

CYCLE OF ABUSE WORKSHOP

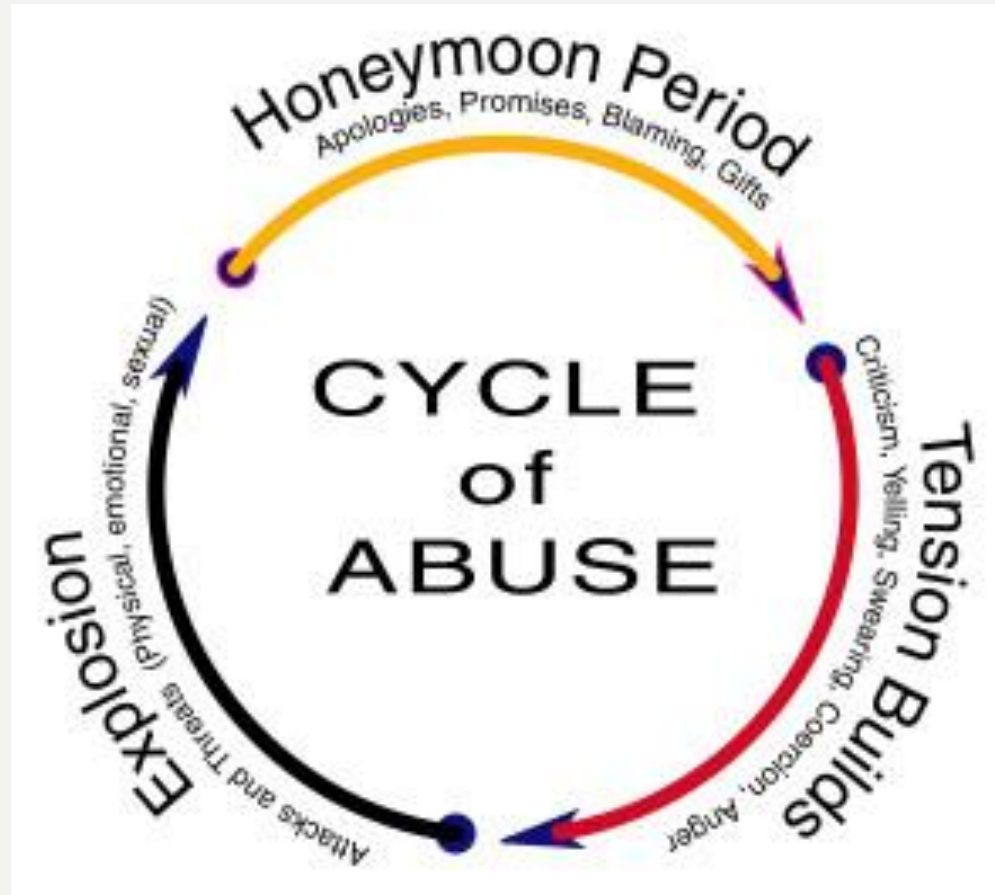
PCWESA 2020



Our vision at PCWESA
Our vision is for all people
in Southwestern Alberta to
be safe in their homes and
safe in their communities.

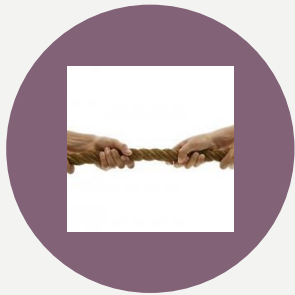
WHAT IS THE CYCLE OF ABUSE

- Typically, when abuse occurs in any situation, it happens in a pattern, a pattern that tends to repeat itself which is why it is referred to as the “Cycle of Abuse”.



The majority of IPV survivors will leave an abusive partner **7-12 times** before they leave for the last time.

STAGES OF THE CYCLE OF ABUSE



TENSIONS
BUILDING



EXPLOSION



HONEYMOON
PERIOD

TENSION BUILDING

Stress builds from the pressures of daily life, like conflict over children, marital issues, misunderstandings, or other family conflicts. It also builds as the result of illness, legal or financial problems, unemployment, or catastrophic events, like floods, rape or war. During this period, the abuser feels ignored, threatened, annoyed or wronged. The feeling lasts on average several minutes to hours, although it may last as long as several months.

To prevent violence, the victim may try to reduce the tension by becoming compliant and nurturing. Alternatively, the victim may provoke the abuser to get the abuse over with, prepare for the violence or lessen the degree of injury. However, the abuser is never justified in engaging in violent or abusive behavior.



EXPLOSION

During this stage, the abuser attempts to dominate their victim. Outbursts of violence and abuse occur which may include verbal abuse, emotional abuse, sexual abuse, physical and psychological abuse.

In intimate partner violence, children are negatively affected by having witnessed the violence, and the partner's relationship degrades as well.

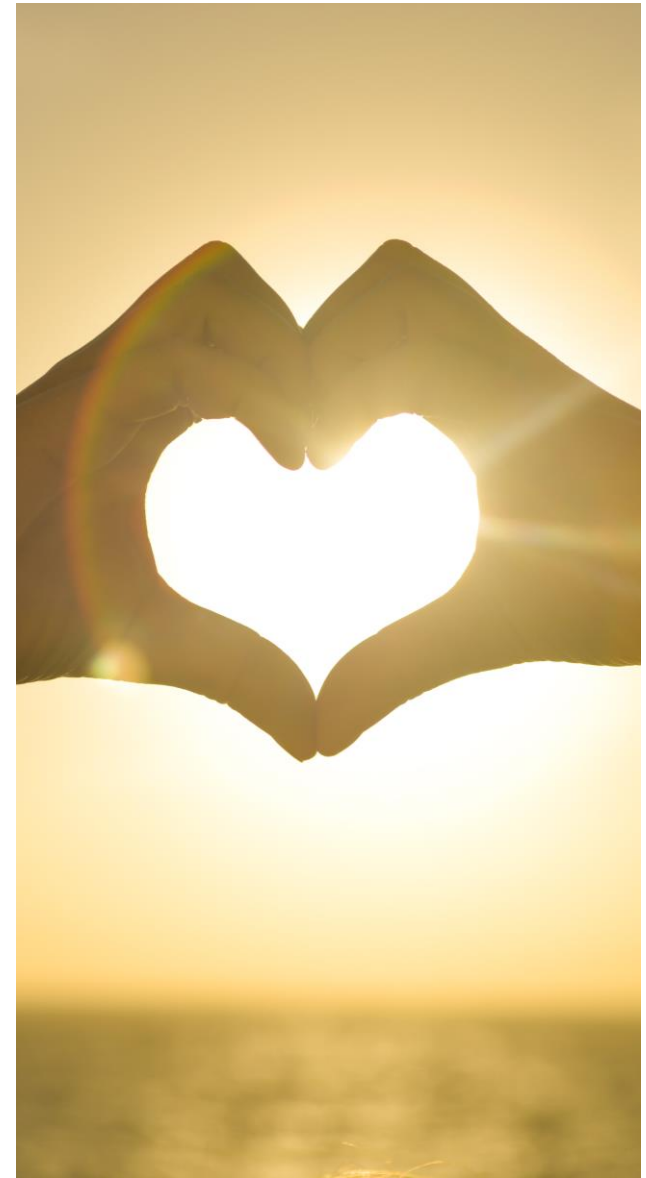
The release of energy reduces the tension, and the abuser may feel or express that the victim "had it coming" to them.



RECONCILIATION /HONEYMOON

The perpetrator may begin to feel remorse, guilty feelings, or fear that their partner will leave or call the police. The victim feels pain, fear, humiliation, disrespect, confusion, and may mistakenly feel responsible.

Characterized by affection, apology, or, alternatively, ignoring the incident, this phase marks an apparent end of violence, with assurances that it will never happen again, or that the abuser will do their best to change. During this stage, the abuser may feel or claim to feel overwhelming remorse and sadness. Some abusers walk away from the situation with little comment, but most will eventually shower the survivor with love and affection. The abuser may use self-harm or threats of suicide to gain sympathy and/or prevent the survivor from leaving the relationship. Abusers are frequently so convincing, and survivors so eager for the relationship to improve, that survivors (who are often worn down and confused by longstanding abuse) stay in the relationship.



Often the period of calm diminishes over time, bringing abusive incidents closer and closer together. The “honeymoon” stage can disappear completely, leaving only violence behind. Many survivors are either too ashamed or too fearful to leave their abuser, convinced that they've now let it go on too long, or that it was their fault the abuse started in the first place.



WHAT IS ABUSE

- Domestic abuse isn't always visible. There may be no outward signs of abuse, no visits to the ER- but violence can still be occurring. It is important for victims of domestic abuse to understand that just because someone doesn't leave a bruise, it doesn't mean abuse didn't occur.

All types of abuse are used to assert control and power over their victim.



TYPES OF ABUSE

Physical abuse: This is the use of physical force against another person to inflict injury, or to put the person at risk of becoming injured. This may include your partner pushing, hitting, choking you, or threatening you with a weapon.

Sexual abuse: This abuse often occurs in tandem with physical abuse. It involves forcing or coercing a victim to do something sexually, which can range from unwanted kissing or touching to rape. This can also involve threatening someone to perform a sexual act, including oral sex; restricting a victim's access to birth control and condoms; or repeatedly using sexual insults to demean a victim.

Financial abuse: An abuser may take control of all the money, withhold it, and conceal financial information from the victim. Financial abuse happens often in physically abusive relationships. Financial abuse can also happen in elder abuse when a relative, friend, or caregiver steals money from an older person.



TYPES OF ABUSE CONTINUED

Spiritual abuse: Spiritual abuse can include humiliation or harassment as a means of control, forcing a victim to give up their culture or values that are important to them. Spiritual abuse may also be referred to as religious abuse, this involves a partner not allowing you to practice your moral or religious beliefs. Spiritual abuse can be used by religious leaders to instill fear or guilt into a victim, coercing them to behave a certain way.

Emotional abuse: Emotional abuse is almost like brain washing in that it is done to wear away at a victim's self-confidence. It can be verbal abuse; such as your partner repeatedly criticizing, intimidating or belittling you. It can also be nonverbal abuse or coercive control; when your partner asserts control and tries to demean you by making decisions on your behalf. This can include anything from what you should wear to who your friends should be.

Child Abuse: Child abuse is any form of physical, emotional and/or sexual mistreatment or lack of care that causes injury or emotional damage to a child or youth. The misuse of power and/or a breach of trust are part of all types of child abuse as well as neglect. (To learn more please see workshop on How Family Violence Affects Children).



DOMESTIC ABUSE

- Intimate partner violence can happen in **ANY** relationship it is not based on sexual orientation ethnicity or social class it can happen to anyone.
- Abusive behaviour is **NEVER** okay.
- Everyone deserves to feel respected safe and valued.
- You are not alone; we are here to help.
- If you recognize any of these types of abuse, you should seek help from a domestic violence counselor, hotline or shelter immediately.





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5 SIGNS OF ELDER ABUSE, HOW TO SPOT IT AND WHAT TO DO ABOUT IT

ELDER ABUSE

Physical: Inflicting pain or injury through such actions as slapping, hitting, bruising or restraining. Physical abuse can also be inflicted through medication tampering—giving too much or withholding medication.

Sexual: Any non-consensual sexual contact, whether comprehended or not.

Emotional: Inflicting mental anguish or distress through verbal or nonverbal acts such as threatening, intimidating or humiliating.

Neglect: Failure to provide food, clothing, shelter, healthcare or protection.

Financial: Illegal use, misuse or concealment of funds, property, assets or benefits for someone else's gain.

Abandonment: Desertion of a vulnerable adult.

HOW TO SPOT IT

Because not all seniors are able to communicate incidents of abuse, it's important that those close to them watch for warning signs. Here are five to look for:

- Unexplained bruises, marks, broken bones or abrasions that could be indicative of physical abuse or any bruises or injuries to the breasts or genitalia
- Withdrawal from previously enjoyed activities, sudden change in alertness or unusual depression
- Sudden changes in financial situation
- Poor hygiene, bedsores, unusual weight loss or unattended medical needs
- Belittling, threats or frequent arguments between patient and caregiver

WHAT TO DO ABOUT IT

If you suspect an elderly loved one is being abused, report it to authorities. If the threat is immediate, call 911. Otherwise, call your local police department's nonemergency line, family physician or contact your community Adult Provincial Care Services.

LET'S DISCUSS POWER AND CONTROL



THE REASON WHY ABUSERS DO WHAT THEY DO IS BECAUSE THEY WANT POWER AND CONTROL.



AN ABUSER WILL USE ABUSIVE BEHAVIOR, INTIMIDATION, THREATS, AND EVEN CHILDREN TO GET POWER AND CONTROL AND MAINTAIN IT OVER THE ABUSED PERSON.

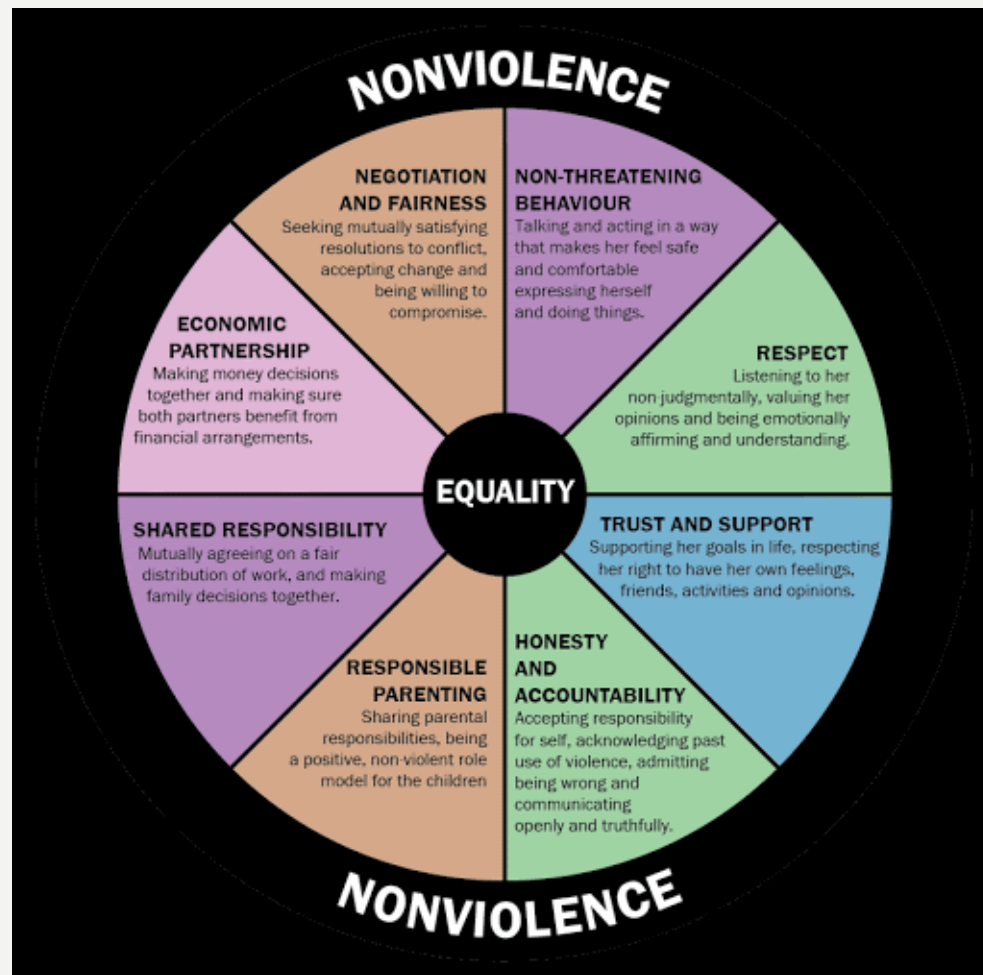
WHEEL OF POWER AND CONTROL

- The wheel describes all the method an abuser may use to gain or maintain control in the relationship
- He or she may not use all the forms of abuse, but they will use some of them
- Whatever the reason, abuse is always wrong
- No one has the right to threaten you hurt you or make you feel unsafe.
- (Review handout)



EQUALITY WHEEL

- The wheel of equality shows what a healthy relationship should look like
- A couple should be supportive and honest, share responsibilities of the household and respect each other
- It is okay to disagree, but it is important that while you are expressing yourself to keep in mind it is important to respect your partner and their boundaries.
- (Review the handout)



Power & Control Wheel

Intimidation
Emotional Abuse
Isolation
Minimizing, Denying, Blaming
Using Children
Privilege
Economic Abuse
Coercion & Threats

Equality Wheel

Non-Threatening Behavior
Respect
Trust & Support
Honesty & Accountability
Responsible Parenting
Shared Responsibility
Economic Partnership
Negotiation & Fairness

Source: www.theDuluthModel.org



See handout on:

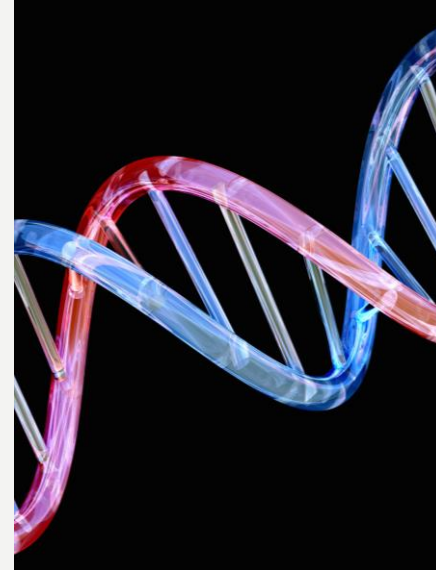
“HOW TO FIGHT FAIR”

“GAS LIGHTING”

“HUMAN TRAFFICKING AND THE SEX TRADE”

INTERGENERATIONAL EFFECTS OF FAMILY VIOLENCE

- Domestic Violence hurts everyone. Children experience family violence can have issues with sleeping, irritability, eating disorders and problems in school.
- The cycle of violence can also affect the next generation. If children do not know what a healthy relationship looks or feels like, they are more likely to fall into the same pattern as their parents.
- It is important to show your children that violence is never ok. Teach them healthier ways to express themselves so the cycle can end.



What is Intergenerational Trauma?

If people don't have the opportunity to heal from trauma it's likely that their experiences and negative behaviours will start to impact on others, particularly children who are susceptible to significant developmental impact when they experience trauma at a young age. This creates a cycle of trauma, where the impact is passed from one generation to the next, creating a snowball effect of cumulative damage.

In the case of the Stolen Generations, parents might also pass on the impacts of institutionalisation finding it difficult to know how to nurture their own children because they were denied the opportunity to be nurtured themselves.

Research has shown that people are not just effected by the traumatic events that they directly experience. Witnessing or hearing about trauma for their family or community also has a direct impact.



I N T E R G E N E R A T I O N A L T R A U M A

MYTHS ABOUT DOMESTIC VIOLENCE

There is a lot of talk and voiced opinions on domestic violence that simply isn't true. Some of these false statements include:

Myth #1. Alcohol and drugs make men more violent (*they may be a catalyst but they do not cause DV*).

Myth #2. If it was that bad she would leave (She may still be in love with her partner, have no where to go, financial dependency or be frightened for her life or the safety of her children).

Myth #3. Domestic abuse always involves physical violence (In reality there are many other forms of abuse that occur with intimate partner relationships).

Myth #4. He can be a good father even though he abuses his partner- the parents relationship doesn't have to affect the children. (When a child witnesses domestic abuse it is child abuse).

Myths Continued

Myth #5. She provoked him. (This myth is widespread and deep rooted; it puts the blame onto the women instead of the abuser).

Myth #6. Domestic abuse is a private family manner and not a social issue. (In reality DV against women and children incurs high cost for society- not to mention the psychological and physical impact on those who experience it).

Myth #7. Pornography is not linked to violence against women. (In reality most consumers of pornography are male, and material is explicit violent and abusive to women and children).

Myth #8. Women often lie about abuse. (False allegations about DV are extremely rare, this myth deters women from reporting).

Myth #9. Men who abuse women are mentally unwell. (There is no research to support this myth, abuse and violence are always a choice at every level of society regardless of health, wealth or status).

Myth #10. Women are attracted to abusive men. (In reality DV is prevalent throughout society to suggest that some women are attracted to abusive men is victim blaming. Perpetrators can be charming and charismatic).

MYTHS CONTINUED

Myth #12. Domestic abuse isn't that common. (DV has a higher rate of repeat victimization than any other crime).

Myth #13. Women are more likely to be attacked by strangers than those to claim to love them. (The opposite is true, women are far more likely to be assaulted raped, and murdered from men known to them by strangers).

Women in relationships need support and understanding not judgement.

FIRST NATIONS LOSS OF CULTURE IN CANADA

Historical factors affecting and influencing First Nations across Canada includes:

- Colonization of Canada
- Introduction of Disease
- Extinction of the Buffalo
- Canada signing of the treaties and expropriation of Traditional Hunting Territories
- Introduction of Alcohol
- Indian Act
- Prohibiting Cultural Ceremonies and Practices
- Residential School Systems
- Loss of First Language
- Sixties Scoop and Social Welfare System
- Effects of International Trauma sustained from marginalization of First Nations People



**First Nations across the country
are making efforts to restore
their Culture, Language and
Traditions.**

WHY DO WOMEN STAY OR RETURN TO THE RELATIONSHIP

- Some women stay with the abuser for a long time or return to their abuser many times before making a solid commitment to leave.
- The reasons for this:
 - Lack of housing
 - Financial instability
 - Keeping the family together
 - Addictions
 - Pressure from extended family members
 - Cultural spiritual reasons
 - Hoping the relationship will recover



YOU ARE NOT ALONE

PCWESA (Pincher Creek Women's Emergency Shelter) works with women fleeing abuse and we want you to know that you are not alone, and we are here to help.

- Call 911 if you are in an emergency
- PCWESA Crisis Line: (403)627-2114 or 1888-354-4868
- Family Violence Information Line: [310-1818](tel:3101818)
- Alberta Provincial Abuse helpline: [1-855-4HELPAB \(1-855-443-5722\)](tel:18554HELPAB)
- Child Abuse Hotline: [1-800-387-KIDS \(5437\)](tel:1800387KIDS) for help 24/7
- Protection for Persons in Care Reporting Line: [1-888-357-9339](tel:18883579339)
- Mental Health Helpline: [1-877-303-2642](tel:18773032642)
- Health Link: [Call 811](tel:811)
- Sexual Assault Services Call [1-866-403-8000](tel:18664038000)



Let's reflect on what we covered throughout the workshop? Any comments, or questions?



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