

Effects of Partner Violence on Children



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Overview

- Introductions
- Services and DV
- Trauma
- General effects
- Effects at Dev. Stages
- Effects on Family Dynamics
- Teen Dating Violence



HELLO

my name is

- Name
- Age group you work with
- Where you teach
- What you hope to learn
- Effects of Violence you've seen

Considerations

- Intimate Partner Violence/ Domestic Violence
- Family Violence vs. Child Abuse
- Her as victim
- Cultural
- Hard topic



Alternative Horizons Services

- 24 hour Hotline
- Adult Support groups (English and Español)
- Youth Therapy Groups
- Individual Therapy, EMDR, Synergetic Play therapy
- Prevention Education in Schools
- Outreach programs
- Court Advocacy
- “Bridges of Hope” Legal Project
- General Advocacy

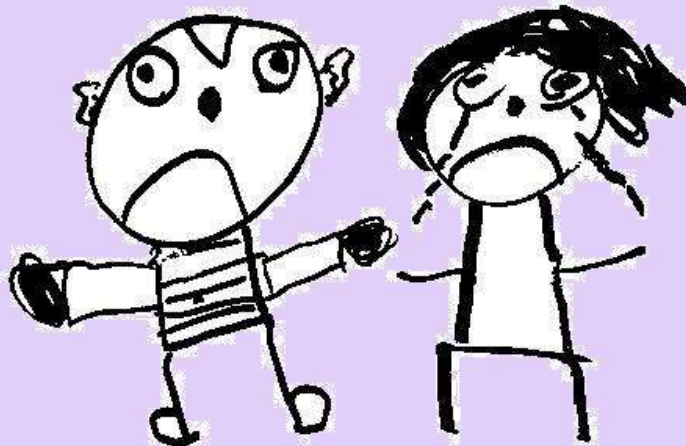


All services are FREE, CONFIDENTIAL and
offered in both Spanish and English

Definition of Domestic Violence

“A pattern of behavior in which one person attempts to control another through threats or actual use of physical, verbal, or psychological violence or sexual assault on their current or past intimate partner.”

From the Colorado Bar Association website: www.cobar.org



Statistics

- **One in every THREE women** will experience domestic violence in her lifetime
- Almost half of all murders in Colorado are committed by an intimate partner. The vast majority of these victims are female.

Review

Project Safeguard, 2007 Fatality



Statistics about children



Studies show that child abuse occurs in 30 to 60 percent of family violence cases that involve families with children. (J.L. Edleson, 1999.)

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Research shows that 80% to 90% of children living in homes where there is domestic violence are aware of the violence. (Pagelow, 1990)

A child's exposure to the father abusing the mother is the strongest risk factor for transmitting violent behavior from one generation to the next (APA, 1996)

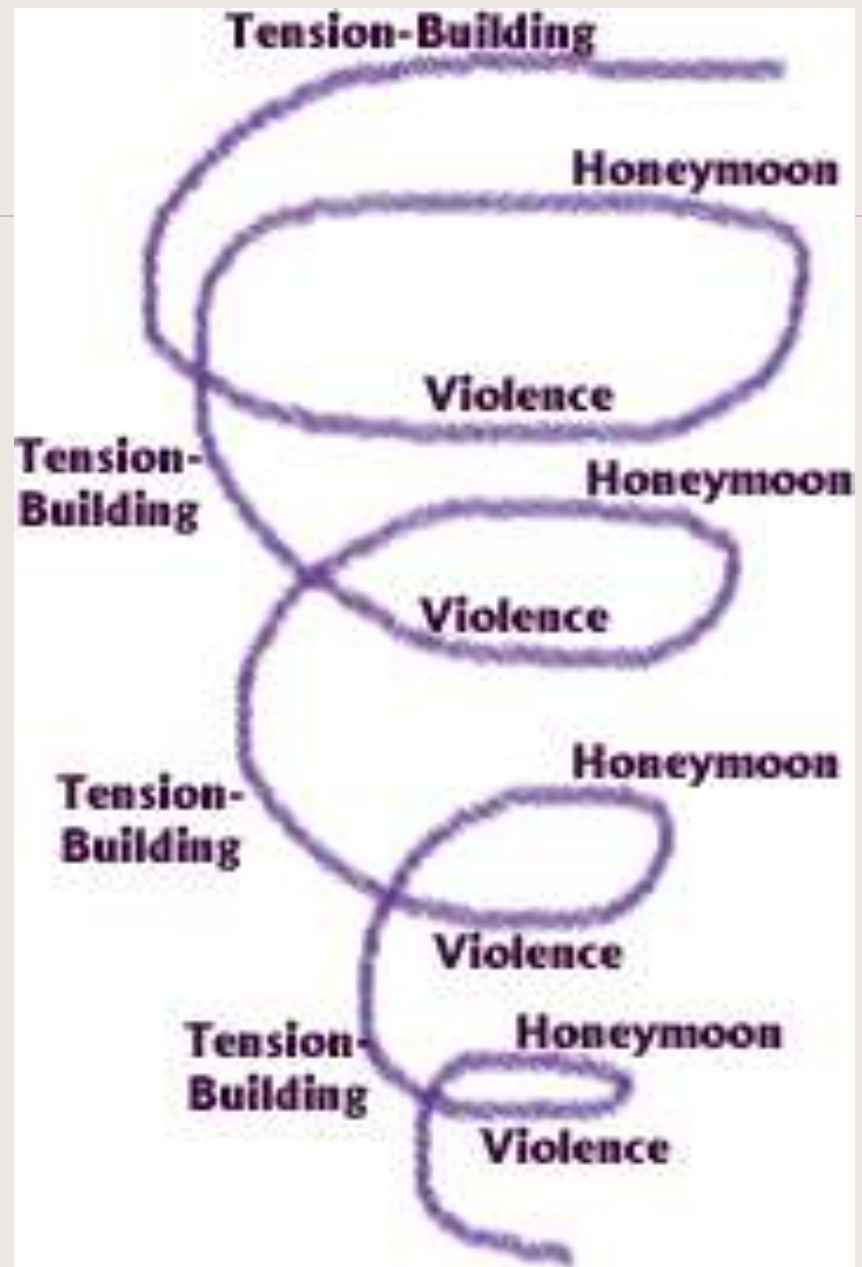
Male children who witness the abuse of mothers by fathers are more likely to become men who batter in adulthood than those male children from homes free of violence (Rosenbaum and O'Leary, 1981)

DV Dynamics

Wheels Handout



Cycle of Violence



CYCLES AND PATTERNS OF VIOLENCE

Murder/Suicide

**Extreme Physical
Violence**

**Physical and
Sexual Violence/
Abuse**

**Destruction of
Property and/or
harm to Children and/
or Pets**

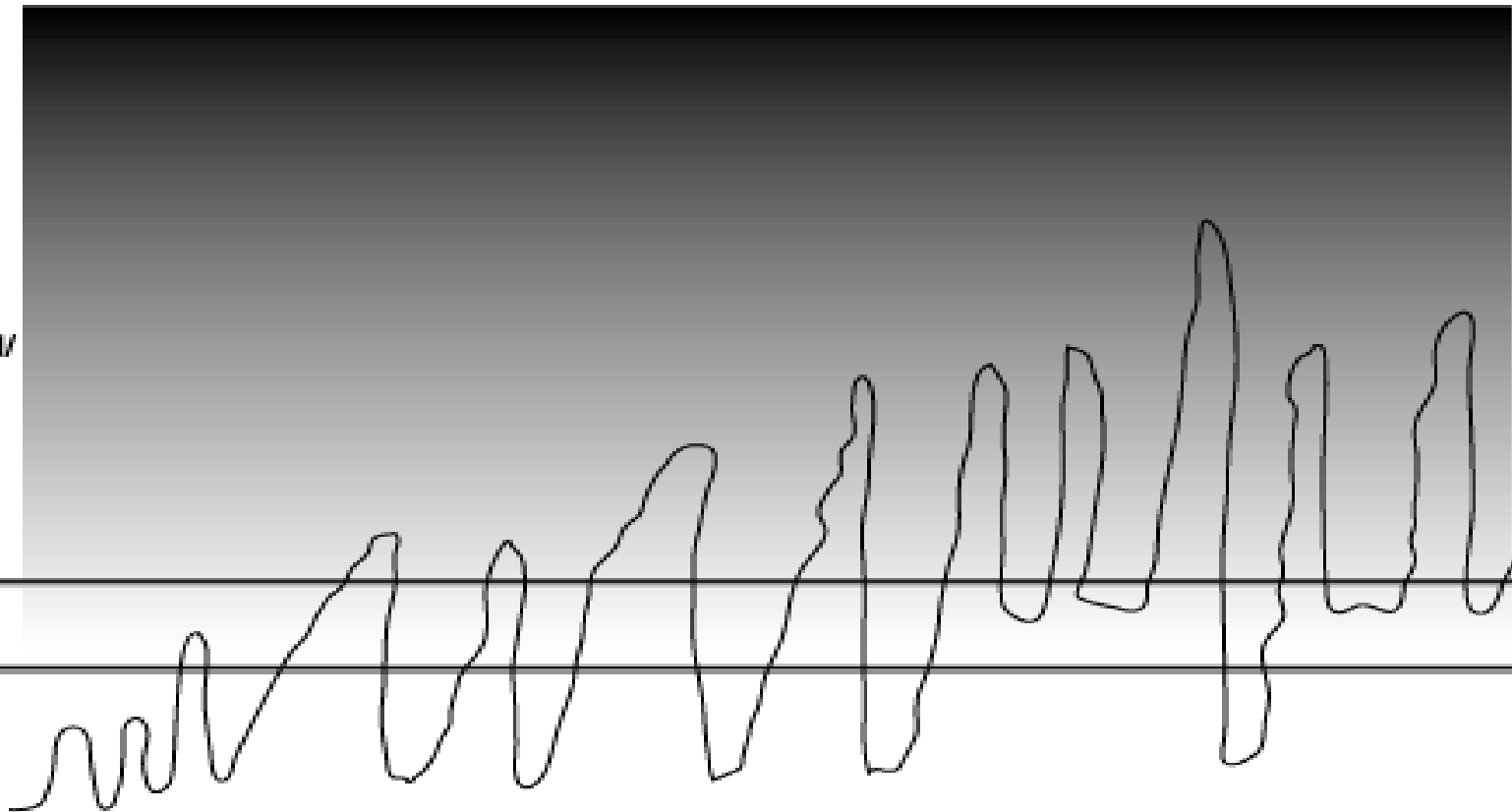
Threats

**Verbal/
Psychological/
Economic Abuse**

**Tension/
Eggshells**

**Contentment/
Comfort/Peace**

**Honeymoon/
*Seduction/
Recruitment/
Hostage Taking**



Trauma

an event outside normal human experience.

any sudden and potentially life-threatening event.

Anything perceived as a threat that the ANS can't integrate

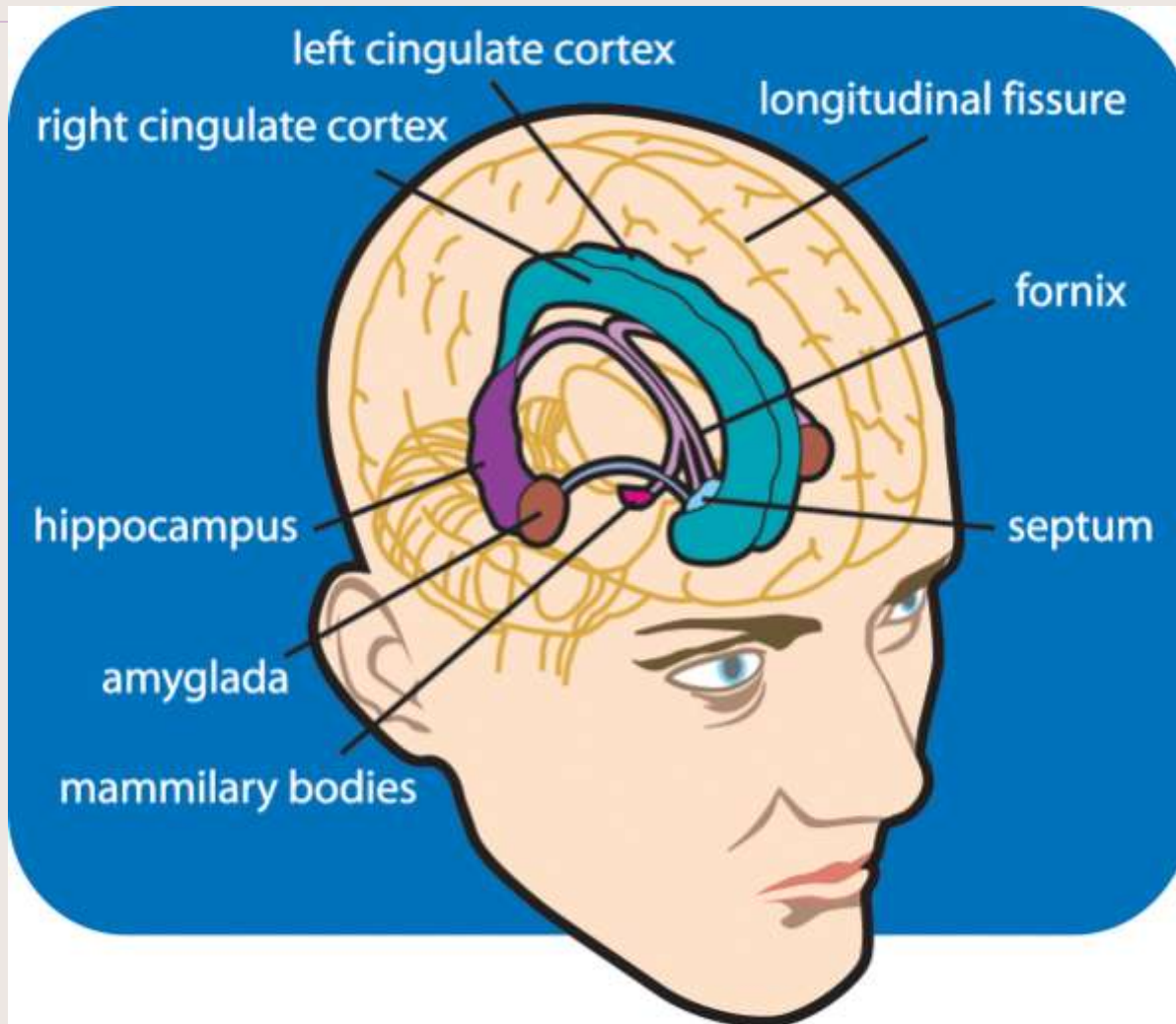
One time Trauma VS Prolonged Trauma



Ways trauma is experienced

- A single event (car accident, rape)
- Prolonged experience (historical events such as the removal from homelands, child abuse)
- Cumulative effects (high rates and exposure to violence, such as domestic violence and community violence)
- Personal events that impact several generations (boarding schools, massacres, forced relocation, early losses)
- Loss and Deaths (moving, unexpected loss)
- Multiple victimization (two or more different types of victimizations)

Trauma, the brain and body

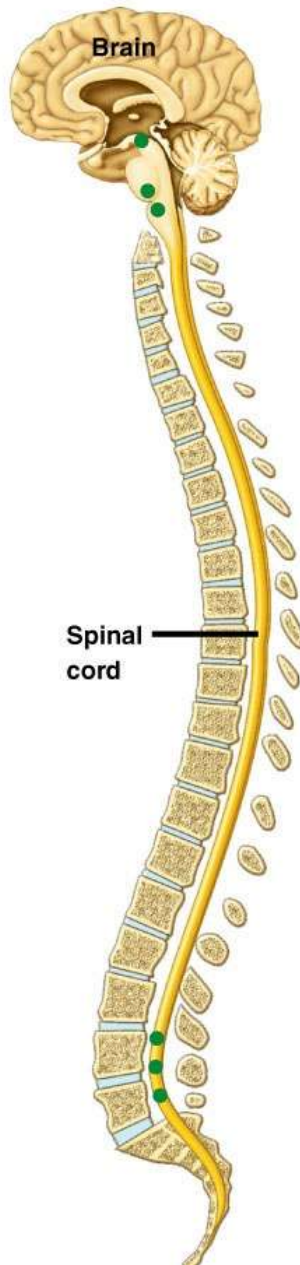


Parasympathetic division

Sympathetic division

Calming

Arousing



Constricts pupil

Stimulates saliva production

Constricts bronchi

Slows heart

Stimulates stomach, pancreas, and intestines

Stimulates urination

Promotes erection of genitals

Eye

Salivary glands

Lung

Heart

Adrenal gland

Liver

Stomach

Pancreas

Intestines

Bladder

Genitalia

Dilates pupil

Inhibits saliva production

Dilates bronchi

Accelerates heart

Stimulates epinephrine and norepinephrine release

Stimulates glucose release

Inhibits stomach, pancreas, and intestines

Inhibits urination

Promotes ejaculation and vaginal contractions



Effects of DV on Children

General Effects

- Insecure parental
- Intense anger
- Fear
- Grief
- Inability to trust
- Anxiety
- Need for Attention



Effects of DV on Children

- Maladaptive patterns of emotional and physical regulation:

- Withdrawal
- Avoidance
- Intimidation



- Emotional regulation is an important element in forming intimacy in future relationships.

Effects of DV on Children

Witnessing vs. experiencing abuse: Children who experience



- Higher risk of entering violent relationships in the future
- Abused parent is unable to offer protection, security to the child
- Parents offer no buffer against trauma
- Vulnerable

Development- Infants

- Basic need for attachment is disrupted
- Routines around feeding/sleeping are disturbed
- Injuries while "caught in the crossfire"
- Irritability or inconsolable crying
- Frequent illness
- Difficulty sleeping
- Diarrhea
- Developmental delays
- Lack of responsiveness

Taken From: www.ACADV.org



Development- Toddlers



- Somatic or psychosomatic complaints
- Regression
- Irritability
- Fearful of being alone
- Extreme separation anxiety
- Nightmares
- Poor Limits
- Developmental delays
- Sympathetic toward mother
- Extreme temper tantrums

Development- Elementary Age

- Verbalization of anger
- Worried about adult issues
- Developmental delays
- Self Blame/ Self Hatred
- Externalized behavior problems: aggression, bullying, destructive
- Social skills are not developing
- Internalized behavior: self-blame, self-hatred, hoarding, eating disorders, compulsiveness
- Nightmares
- Problems with limits
- Vacillation between love and anger
- Gender role modeling creates conflict/confusion



Development- Preadolescence



- Behavior problems more serious
- Increased internalization: depression, isolation, withdrawal
- Emotional difficulties: shame, fear, confusion, rage
- Poor social skills
- Developmental delays
- Protection of mother/ sees her as "weak"
- Guarded/secretive about family
- Impulsive

Development- Adolescence

- Behavior problems can become extreme and dangerous:
 - drug/alcohol, truancy, gangs, sexual acting out, pregnancy, runaway, suicidal, PTSD, depression, anxiety, feeling numb, insomnia, survivor guilt
- Dating relationships may reflect violence learned or witnessed in the home.





Effects on Family Dynamics

- Batterer undermines spouse's parental authority
- Divisions, scapegoating, role reversals
- Children used to control & manipulate the other parent
- Victim-child relationship
- protecting the "family secret"



Effects on Family Dynamics

- Factors contributing to resilience

- Victim is: competent, caring, kind, discipline appropriately, shield kids from the abuse.
- Supportive friends, relatives, community resources, and religious organizations
- Batterer unskilled at manipulation
- Constructive responses from law enforcement, courts, child protective services



What can you do?

- Create safe space to talk about what happened
- Seek guidance in your community from spiritual leaders, experts on the trauma, elders, your mentor, school admin, community agencies and supporters.
- Call AH Hotline
970-247-4374
- Community Resources



How to ask about Abuse

- **Ask open ended questions:** “Has anyone at school or camp or church ever touched you in a bad way, or made you do anything you didn’t like?” “Tell me about that”
 - **Be upfront** about having to report abuse. Reassure them it isn’t their fault, be you are worried about them
- **Be calm and emphasize your acceptance:** “You can always tell me if something like that happens. I won’t be mad at you.”
- **Emphasize safety:** “If someone makes you feel uncomfortable, you can always tell me, and we will protect you”
- **Reassure the child** that if someone touches him/her inappropriately, it is never their fault; s/he is not to blame. Say you appreciate being told.
 - Since children can incorporate hints or possibilities into their beliefs about a specific situation, it is important not to encourage the child to embroider. For example:
- **Avoid:** suggesting that something happened. e.g. “He did that, didn’t he?”
- **Avoid:** putting words in their mouths or suggesting who, when or where something might have happened “did _____ blank to you right?”
- **Be patient:** This will be challenging if you are worried about a child. You may ask about a situation in a routine way, and she may not answer you right away. Be attentive for an answer some time after you ask about it.
- **Notice your reactions** When a child discloses to you be aware of how you react and seek support from your admin. It might be triggering to hear a child disclose, or traumatic to report child abuse

Healing the Trauma

- Sweats, Medicine Men and Women, drumming
- Therapy, play therapy, EMDR
- Curanderas, Homeopathy
- Exercise
- Spiritual rituals
- Effect of Prayer (Mami Wata)
- Acupuncture
- Healing Touch
- Mantras
- Self-Help books
- Others??





What can I do?

- **L.O.V.E.S.**
- **L**isten- to what they need and don't be judgmental
- **O**ffer- community resources- AH Hotline, 911,
- **V**alidate- their feelings, and share your concern
- **E**mpower/ Encourage- to make their own choices
- **S**afety Plan



Questions?



Our Young People Thank You !



**Help Us Keep Our
Children Safe!!!**