

DOMESTIC VIOLENCE

and how to help

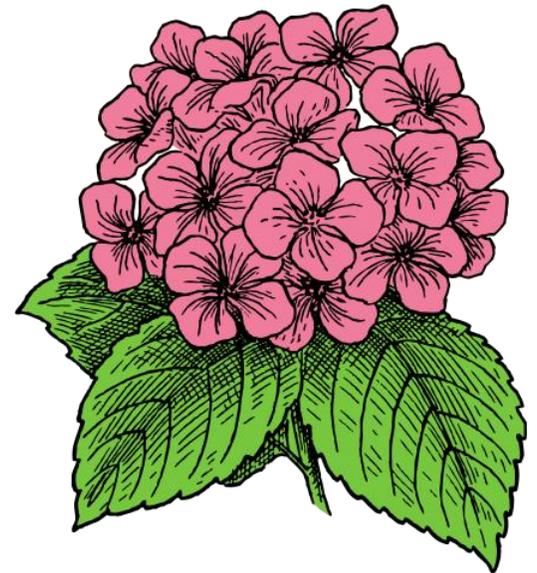
Project DVORA ~ Jewish Family Service
Jen Mohr, Advocate

- Jewish Family Service has been serving the Puget Sound region since 1892
- We provide services to the Jewish and non-Jewish community
 - Community Stabilization Services (eviction prevention, food bank)
 - Counseling & Addiction
 - Older Adult Services
 - Refugees & Immigrants
 - Supportive Living Services (cognitive disabilities)
 - Project DVORA



Project DVORA

- Still in relationship, actively exiting, or experiencing impact from previous relationship
- Client-centered
- Confidential
- Emotional support
- Safety planning
- Legal advocacy
- Financial assistance
- Support groups
- Domestic violence education
- All genders
- Jewish and non-Jewish community

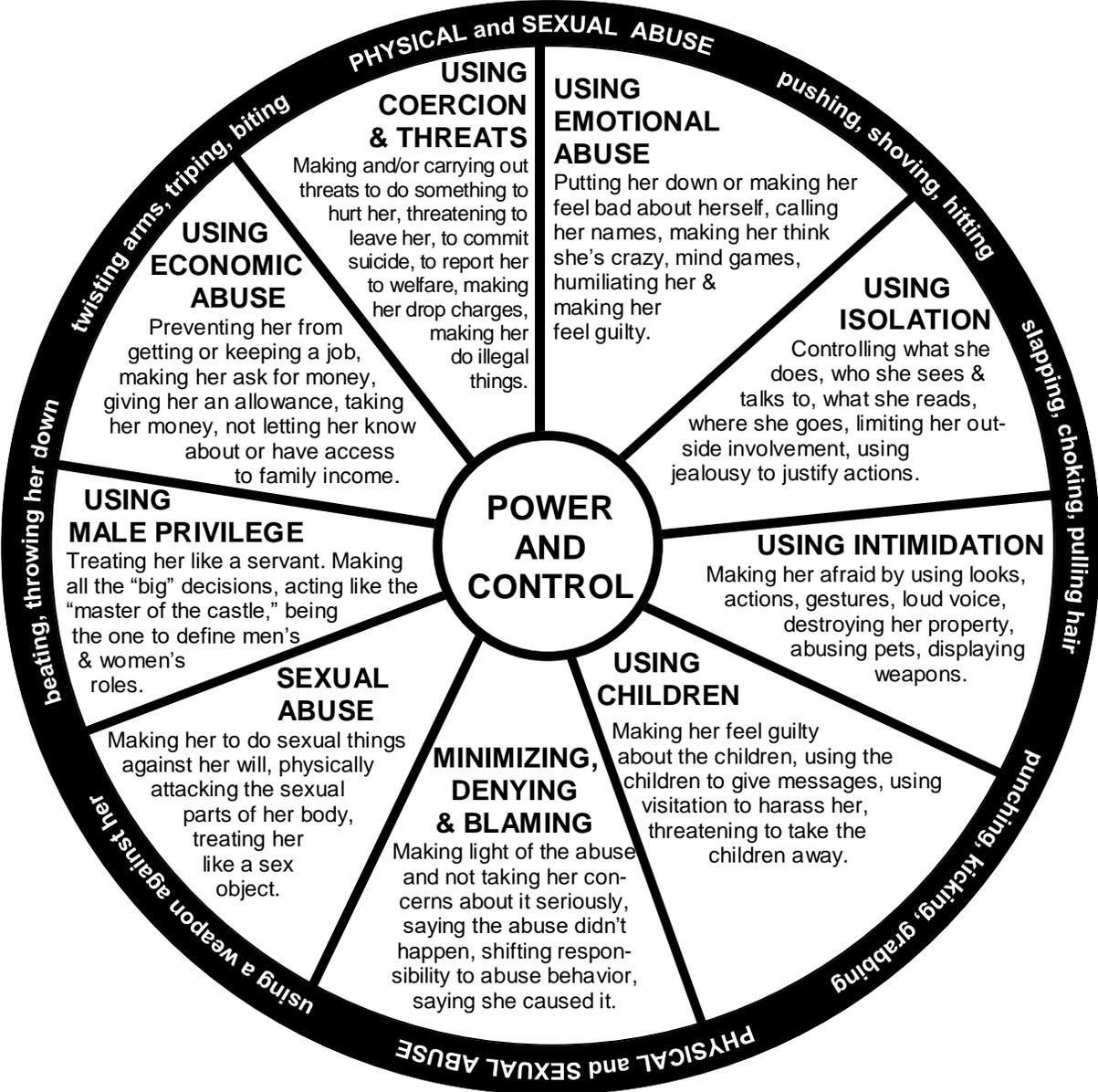


What is Domestic Violence?

Behavioral

- A pattern of behavior used to gain or maintain power and control over an intimate partner.
- The behaviors can be physical, emotional, sexual, financial, psychological, verbal, and/or the destruction of property and pets.
- It is caused by a person's belief that they have the right to control their partner and that their partner is to blame for all the problems in the relationship (abuse is not caused by anger, mental problems, alcohol or other drugs, or other common excuses).

power and control wheel



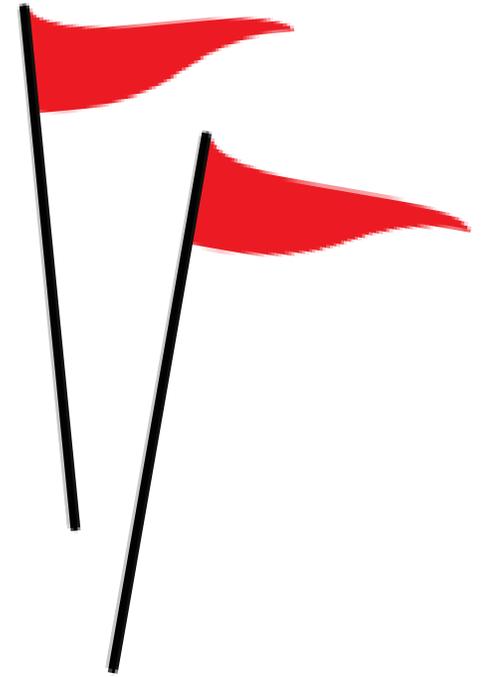
Legal- RCW 26.50.010

- Physical harm, bodily injury, assault, or infliction of fear of imminent physical harm, bodily injury or assault, of one family or household member by another; OR
- Sexual assault; OR
- Stalking of one family or household member by another.

Our legal system does not always provide protection for people experiencing domestic violence.

identifying red flags

- Feeling controlled or a loss of autonomy
- Feeling like you're walking on eggshells around your partner
- Feeling isolated from friends and family
- Feeling pressured to change your appearance
- Transportation or access to finances is being restricted
- Hiding activities or interactions from your partner
- Your partner minimizes your feelings or dismisses harm as a joke
- They are regularly being criticized or called names
- Your partner is excessively jealous or possessive



Relationship Spectrum

Healthy:

Respect
Good Communication
Trust
Honesty
Equality

Unhealthy:

Breaks in Communication
Pressure
Dishonesty
Struggles for Control
Inconsiderate Behavior

Abusive:

Accusations
Blame Shifting
Isolation Pressure
Manipulation

Cues

- Excuses for injuries (bruises, marks on neck, sprained wrists)
- Personality changes, like low self-esteem in someone who had been confident
- Constantly checking in with their partner
- Overly worried about pleasing their partner
- Never having money on hand
- Skipping out on work, school, or social outings for no clear reason
- Wearing clothes that don't fit the season, like long sleeves in summer to cover bruises

Anyone can experience domestic violence.

Survivors can be of any age, race, culture, religion, education, employment or sexual orientation, or marital status. Although both men and women can be abused, most victims are women.

Prevalence is the same in the Jewish community as in the non-Jewish community;
and there is no difference between rates of domestic violence between the Orthodox, Conservative and Reform movements.

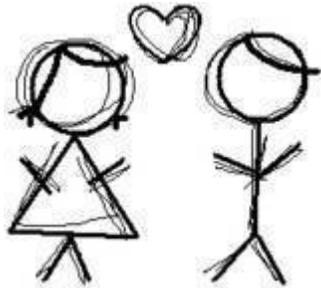
~~Why Doesn't She Just Leave?~~
Why She Doesn't Leave

The reasons I stayed and took it are complicated, but include shame, fear of disbelief, isolation, and the fantasy that my battering husband, who professes to love me, would somehow change. On balance, it seemed far scarier and more difficult to face the multitude of unknowns associated with telling, including public humiliation, than to continue living with the familiar, private hell which revolved around my husband's moods and rages.

I didn't consider myself the picture of a victim. I am educated, professional, and felt competent in most respects. However, time and ongoing abuse numbed my responses to my husband's behavior, and I felt paralyzed and unable to act. I survived by compartmentalizing my life. Equally important, I believed my husband truly loved me and (I mistakenly thought) he was responding with violence and abuse because he had emotional issues he could not successfully control. He seemed truly remorseful and regularly asked for forgiveness. Yom Kippur annually presents me a painful dilemma which I am still struggling to resolve. I carried an enormous burden of guilt over what would happen to him, his employment, and reputation if the truth were to be told...

--a Survivor

barriers to leaving an abusive relationship



LOVE Abusers are not hurtful all the time. Many abusers have a likable and loving side. Many victims think that they can change the abuser's behavior.



FEAR Many abusers threaten to hurt or kill themselves if their victim decides to leave. Abusers often threaten that the violence will get worse if the partner decides to leave.



DOUBT It's not always easy for a victim to admit that the relationship is abusive. If the victim's partner is especially popular at school or in the community, the victim may be concerned about losing social status.

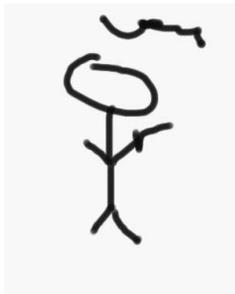
barriers to leaving an abusive relationship



EMBARRASSMENT Victims can be afraid of an “I told you so” response from those who have tried to help in the past.

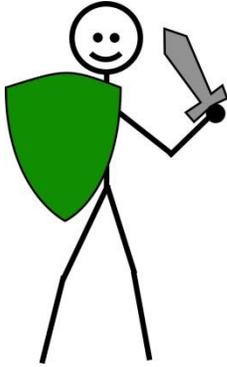


HOPE FOR CHANGE Victims often believe that the abuser will return to the person he was at the beginning of the relationship—the person she fell in love with.

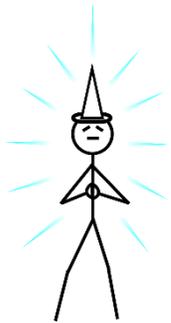


ISOLATION As a tactic of the abuse, the abuser is likely to have made it difficult for the victim to access resources and supportive people.

barriers to leaving an abusive relationship



SOCIETAL DENIAL Abusers often have a public face that is charming and charismatic; it is difficult for those who only know that side to believe that abuse is taking place.



SOCIETAL EXPECTATIONS The victim may see ending the relationship as a failure and may also fear social stigma. The victim may not fit stereotypes about victims of domestic abuse.



LACK OF RESOURCES It may be difficult or impossible for the victim to contact supportive people, and she may not have money or any way to find housing.

moreover

Leaving can be dangerous. The most dangerous time for a woman who is being abused is when she tries to leave. On average it takes 7 attempts before a woman has successfully left.



ways the abuse can continue after the relationship ends

- Stalking
- Withholding money- child support, day care reimbursement, therapy, etc.
- Using children to get information about mom
- Speaking disparaging to the children about mom
- Taking mom to court continuously
- Engaging in a custody battle
- Being inconsistent with visitation schedule
- Alienating mom from community and providers
- Undermining parenting decisions



How Can I Help?

DO:

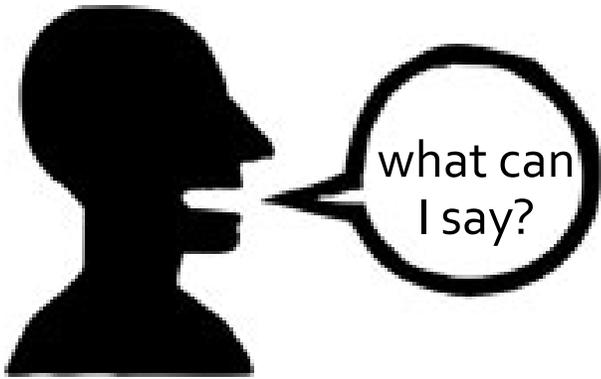
- Protect her safety by talking at a time and place that is confidential
- Start by expressing concern and listen without judgement
- Respect her choices -- use a spirit of inquiry to understand
- Acknowledge the injustice and communicate that the abuse is not her fault
- A person who has been abused often feels upset, depressed, confused and scared -- let them know that these are normal feelings
- Remind her of her strengths, wisdom, and beauty --their abuser may be tearing down her self-esteem
- Staying connected can be a lifeline. Help find community resources, such as Project DVORA, support groups or encourage them talk to friends and family. Staying connected can be a lifeline.



DON'T:

- Violate her confidentiality
- Call the police without her consent
- Ask her why she stayed
- Minimize the abuse
- Blame her for the abuse or for being with an abusive partner
- Make decisions for her or tell her what is best for her
- Normalize or justify her partner's abusive behavior
- Don't try to make any decisions for her because it implies that you think she's incapable of making good choices for herself and it may deter her from confiding in you in the future. Instead, focus on offering support and encouragement.





Ask open-ended questions: "How is it going?" or "Anything you need?" or "How are you feeling?"

It's okay to express concern: "I care about you and am here for you." or "I want to help. What can I do to support you?" or ""I know this may be difficult to discuss, but please know what you tell me I'll keep confidential."

Offer to provide practical support: "Would you like me to do any research on your behalf?" or "I would be happy to call Project DVORA to get some ideas for you." or "Would you like for us to figure out a way to stay connected?"

Connect with us in Project DVORA

- Calls are confidential
 - We can help you think through options
- Person in relationship reaches out directly for services
- Friend or family member can reach out for support as well

Call: (206) 861-3159

Inquire through our website: www.jfsseattle.org/domesticviolence

