek approval from their abuser. This negative sense of self is related to anxiety, dependency and depression.

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► This compulsive relationship is fostered by the cycles of violence and calm, and is linked to the attachment patterns observed and learned in childhood. Preoccupied individuals are familiar with the parenting style of inconsistent reinforcement where separation or threats of abandonment by the caregiver are used as a method of control. This learned behavior and response to an attachment figure that is unpredictable, unavailable, and nonresponsive makes the concept of separation especially difficult for an abused women and she remains emotional invested to her violent partner.

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► spousal battering is a cyclical model of extreme terror followed by submission and reconciliation.

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The cycle of violence in domestic abuse

Domestic abuse falls into a common pattern, or cycle of violence:

- **Abuse** – Your abusive partner lashes out with aggressive, belittling, or violent behavior. The abuse is a power play designed to show you who is boss.
- **Guilt** – After abusing you, your partner feels guilt, but not over what he's done. He's more worried about the possibility of being caught and facing consequences for his abusive behavior.
- **Excuses** – Your abuser rationalizes what he or she has done. The person may come up with a string of excuses or blame you for the abusive behavior—anything to avoid taking responsibility.
- **"Normal" behavior** – the abuser does everything he can to regain control and keep the survivor in the relationship. He may act as if nothing has happened, or he may turn on the charm. His peaceful, money-moon phase may give the survivor hope that the abuser has really changed this time.
- **Fantasy and planning** – Your abuser begins to fantasize about abusing you again. He spends a lot of time thinking about what you've done wrong and how he'll make you pay. Then, he makes a plan for turning the fantasy of abuse into reality.
- **Set-up** – Your abuser sets you up and puts his plan in motion, creating a situation where he can justify abusing you.

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► SIGNS THAT YOU'RE IN AN ABUSIVE RELATIONSHIP

Do you:	Does your partner:
feel afraid of your partner much of the time?	humiliate or yell at you?
avoid certain topics out of fear of angering your partner?	criticize you and put you down?
feel that you can't do anything right for your partner?	treat you so badly that you're embarrassed for your friends or family to see?
believe that you deserve to be hurt or mistreated?	ignore or put down your opinions or accomplishments?
wonder if you're the one who is crazy?	blame you for their own abusive behavior?
feel emotionally numb or hopeless?	see you as property or a sex object, rather than as a person?

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► Physical abuse and domestic violence

► When people talk about domestic violence, they are often referring to the physical abuse of a spouse or intimate partner. Physical abuse is the use of physical force against someone in a way that injures or endangers that person. Physical assault or battering is a crime, whether it occurs inside or outside of the family. The police have the power and authority to protect you from physical attack.

► Sexual abuse is a form of physical abuse

► Any situation in which you are forced to participate in unwanted, unsafe, or degrading sexual activity is sexual abuse. Forced sex, even by a spouse or intimate partner with whom you also have consensual sex, is an act of aggression and violence. Furthermore, people whose partners abuse them physically and sexually are at a higher risk of being seriously injured or killed.

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► Emotional abuse:

► When people think of domestic abuse, they often picture battered women who have been physically assaulted. But not all abusive relationships involve violence. Just because you're not battered and bruised doesn't mean you're not being abused. Many men and women suffer from emotional abuse, which is no less destructive. Unfortunately, emotional abuse is often minimized or overlooked—even by the person being abused.

► Understanding emotional abuse

► The aim of emotional abuse is to chip away at your feelings of self-worth and independence. If you're the survivor of emotional abuse, you may feel that there is no way out of the relationship or that without your abusive partner you have nothing.

► Emotional abuse includes verbal abuse such as yelling, name-calling, blaming, and shaming, isolation, intimidation, and controlling behavior. Additionally, abusers who use emotional or psychological abuse often throw in threats of physical violence or other repercussions if you don't do what they want.

► You may think that physical abuse is far worse than emotional abuse, since physical violence can send you to the hospital and leave you with scars. But, the scars of emotional abuse are very real, and they run deep. In fact, emotional abuse can be just as damaging as physical abuse—sometimes even more so.

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► Economic or financial abuse: A subtle form of emotional abuse

► Remember, an abuser's goal is to control you, and he or she will frequently use money to do so. Economic or financial abuse includes:

- Rigidly controlling your finances.
- Withholding money or credit cards.
- Making you account for every penny you spend.
- Withholding basic necessities (food, clothes, medications, shelter).
- Restricting you to an allowance.
- Preventing you from working or choosing your own career.
- Sabotaging your job (making you miss work, calling constantly).
- Stealing from you or taking your money.

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Warning signs of an abusive person

► This is a list of behaviors that are seen in people who abuse their partners. The first four behaviors (past abuse, threats of violence, breaking objects and any force during an argument) are almost always seen in an abusive person. If someone exhibits more than three of any of these warning signs, there is a strong potential for abuse in the relationship. An abuser may exhibit only a few of these behaviors, but they may be quite exaggerated.

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► Past abuse

An abuser may say, "I hit someone in the past, but she made me do it." An abusive person who minimizes what happened with a previous partner is likely to be violent with their current partner. Abusive behavior does not just go away; long-term counseling and a sincere desire to change are necessary.

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► Threats of violence or abuse

Threats can involve anything that is meant to control the survivor. For example, "I'll tell your parents about your drug use if you don't do what I want." Healthy relationships do not involve threats, but an abusive person will try to excuse this behavior by saying that "everybody talks like that."

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► Breaking objects

An abuser may break things, beat on tables or walls or throw objects around or near the survivor. This behavior terrorizes the survivor and can send the message that physical abuse is the next step.

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► Use of force during an argument

An abuser may use force during arguments, including holding the survivor down, physically restraining the survivor from leaving the room, and pushing and shoving. For example, an abuser may hold a survivor against the wall and say, "You're going to listen to me."

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► Jealousy

An abuser will say that jealousy is a sign of love. In reality, jealousy has nothing to do with love. It is a sign of insecurity and possessiveness. An abuser may question the survivor about whom they talk to or be jealous of time spent with other people. As the jealousy progresses, the abuser will call the survivor frequently, stop by unexpectedly or monitor the survivor's activities.

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► Quick involvement

An abuser will often pressure someone to make a commitment after a very short amount of time. The abuser comes on quickly, claiming "love at first sight," and will tell the survivor flattering things such as "You're the only person I could ever love."

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► Isolation

The abuser will attempt to diminish and destroy the survivor's support system. If a female survivor has male friends, she is accused of being a "whore." If she has female friends, she is accused of being a "lesbian." If she is close to her family, she is accused of being "tied to the apron strings." The abuser will accuse people who are close to the survivor of "causing trouble."

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► Blames others for their feelings

An abuser will tell the survivor, "I hurt you because you made me mad," or "You're hurting me when you don't do what I ask." Blaming the survivor is a way of manipulating them and avoiding any responsibility.

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► Controlling behavior

An abuser will claim that controlling behavior is out of concern for the survivor's welfare. They will be angry if the survivor is late and will frequently interrogate the survivor. As this behavior gets worse, the abuser will control the survivor's appearance and activities.

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► Unrealistic expectations

The abuser is dependent on the survivor for everything and expects perfection. The survivor is expected to take care of everything for the abuser, particularly all emotional support. The abuser will say things like, "You're the only person I need in my life."

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► Blames others for problems

Abusers will rarely admit to the part they play in causing a problem. She will blame the survivor for almost anything that goes wrong.

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► Hypersensitivity

An abuser can be easily insulted. The slightest setbacks are seen as personal attacks. An abuser will rage about the everyday difficulties of life as if they are injustices—such as getting a traffic ticket or not doing well on an exam.

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► Cruelty to animals or children

An abuser may brutally punish animals or be insensitive to their pain or suffering. Pets can be used to control the survivor or to emotionally abuse them.

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► "Playful" use of force during sex

The abuser may like to hold the survivor down during sex. They may want to act out sexual fantasies in which the survivor is helpless. An abuser may show little concern about whether the survivor wants to have sex and use sulking or anger to manipulate the survivor into compliance. They may demand sex or start having sex with the survivor when they are sleeping or very intoxicated.

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► Rigid sex roles

Male abusers often expect women to serve and obey them. They view women as inferior to men and believe that a woman is not a whole person without a relationship with a man.

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► Jekyll-and-Hyde personality

Explosiveness and mood swings are typical of abusers, and these behaviors are related to other traits such as hypersensitivity. This is not always a sign of mental health problems but may be a way of controlling the survivor by being unpredictable.

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Death and injury – The study found that globally, 38% of all women who were murdered were murdered by their intimate partners, and 42% of women who have experienced physical or sexual violence at the hands of a partner had experienced injuries as a result.

Depression – Partner violence is a major contributor to women's mental health problems, with women who have experienced partner violence being almost twice as likely to experience depression compared to women who have not experienced any violence.

Alcohol use problems – Women experiencing intimate partner violence are almost twice as likely as other women to have alcohol-use problems.

Sexually transmitted infections – Women who experience physical and/or sexual partner violence are 1.5 times more likely to acquire syphilis infection, chlamydia, or gonorrhoea. In some regions (including sub-Saharan Africa), they are 1.5 times more likely to acquire HIV.

Unwanted pregnancy and abortion – Both partner violence and non-partner sexual violence are associated with unwanted pregnancy; the report found that women experiencing physical and/or sexual partner violence are twice as likely to have an abortion than women who do not experience this violence.

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- **Low birth-weight babies** – Women who experience partner violence have a 16% greater chance of having a low birth-weight baby.

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► Discussion & Questions?

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Empowering Victims of Domestic Violence Workshop

Predator and Prey

MARCIA PINDUNG, MS, MT, M (ASCP)
DREW UNIVERSITY DOCTORAL STUDENT

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- ▶ Until recently it was believed that Elephant had no natural known predator because of their size, except man
- ▶ A baby elephant weighs 50 kg or **110 lbs.** Up to 150 kg or **330lbs.** at birth
- ▶ An adult elephant weighs up to 7 tons
- ▶ 2000 lbs. equal 1 ton
- ▶ 14, 000 lbs. equal 7 tons
- ▶ An adult elephant is strong enough to topple an SUV

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- ▶ An adult Lion weighs up to 150 kg or 600 lbs.
- ▶ The adult female lion weighs a lot less at 280lbs.



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- ▶ Predator
 1. An organism that lives by preying on other organisms.
 2. One that victimizes, plunders, or destroys, especially for one's own gain.

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- ▶ Prey is a person or animal that falls victim to another or an animal that lives off of other animals.
- ▶ Prey can also mean the human subject of an attack, or ridicule, by another person. Remember those bullies in school? The younger kids whom they shoved into lockers were their prey. Prey can also be used as a verb, meaning to hunt or go after

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- ▶ Drs. Neil Jacobson and John Gottman described a theory that aligned with the nature of domestic violence; aptly titled the Cobra and the Pit Bull.

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- ▶ During an argument, one would expect the heart rate to increase, the body to sweat profusely when engaged in an argument. However, "there was a group of participants about 20% whose heart rates decrease as they became more verbally aggressive with their partners. The participants appeared to be loud and argumentative but inside they were calm and composed.

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- ▶ Their research revealed that the men who had lowered heart rates were more aggressive towards their partners. They immediately began the conversations as the aggressor, demonstrating loud, belligerent, defensive and contemptuous behaviors

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- ▶ Jacobson and Gottman study of this behavior type revealed that these men were more likely to use a weapon to arm their wives and that Cobras' were severely more violent than any other batterers."

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- ▶ **Pit Bull:** Jacobson and Gottman describe this type as a slow burn. Their heart rates gradually increases until the men are domineering and aggressive and they do not let up on the attack.

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- ▶ The Pit Bulls, were uniquely different, they were very insecure and dependent on their partners for emotional sustainment. The Pit Bulls **feared abandonment**. The survey reveled that Pit Bulls were likely to be separate or divorced from their partners.

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- ▶ The term **cobra** was coined to describe this behavior; like a cobra that become still, focused and quiet before striking their victims. The participants' described as cobra were calming themselves internally while focusing before striking verbally and purposefully at their victims.

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- ▶ The cobras attack had a unique effect on their victims of suppressing their expression of anger, increasing the level of fear and creating sadness within the victim.

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- ▶ Jacobson and Gottman describes the Cobras as sadistic, antisocial, criminally minded and are likely violent towards everyone in their lives. Cobras' were not jealous or clingy and will taunt their partner to leave them; oddly their survey revealed that the wives of cobras do not leave their partners.

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- ▶ The Cobra and the Pit Bull are easily recognized by their temperament. The Cobra enforces his demands by alternating between charm and threats; they use cold and systematic means to trap their Abused. The Cobra will use emotional and physical abuse to control their partner; they are self-indulgent and will not stop until they achieve their goal.

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- ▶ According to Jacobson and Gottman, most "Cobras" are psychopaths who lack a conscience and are incapable of feeling remorse. They are incapable of demonstrating empathy and any attempt of altruism is a means to achieve their goals.

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- ▶ The Pit Bull will engage in emotional dependency after a brief courtship; they are demanding of time together and will track the abuse every move. They control and guard the abused every move; calls frequently during the day to check in, or wants a description of every interaction, every place visited and everyone whom the abused engages in conversation.

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- ▶ When the Pit Bull feels threatened by another man's attention, he will exhibit fits of jealousy and rage.
- ▶ Like the animal true to nature a Cobra will strike swiftly with great lethality and will move on to other target, but the Pit Bull sinks their teeth into their target and hold on.

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- ▶ Psychiatrist Allan Schore and Bessel van der Kolk were pioneers in attachment disruption theory to explain brain development and emotions that causes impulsive eruptions of rage.
- ▶ "psychological triggers or stressors that allow the individual to break out in rage that is out of proportion to whatever preceded the explosion."

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- ▶ In the 1963 experiment on aggression in children. In this experiment, children were allowed to watch a video of children behaving aggressively, adults behaving aggressively and cartoon characters behaving aggressively. The result was astonishing, children who watch adults behaving aggressively behaved more aggressively than the children who watched the other film.
- ▶ This study implied that aggressiveness is a learned behavior.

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- ▶ Habitual learning has three aspects: the first is the **origin of the habit**, the second is **the instigator (trigger)**, and the **third is the regulator**. **Body size may be considered an origin as muscular men are challenged and rewarded for physical actions, it is not that muscular men inherit the habit of being aggressive, they learn from rewards that physical actions create success.**

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- ▶ Children who witness acts of abuse, especially males who witness their father abusing their mother were three times more likely to become abusive as adults. Generation to generation transmission of abuse was a term widely used throughout the psychiatric community to describe the odds of child to adult abusive behavior.

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- ▶ So how does the aggressive boy who witnesses domestic abuse in the home transform into an abusive partner. I have concluded that **acts of aggression/abuse were rewarded as the child observes the mother being submissive and the father relaxing and at ease after abusing the mother**, this behavior may be considered rewarding as the father is now relaxed and at ease around the child, so the abusive episode creates a calming environment in the home.

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- ▶ The tension building phase is felt by the child as well as the mother. The learned behavior is passed down to the child as he or she learns to abuse or accepts the abuse in order to relax.

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- ▶ The child will often hide, tune out or self hypnotize which is dissociative behavior to override the feeling of helplessness. The blunting of affects reduces repetitive abuse and the child learns to escape the anger by retreating. Psychic numbing is a frequent response to uncontrollable trauma; the child is physically present but cognitively absent. **Psychic numbing** occurs inside the subconscious of the abuse as well. During courtship the internal alerts are suppressed or override by the excessive affection that masked the abusive partner's intent.

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- ▶ Dissociative rage as one so terrifying that the batterer blocks that image of himself from self. Victims I have interviewed recollect that their partner's features distort and becomes unrecognizable during the abuse, this in itself is frightening and will often propel the victim into a state of dissociation as she grapples to identify her real abuser from the man she loves.

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- ▶ The following is a summary of Dutton's batterer's profiles.

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- ▶ Instigator triggers create internal state of discomfort called aversive arousal. **The act of watching the father slam doors and yell is frightening to the child, equally frightening is watching the physical assault on the mother, and the child is dependent on both for survival.**

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- ▶ For most women, the time of courtship is euphoric as red flags are dismissed and even excused. For most women the jealous and paranoid abusive partner is often hidden during courtship; the ideal that he loves me so much he cannot wait to see me or he wants to be with me so much that have to spend all my time with him is a ego boost especially for women who are fleeing an abusive partner with feeling of lowered self esteem.

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- ▶ interview with batterers revealed that these men use the same four words to demean their partners, "bitch, whore, cunt, slut" I believe these words denotes a sexual connotation to the explosive verbal assault. It is like there are two different persons (Jekyll and Hyde), the social likable worker who compliments his female coworkers, and gets employee of the month; and the other who is the private batterer who flies into fits of rage at perceived slights from his partner.

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- ▶ A. **The Psychopathic Wife Assaulters:** Lenny was a charming, likable guy, he arrived to his appointment late, smiled and blamed it on the bus, and entered into a charming conversation of how he was always impressed with psychology and maybe if he had entered therapy things would have turned out differently. Lenny had a long history of thefts, fires, and battering. In his interview with Dutton, he was charming and talkative, and when he began talking about the battering, he mentioned that the woman had it coming, and he warned her to quit sleeping around and so on, Dutton remarked that he showed no remorse, he told Dutton that the only person who suffered was him. Dutton describes the psychopath "as lacking in emotional responsiveness which sets them apart from other criminals." They are missing conscience, which is the ability to self-punish the self for violating one's standards of conduct. They do not have pangs of guilt and loses the ability to imagine the other person's pain and fear.

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- ▶ The psychopath develops early extreme detachment behavior, when as a child during early stages of infancy the need for closeness and intimacy is chronically frustrated by an inattentive mother and or an abusive father.
- ▶ psychological assaulters have a low chance of improving and never look back; and as a result they do not learn from their past mistakes."

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- ▶ According to Dutton there are two subtypes of the overcontrolled assaulter: 1. active type or the control freak who attempts to dominate others. They are usually described by their wives as meticulous perfectionists. 2. passive type are distant and usually it is the wives' attempted attainment of contact which sets this type off. Both types' measures high on the Dominance /Isolation scale which measures emotional abusiveness. Dominance/Isolation includes the husband rigid sex roles and an insistent on subservience. They are usually stingy with time, money and emotions.

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- ▶ The women in their lives describes living with them as on a rollercoaster and they never know what is coming home at nights. Dutton further explains that they are highly skilled at verbal insults. They are also skilled at hitting hard without leaving marks.
- ▶ For the cyclical/emotional wife abuse, there is little internal brake to stem the flow of images and perceived wrongs that they feel.

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- ▶ "A man's early relationship with his mother is the second key element in the evolution of the abusive personality."
- ▶ the case of Sam, who exploded at his wife because she "cooked the meat wrong; he smashed the banister, threw a meat cleaver and the cooking pan at his wife who fled the scene.

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- ▶ B. **Over controlled Wife Assaulters:** Dutton defined this type as "distanced from their feelings and a tendency of avoidance and passive aggressiveness. This type of assaulter has a long windup, there is a buildup of frustration to external events. The buildup erupts into violence after long periods of unexpressed rage." Dutton explains that the Over controlled assaulter lacks charisma and is often the opposite of the typical wife batterer.

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- ▶ C. **Cyclical/Emotional Volatile Wife Abusers:** Dutton defines the need to have control which drives the cyclical/emotional volatile wife abuser. There is a dominant drive for external control. According to Dutton, these men exhibit rage and jealousy. They believe the partner is responsible for their feelings and their demands is impossible to uphold. They are cyclical in their demands a constant push away and pull together which explains the dual personality tendency.

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The origin of an Abuser Back to the Beginning

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- ▶ Luckily, they both immediately sought therapy and discovered Sam's deep seated hatred for his mother who left his bed ridden father for another man forcing him to leave home at thirteen. This situation was remarkable as it is a cut and dried matter, mom was emotionally abusive, man hates mother, man hates wife.

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- ▶ British Psychiatrist, John Bowlby, author of Attachment and Loss describes the child first separation from his mother as a period of anxiety. The child shakes the crib and cries, and looks toward the spot where he saw his mother. Anger is the child's first impulse towards separation.

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- ▶ Bowlby describes this suppressed fear of abandonment to latent fear in abusive males to their partner leaving. This fear justifies every perceived slight when the partner buys a new dress, stays out late or comments on another man.

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- ▶ George described his childhood as "chaotic and abusive." He grew up in small town where his mother earned a living in prostitution. Every morning his mother would physically punish George and his sister, not for bad behaviors, but in case they behaved badly throughout the day. His father worked on a riverboat and his rare appearances in the home resulted in him punishing the children as well

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- ▶ During their marriage Vicky became frightened as she rode out the period of tension building phase of abuse by being quiet and alert
- ▶ Vicky thought George "wounded" and attempted to change and deflect the world from hurting George. Showering him with admiration and love she felt this would change him.

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- ▶ Bowlby describes maladaptive anger as distorted and exaggerated. The child shakes the crib and cries loudly and as a adult the abuser smashes and throws things to express the anger at he perceived abandonment. The child learns that crying brings mother back, but when the mother remains distance even emotionally while present, the child learns that crying will not bring mother back and his cries turns to anger and rage.

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- ▶ Let us end this session with a case discussion: Lets examined Vicky and George's childhood.
- ▶ Vicky described her childhood as turbulent, her father was both disengaged and abusive displaying both a detached and absent approach and then suddenly intense and abusive. Her mother allowed the abuse, and to date the siblings live separate and distant from each other. Lack of trust and fear drove Vicky to celebrate her sixteenth birthday by blowing out her candle, smoking marijuana and leaving home. On the highway she thumbred a ride away from home.

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Empowering Victims of Domestic Violence Workshop: Part 2 Predator and Prey

- ▶ At an early age George learn to "degrade and beat women, and often wish that he was strong enough to hit his mother back
- ▶ He became physically strong and began picking fights
- ▶ George described his past relationships of having control, and never allowing a woman to gain control over him.

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Empowering Victims of Domestic Violence Workshop: Part 2 Predator and Prey

- ▶ When Drs. Jacobsen and Gottman met George in therapy, he had been married to Vicky for two years and they had a daughter who was almost two years old. Within that time George had been abusive to Vicky on numerous occasions; his abuse ranged from hitting, choking, kicking, and threatening with a knife

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Empowering Victims of Domestic Violence Workshop: Part 2 Predator and Prey

- ▶ George came home and found Vicky and the baby eating pizza, he became furious at being left out and when Vicky did not respond he "slammed his fist in the pizza, knocked her off the chair, dragged her across the room by her hair, held her down and spit pizza in her face, then beat her while calling her a bitch who ruined his life.

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Empowering Victims of Domestic Violence Workshop: Part 2 Predator and Prey

- ▶ This was Vicky's version, George on the other hand downplayed the level of violence by asserting that he only pushed her around a bit. When George was asked why he was abusive, he told the therapist that she deserved it.
- ▶ George is your typical Cobra this was a learned behavior

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Empowering Victims of Domestic Violence Workshop: Part 2 Predator and Prey

- ▶ Questions?

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Empowering Victims of Domestic Violence Workshop

Part 3 – Repetition Compulsion
Childhood Trauma and Domestic violence

MARCIA PINDLING, MS, MT, M (ASCP)
DREW UNIVERSITY DOCTORAL STUDENT

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Empowering Victims of Domestic Violence Workshop: Part 3 Childhood Trauma and Domestic Violence

- ▶ In the wild, animals hunt for food and are always on the lookout for predators. Animals will dart back and forth between grabbing foods and scurrying back to the safety of their habitat; but when food selection is scarce the behavior changes and the animals takes risk that to the casual observer may be deemed suicidal. Gambling may seem suicidal to the observer, but to the animal in need it is a way of life

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- ▶ Kreb and Davies demonstrated this ideology during their observation of squirrels. They noticed that the squirrel engages in certain behaviors as it hunts for food when a predator is present. They will linger and eat at the site of procurement or if a cat or a dog is near they will hurry back up the tree to safety and then eat their food

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- ▶ Kreb and Davies also observed that if the animal is hungry and food is scarce they engage in risky behavior that overrides the need for safety. Hunger trumps safety as the animal weighs their choices of surviving by eating or starving. In most victims of abuse, the need for companionship overrides the danger of getting close to another person after being abused by a former, in order to do so, they engage the defense of dissociation to forget the past and allow the present

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Empowering Victims of Domestic Violence Workshop: Part 3
Childhood Trauma and Domestic Violence

- Understanding gambling addiction and problem gambling- easy to know if you have a gambling problem
- Gambling addiction, also known as **compulsive gambling**, is a type of impulse-control disorder. Compulsive gamblers can't control the impulse to gamble, even when they know their gambling is hurting themselves or their loved ones. Gambling is all they can think about and all they want to do, no matter the consequences. Compulsive gamblers keep gambling whether they're up or down, broke or flush, happy or depressed. Even when they know the odds are against them, even when they can't afford to lose, people with a gambling addiction can't "stay off the bet."

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Childhood Trauma and Domestic Violence

- Gamblers can have a problem, however, without being totally out of control. Problem gambling is any gambling behavior that disrupts your life. If you're preoccupied with gambling, spending more and more time and money on it, chasing losses, or gambling despite serious consequences, you have a gambling problem.

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Childhood Trauma and Domestic Violence



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Childhood Trauma and Domestic Violence

- Pathological gambling is a progressive disease that affects gamblers and their family and friends. It can cripple the gambling addict's professional and social life. In 1980, the American Psychiatric Association accepted pathological gambling as Impulse Control Disorder. An impulse control disorder is a set of psychiatric disorders which also include intermittent explosive disorder, kleptomania, fire starting, compulsive hair pulling and compulsive skin picking.

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Childhood Trauma and Domestic Violence

- Impulsivity is the main feature of these disorders. The behavior pattern is seeking instant gratification at the expense of a long term negative consequences. Impulse control disorders are grouped in the obsessive-compulsive disorder category of behavioral addictions.

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Childhood Trauma and Domestic Violence

- The addictive qualities of gambling can be understood from both a behavioral and neurological perspective. Gambling is a form of "operant conditioning learning" in which a voluntary action becomes linked with a specific outcome. The random reinforcement provided by gambling is actually the strongest form of conditioning, well ahead of a consistent reward. When a payoff is not expected every time the conditioned behavior is much more resistant to erasure than when a payoff is always expected. Losses or no-returns are still consistent with the action-reward relationship.

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Childhood Trauma and Domestic Violence

- On a neurological level gambling effects the same neural pathways as addictive drugs. The primary neurotransmitter in addiction is Dopamine. Dopamine is sometimes described as the brain's reward mechanism; with the amount of dopamine released being directly related to how positive an experience is perceived.

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Childhood Trauma and Domestic Violence

- •Escape gambling: is the term used when the problem gambler seeks to erase upsetting or painful feelings. The act of gambling is secondary to the numbing effect desired. Women tend to become "escape gamblers."

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Childhood Trauma and Domestic Violence

- ▶ Love addicts and love avoidants are typically attracted to each other, forming a dysfunctional, unhealthy relationship with unbalanced boundaries. The love addict has a fear of abandonment and an underlying fear of intimacy while love avoidance is characterized by fear of intimacy and underlying fear of abandonment. These cycles ensure that relationships between the two addicts never reach a level of intimacy nor is there abandonment between the two.

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Empowering Victims of Domestic Violence Workshop: Part 3
Childhood Trauma and Domestic Violence

Symptoms of Love Addiction Include:

- ▶ • Feeling incomplete in-between relationships
- ▶ • Setting unrealistic expectations
- ▶ • Inability to let go
- ▶ • Having emotionally unavailable partners
- ▶ • Manipulation
- ▶ • Using sex to hold onto your partner

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Childhood Trauma and Domestic Violence

- ▶ Staying in the relationship out of guilt
- ▶ • Fear of trust
- ▶ • Fear of rejection
- ▶ • Feeling an intense need to control
- ▶ • Detachment
- ▶ • Accepting abuse
- ▶ • Low self-esteem

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Childhood Trauma and Domestic Violence

- ▶ Codependency often stems from childhood experiences. Children of families with a history of enmeshment between members, trouble validating individual feelings, and minimal respect of privacy often become codependent adults. Victims of physical, verbal and sexual abuse commonly carry shame with them into their adult lives. Living with shame contributes to their codependent tendencies.

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Childhood Trauma and Domestic Violence

- ▶ "Codependency is an emotional, behavioral, and psychological pattern of coping which develops as a result of prolonged exposure to and practice of a dysfunctional set of family rules. In turn, these rules make difficult or impossible the open expression of thoughts and feelings.

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Childhood Trauma and Domestic Violence

- ▶ Normal identity development is thereby interrupted; codependency is the reflection of a delayed identity development." In order to make healthy changes for yourself, one must be ready to take action against his/her current behaviors

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Childhood Trauma and Domestic Violence

- ▶ This is hard to do when we bury the abuse in order to cope, this creates an unhealthy state called dissociation, where we hide from the abuse in order to remain with the abuser.

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Childhood Trauma and Domestic Violence

- ▶ Dissociation is a counter adaption to the natural flow of abuse. The abused instead of avoiding the Abuser, buries the memory of abuse in order to continue or begin a relationship with the abuser.

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Childhood Trauma and Domestic Violence

- ▶ Freud, Bowlby, and others studied the ability of the abused to internalize and repress the assault.
- ▶ Freud defined this compulsion as an unconscious impulse to repeat a pattern that has been long established and has become a learned response on an unconscious level. This repressed memory dictates behavior as well as reactions to stimulus, and becomes a learned behavior that serves as a benchmark to our responses.

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Childhood Trauma and Domestic Violence

- ▶ The amygdale is an almond shaped structure which is located in the temporal lobe. This structure receives and processes sensory perceptions, activates motor and automotor response, and processes unconscious emotions and behaviors. Created at birth, the amygdale rapidly changes within the first two months of life and performs an important role in repetition compulsion.

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Childhood Trauma and Domestic violence

- ▶ Function: Responsible for the response and memory of emotions, especially fear



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Childhood Trauma and Domestic violence

- ▶ When you think of the amygdala, you should think of one word. Fear. The amygdala is the reason we are afraid of things outside our control. It also controls the way we react to certain stimuli, or an event that causes an emotion, that we see as potentially threatening or dangerous

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Childhood Trauma and Domestic violence

- ▶ as the infant matures, its demand for eye contact with its mother is preceded by its cry and if the cry is ignored, the infant is capable of exhibiting anger and fear.

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Childhood Trauma and Domestic violence

- ▶ This early exposure to tension affects the level of adrenaline secreted and creates a pattern of neurochemical release which is stimulated each time the infant is faced with similar situations; which in turn creates a pattern that becomes a part of the unconscious adult response later in life.

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Childhood Trauma and Domestic violence

- ▶ Memory is essential to our interactions, abilities, emotions, and aspirations. Declarative memory is the ability to remember day to day things which govern our lifestyle; this memory is explicit and is supported by the hippocampus. Malignant memory as "flashbacks and intrusive thoughts that are an integration of past threats to current experiences.

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Childhood Trauma and Domestic violence

- ▶ He describes this selection as turning the dial on the radio seeking the best frequency and its selection is the path of least resistance or the best produced with minimal effort. "The brain's neuron is constantly seeking this frequency with each new experience, when it finds a close match, the memory is propelled forward and locked in with the new experience," creating a bias to the person's perception and alters the behavior.

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Childhood Trauma and Domestic violence

- ▶ This is all done within seconds and is totally within the realm of the unconscious. These memories are embedded within the unconscious and become a part of our response to everyday stimulus. You are not even aware that you are doing it...this is repetition compulsion

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ The incomplete development of damaged amygdale during infancy may create the compulsion to repeat or recreate fearful situations later in life, where stressful affects during early attachment experiences result in underdeveloped production of adrenaline, serotonin and dopamine.

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ Attachment bonds are activated during stressful events such as threats and violence, and propel the threatened to seek proximity to an attachment figure. Insecure attachment to a caregiver during childhood is a learned response which is propagated in an adult instance of abuse and may even intensify the bond between the abused and the abuser.

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ Children who are rejected by their mother become clingy; it is instinctual in the child to remain close to a mother who is inattentive and distant.
- ▶ Abuse in itself may strengthen the bond between the abused and the abuser, this social-psychological theory is called **traumatic bonding**.

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ Repetition compulsion in relationships may be guided by an unconscious memory to what one has been previously exposed. It may also suggest that in choosing partners we unconsciously select someone resembling or acting as a past memory, an emotion or reaction evoked by the brain structure amygdale, which generates reaction to stimulus.

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ The infant has the ability to self regulate in response to his mother's facial expression, and will look away to avoid overstimulation. Infants raised by depressed or emotionally detached mothers tend to exhibit a heightened arousal distress state, elevated heart rate and high cortisol levels. Anxiety, sexual excitement, rage, depression, and euphoria in the mother will generate corresponding affects in the infant; equally intense affects like terror, murder, rage and joy are also transferable and contagious.

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ Attachment behavior is protection from ...danger.... When severely threatened by an adult of its group a young monkey always seek out the highest ranking animal available, usually a dominant male. Since this same animal is usually the one that threatened in the first place, it frequently happens that the animal that the juvenile approaches is the very animal that itself cause the fear."

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Repetition compulsion

- ▶ Individuals who are fearful and preoccupied have an inner working model of themselves as being unworthy and undeserving of love and find the abuse justifiable.
- ▶ Which may explain the strong attachment between the abused and her abuser, this archetype formed earlier in childhood emulates the mother baby, where the infant or the abused is both fearful and dependent on the mother or the abuser.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- ▶ This learned behavior and response to an attachment figure that is unpredictable, unavailable, and nonresponsive makes the concept of separation especially difficult for an abused women and she remains emotional invested to her violent partner.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- ▶ The compulsion to repeat abusive relationships, and to return to undesirable partners is so deep seated within the unconscious that there is only a vague sense of déjà vu that links past relationships and behaviors to current one.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- ▶ The fear that the event will recur is so overwhelming that the individual unconsciously anticipates and recreates the event in an effort to get it over with and to relieve the anxiety. It is relieving when the event recurs and anxiety is lifted, even temporarily, the fear is known versus unknown.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- ▶ Jack was a successful lawyer who had his own law firm and a number of partners. He outwardly appeared to have it all, he had two children, and a beautiful wife, but secretly he engaged in destructive behaviors. He gambled, bought expensive cars, took expensive vacation with his client's escrow funds and robbed other accounts to pay back his debt in a continuous cycle.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- ▶ Repetition compulsive drive as an instinctual and persistent force which suspends intellectual reasoning, judgment, and inhibitions
- ▶ The desire to repeat is an instinctual game of mastering mistakes, defying the odds, and cheating nature and death.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- ▶ The drive to sabotage and mutilate self is no less destructive than the drive to continuously choose partners who are carbon copy of past abusive partners.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- ▶ Like a compulsive gambler, the repetition compulsion is a high risk game that is replayed over and over in an effort to beat the odds.

Lets do a few case studies...

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- ▶ During therapy Jack admitted that he grew up with a demanding mother whom he could never please, and his passive aggressive behavior began then while he was a child.
- ▶ Prolonged therapy revealed he had a deep seated anger at his father whom he felt was weak and impotent, and felt that this weakness was humiliating. In his quest to conquer this unconscious weakness he employed passive aggressive behavior by stealing and gambling on a lavish lifestyle, placing his relationship at risk to overcome his feelings of impotence and weakness, he viewed all relationship as competitive and adversarial

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- Our self image is formed during the early years of life where parental attitudes and beliefs are reflected in their communication to the child. Adult self esteem is laced with echoes of mother or father telling a child that he is worthy and deserves to live a happy life, or it may be laced with negative communications of harsh criticisms and demands that belittled and demote a child sense of self. Negative communication from a parent or caregiver will become internalized and acted out later in life. A sense of self worth is important as the child develops and seeks relationships outside the confines of the familial structure. Lets discuss Helen...

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- Her mother terminated her therapy six months later, but thirty year later Helen returned to therapy. Although Helen had become successful by finishing college and travelling, her attachment issues remained as it was at eleven.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- Her need to be loved had her performing favors which were inappropriate and degrading, but she secretly felt she did not deserved to be loved and she continued to sabotage her self esteem to gain love and acceptance from her friends

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- Traumatic forgetting is a common result of sexual and childhood trauma, where the child adapts and reworks the memory in order to remain attached to the caregiver who both care for and abuse them.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- Helen was a child who was undergoing therapy because her mother was unable to handle her aggression. Helen's father was a successful workaholic who demanded perfection and was overly critical of her errors. He was impatient with wife and child and Helen's mother submissively allowed this behavior. Helen became needy and developed unhealthy attachment behaviors towards her friends at school and she developed phobias which further ostracized her friends.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- Her relationship dynamics were tendered with favors granted by Helen, she tried to win friends by being needy, and felt that she was a reject an outcast in relation to the world. She retained friends by becoming and doing what they asked.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- Helen cycle was unfortunately unbroken, because she continued to deny her anger and her underlying feeling of inadequacies. This pattern, long instilled as a child continued into her adult relationships, where Helen tolerated the abusive and pervasive attitudes from everyone, because she felt undeserving of love and acceptance.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- One in three girls and one in four boys are sexually abused before the age of eighteen; this correlates to about 50 to 80 million people who have been sexually abused in the United States. More startling is that the abuser is someone who is known to the abused. The incidence of abuse is often hushed by the adult caring for the child, and only 1 in 5 is ever reported; other sexually abused children are silenced by the fact that they are not believed.

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ All children look to their caregivers for validation, within a warm and loving environment the child will share the traumatic experience to a caregiver who accepts and defends the child. If the child's recount is rejected and additional shame is attached to the experience, the child's memories become forbidden and repressed. This creates a conflict about reality within the child, and memory is affected

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Repetition compulsion

- ▶ The child in turn forgets the abuse as a means of survival, because to keep recounting the abuse threatens and overwhelms the child who is afraid of being removed from the caretaker or of the caretaker leaving them as a result of the abuse. They feel guilt...intense guilt and "the child goes into hiding" as a coping mechanism the child ignores the abuse

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Repetition compulsion

- ▶ The child's ability to notice signs of impending danger is impaired, internal cues and warnings is indistinguishable from other events and the child has difficulty distinguishing threats and violence.

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Repetition compulsion

- ▶ Forgetting is a mental and emotional screen which interprets reality and substitutes a false reality that is based on the abuser's demands

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Repetition compulsion

- ▶ Stored unreleased emotion manifest in life as physical, mental, emotional, and spiritual disorder, or a combination of all. The movie "For Colored Girl" Whoopi Goldberg's character

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Repetition compulsion

- ▶ Psychiatric inpatients are 50 to 60 percent more likely to have been abused as children.

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Repetition compulsion

- ▶ People with eating disorders such as anorexia and bulimia were more likely to have been abused as children

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Repetition compulsion

- ▶ Chemical dependency and self destructive dysfunctional behavior may be linked to childhood trauma and abuse

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Repetition compulsion

- ▶ A study of prostitutes revealed that 80% were sexually abused as children

Domestic violence Hotline - 800 799 7333

Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ In primary care, patients presenting with a history of gastrointestinal disorders, gynecological, respiratory, and neurological distress are more likely to have a history of childhood trauma.

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ Survivors become vulnerable and unconsciously repeat the experience in an effort to master or absolve themselves of blame.

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ Studies showed that boys who were abused will identify with the abusers, whereas girls who were abused will become attached to abusive men.

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ A similar study of pedophiles revealed that 60% were sexually abused and 100% of this population was traumatized in some way

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ Post traumatic stress disorder, a physical and psychological disorder, is always associated with a history of trauma and painful memories, conscious or unconscious. It is not just observed in war veterans

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ Adult repetition compulsions are often fostered by lasting internal childhood scars. Victims of past childhood abuse are at risk to the destructive process of re-victimization.

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Empowering Victims of Domestic Violence Workshop: Part 3
Repetition compulsion

- ▶ The child in the face of external threats experience a sudden loss of attachment to the caregiver and this triggers a post traumatic stress response which in turn triggers intense clinging to the very source of the distress.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- ▶ Repetition compulsion resides in the unconscious, and the study by the CDC reported 59.1% of women and 66.4% of men abused or abuser are unaware or unreflective of the link to current abuse and their past trauma.

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Empowering Victims of Domestic Violence Workshop: Part 3 Repetition compulsion

- ▶ Discussion and questions

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Empowering Survivor of Domestic Violence Workshop

MARCIA PINDLING, MS, MT, M (ASCP)
DREW UNIVERSITY DOCTORAL STUDENT

**Trauma and Domestic
Violence-The Emotionally
Abused Women**

Domestic violence Hotline - 800 799-7233

Empowering Survivors of Domestic Violence Workshop: Part 4: Trauma and Domestic Violence

- ▶ Emotional abuse happens as a result of physical, sexual or verbal abuse. It is a manifestation of domestic violence. It may be a build up of past childhood abuse or current abuse both of which takes time and unfortunately takes even longer to correct.

Domestic violence Hotline - 800 799-7233

Empowering Survivors of Domestic Violence Workshop: Part 4: Trauma and Domestic Violence

- ▶ Emotional abuse is behavior that control and subdue another human being through the use of fear, humiliation, verbal or physical threats.

It includes:

- ▶ constant criticism
- ▶ Intimidation
- ▶ Manipulation
- ▶ Refusal to be please

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Empowering Survivors of Domestic Violence Workshop: Part 4: Trauma and Domestic Violence

- ▶ Emotional abuse cast doubts on your perception of self
- ▶ This feeling of worthlessness creates the feeling that no one else will want me so I will stay with the abuser
- ▶ They are afraid to leave because they may feel they have no where else to go or no one else will want them
- ▶ The thought of being alone is feeling like a child who is left alone with no one to turn to...

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Empowering Survivors of Domestic Violence Workshop: Part 4: Trauma and Domestic Violence

- ▶ These phrases are common for emotionally abused women when describing themselves
- ▶ What's wrong with me
- ▶ Why do I keep doing this
- ▶ Why can't I spot a loser
- ▶ Why did I agree to do this

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Empowering Survivors of Domestic Violence Workshop: Part 4: Trauma and Domestic Violence

- ▶ Why did I give that to ...
- ▶ I go places I don't want to go
- ▶ I do things I don't want to do
- ▶ Sometimes I can't stand to be with myself
- ▶ I hate the way I am

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Empowering Survivors of Domestic Violence Workshop:
Part 4: Trauma and Domestic Violence

- ▶ It is often difficult to admit that you are being emotionally abused, many women do not even know they are being emotionally abused
- ▶ Many try to change but despite their best efforts they keep dating and attracting the wrong partner.

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Empowering Survivors of Domestic Violence Workshop:
Part 4: Trauma and Domestic Violence

- ▶ Emotional abuse is the most common type of abuse.
- ▶ It is difficult to trace and is often unobserved
- ▶ Difficult to detect because of the mask of normalcy
- ▶ It leaves lasting scars

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Empowering Survivors of Domestic Violence Workshop:
Part 4: Trauma and Domestic Violence

Scars of domestic violence includes:

- ▶ Depression
- ▶ Lack of motivation
- ▶ Confusion
- ▶ Feelings of failure
- ▶ Worthlessness
- ▶ Hopelessness
- ▶ Difficulty concentrating
- ▶ Self blame
- ▶ Self destruction

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Empowering Survivors of Domestic Violence Workshop:
Part 4: Trauma and Domestic Violence

- ▶ Often when the physical abuse is past the emotionally abused women remains, she present to therapy with non specific concerns
- ▶ She may speak of her difficulty getting out of bed, going to work or interacting with her children.
- ▶ She withdraws from activities that once made her happy and spends more and more time alone

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Empowering Survivors of Domestic Violence Workshop:
Part 4: Trauma and Domestic Violence

- ▶ Emotional abuse often spills over into our work and school life.
- ▶ Attention wanders
- ▶ Repetitive tasks
- ▶ Compulsive scrutiny and reflection of self or lack of reflection of self

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- ▶ Emotional abuse is like brain washing that strips or wears down self confidence sense of self worth, perceptions and self concept.

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- ▶ Not uncommon for emotional abuse to be repeated throughout the survivors lifetime.
- ▶ **Acceptance of emotional abuse tends to begin during childhood**
- ▶ The resulting low self esteem marries the expectation that the abuse is warranted

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Verbal Abuse: assault to mind and spirit

- ▶ Criticizing
- ▶ Name calling
- ▶ Screaming
- ▶ Threatening
- ▶ Blaming
- ▶ Sarcasm
- ▶ Humiliation

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- ▶ This type of abuse is frightening and demeaning
- ▶ When someone yells we are afraid of what that person will do physically

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- ▶ Emotional blackmail
- ▶ Coerce you to do something by playing on your fears guilt or compassion
- ▶ Threatened to end the relationship if you do not do what they want
- ▶ Rejects or distance themselves from you until you give in to their demands - cold shoulder

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Constant Criticism

- ▶ Always finding fault with something you do say or feel
- ▶ This eats away at your self confidence
- ▶ Over time you become convince that you are worthless

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Gaslighting

- ▶ Makes you doubt your perception memory and sanity
- ▶ Abuser will deny something happened
- ▶ Or retell an event that is totally different from what you remember
- ▶ Exaggerate or insinuate something other than what happened

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Abusive expectations

- ▶ Makes unreasonable demands to satisfy his needs
- ▶ Constant need for your attention
- ▶ Demands for sex
- ▶ Spend all your time with them and no one else
- ▶ It is never enough

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Unpredictable responses

- ▶ Mood swings
- ▶ Emotional outburst for no apparent reason
- ▶ Frequently changes his mind
- ▶ You are constantly on edge off balance

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Character Assassination

- ▶ Blows your mistakes out of proportion
- ▶ Gossips or tell everyone what you did wrong including past failures
- ▶ Tell lies about you
- ▶ Make fun of you in front of others
- ▶ Blows off your achievements

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Constant CHAOS

- ▶ Upheavals
- ▶ Start arguments
- ▶ In constant conflict with you and others
- ▶ Create drama and constant excitement
- ▶ Disruptions
- ▶ Always in crisis

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- ▶ Sexual harassment
- ▶ Unwelcome advances whether sexual, verbal in conduct is emotional abuse
- ▶ Off color jokes comments or pictures that make you feel uncomfortable

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- ▶ Where does all this begins –Parents
- ▶ This is not sporadic but is constant
- ▶ A mother is the most important thing in a little girls life
- ▶ From mom you learn fear, safety, love, trust, value,

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You also learn

- ▶ Distrust
- ▶ Detachment
- ▶ Possessiveness
- ▶ But most importantly you will learn how to be a mother yourself
- ▶ If that first intimate relationship is abusive it sets the stage for all other relationships

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- ▶ A little girl first learns of the opposite sex from her dad
- ▶ She learns expectations and how a male should behave or treat a women
- ▶ The father becomes a template for all other male figures in her life
- ▶ This is where a child first learn that abuse if okay and learns to accept future abuse from men

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- ▶ **It is this relationship that creates confidence and build self esteem it is how the child will view herself later in life**

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Types of Emotionally Abused women

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Selfless Women

- ▶ Self of identity is shaky
- ▶ Mother is usually smothering or controlling
- ▶ Child was not allowed to create a separate sense of self, child had no identify other than mother
- ▶ In turn the selfless woman is clingy and dependent even o her abuser

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The Pleaser

- ▶ "Peace at any price" is term used by Beverly Engel –will do say or feel anything you want me to...
- ▶ Child was made to feel inferior and was told to always be a good girl or else
- ▶ Parents expected perfection and when the child failed they were disciplined
- ▶ The child feels worthy only when pleasing others
- ▶ Obsessive compulsive cleaning

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The Sinner

- ▶ Much like the pleaser, but the sinner suffers intense guilt or shame after doing the will of others
- ▶ Constantly blames self
- ▶ The child was severely criticize or shamed ' Made to feel dirty or ugly

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- ▶ Codependent individual are usually brought up in homes where alcohol, food, gambling, shopping and drugs were addictions of their parents
- ▶ As adult will have low self esteem
- ▶ Unless giving feels otherwise useless
- ▶ Always rescuing someone

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- ▶ Will believe lies to remain with someone
- ▶ Will ignore and create alternative answers to obvious wrongs

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- ▶ **Victim or Martyr**
- ▶ Helplessness is learned in childhood often told to be nice and passive
- ▶ Passive aggressive
- ▶ Saw mother being victimized by husband or partner
- ▶ Belief life is one bad experience after the other
- ▶ Bad things are to be survived and tolerated

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The Sinner

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- ▶ Codependency
- ▶ Suppressed anger
- ▶ Look outside themselves for happiness
- ▶ Seeks approval constantly
- ▶ Ignore problems or warnings if disruptive to the other person happiness

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Drama Junkie

- ▶ Codependent survivors are sometimes drama junkie
- ▶ Usually chaotic childhood with drugs, alcohol and fighting between parents
- ▶ Loves adrenaline rush of constant upheaval
- ▶ Signs of depression ,anger and anxiety
- ▶ Feel alive after a highly charged experience

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- ▶ **Men who emotionally abuse are usually:**
- ▶ **Possessor**- extremely insecure and inadequate demanding
- ▶ **Napoleon**-tear other down to make themselves seem better, their size and masculinity is threatened they are usually bullies and constantly makes fun of others to make themselves feel better

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- ▶ **Bulldozer**— plow down anyone in their path to get their own way, their needs are the only thing important. Always out to satisfy number **one**
- ▶ **Controller**— compulsive need to be organized, afraid of being out of control will attack if control is threatened, known for having temper tantrums

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- ▶ **Sex Addict**— demands sex every day, if refused becomes hurt or withdrawn
- ▶ **Antisocial personality**— COBRAS— do not live by the same set of rules as most people do. They create rules in their minds to justify the abuse. They blame others for their behaviors, and are selfish, impulsive and will perform illegal acts. Will justify the cruel acts as warranted.

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- ▶ Antisocial will promise the world but have no intent to deliver, will lie convincingly, gamble the money that will pay the bills
- ▶ Antisocial tend to be sexually, physically or emotionally abused as children
- ▶ Will lash out at mate and make them feel sorry for doubting them if confronted
- ▶ Quick to anger explosive to discourage confrontation, throws the victim off guard

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- ▶ **Narcissist**— inflated self worth, fantasies about unlimited success, power, and brilliance, always smarter, better than everyone else. Crave attention and limelight, indifferent to others suffering. Sense of entitlement. Will take advantage of weakness. Lacks empathy. Vain arrogant hard to take criticism

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- ▶ **Misogynist**— lack of respect for female, devalues women, belittle, distrust or dislike women. Treat women as objects
- ▶ **Blamer**— always someone else's fault, never theirs. Justify their abuse as warranted
- ▶ **Destroyer**— acting out in rage and anger. Often hurt as children and will project their self hate to someone else

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Why are you attracted to Emotional Abusers?

- ▶ We verbally self blame, self fault ourselves. We just can't believe we end up in the same types of relationships over and over again. We put ourselves down constantly and mentally beat ourselves up when we fail at relationships
- ▶ Lets find out why we chose emotionally abusive people

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- ▶ Chances are you were emotionally physically or sexually abused as a child.
- ▶ Abuse as a child is carried over into our adult relationships, we unconsciously find people who fits the role models that we observe as a child.
- ▶ Role modeling of our abusive or abused parent creates a pattern that we copy later in life

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- ▶ If your mother was a peacemaker to a violent abusive husband or partner this may be the role you recreate later in life.
- ▶ Damaged self esteem as a child allows the adult to feel that the abuse is deserved, women are filled with shame and guilt towards something that was not their fault.

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- ▶ Women with low self esteem are attracted to men who appears strong and self assured. They are ill equipped to recognized that this self assuredness is fake and these men are often insecure themselves.
- ▶ Emotionally abused women need to find the original abuser. They are often involved in repeated abusive relationships as they are compelled to keep trying until they get it right

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Childhood emotional abuse includes:

- ▶ Neglect
- ▶ Denial
- ▶ Verbal abuse
- ▶ Sexual abuse
- ▶ Boundary violation
- ▶ Social abuse
- ▶ Intellectual abuse – no school
- ▶ Ridiculed
- ▶ Attacked when she speaks
- ▶ Chaotic abuse

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- ▶ Abandoning or Rejecting Parent- the parent escapes their world through alcohol, drugs or just plain leaves or abandon the child.
- ▶ Emotionally distant or intermittently acknowledge the child is there the child self trains and care for self.

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- ▶ Silent Partner- stands by while the other partner sexually, physically or verbally abuses the child
- ▶ If a parent refuses to help the child the child learns to be submissive and accepting of abuse as no one that she loves will help

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- ▶ Emotional abuse may not be the first emotional abuse but the first abuser to have lasting effects.
- ▶ Children are unaware that they were emotionally abused and often reflections as adults will allow the memory.

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- ▶ Parents who are overprotective of the child will suffocate and smother individuality and self independence
- ▶ Finds fault with childhood friends
- ▶ Feels sad when the child is away and let them know it
- ▶ Demands that the child tells her all about her day where, when and whom

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- ▶ Hypocritical parents: always finding fault with the child no matter what they do, They are always watching and will always point out what the child did wrong never what the child did right.

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- ▶ Questions?

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Empowering Survivors of Domestic Violence Workshop

MARCIA PINDLING, MS, MT, M (ASCP)
DREW UNIVERSITY DOCTORAL STUDENT

Part 5
Defense Mechanism Survival Mode

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Empowering survivors of Domestic Violence Workshop: Part 5 Defense mechanism

- ▶ The human mind has the unique ability to unconsciously initiate defense mechanisms that wall off traumatic experiences. These defense mechanisms protect the self from anxiety, provide social sanctions, and allow the mind to escape from situations it is unable to cope with. Sigmund Freud introduced the model of the mind The Id, The Ego and The Superego in 1923. It is this extraordinary system of control that not only handles trauma and life experience but creates conflicts as one or the other battles for dominance.

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Empowering survivors of Domestic Violence Workshop: Part 5 Defense mechanism

- ▶ The Id, the self centered, primitive, and often childish, pleasure oriented part of the mind, lacks the ability to delay gratification. The Superego reinforces internalized societal and parental standards of good, bad, right and wrong and punishes the self with anxiety and guilt. The Ego is the gatekeeper of the Id and the Superego and creates a compromise that allows both to express hidden urges and desires in a manner acceptably by society.

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Empowering survivors of Domestic Violence Workshop: Part 5 Defense mechanism

- ▶ This alter ego splits and separates the traumatic experience and hides the memories in a place irretrievable by one's consciousness. This may appear ideal, but it prevents one from reflecting on the past

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Empowering survivors of Domestic Violence Workshop: Part 5 Defense mechanism

- ▶ Psychoanalyst proposes that the mind escapes in situations where there is repeated and prolonged childhood physical and sexual trauma and where there is a familial history of dysfunctional behaviors.

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Empowering survivors of Domestic Violence Workshop: Part 5 Defense mechanism

- ▶ Defense mechanisms are indispensable protectors that prevent the internalization of traumatic moments in life by allowing one the time and space to escape from situations where one is unable to cope. However, chronic use of these defense mechanisms allows the evolution of a dominant alter ego.

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Empowering survivors of Domestic Violence Workshop: Part 5 Defense mechanism

- ▶ This ability of the human mind to adaptationally limit its self-reflective capacity is the hallmark of dissociation
- ▶ In the dissociative world, the mind is stable, secure, and is oriented towards keeping the environment from being rearranged by outside influences.
- ▶ we need access to these memories to define and shape our interactions, and provide comparisons of right and wrong.

These lapses in memory are crucial to avoiding repeated pain and trauma, forgetting allows the reoccurrence of the trauma without linking the past and present.

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Empowering survivors of Domestic Violence Workshop: Part 5 Defense mechanism

- ▶ There are many defense mechanisms which prevent the self from acting outside the norms of society and for the most part these defense mechanisms are guardians of the unconscious. The mind buries and places traumatic memories outside of the consciousness and these memories cannot be readily brought to the forefront of consciousness except by prolonged psychoanalysis or an unconscious response to a traumatic memory

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Empowering survivors of Domestic Violence Workshop: Part 5

Defense mechanism

- ▶ **Psychotic defenses** Behaviors include:
 - ▶ Denial: denying that the event occurred or refusing to acknowledge unpleasant aspects of reality.
 - ▶ Distortion: reshaping and retelling the event to meet internal realities.
 - ▶ Delusional: Projection about the event.

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Empowering survivors of Domestic Violence Workshop: Part 5

Defense mechanism

Neurotic defenses are commonly found in most adults. They are usually short term methods of coping, but long term usage may lead to problems in maintaining relationships.

Behaviors include:

- 1) Displacement: negative behaviors are directed to a less threatening target.
- 2) **Dissociation**: temporary avoidance of emotional distress. A drastic change in ones identity to avoid remembering an experience or an event.

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Empowering survivors of Domestic Violence Workshop: Part 5

Defense mechanism

- ▶ **Mature defenses** are healthy adaptive defenses. Personal conflicts are used as learning tools to allow conflicts and traumas to surface and to deal with them effectively.
- ▶ Behaviors include:
 - 1) Altruism: providing service and comfort to others.
 - 2) Anticipation: realistic future goals and plans.
 - 3) Humor: ability to express unpleasant feelings with humor.
 - 4) Identification: unconsciously modeling another person's character and behavior.
 - 5) Introjection: identifying so closely to an idea or person that the idea or person becomes a part of you.
 - 6) Sublimation: transforming negative emotions into positive actions or behaviors.
 - 7) Suppression: unconsciously pushing thoughts into the preconscious to delay and allow the individual to cope.

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Defense mechanism

- ▶ a child living in a world where the mother-child dyad is fractured and abusive. "Children are placed in a rather frightening position of having to love 'bad objects' whether the mother is a good or bad mother is not a testament to the level of attachment. Children simply become attached to whatever is available

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Defense mechanism

Immature defenses are used to lessen anxiety and discomfort but severe cases may be viewed as immature behaviors.

Behaviors include:

- ▶ Fantasy: self retreats into a fantasy land to avoid conflicts.
- ▶ Projection: paranoia is displayed, and one lessens or transfers undesirable aspects of self onto another.
- ▶ Hypochondriasis: transforms negative feeling towards others onto oneself by feeling pain, and illness.
- ▶ Acting out: unconscious impulse that drives self to express a certain behavior.
- ▶ Passive aggression: behavior is indirectly acted out towards others.
- ▶ Idealization: perceiving others as having positive qualities that he or she does not possess.

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Defense mechanism

- 1) Isolation: lack of emotions or feeling while describing a horrific event.
 - 2) Intellectualization: distancing oneself from the emotions or anxiety by focusing on the intellectual aspects of the events.
- ▶ Reaction formation: conveying negative impulses into opposite behavior that is contrary to what one wants
 - ▶ Repression: Placing thoughts into the unconscious to prevent dangerous thoughts from entering the conscious.

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Defense mechanism

- ▶ Children faced with trauma have fundamental change in self awareness which appears towards the end of the second year [of life]...as a heightened anxiety about broken or defective things, about naughty (punishable) acts, and about potential criticism at the inability to understand or do a prescribed task.

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Defense mechanism

- ▶ Betrayal trauma theory suggests that psychogenic amnesia is an adaptive response to childhood abuse. When a parent or other powerful figure violates a fundamental ethic of human relationship, victims may need to remain unaware of the trauma not to reduce suffering but rather to promote survival. Amnesia enables the child to maintain an attachment with a figure vital to survival, development and thriving. Analysis of evolutionary pressures, mental modules, social cognitions, and developmental needs suggests that the degree to which the most fundamental human ethics are violated can influence the nature, form, processes, and responses to trauma

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ Forgetting is a cognitive and emotional screen which interprets reality and substitutes a false reality that is based on the abusers demands and external sensor of the traumatic experience.

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ Survivors are often shamed, restrained, or faulted into hiding or repressing the trauma. The censored response from society creates doubts within the survivor that **they** may be the cause of the abuse, or that they deserve the abuse.

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ In a study of 15 juveniles condemned to death in the United States for murder in 1987, 12 had been physically abused, and five had been sodomized by relatives. These boys demonstrated a barrage of behaviors including depression, withdrawal, hyperactivity, stimulus seeking behavior, impaired pain perception, and violent aggressive behavior directed at self or others.

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ This state of attachment is re-enacted in the adult women who clings and returns to her abuser.

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ Traumatic Stress Disorder was used to describe residual reactions of survivors to rape, Rape Trauma Syndrome and to battery, Battered Woman Syndrome. Societal norms render survivors of abuse as odd, misfits and despite the long history of childhood abuse, rape and battery in general society remains ill equipped to recognize, handle or help victims of abuse.

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Defense mechanism

- ▶ Survivors become vulnerable and unconsciously repeat the experience in an effort to master or absolve themselves of blame.
- ▶ For example a woman who repeatedly gets married to show society that it was not her, she is okay, but instead has a string of failed marriages.

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ The caregiver is both the source of danger and protection, and the child constantly maneuvers its reactions to maintain safety and well being. They do not turn against the caregiver, but turn against themselves, and become fearfully attached and obedient to the source of danger

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ The child in the face of external threats experience a sudden loss of attachment to the caregiver and this triggers a post traumatic stress response which in turn triggers intense clinging to the very source of the distress. Such is the case of adult fear and trauma; the victim will cling to a familiar source which renders them vulnerable to additional trauma.

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ The theory of risk assessment was studied in a college population of women who had a history of adult sexual assaults. Behaviors which facilitated the assault were also studied and found that these women had difficulty identifying threatening cues in their environment due to dissociation, emotional avoidance, and impaired interpersonal affect regulation skills

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ Women who have been sexually abused as children should have a heightened hypervigilance to subsequent abuse, but the studies revealed the exact opposite. These women are less likely to recognize inner cues that stimulate feelings of anxiety or fear and thus render them likely to be revictimized.

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ Bowlby made this observation in his 1969 publication.
- ▶ "the more punishment a juvenile receives the stronger becomes the attachment to the punishing figure, that attachment behavior is protection from ...danger.... When severely threatened by an adult of its group a young monkey always seek out the highest ranking animal available, usually a dominant male. Since this same animal is usually the one that threatened in the first place, it frequently happens that the animal that the juvenile approaches is the very animal that itself cause the fear."

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Defense mechanism

- ▶ Bowlby went further to report that children who are rejected by their mother become clingy; it is instinctual in the child to remain close to a mother who is inattentive and distant. Abuse in itself may strengthen the bond between the abused and the abuser, this social-psychological theory is called traumatic bonding.

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Defense mechanism

- ▶ Dissociation is a defense mechanism that is always on call; the dissociated personality is rigidly kept in check by isolating the individual from destructive thoughts

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ The human brain stores happy memories and traumatic memories in different confines of the unconscious. These split off memories may erupt into our consciousness without warning. Over time the two sets of memories may coexist, combined or blend. In extreme cases the memories may alter personalities and create sub-personalities and this is the trademark of dissociative identity disorder.

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Defense mechanism

- ▶ (1) Dissociative Amnesia: the distinctive feature is the inability of the patients to remember important personal information to a degree that cannot be explained by normal forgetfulness. In many cases it is a reaction to a traumatic accident or witnessing a violent crime. Patients with dissociative amnesia may develop depersonalization or trance states as part of the disorder, but they do not experience a change in identity

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Defense mechanism

- ▶ (2) Dissociative Fugue: A disorder in which the person temporarily loses his or her sense of personal identity and travels to another location where he or she may assume a new identity. Again, this condition usually follows a major stressor or trauma. Apart from the inability to recall their past or personal information, patients with dissociative fugue do not behave strangely or appear disturbed to others

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Defense mechanism

- ▶ (3) Depersonalization Disorder: A disorder where the person's symptoms are a sense of detachment from self. Depersonalization is a symptom common among college age population. It is often associated with sleep deprivation or recreational drug use. People with depersonalization often describe themselves as being out of body or watching themselves in a movie

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Defense mechanism

- ▶ Dissociation is an immediate adaptive response that diminishes or blocks awareness of the trauma and/or its impact

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Defense mechanism

- ▶ It is this ability that also allows one to escape the traumas of life; where the mind is equipped to store those horrific experiences outside the consciousness allowing us to feel at ease, interact socially and to cope

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Defense mechanism

- ▶ These lapses in memory are crucial to avoiding repeated pain and trauma, forgetting allows the reoccurrence of the trauma without linking the past and present.

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Defense mechanism

- ▶ Derealization: A dissociative disorder in which external environment is perceived as unreal. The patient may see walls or building changing shape, size or color

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ If prolonged, the experience leads to disturbances in psychological development and may later manifest itself in self destructive behaviors. Excessive imaginary friends and play may be a secondary response to childhood trauma, or a way for the child to escape or dissociate from the trauma

Domestic violence Hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ We need access to these memories to define and shape our interactions, and provide comparisons of right and wrong.

Domestic violence Hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ Memories provide the capacity to draw on past lessons and to link painful experiences to current trauma, and self regulation provides the energy to regulate, process, and organize memories."

Domestic violence Hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- It is after the child goes into hiding, that subsequent traumatic event occurs outside the child's awareness. The event and the child's awareness of the events dissociates or splits as a coping mechanism to the trauma. The child's ability to notice signs of impending danger is impaired, internal cues and warnings is indistinguishable from other events and the child has difficulty distinguishing threats and violence.

Domestic violence Hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- People with eating disorders such as anorexia and bulimia were more likely to have been abused as children. Chemical dependency and self destructive dysfunctional behavior may be linked to childhood trauma and abuse

Domestic violence Hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- Findings from the CDC, and various agency of domestic violence found that victims of childhood sexual abuse are more likely to be raped as adults, and children who were physically abused as children were more likely to be abused as adults

Domestic violence Hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- The child in the face of external threats experience a sudden loss of attachment to the caregiver and this triggers a post traumatic stress response which in turn triggers intense clinging to the very source of the distress. Such is the case of adult fear and trauma; the victim will cling to a familiar source which renders them vulnerable to additional trauma.

Domestic violence Hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- Psychiatric inpatients are 50 to 60 percent more likely to have been abused as children. People with dissociative identity disorder have a history of having been severely abused as children.

Domestic violence Hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- In a study of 15 juveniles condemned to death in the United States for murder in 1987, 12 had been physically abused, and five had been sodomized by relatives. These boys demonstrated a barrage of behaviors including depression, withdrawal, hyperactivity, stimulus seeking behavior, impaired pain perception, and violent aggressive behavior directed at self or others. The researchers concluded that the boys re-enacted criminals behaviors directed at them during childhood, and the conscious manifestations of these repressed trauma were harmful to self and others.

Domestic violence Hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- Studies showed that boys who were abused will identify with the abusers, whereas girls who were abused will become attached to abusive men.

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- Revictimization-
► may also be in the form of continued violence and abuse from the initial perpetrator, such as in the case when a parent/caretaker or sibling continues sexual abuse from childhood into adulthood or when domestic violence is chronic.

Domestic violence Hotline - 800 791-7233

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ a survivor of sexual and other abuse in my childhood, as well as domestic violence and partner rape. As I began to heal, it occurred to me that many of the things I had felt in the abusive relationship were things I had felt much earlier as an abused child.

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ Personalities forged in an environment of early abuse: Children who are abused by people they are close to learn to equate love with violence and sexual exploitation. They have not learned to create safe and appropriate boundaries with people, and they grow up unable to see themselves as having any right to choice. Their self-image is so damaged that they may see nothing wrong with even extremely abusive treatment of them by others. It is seen as unavoidable and the ultimate cost of love. Some women sexually abused as children may believe that their sexuality is all they have of

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ The effect of trauma: It is true that some people may have a series of violent partners, or encounters with rapists. I had a friend who was subjected to rape three times in two years. A family member - echoing typical victim-blame - sneeringly asked me "why she kept leaving herself open to it. - wouldn't you think that if she went through it once, she should have known how to steer clear of creeps?" This reflects a lack of knowledge about the workings of

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Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ Questions

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ While it is important not to subscribe to stereotypes that a certain "type" of person is repeatedly raped or experiences domestic violence, it is known that the risk of revictimization by sexual assault is approximately doubled for survivors of child sexual abuse (1). For example, in Diana Russell's study of women who had experienced incestuous abuse as children, two thirds were subsequently raped

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ *Compulsion to repeat trauma*: Bessel van der Kolk writes, "Many traumatized people expose themselves, seemingly compulsively, to situations reminiscent of the original trauma. These behavioral reenactments are rarely consciously understood to be related to earlier life experiences (5)". Survivors of earlier rape and abuse may put themselves at risk of further harm, not because they want to be abused or hurt, but because they may be seeking a different, better outcome, or to have more control. It may also be because they believe they

Domestic violence hotline - 800 791-7333

Empowering survivors of Domestic Violence Workshop: Part 5
Defense mechanism

- ▶ Traumatic Bonding: Judith Herman writes about the tendency of abused children to cling tenaciously to the very parents who hurt them (9) Perpetrators of sexual abuse may capitalize on this tendency by giving their victim the only sense of specialness, or being loved, that they have ever had. Bessel van der Kolk tells us that people subjected to trauma and neglect are vulnerable to developing the tendency to traumatically bond with those who harm them.

Domestic violence hotline - 800 791-7333

Empowering Survivors of Domestic Violence Workshop

MARCIA PINDLING, MS, MT, M (ASCP)
DREW UNIVERSITY DOCTORAL STUDENT

Part 6: Statistics and Resources

Domestic violence hotline - 800 791-7233

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

Erin Pizzey is considered the founder of Women's shelter. She began in 1971 in Chiswick, London, this home that was built was the work of women and a few good men. The first shelter was a run-down abandoned home that had rats, leaking faucets, holes and no bathrooms. After it was rebuilt and refurbished, women came from all over to find rest and the sister-sister interactions. There they also had clothes furniture donated to assist the women who came there. They cooked, shared and battle for the rights of women.

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

The first women shelter offered a place to go and helped many women to get back on their feet. Erin did not start out being and advocate for women who have been battered, but soon she noticed that a lot of her clients were running from or involved in battering from their spouses. Back then Erin had a client who was battered continuously by her husband and calls to the police and social services did not help; there was nothing they could do at that time but visit the husband. This visit did not resolve the issues.

Domestic violence hotline - 800 791-7233

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

The last attack in his rage he destroyed the house, and had picked up the washing machine and threw this at his wife, the oldest boy picked up a knife and stabbed his father in the stomach to protect his mother. The husband survive the attack and despite Erin going to court to argue for the husband to be committed, the court rule that the husband did not commit any crime and was not guilty. At that time no one helped. The son had to stand trial for attempted murder of his father and the wife was in tears.

Domestic violence hotline - 800 791-7233

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

The husband told the court that his rage was a result of his surgery and he had no control over his actions. This was Erin Pizzey's first venture into justice system and domestic violence.

The cases began to file in and soon stories were shared. Many admitted to have been beaten all their marital lives. And equally many admitted to stay because they had no where to go. At that time women who left had no pace to go.

Domestic violence hotline - 800 791-7233

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

Case in 1964, a women married to a middle class home, husband a success came home drunk and beat her up called her a slut and a whore, she fled the first time, but he came around and begged her to come back home and forgive him. She did but was on pins and needle. The second incident he brought a friend to the house and after she made the bed for the friend her husband accused her of flirting, she denied this and he punched her in her face split her lip. They went to bed and she refused sex he became upset and hit her in the back of her head causing her nose to bleed and tried to suffocate her with the pillow.

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Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

She tried to tell her doctor but at that time the doctor did not care to hear about husband and wife beatings and it was difficult to get a divorce without evidence. So she returned home and found her clothes, shoes and coats slashed, and she was again beaten again and again to the face and head. She tried to get help but no one would help the courts was unwilling to grant separation or divorce.

Domestic violence hotline - 800 791-7233

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

Her children were affected and she was so broken and bruised, by 1972 she had suffered 27 brutal attacks, spent time in the hospital, miscarried from beating and still no one did nothing. By the time she tried to have her husband removed it became such a battle in 1972. But eventually she got him out. That was 1972.

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Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

In the mid 1700's women petitioned the English courts for emancipation from their husbands, but were denied. They petitioned again in 1643, and 1649 where the once gently scolding of the courts became a booming no

At a gathering of women in Seneca Falls in 1850 and another in Salem, Ohio held a Women's convention. At the helm were Mrs. Lucretia Mott, Mrs. Elizabeth Cady Stanton. From this meeting came the Declaration of Independence garished from law books and compiled with grievances

Domestic violence Hotline - 800 791-7333

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

American laws were amendments from Blackstone's English Common Laws who solidified women as an appendage of sort to men with little autonomy or recourse for owning possession

To be pregnant out of wedlock defied and shook the foundations in place and these women were either banished from church and home or worst killed during botched self abortion

Domestic violence Hotline - 800 791-7333

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

In 2000, the United States Department of Justice conducted an in-depth study on the Prevalence, Incidence, and Consequences of Violence against Women. A total of 8,000 women and 8,005 men were interviewed via a computer assisted telephone system and a Windows software program collated the data. In the United States approximately 4,000,000 women are emotionally, sexually and physically assaulted annually, and every day 4 women are murdered by their husband, former husband, or boyfriend.

Domestic violence Hotline - 800 791-7333

Empowering Survivors of Domestic Violence Workshop: Part Justice Then and Now

National Coalition Against Domestic Violence (NCADV)
Public Policy Office - 1633 Q St NW # 210 - Washington, DC 20009

FACTS

One in every four women will experience domestic violence in her lifetime. An estimated 1.3 million women are victims of physical assault by an intimate partner each year. 85% of domestic violence victims are women. Historically, females have been most often victimized by someone they knew. Females who are 20-24 years of age are at the greatest risk of nonfatal intimate partner violence. Most cases of domestic violence are never reported to the police.

Domestic violence Hotline - 800 791-7333

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

Among them was a freed black slave named Frederick Douglas born to a black mother and a white father, he was pivotal in the women's right movement, and later Susan B. Anthony joined the fray

Back then, the rights and privileges of marital life was one of servitude, the overall tone of that time dictated a life of caring for the household, and any thing outside this premise was considered dangerous and unwomanly

Domestic violence Hotline - 800 791-7333

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

Ingrained gender biases additionally placed the burden of childbearing, care taking and illnesses unto women.

Medicine at the time was archaic and limited. Little was known about disease and bacteria and women became ill or die before or after given birth. Babies were borne at home and birth control was nonexistent. Most women at that time remained pregnant and miscarried on a constant basis.

Domestic violence Hotline - 800 791-7333

Empowering Survivors of Domestic Violence Workshop: Part Justice Then and Now

Of the 16,005 surveyed, approximately 59.1% of women and 66.4% of men admitted to being assaulted by a caregiver as a child; which may indicate that this population exposed to childhood physical or sexual assault was more likely to be physically or sexually assaulted as an adult.

Domestic violence Hotline - 800 791-7333

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next. Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults. 8-30% to 60% of perpetrators of intimate partner violence also abuse children in the household

Domestic violence Hotline - 800 791-7333

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

Almost one-third of female homicide victims that are reported in police records are killed by an intimate partner. In 70-80% of intimate partner homicides, no matter which partner was killed, the man physically abused the woman before the murder. Less than one-fifth of victims reporting an injury from intimate partner violence sought medical treatment following the injury. Intimate partner violence results in more than 18.5 million mental health care visits each year.

Domestic Violence Hotline - 800.799.7233

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

One in 6 women and 1 in 33 men have experienced an attempted or completed rape. Nearly 7.8 million women have been raped by an intimate partner at some point in their lives. Sexual assault or forced sex occurs in approximately 40-45% of battering relationships. 1 in 12 women and 1 in 45 men have been stalked in their lifetime. 13.81% of women stalked by a current or former intimate partner are also physically assaulted by that partner; 31% are also sexually assaulted by that partner.

Domestic Violence Hotline - 800.799.7233

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

Justice response

October 28, 2000 President Bill Clinton signs the Violence Against Women Act of 2000 (VAWA 2000) into law (Division B of the Victims of Trafficking and Violence Protection Act of 2000).

2006 President George W. Bush signs the Violence Against Women Act of 2005 (VAWA 2005) into law on January 5, 2006.

2008 On September 30, the National Domestic Violence Hotline receives its two millionth call.

Domestic Violence Hotline - 800.799.7233

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

April 1, 2009 President Obama is the first U.S. President to declare April as Sexual Assault Awareness Month.

September 14, 2009 The White House, Department of Justice, celebrated the 15th anniversary of the passage of VAWA.

Domestic Violence Hotline - 800.799.7233

Empowering Survivors of Domestic Violence Workshop: Statistics and Resources

Thank you for participating in this workshop

I hope you enjoyed our time together

I appreciate you taking the time to allow our interactions and discussions

I hope that what we discussed will help you understand the nature of bad relationships and how to avoid them

But more so I hope this workshop helped you understand how valuable and beautiful you all are, and you deserve the best for yourself

Thank you,

Marcia Fiedling-Rodriguez

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Domestic Violence Hotline - 800.799.7233

APPENDIX E

COURSE HANDOUTS

Empowering Survivors of Domestic Violence Workshop

Home Work assignment: Session Two

Objective is to help you understand which type you may be attracting or which type is attracted to you:

Cobra	Pit Bull
Internally becomes still, focused and quiet before striking their victims. Cobras internally calm themselves although appearing loud and aggressive to everyone they are internally focusing before striking verbally and purposefully at their victims.	A slow burn. Their heart rates gradually increases until the men are domineering and aggressive and they do not let up on the attack.
Cobras' were severely more violent than any other batterers	insecure and dependent on their partners for emotional support
sadistic, antisocial, criminally minded, past criminal activity is common	engage in emotional dependency after a brief courtship, get engaged or marries quickly
not jealous or clingy	demanding of time together and will track their partners every move
alternating between charm and threat	calls frequently
lacks a conscience and are incapable of feeling remorse	wants a description of every interaction, every place visited and everyone whom the partner engages in conversation
Independent, does not track every move until they need something	threatened by another man's attention, he will exhibit fits of jealousy and rage

1. On a separate piece of paper list all the partners you have dated, been close friends with, married to, live with, or just hang with that you liked in the past or that liked you.
2. List beside each name the type you think they are/were based on the definitions above. Use C for Cobra or P for Pit Bull
3. Add the total number of C or P, this may give an indication of what you are either attracted to or which type is attracted to you.

On this piece of paper list the dominant type (for example, if you have dated more C than P then your dominant type is C) this may define your abuser.

I think my abuser type is the _____

Which time was your worst abuse? If you are not sure think back to the time when you were emotionally, physically or verbally abused to the point that you never forgot the abuse, when you think of abuse this is the time that always comes to mind first. Please just briefly list the event
My worst abuse was the _____

Was this with the abuser type listed above? Circle: yes or no

We will discuss this next week; please do not write your names on this piece on paper, I will collect this at the next session.

Homework: Session 4

Let's go back to the beginning

Identify who do you think was the first abuser

Do you think you were abused as a child?

This is a self-reflection exercise

You do not have to share the incident.

For the next workshop session you only have to answer one question:

Was there an abuser in your childhood?

Circle one: Yes or no

Homework session 5

Reflections: **briefly** discuss the sessions in your own words; what did you learn

Week one- Defining Domestic violence –cycle of domestic violence

Week two- Abusive personality Cobra and Pitt Bull

Week three – Trying to Beat the Odds- discussing repeated abusive relationships

Week four- How Childhood trauma affects your relationships now

Week Five – Defense Mechanisms – How we hide

APPENDIX F

PARTICIPANTS QUESTIONNAIRES

Empowering Survivors of Domestic Violence: Defining Domestic Violence Participant's Assessment									
				Circle One of the following					
				Yes	No				
Have you recently been a victim of domestic violence									
Are you involved in or had been involved in therapy group or individual sessions				Yes	No				
How would you rate the material presented today		Important		Interesting	New	Understood	Helpful	interesting	not sure
How would you rate the contents of the slide		Related		Interesting	New	Understood	Helpful	interesting	not sure
How well was the speaker prepared to discuss the		Well prepared		somewhat prepared	not prepared				
How do you rate the pace of the presentation		Too fast		just right	Too slow				
How would you rate the overall value of this presentation		Important		Interesting	New	Understood	Helpful	interesting	not sure
Did you have any suggestion for making this presentation better?					Circle one		Yes	No	
Did this workshop help you to understand.									
		Very much		Somewhat	not at all				
Define Domestic violence									
Understand the Phases of domestic violence									
Understand the Cycle of violence									
Understand the Stigma of domestic violence									
Understand how abusers engage in victim selection									
Thank you for participating									

Empowering Survivors of Domestic Violence: The Abusive Personality Participant's Assessment																																	
Circle One of the following																																	
Have you recently been a victim of domestic violence																																	
Are you involved in or had been involved in therapy group or individual sessions																																	
<table border="1"> <thead> <tr> <th colspan="2">Yes</th> <th colspan="2">No</th> </tr> </thead> <tbody> <tr> <td>How would you rate the material presented today</td> <td>Important</td> <td>Interesting</td> <td>New</td> </tr> <tr> <td>How would you rate the contents of the slide</td> <td>Related</td> <td>Interesting</td> <td>New</td> </tr> <tr> <td>How well was the speaker prepared to discuss the topic</td> <td>Well prepared</td> <td>somewhat prepared</td> <td>not prepared</td> </tr> <tr> <td>How do you rate the pace of the presentation</td> <td>Too fast</td> <td>just right</td> <td>Too slow</td> </tr> <tr> <td>How would you rate the overall value of this presentation</td> <td>Important</td> <td>Interesting</td> <td>New</td> </tr> </tbody> </table>										Yes		No		How would you rate the material presented today	Important	Interesting	New	How would you rate the contents of the slide	Related	Interesting	New	How well was the speaker prepared to discuss the topic	Well prepared	somewhat prepared	not prepared	How do you rate the pace of the presentation	Too fast	just right	Too slow	How would you rate the overall value of this presentation	Important	Interesting	New
Yes		No																															
How would you rate the material presented today	Important	Interesting	New																														
How would you rate the contents of the slide	Related	Interesting	New																														
How well was the speaker prepared to discuss the topic	Well prepared	somewhat prepared	not prepared																														
How do you rate the pace of the presentation	Too fast	just right	Too slow																														
How would you rate the overall value of this presentation	Important	Interesting	New																														
Did you have any suggestion for making this presentation better?																																	
Did this workshop help you to understand:																																	
Abusive personality	Very much	Somewhat	not at all																														
Signs of the abusive personality																																	
Theory on why men become abusive																																	
Emotional abuser																																	
Verbal abuser																																	
Physical abuser																																	
Patterns of abuse																																	
Thank you for participating																																	

Empowering Survivors of Domestic Violence: Repetition Compulsion Participant's Assessment									
				Circle One of the following					
Have you recently been a victim of domestic violence		Yes		No					
Are you involved in or had been involved in therapy group or individual sessions						Yes		No	
How would you rate the material presented today		Important		Interesting		Understood		not	
How would you rate the contents of the slide		Related		Interesting		Understood		interesting	
How well was the speaker prepared to discuss the topic		Well prepared		somewhat prepared		Understood		interesting	
How do you rate the pace of the presentation		Too fast		just right		Too slow			
How would you rate the overall value of this presentation		Important		Interesting		Understood		Helpful	
Did you have any suggestion for making this presentation better?						Circle one		Yes	
Did this workshop help you to understand:								No	
		Very much		Somewhat		not at all			
Repetition compulsion									
How repetition compulsion begins									
Chances of beating the odds									
Science of compulsion									
Thank you for participating									

Empowering Survivors of Domestic Violence: Childhood Trauma and Domestic Violence Participant's Assessment									
				Circle One of the following					
Have you recently been a victim of domestic violence				Yes	No				
Are you involved in or had been involved in therapy group or individual sessions									
How would you rate the material presented today				Important	Interesting	New	Understood	Yes	No
How would you rate the contents of the slide				Related	Interesting	New	Understood	Helpful	interesting
How well was the speaker prepared to discuss the topic				Well prepared	somewhat prepared	not prepared		Helpful	interesting
How do you rate the pace of the presentation				Too fast	just right	Too slow			
How would you rate the overall value of this presentation				Important	Interesting	New	Understood	Helpful	not
Did you have any suggestion for making this presentation better?									
				Circle one	Yes	No			
Did this workshop help you to understand:									
				Very much	Somewhat	not at all			
Revictimization									
Childhood trauma									
Traumatic Bonding									
How women become victims of abuse									
Why women become victims of abuse									
Thank you for participating									

Empowering Survivors of Domestic Violence: Defense Mechanism Participant's Assessment											
				Circle One of the following							
Have you recently been a victim of domestic violence				Yes	No						
Are you involved in or had been involved in therapy group or individual sessions											
How would you rate the material presented today				Important	Interesting	New	Understood	Helpful	interesting	known	not sure
How would you rate the contents of the slide				Related	Interesting	New	Understood	Helpful	interesting	known	not sure
How well was the speaker prepared to discuss the topic				Well prepared	somewhat prepared	not prepared					
How do you rate the pace of the presentation				Too fast	just right	Too slow					
How would you rate the overall value of this presentation				Important	Interesting	New	Understood	Helpful	not	known	not sure
Did you have any suggestion for making this presentation better?				Circle one							
Did this workshop help you to understand.				Yes No							
Fight or Flight				Very much	Somewhat	not at all					
Defenses											
How they are engaged											
When are they engaged											
Why are they engaged											
Adpatation											
Thank you for participating											

Empowering Survivors of Domestic Violence: Statistics and Resources of Domestic Violence Participants Assessment									
						Circle One of the following			
Have you recently been a victim of domestic violence									
Are you involved in or had been involved in therapy group or individual sessions									
How would you rate the material presented today		Important		Interesting		New		Understood	
How would you rate the contents of the slide		Related		Interesting		New		Understood	
How well was the speaker prepared to discuss the		Well prepared		somewhat prepared		not prepared			
How do you rate the pace of the presentation		Too fast		just right		Too slow			
How would you rate the overall value of this presentation		Important		Interesting		New		Understood	
Did you have any suggestion for making this presentation better?						Circle one			
Did this workshop help you to understand:									
		Very much		Somewhat		not at all			
History									
How often domestic violence occurs									
At risk groups									
Police involvement									
Shelter statistics									
Faces of domestic violence									
								Thank you for participating	

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VITA

Full name: Marcia E. Pindling

Place and date of birth: Jamaica 3/22

Parents Name: Mr. and Mrs. Wilfred and Venice Pindling

Educational Institutions:

<u>School</u>	<u>Place</u>	<u>Degree</u>	<u>Date</u>
Secondary: Newtown High School	Elmhurst, NY	H.S. Diploma	1/1983
Collegiate: York College	Jamaica, NY	Bachelors	1/1991
Graduate: St John's University	Queens, NY	Masters	9/1995
Drew University	Madison, NJ	Doctorate	5/2015