

The Today Centre

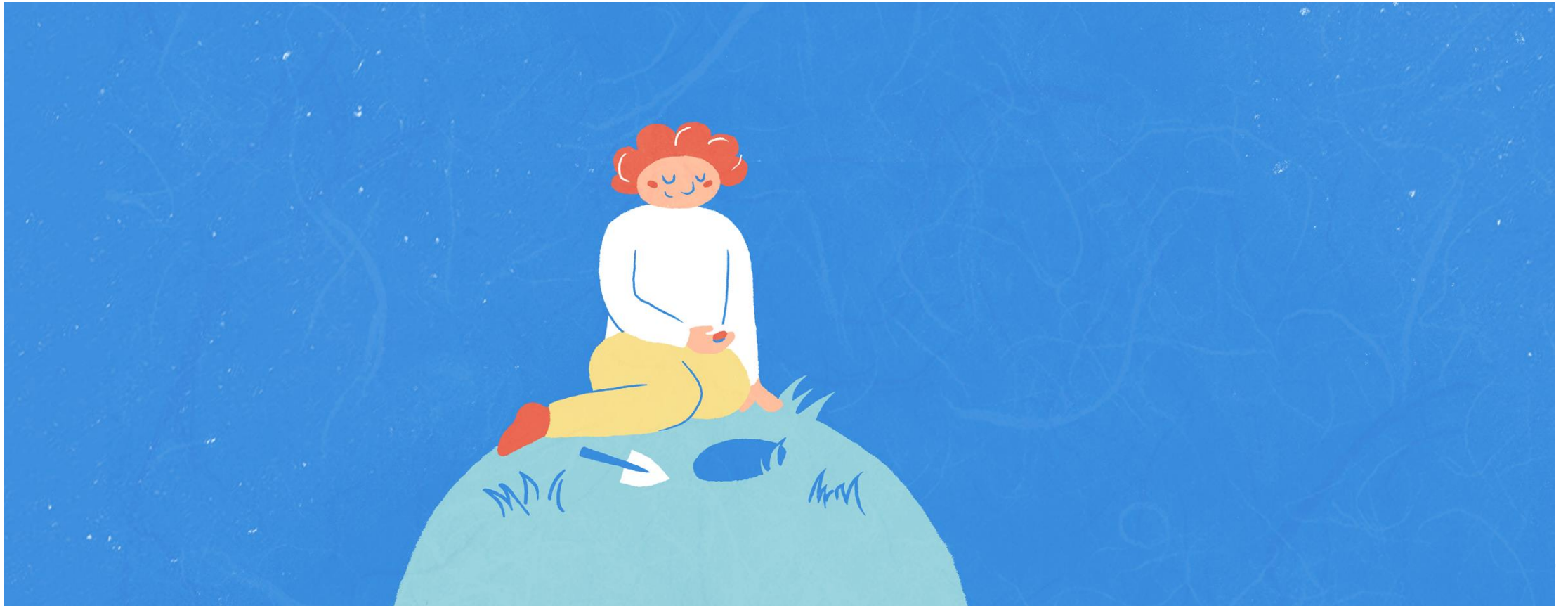
Introduction to Family Violence Workshop

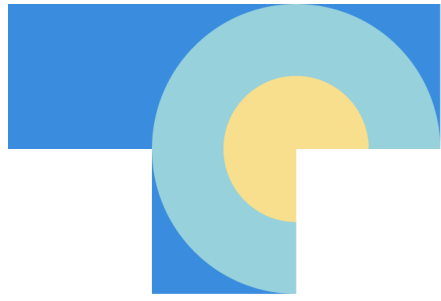
Monique Methot, RSW

Family Violence Education Specialist



Take care of yourself





THE
TODAY
CENTRE

Family violence help starts today

We are a **first stop** for anyone experiencing family violence.

We offer **non-judgmental** support for everyone targeted by family violence regardless of gender, sexual orientation, ethnicity, or culture.

safety planning · exploring options · connecting to resources

free · confidential · safe · inclusive

Family Violence Definition

Family violence describes a **systematic pattern** of abusive behaviours within a relationship that is characterized by **intimacy, dependency and/or trust**.

The abusive behaviours exist within a context where their **purpose is to gain power, control, and induce fear**.

(Adapted from the definition developed by *Community Initiatives against Family Violence, 2008*)



Domestic violence is like an iceberg.

People experiencing domestic violence may seem fine on the outside, but that doesn't mean there aren't deeper issues beneath the surface.



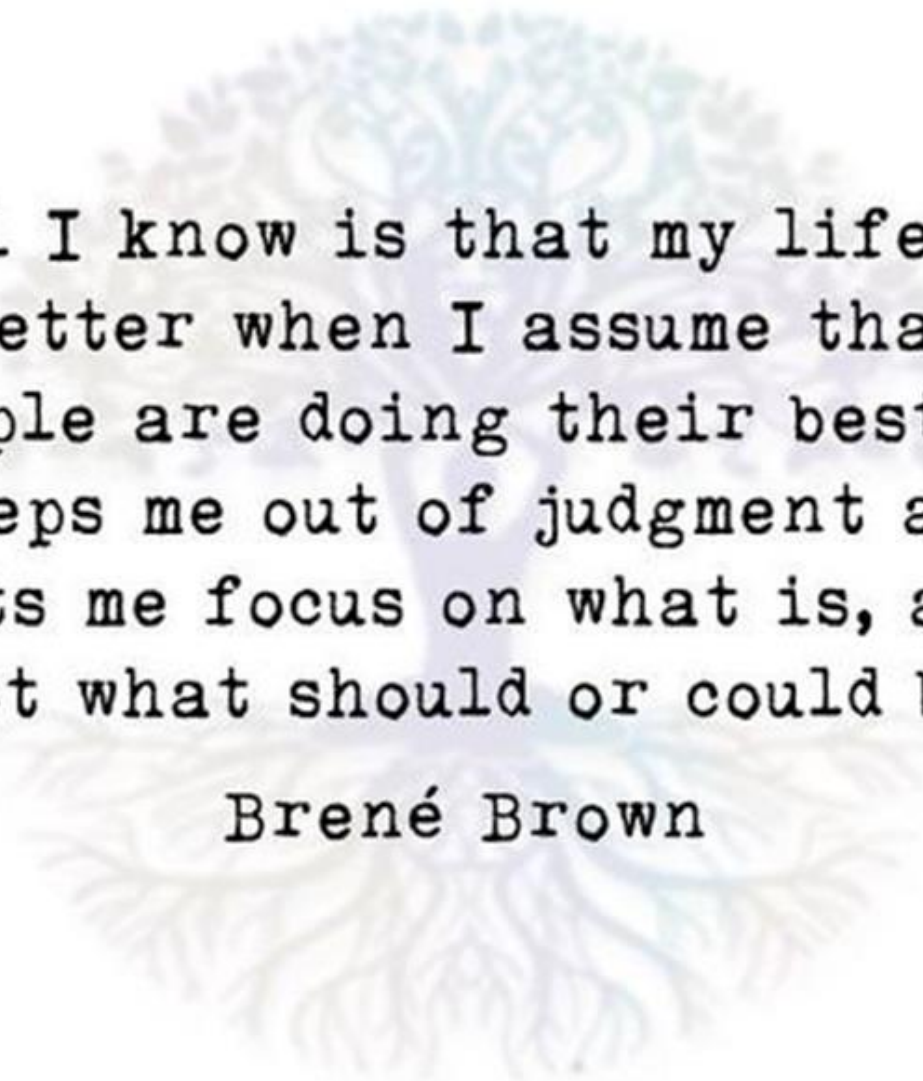
Domestic violence is like an invisible cage.

People experiencing domestic violence lack complete freedom, but no one around them can see the bars.



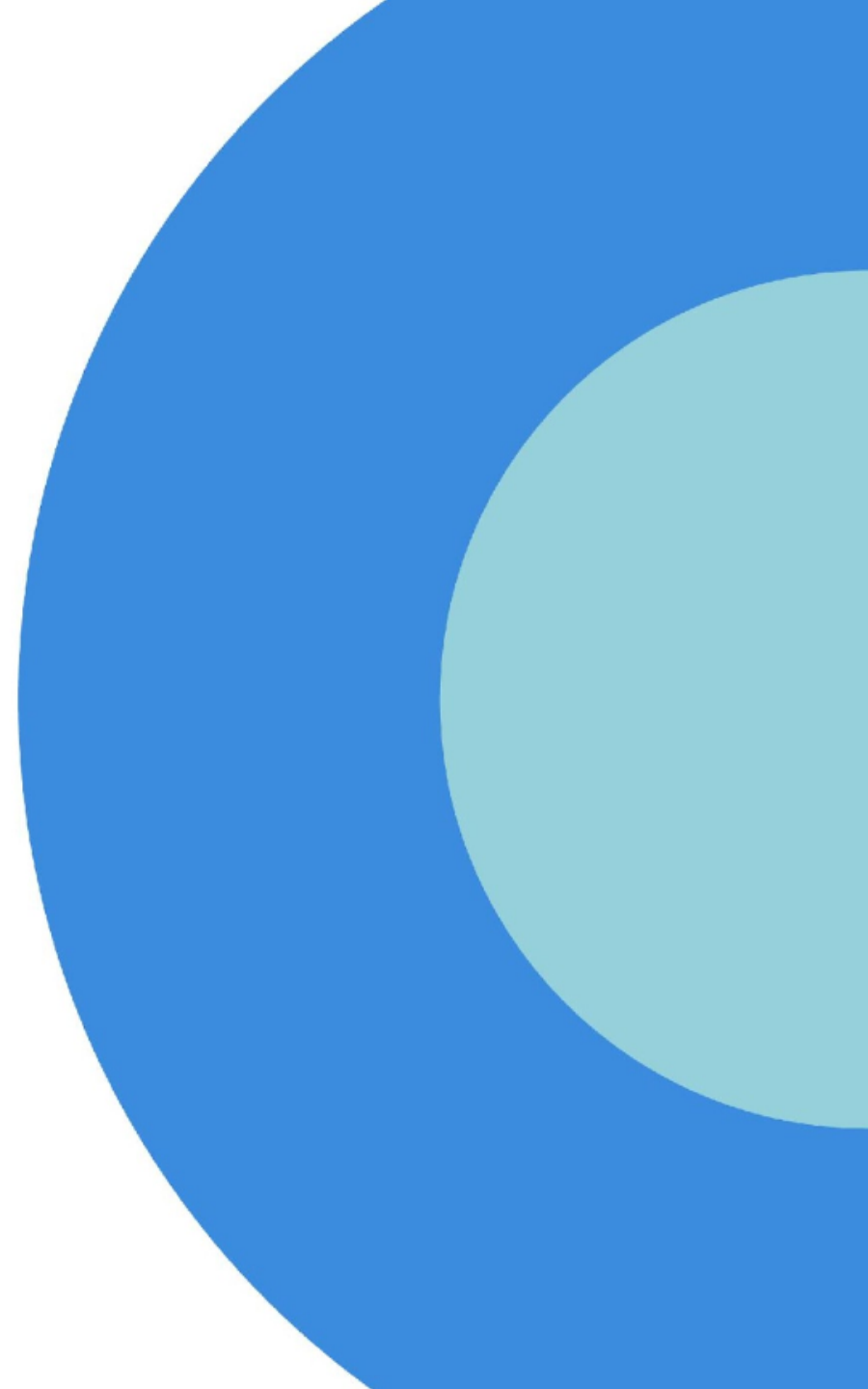
Domestic violence is like a jenga tower.

People experiencing domestic violence get caught in a cycle where each move is meant to undermine and de-stabilize the other person.



All I know is that my life is
better when I assume that
people are doing their best. It
keeps me out of judgment and
lets me focus on what is, and
not what should or could be.

Brené Brown



Types of Abuse

Emotional/Psychological

Financial/Economic

Spiritual / Cultural

Gaslighting

Physical

Sexual

Emotional Abuse

Emotional abuse is a **pattern** of controlling behaviours which creates an imbalance of **power** within the relationship that is used to harm, punish, or scare the victim.

This makes the victim dependent on the abusive partner by eroding their self-esteem, **isolating** them from their supports, depriving them of their independence, and regulating everyday behaviour.

This also includes coercive control, which **Evan Stark** describes as “the victim becomes captive in an unreal world created by the abuser, entrapped in a world of confusion, contradiction and fear.”

Gaslighting

Gaslighting is a tactic in which a person, in order to gain more power, makes a victim question their perception, reality, and memories.

- Lies about things that have been said or happened
 - Denying events that took place
 - Accuse and project their own behaviours onto the victim (addiction, cheating, lying, etc.).
 - Manipulate the victim so they feel confused and alone
 - Attack a person's sense of self
 - Making the victim think their thoughts or actions are not important
 - Gradual over time (harder to detect)
-

Physical Abuse

Physical abuse is the intentional use of force, or threats of force, on another person in an attempt to control behaviours, intimidate, or punish.

May consist of a single incident, or multiple, repeated and potentially escalating incidents.

It can cause physical pain or injury this can create ongoing health issues.

Strangulation

- Strangulation is an indicator of escalation in the risk and lethality in a relationship and a predictor to future violence.
 - High risk and potentially lethal event. One of the most deadly forms of domestic violence.
 - It is a sensory experience for the aggressor – visual, auditory, tactile, olfactory – feeds into desire to strangle more and longer
 - Victims may minimize or downplay strangulation.
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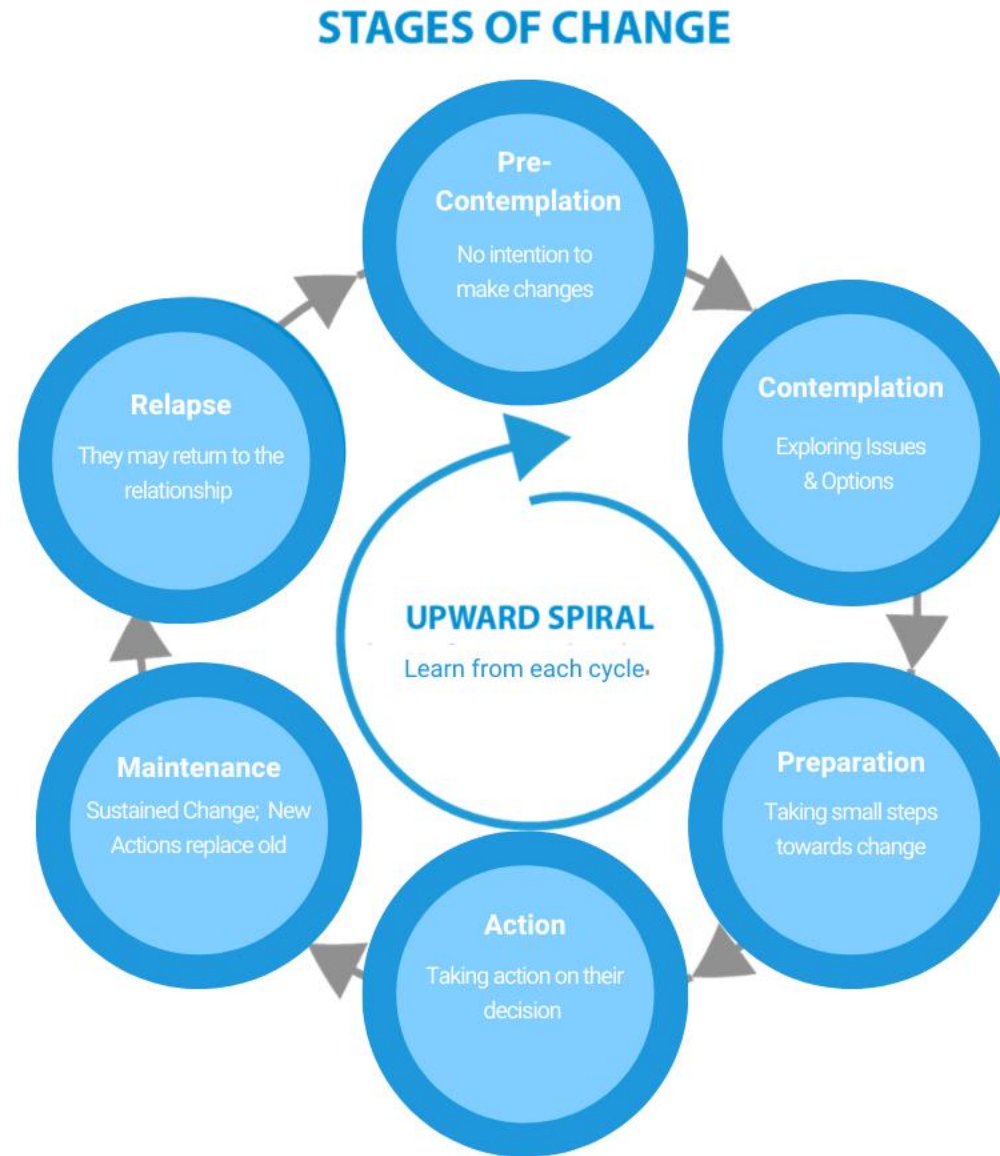
Duty to Report

Everyone in Alberta has a role and shared responsibility in supporting families to keep children safe and well.

In Alberta, if you know or suspect a child is in danger from their parent or caregiver, we are legally obligated to report.

- Child Abuse Hotline 1-800-387-KIDS (5437)
 - 780-422-2001 Children's Services
 - Contact local police or RCMP
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Stages of Change



Helping Conversations

- Remember safety: who else is around that can hear the conversation?
- Listen and pay attention for warning signs or red flags
- Reframe questions, no “why” or “should”
- “I’ve noticed____ and I’m concerned, would you like to talk?”
- Believe them, validate their feelings
- Respect their expertise
- Offer resources and let clients know what’s available when they are ready



Positive Responses to Family Violence



Empathy





Questions?



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