



WEST VIRGINIA INTEGRATED BEHAVIORAL HEALTH CONFERENCE

Domestic Violence Through a Trauma Lens

*Laurie Thompsen, MSW
Health and Behavioral Health Coordinator
West Virginia Coalition Against Domestic*



**BUREAU FOR BEHAVIORAL
HEALTH AND HEALTH FACILITIES**
350 Capitol Street, Room 350
Charleston, WV 25301
304-558-0627

Domestic Violence (DV)

- Definition
- Intimate Partner Violence (IPV)
- Power & Control
 - Violence (Physical / Sexual)
 - Intimidation / Coercion / Threats
 - Minimizing / Denying / Blaming
 - Emotional Abuse
 - Isolation
 - Using Children
 - Economic Abuse
 - Other



Power & Control

- Intentional and instrumental
 - Designed to:
 - achieve compliance
 - manipulate behavior
 - maintain coercive control
- Patterned and repetitive
- Calculated behavior toward the victim
 - Punishes for non-compliance
 - Induces fear
 - Creates emotional &/or financial entrapment



Connections: IPV & Trauma

- Trauma Theory

- Arise out of experiences
- Symptoms as Survival Strategies / Adaptations
- Explains role abuse & violence play in development of MH & substance abuse conditions
- Helps de-stigmatize mental health & substance abuse consequences of DV/IPV
- It's not what's wrong with you. It's what happened to you.



DV / IPV & Mental Illness

- Increases women's *risk* for abuse
- Abuse can exacerbate symptoms / create crisis
- Abusive person's use of mental health issues
 - Control of Medications / Appointments
 - Threats to commit
 - Manipulate Court & Social Service settings
 - Appointments
 - Claims of being delusional / “needs to be restrained”
 - Presents treatment as deficit rather than strength



Effective Models

- Trauma treatments modified to meet specific needs of IPV survivors (Complex Trauma Models)
- More research needed
- Four Key components:
 - Psychoeducation about IPV & its traumatic effects
 - Attention to on-going safety
 - Cognitive & emotional skill development to address trauma-related symptoms / life goals / concerns
 - Focus on survivors' strengths, as well as cultural strengths, on which they can draw

(Warshaw & Sullivan, 2013)



Framework / Collaboration

- Responsive to Experiences of Survivors
- Emotional & Physical Safety / Environments
- Recognizes the abuse may still be present
- Rooted in Social Justice (multiple oppressions)
- Focuses on Resilience & Strength, as well as psychological harm
- Fosters an awareness of IPV/Trauma work on Providers
 - Provider self-care
 - Administrative, consultative and peer support
- Cross-discipline education / partnerships



(Warshaw , NCDVTMH - 2013)



Resources

- West Virginia Coalition Against Domestic Violence
www.wvcadv.org / (304) 965-3552
Contact: Laurie Thompsen, MSW
lthompsen@wvcadv.org
- National Center on Domestic Violence, Trauma & Mental Health
www.nationalcenterdvtraumamh.org
Director: Carole Warshaw, M.D.

