Intimate Partner Violence: Words *DO* Hurt!

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Intimate Partner Violence is a SERIOUS Matter!!

- A woman is beaten every 9 seconds
- 1 in every 4 women will experience domestic violence in her lifetime.
- Estimated 3 million women are victims of physical assault by an intimate partner each year.
- Worldwide- at least 1:3 women has been beaten, coerced into sex or otherwise abused during her lifetime
- > 85% of domestic violence victims are women.
- Over 30% of female murder victims in the United States are killed by their husbands or boyfriends.
- Females who are **20-24 years of age** are at the greatest risk of nonfatal IPV
- Domestic violence is one of the most chronically underreported crimes
Methods of Violence/Abuse

1. Physical
2. Financial
3. Sexual
4. Social Isolation
5. Sleep and/or Nutritional Deprivation
6. Emotional and Verbal
7. Other
Emotional & Verbal Abuse

“Yelling at living things does tend to kill the spirit in them. Sticks and stones may break our bones, but words will break our hearts”
- Robert Fulghum

The human spirit can endure a sick body, but who can bear a crushed spirit?
- Proverbs 18:14
Emotional and Verbal Abuse: What Does It Look Like?

- Humiliation
- Intimidation
- Threats to Harm Her Personally or Through Authority
- Terrorizing Looks, Actions, and Gestures
- Destruction of Her Personal Belongings

- Harming Her Pets
- Displaying Weapon
- False Accusations
- Ridiculing Her Needs
- Driving Fast or Recklessly in Order to Frighten Her
Characteristics of Abusers

- Sense of entitlement
- Controlling
- Manipulative
- Frequently charming
- Show contempt for others
- Many typologies
### Snapshot of Abuser & Victim

<table>
<thead>
<tr>
<th>ABUSER</th>
<th>VICTIM</th>
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<tbody>
<tr>
<td>Regularly overprotective and/or overbearing</td>
<td>Relationship swing between emotional distance and closeness</td>
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<td>Overdependent upon other to affirm his/her personal value or worth, to meet all of his/her needs and to make most of his/her decisions</td>
<td>Feeling trapped in the relationship</td>
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<td>Pattern of deceiving through lying, hiding, pretending, misleading or twisting information to make something appear other than what it is</td>
<td>Afraid of partner</td>
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<td>Exhibits chronic indifference and/or neglect towards thoughts, feelings or well-being of the other</td>
<td>Isolation</td>
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<td>Brainwashes victim</td>
<td>Limited access to money, possessions</td>
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<td>Theft</td>
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Effects of Emotional & Mental Abuse

- **Emotional effects**
  - Depressed, chronically guilty, numb, unloved

- **Physical effects**
  - Fatigue, insomnia, GI difficulties, autoimmune problems

- **Mental effects**
  - Difficulty to think calmly, clearly, and truthfully esp. when we feel frightened, intimidated or deceived; anxiety, PTSD

- **Relational effects**
  - Building healthy relationship with someone we distrust, fear or can’t talk honestly or peaceably with is impossible

- **Generational effects**
  - Children learn how to see themselves, others, the world through their parents’ eyes and actions

- **Spiritual effects**
  - God (or higher power) seems distant, unloving and uninvolved
Other effects of Emotional Abuse

- Risk for HIV infection & other STIs
  - Unprotected sex
    - Damaged self esteem
    - Lack of negotiation power
    - Hopelessness
  - Concurrent partnerships
- Drug & alcohol use
Cycle of Violence
Why Does the Woman Stay?
The “F” Words

- Fear
- Failure
- Finances
- Family Pressures
- Friends
- Fix

- Father
- Faith
- Forgiveness
- Fantasy
- Familiarity
- Fatigue
- Feelings of Love
Warning Signs

- Do they appear **anxious, depressed, withdrawn**, and reluctant to talk?

- Does their **partner criticize** them in front of you, making remarks that make you feel uncomfortable when you’re around the two of them?

- Does their partner try to **control their every move**, make them account for their time, and accuses them of having affairs?

- Are they often **late or absent from work**, have they quit a job altogether, or do they **leave social engagements** early because their **partner is waiting** for them?

- Are they **forbidden** from seeing friends unless their partner is along?

- Do they complain of nonspecific **aches and pains** that are **constant and recurring**? These are stress related problems.
Healthy Relationships

equality, honesty, reciprocity, reliability, respect, trust, communication, boundaries, acceptance, compromise, compassion, awareness
References


References


Contact Information

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Thank you!!!!!