

Domestic Violence[©] Awareness Seminar Replacing Myths with Methods www.lrhartley.com/dv

**A free seminar & workshop with
Dr Lionel Hartley**

**A seminar to dispel myths and develop strategies to
deal with violence in your home and workplace.**



Part 1: Definitions & Activities
Part 2: How to Tell Your story
Part 3: Setting Boundaries

**Monday
May 13
at 7:30pm**



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-27.994401, 153.34911



Life Development Centre
67 Warrener St, Nerang, 4211
(Adjacent to the Nerang Railway Station)

Bookings Essential 0755969004 www.lrhartley.com/dv

Slide 1 - Title Slide

Overlay – Video clip 1

Slide 2 – Slide introducing seminar author.

An Israelite king, David, penned these words: “It is not my enemies who taunt me – I could bear that; it is not adversaries who deal insolently with me – I could hide from them. But it is you, my equal, my companion, my familiar friend, with whom I kept pleasant company; we walked in the house of God with the throng. ... Evening and morning and at noon I utter my complaint and moan ... My companion ... violated a covenant with me with speech smoother than butter, but with a heart set on war; with words that were softer than oil, but in fact were drawn swords.” (You’ll find this recorded in Psalm 55)

Domestic violence is more than just physical violence, as it encompasses all forms of abuse and intimidatory behaviour perpetrated by one person against another in a personal, intimate relationship. It includes partnership violence perpetrated when couples are separated or divorced and violence between family members.

I am talking today without making a distinction between an audience of abusers, victims or interested parties — so that way perhaps at least something I have to share may be relevant.

I also have confidential question slips if you wish to use them for our question time at the end.

Without ignoring the existence of male victims. I will, for simplicity, refer today to victims as female and perpetrators as male.

Slide 3 Definition (read off screen)

“Domestic violence involves one person's use of physical, emotional, sexual and financial abuse against an intimate partner in order to gain and maintain power and control in the relationship; the use of coercion, manipulation, isolation and minimization assist in instilling fear in the victim, forcing compliance.”

Slide 4 Love Shouldn't Hurt

Look with me at your booklet, page 2

“Does your partner...

Embarrass or make fun of you in front of people?

Always put down your goals, dreams, accomplishments?

Make you feel like you can't make decisions?

Make you feel uncomfortable, uneasy, afraid by certain gestures?

Tell you that you are nothing and can't make it alone?

Grab you, push or pinch, shove or hit you?

Call, text or page you a lot or just show up to "check on you"?

Blame you for how they feel or what they do?

Pressure you sexually for things you don't want?

Make you feel like there "is no way out" of the relationship?

Use drugs or alcohol as an excuse for hurting you?

Keep you from doing things you want to do/going where you want to go/seeing who you want to see?

Try to keep you from leaving after a fight, "trap" you or leave you?

Always accuse you of seeing someone else/being unfaithful?

Try to confuse you by "twisting" things around?"

Slide 5

Family and domestic violence can include, but isn't limited to:

Physical abuse

That is any violent behaviour or threats of violence. It can be directed at you, or your children, pets or property. It might be: punching, hitting, kicking, pushing or choking

Slide 6

Sexual abuse

Sexual behaviour you don't want, such as being forced into sexual activity against your will.

Slide 7

Verbal or emotional abuse

Behaviour that makes you feel worthless and put down. This can include yelling, insulting, name-calling and swearing.

Slide 8

Controlling behaviour

Controlling behaviour that makes you do or believe things you wouldn't normally. It may stop you from seeing people or leaving the house. You may be stopped from spiritual or cultural participation that is important to you.

Slide 9

Stalking

Behaviour that makes you feel harassed or intimidated. This could be: repeated phone calls or messages, unwanted or obsessive attention, someone following or monitoring you

Slide 10

Technology facilitated abuse

When someone monitors what you do online. This may include: checking your computer and phone use, using spyware on your phone to track you, publishing intimate photos of you without your consent

Slide 11

Financial abuse

Behaviour limiting your access to money. Warning signs might be: not being able to have money of your own, being stopped from working, having to account for how you spend your money

Slide 12

Elder abuse

Harmful behaviour in a relationship of trust with an older person. It could be: emotional, psychological, financial, physical, sexual or neglect

Let me just summarise before we move on... Domestic violence is abuse that occurs within an intimate relationship.

The partners might be married or unmarried. Statistics show us that it is most likely that the abuser will be male and the victim female.

Yet domestic violence can also occur in same-gender relationships.

Domestic violence encompasses a pattern of control and behaviour exercised by one person over another.

The abuse can be physical, sexual, verbal or emotional.

Abuse can come in the form of the ongoing use of demeaning words like "you're stupid," or ugly, or crazy.

It can be total access to and control over bank accounts and finances.

It can be threats to injure children or pets. It can be monitoring and limiting friendships, going out, talking on the phone.

Domestic violence is not about having a bad temper or being out of control. It is about power and control - one person exerting power and control over an intimate partner.

Domestic violence impacts on the entire family, injuring also the children who witness abuse by hearing it or seeing it.

Slide 13 Cycle of violence

Video Clip 2 – Followed by a very simplified version (on page 3)

(NOTES IF NO VIDEO: Domestic violence tends to follow a specific pattern over time called the cycle of violence." The cycle of violence has three stages:

During the tension-building phase, abusers often verbally harass their partners. They are afraid that their partners will leave them and they become more possessive, jealous, and aggressive. During this phase, partners may do anything to try and keep the peace. They are very nurturing and go along with whatever the abuser wants. Some victims may try and set the abusers off in order to get the abuse over with. Partners often make excuses for abusers' behaviour during the tension-building phase.

The second phase involves acute battering. Abusers are extremely unpredictable and often seem to be out of control. Abusers blame their partners for the abuse and may fail to confine their abusive behaviour to the home. Abuse may not necessarily be physical. It can involve humiliation or intimidation as well. Partners are left to passively accept the abuse and often minimize the abuse to themselves or others who may question them.

The last phase is often referred to as the honeymoon period, because abusers are calm, loving and apologize for their actions, promising their partners that "it will never happen again." Partners often feel guilty about possibly leaving the abuser. They often hope that the abuser will change.

Over time, the tension-building and honeymoon stages get shorter and the battering increases. This pattern results in battering incidents that become increasingly longer and more severe.

This cycle works to keep partners in abusive relationships by controlling them. Partners hope that abusers do not mean to harm them and will change. Secrecy, fear, lack of opportunity, and low self-esteem all combine to make leaving an abusive partner extremely difficult. Leaving may also be difficult because abusers often escalate violence in order to keep their partners in the relationship. If abusers detect that their partners may leave, their partners' risk of injury or death increases.)

Turn to page 4 of your booklet. At the top of the page is a summary of what we have covered thus far.

Starting in the middle of the page are some statements that are either true or false.

Let's look at these briefly.

Slide 14 - From Myths To Methods

Recognizing Abuse Victims

Our culture has supported various myths about domestic violence that may hinder our ability to recognize it. Here's a look at some of the more stubborn myths and the corresponding realities.

1. True or False? Domestic violence is most prevalent among the lower class.

FALSE. Reality: Family violence occurs at all levels of society and without regard to age, race, culture, status, education, or religion. It may be less evident among the affluent because they can find and afford private physicians, attorneys, counsellors, and shelters. In contrast, individuals with less financial resources must turn to more public agencies for help.

Slide 15

2. True or False? Violence rarely occurs between dating partners.

FALSE. Reality: Estimates vary depending on which studies you read, but violence occurs in a large percentage of dating relationships.

Slide 16

3. True or False? Abused spouses can end the violence by divorcing their abuser.

FALSE. Reality: According to the US Department of Justice, about 75% of all spousal attacks occur between people who are separated or divorced. In many cases, the separation process brings on an increased level of harassment and violence.

Slide 17

4. True or False? Except in certain sects, Christians don't abuse their partners or children.

FALSE. Reality: Abuse occurs in all strata of society, in all faiths and often in the name of religion.

Slide 18

5. True or False? The victim can learn to stop doing things that provoke the violence.

FALSE. Reality: In a battering relationship, the abuser needs no provocation to become violent. Violence is the abuser's pattern of behaviour and the victim can't learn how to control it. Even so, many victims blame themselves for the abuse, feeling guilty even responsible - for doing or saying something that triggers the abuser's behaviour. Friends, family, and service providers reinforce this by laying the blame and the need to change on the shoulders of the victim.

Slide 19

6. True or False? Domestic violence occurs when the abuser has a bad temper, or is out of control.

FALSE. Reality: Domestic violence is not about having a bad temper or being out of control. It is about power and control – one person exerting power and control over another.

Slide 20

7. True or False? Alcohol, stress, and mental illness are major causes of physical and verbal abuse.

FALSE. Reality: Abusive people - and even their victims - frequently use those conditions to excuse or minimize the abuse. But abuse is a learned behaviour, not an uncontrollable reaction. People are abusive because they've acquired the belief that violence and aggression are acceptable and effective responses to real or imagined threats. Fortunately, since violence is a learned behaviour, abusers can benefit from counselling and professional help to alter their behaviour. But dealing with the perceived problem (for example, the alcohol, stress, or the mental illness) won't change the abusive tendencies.

Slide 21

8. True or False? Domestic violence only occurs by men against women.

FALSE. Reality: Statistics show us that it is most likely that the abuser will be male and the victim female. Yet domestic violence can also occur in same-gender relationships for varied but similar reasons as in traditional married relationships.

Slide 22

9. True or False? Being pregnant protects a woman from battering.

FALSE. Reality: Battering frequently begins or escalates during pregnancy. According to one theory, the abuser who already has low self-esteem views his wife as his property. As a result, he resents the intrusion of the foetus as well as the extra attention his wife gets from friends, family, and health care providers.

Slide 23

10. True or False? Abused women tacitly accept the abuse by trying to conceal it, by not reporting it, or by failing to seek help.

FALSE. Reality: Many women, when they do try to disclose their situation, are met with denial or disbelief. This only discourages them from persevering.

Slide 24 (Uses overlays)

There are a number of barriers to leaving violent situations experienced by victims of domestic violence. Victims of domestic violence often face enormous barriers in their attempts to acknowledge and address abuse in their lives. Here are only a few of the common obstacles experienced by victims in their decisions to stay or leave:

Fear

Victims are *afraid to stay* because they do not want themselves or their children to be hurt or killed. They are also *afraid to leave* due to abusers' threats to find them, hurt and/or kill them and/or their children. Victims may also fear being alone or may believe the abusers' criticisms; they may fear the unknown.

Finances

Abusers typically do not allow victims to possess, have access to or knowledge of money and resources. Victims who aren't allowed to work or can't access money without the abuser's permission, do not have money for transportation, do not have money for housing, food, clothing and other necessities, and may not be able to earn money without skills training and employment assistance services. Victims with children are constantly asking themselves, "where will we live?," "how will we eat?," and "will we be able to make it?" Financial constraints are significant barriers for victims attempting to leave.

Faith (Cultural/Religious Beliefs)

Many victims are concerned about what their neighbours, and members of their faith communities, will think if they leave or report the abuse. They may believe or have been told that leaving is not an option, that violence is an expected part of family life, and that they will be abandoned or rejected by God, by their family and by fellow members of their faith community. For victims who experience language and cultural barriers, leaving an abusive relationship may require them to communicate effectively, to assimilate and accommodate to foreign customs and environments, and to abandon strong connections to (and the sense of security provided by) their religious or cultural support systems.

Slide 25

Activity: Love is...

1. Draw a giant heart on a large piece of paper.
2. Post the heart on the wall and have markers available for activity.
3. Write the words "Love is..." above the heart.
4. Invite each attendee to provide definitions that answer the phrase "Love is..." by soliciting ideas from the group until the heart appears to be mostly full.

Questions (page 5 of your booklet)

1. What types of words are listed in our heart? • Are there any that appear a lot or multiple times? • What kind of words are these?
2. Is there anything you don't see in this heart? • How do these words make you feel? Not make you feel? • Is there anything you were unsure of whether it should be in the heart?
3. Why are there so many different words? • Are there words you disagree with?
4. Can there be love in an abusive relationship? • Is that a reason to stay in the relationship? Why or why not?
5. Define abusive, unhealthy, and healthy behaviours. • Are there words about abuse in the heart? • Are there unhealthy words? • Are there other factors that might impact whether a word is healthy or unhealthy?

Part 2: Listening and Responding

Slide 26

(No need to read): Envision the person you were created to be... you were created to have emotional freedom, inner peace, and strong self-esteem. If abuse has undermined God's plan for your life, your joy, and your peace, then what others have sabotaged, God can rebuild. Adapted from Gregory L. Jantz, PhD *Healing the Scars of Emotional Abuse*.

Maggie and Egbert (not their real names) married after high school. Still, she felt empty and unlovable, despite a happy marriage. That changed one year later, when Maggie gave her life to Christ. For the first time, she felt loved.

This change was great news for Maggie, but Egbert found it hard to watch. Burdened by the trauma of his past, he grew increasingly critical, unloving and withdrawn.

"He was becoming more like his father every day," says Maggie.

Egbert never abused her physically, but his constant criticism and belittling remarks escalated.

"If I did something that displeased him, he wouldn't speak to me for days—even weeks—at a time," she said.

As the abuse worsened, so did Maggie's health. She grew more depressed and despondent by the day, until she could no longer function. She developed chronic respiratory infections and other physical ailments.

Maggie finally confided with a friend. But this friend — a pastor's wife she had known for a few years — made the situation exponentially worse.

"Why would a husband treat his wife like that?" asked her friend. "You must be doing something to provoke it."

This encounter left her feeling rejected by the church — and, ultimately, by God.

Slide 27 (uses overlays)

So how do we respond when someone shares her story?

I would like to suggest several ways.

1. If possible, educate yourself in advance on the topic through reading brochures, newsletters and information about domestic violence and attending seminars such as this.

2. Listen to the victim's story.

Listening means just that — it does not mean agreeing or disagreeing, challenging, questioning, or judging. Just really listening.

3. Believe the unbelievable as well as the believable.

4. Validate her feelings. To validate someone's feelings is to accept, understand, and nurture their feelings. To validate someone's feelings is to validate their identity as a unique person. Invalidation, on the other hand, is to reject, ignore, judge, or diminish someone's feelings, and hence their identity.

5. Assess her level of safety, and if she is in danger, take action to help her get to a safe place.

6. Be cautious providing advice or counsel to victims as that may put her in more danger.

7. Suggest a referral to a professional counsellor who is experienced with domestic violence issues.

Slide 28 (continues overlays)

8. If she approves, connect her with support groups, prayer partners, etc

9. Offer support and unconditional love and provide ongoing emotional and practical support. Be prepared to offer love and support for years, not days or months, even if the victim is receiving professional counselling.

Slide 29 (uses overlays)

If you are or think that you may be a victim, let me make a few suggestions regarding telling your story.

Tell yourself the truth. Denial is a hallmark of abuse. Invite the Holy Spirit to reveal the reality about a potentially abusive relationship. Admit you are being abused and recognise the damage it has done. Know what God tells us that love is and what it is not. "It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs...It always protects..." (1 Corinthians 13:4-7 NIV)

Choose with whom you will share

and **then tell the truth** (as you know it) about the situation. As I said, denial is a hallmark of abuse, so be prepared that the listener may not want to believe your story. Ask your God for guidance in choosing an appropriate support person.

Seek professional help and guidance. There is no one-size-fits-all prescription for healing. You need a trained professional to assess your situation and your safety, to help you deal with emotional baggage from the past and to help you develop a strategy for change. Healing is a lengthy and sometimes difficult journey fraught with emotional landmines. You'll need help and professional guidance to walk through potentially explosive and destructive situations.

Set appropriate boundaries. Boundaries define limits, mark off dividing lines. The purpose of a boundary is to make clear separations between different turf, different territory. I will talk more of this later, suffice to say that, however appropriate, set boundaries with caution; it may escalate the abuse.

Find and maintain healthy relationships. It is critical to seek support from friends, family, and, ideally, a faith community.

Support groups led by a trained professional are wonderful sources of healing and comfort, and guidance

to build healthy, **biblical friendships and relationships.**

Forgive. Forgiveness is not denying or excusing the damage caused by abuse. We forgive because God forgave us. When we forgive, we allow God to heal us. Forgiveness is a choice, not a feeling. Forgive yourself and (dare I suggest it) forgive the abuser.

Slide 30

Part 3: Setting Appropriate Boundaries

We encounter physical boundaries every day. Fences, walls and signs that distinguish property ownership; laws, rules, and codes that define acceptable behaviour; traffic lights, stop signs and street markers that guide our driving.

Personal boundaries may be harder to see but are just as important because they define what is me and what is not me.

Personal boundaries are limitations we put around our emotions and behaviour that keep good things in and bad things out. They include the things we allow ourselves to say (including the use of the word "no"); what areas we avoid that are evil or that cause us to sin; how we spend my time; the amount of work (or ministry) we am willing to take on; the depth of relational attachment we make with someone; the type of personal support we seek; and the ethics we choose to live our lives by. These boundaries centre around our feelings, thoughts, values, attitude, choices and talents.

Setting appropriate boundaries for yourself is not selfishness but good stewardship. From a Christian perspective, God has given you gifts and talents for His kingdom. When you say no to people and activities that hurt you or are bad for you, you are protecting God's investment. Nor do boundaries impair your relationships. Your boundaries cannot hurt someone else because they are limits to your life alone. They are defensive tools, not offensive ones. They may help to define your relationships, but they never prevent you from having one.

In the book Co-dependence, Robert Burney says, "Setting boundaries is not a more sophisticated way of manipulation - although some people will say they are setting boundaries, when in fact they are attempting to manipulate. The difference between setting a boundary in a healthy way and manipulating is: when we set a boundary we let go of the outcome." I will explain what this means later.

Slide 31 (uses overlays)

Problems with Boundaries

Most people struggle with setting boundaries in their lives, but they struggle in different ways. Here are four common problems:

Victims or potential victims:

1. Being overly compliant (saying yes to the bad): Compliant people respond to others out of intense feelings of fear. They are afraid of hurting others' feelings, of being abandoned, of punishment, of being shamed, of being seen as bad or selfish or unChristian. Because they have a strong desire not to "rock the boat" they either don't set personal boundaries or give up too quickly on them when conflict arises.

2. Avoiding one's own needs (saying no to the good): Avoidance is the inability to ask for help, to recognise one's own needs, or to let others in. They are people who withdraw when they need help and will not ask for support from others. The cause is almost always insecurity and low self esteem, which produces protective boundaries around self that are too rigid and tight.

Perpetrators or potential perpetrators:

3. Irresponsible (not respecting the needs of others): Irresponsible people ignore their relational responsibilities, particularly in the areas of communication and emotional intimacy. This usually results from or in a critical spirit toward other people or being too absorbed with one's own self. This creates insensitivity, which is a way to avoid setting boundaries by simply opting out of the process all together.

4. Manipulative (not respecting the boundaries of others): Controllers don't respect people or their personal limits. They run over the boundaries of others through control, manipulation and sometimes by aggressive behaviour. Controllers tend to be people who are undisciplined or don't want to take responsibility for their own life, so they compensate by trying to control the lives of others.

Slide 32 (uses overlays)

Developing Healthy Boundaries

Here are ten things to remember in building good personal boundaries in your life:

1. Consequences: Reaping what we sow, also called cause and effect, is a basic law of nature. The universe operates by it. When God tells us we will reap what we sow He is not threatening us or punishing us, but stating how life works (unless He chooses to intervene). Reaping what we sow can be a strong motivator for right behaviour. Change most often occurs in people when they are finally confronted with the consequences of their actions. (Gal. 6:7-8)

2. Responsibility: I am ultimately responsible for myself. I can love someone else but I cannot be them. I cannot feel for them. I cannot think for them. I cannot grow and develop for them. I can only grow myself. This may sound self-centred but it is not. It is simply a reflection of reality. I can influence people and they can influence me, but they are never an excuse for who I am. (Phil. 2:12)

3. Changes: In Christ I have the power to change (repent). I am never powerless over sin. I may develop behaviours (like alcoholism) that are harmful and appear impossible to overcome, but with the Lord's help I can change. I can acknowledge and agree with God's truth about my problem. I can submit my struggles to Christ. I can ask Him and people who love me for help. I can repent from the evil I see in myself. I can seek out those I injured and make amends. With God's help I can overcome any sin that besets me. (James 4:7-10)

4. Respect: We need to respect the boundaries of other people whether or not their boundaries are like our own. When we respect others they may possibly respect us back. However, our primary concern should not be to see people do things our way but for them to obey God as they hear Him and make decisions out of real free choice instead of under the influence of sin. Freedom begets freedom. If we are "walking by the Spirit" we should give others the freedom to do likewise. (Matt. 7:12 [Golden Rule]; Eph 5:33)

5. Perspective: To develop healthy boundaries it is helpful to make a distinction between being and behaviour by learning how to observe behaviour without making judgements about myself and others. There is a huge difference between judgement and observation. It is vital for me to observe other people's behaviour in order to protect myself. That does not mean I need to make a value judgement about their *being* based upon their *behaviour*.

Judgement is saying, "that person is a jerk." Observation is saying, "that person seems to be really full of anger." The trap here is equating I did something bad therefore I am a bad person, or I made a mistake therefore I am a mistake. Job makes this distinction in Job 2:10 by saying to his wife that she "speaks as one of the foolish women speak" (*nebalaw*) rather than actually calling her a fool (*raca*).

6. Motivation: It is very easy for us to do things from false motives, by that we mean through guilt, anger, payback, approval, fear or loneliness. In Christ we have been called to live in freedom. It is a freedom that produces gratitude and love in us. It enables us to keep boundaries for ourselves and others. With God, our freedom must come before our service to Him. If we are serving Him out of wrong motives we will fail. But if we are letting Him set us free, our motives will be right and we will lead productive lives. (John 9:40-41)

Slide 33 (continue overlays)

7. Confrontation: It is important to be concerned for the feelings of others in setting boundaries with them. But never avoid boundaries simply because it makes people mad or hurt. Consider whether or not your actions are helpful or hurtful to them. As iron sharpens iron we need confrontation and truth from others to grow. Sometimes a "no" is the best thing we can do for someone we care about. (Eph. 4:25)

8. Proaction: Proactive people show you what they love, what they want, what they purpose, and what they stand for. Reactive people, on the other hand, are known by what they hate, what they don't like, what they stand against, and what they will not do. They are victims with many "against" stances. However, proactive people do not demand their rights — they live them. Their power is not something deserved but expressed. God has called us to be proactive people. (Matt. 5:38-39)

9. Protection: The purpose of having boundaries is to protect and take care of ourselves. We need to be able to tell other people when they are acting in ways that are not acceptable to us. A first step is starting to know that we have a right to protect and defend ourselves. That we have not only the right, but the duty to take responsibility for how we allow others to treat us.

10. Application: Being forced to learn how to set boundaries is a vital part of learning to own our self, of learning to respect ourselves, of learning to love ourselves. If we never have to set a boundary, then we will never get in touch with who we really are. If we never have to set a boundary, then we will never escape entrapment and we will never learn to define ourselves as separate in a healthy way.

Slide 34 (uses overlays)

Putting this into practice:

Setting a boundary is not making a threat - it is communicating clearly what the consequences will be if the other person continues to treat us in an unacceptable manner. It is a consequence of the other persons behaviour.

Setting a boundary is not an attempt to control the other person (although some of the people who you set boundaries with will certainly accuse you of that - just as some will interpret it as a threat) - it is a part of the process of defining ourselves and what is acceptable to us. It is a major step in taking what control we can of how we allow others to treat us. It is a vital step in taking responsibility for our self and our life.

There are basically three parts to a boundary. The first two are involved with setting the boundary - the third is what we will do to defend that boundary.

1. Define

If you - a description of the behaviour we find unacceptable (again being as descriptive as possible.)

2. Declare

I will - a description of what action you will take to protect and take care of your self in the event the other person violates the boundary.

3. Defend

If you continue this behaviour - a description of what steps you will take to protect the boundary that you have set.

For example (in the case of someone who is just learning about boundaries and has been physically abused in the past) would be:

If you ever hit me, I will call the police and press charges - and I will leave this relationship. If you continue to threaten me, I will get a restraining order and prepare to defend myself in whatever manner is necessary.

It is not always necessary or appropriate to share the third part of this formula with the other person when setting a boundary - the first two steps are the actual setting of the boundary. The third part is something we need to know for ourselves, so that we know what action we can take if the other person violates the boundary. If we set a boundary and expect the other person to abide by it automatically - then we are setting ourselves up to be a victim of our expectation.

It is not enough to set boundaries - it is necessary to be willing to do whatever it takes to enforce them. We need to be willing to go to any length, do whatever it takes to protect ourselves. This is something that really upset most people when they first started learning how to set boundaries. It takes great courage for me to build yourself up to a point where you are willing to set a boundary. Most will think that the huge task they I have done to set a boundary should be enough. Then to see that some people just ignored the boundaries they have set, seems terribly unfair to them.

It is very important to set *consequences* that we are willing to enforce. If you are setting boundaries in a relationship, and you are not at a point where you are ready to leave the relationship - then don't say that you will leave. You can say that you will start considering all of your options including leaving - but do not state that you will do something that you are not ready yet to do. To set boundaries and not enforce them just gives the other person an excuse to continue in the same old behaviour.

Earlier I quoted from the book Co-dependence by Robert Burney. He said, "Setting boundaries is not a more sophisticated way of manipulation - although some people will say they are setting boundaries, when in fact they are attempting to manipulate. The difference between setting a boundary in a healthy way and manipulating is: when we set a boundary we let go of the outcome." It is the consequence of the breach of the boundary that is this outcome. This is something that they control and not you.

Here are some examples:

If you verbally abuse me by calling me names like stupid or jerk, I will confront you about your behaviour and share my feelings.

If you continue that behaviour I will leave the room.

If you continue that behaviour I will leave the house.

If you continue that behaviour I will ask you to leave.

If you keep repeating this behaviour I will start considering all of my options, including leaving this relationship.

If you break your plans with me by not showing up or by calling me at the last minute to tell me that you had something else come up, I will confront your behaviour and share with you how I feel.

If you repeat that behaviour, I will consider it to mean that you do not value or deserve my friendship - and I will have no contact with you for a month.

Slide 35 (uses overlays)

Defending Boundaries

1. Boundaries Should be Based upon Choice

Until we acknowledge that we have a choice, we haven't made one. If we do not own that we have a choice to leave an abusive relationship - then we are not making a choice to stay in the relationship. Any time we do not own our choices, we are accepting victimisation. We will then blame the other person, and/or blame ourselves. It is a vital part of the process of learning to love ourselves, and taking responsibility for being the liver our life, to own all of our choices.

2. Boundaries Should Allow for Gradual Change

Since behaviour patterns are quite ingrained in all of us, it is important to allow the other person some space to make a change in behaviour - unless the behaviour is really intolerable. To go from one extreme to the other is a reaction to a reaction. There are choices in between, which are sometimes hard for us to see if we are reacting. To go from tolerating verbally abusive behaviour to leaving a relationship in one step is swinging between extremes. It is helpful to set boundaries that allow for some gradual change.

For example:

When I ask you what is wrong and you say "Never mind," and then slam cupboard doors and rattle pots and pans or generally seem to be silently raging about something,

I feel angry, frustrated, irritated, hopeless, as if you are unwilling to communicate with me, as if I am supposed to read your mind. I want you to communicate with me and help me to understand if I have done something that upsets you. If something is bothering you and you will not tell me what it is, I will confront you about your behaviour and share my feelings.

Another example:

If you keep repeating this behaviour I will start considering all of my options, including leaving this relationship.

3. Boundaries Should be Realistic

The consequences we set down for behaviour we find unacceptable should be realistic - in that, the change that we are asking for is something that is within the others power (Whether they are willing to take that responsibility is another thing altogether)

4. Boundaries Should be Enforceable

As the consequence involve us, it must something that we are willing to do.

5. Boundaries Should be Appropriate

It is also important to set consequences that impact the other person more than us. Often when people are first learning how to set boundaries, they do not think it through far enough. They set boundaries that impact themselves as much or more than the other person. For example, a single parent with a teenager who needs to learn the consequences for coming home late, or bad grades, or whatever, may be tempted to say something like "If you miss your curfew again, you will be grounded for a month." The reality of grounding a teenager for a month is that it often means the parent is also grounded for a month. If taking away driving privileges means then you will have to drive them to school - maybe you want to choose some other consequence.

And finally,

6. Boundary Setting Needs to be Learned

Learning to set boundaries is an important part of learning to communicate in a direct and honest manner. It is impossible to have a healthy relationship with someone who has no boundaries, with someone who cannot communicate directly, and honestly. Learning how to set boundaries is a necessary step in learning to be a friend to ourselves, a friend to others and to protect ourselves when it is necessary.

Slide 36

What Friends and Family Can Do To Help

- Do not accept excuses or rationalizations for the abuse and violence.
- Focus on the strengths and abilities of the victim; don't use language or phrases that blame or criticize the victim (s/he is already hearing these from the abuser).
- Support the victim's right to make decisions, even (and especially) when you don't agree.
- State your concern for the safety and well-being of the victim/victim's children; let her/him know that you believe s/he does not deserve to be abused.
- Know what resources are available in your community; make referrals, not demands; follow-up.
- Avoid discussing the abuser; stress accountability instead of blaming.
- Educate yourself about domestic violence and patterns of abuse.
- Support the victim, but not the abusive relationship; support measures that provide options but not ones that sustain abuse.
- Seek support for yourself - seeing someone you care for being hurt is difficult.

Slide 37 Question Time

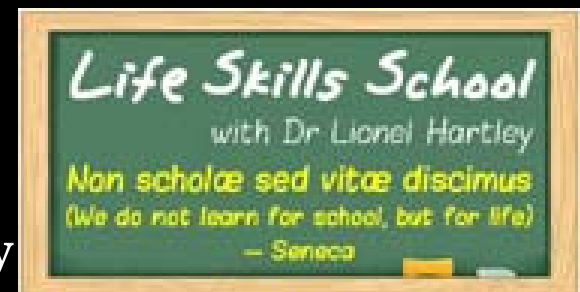
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Replacing Myths with Methods
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Lionel Hartley, PhD



www.lrhartley.com/dv



Who is your seminar author?



Lionel Hartley, author, radio broadcaster, public speaker and retired sociologist.

He was a Lifestyle Educator and Family-life Counsellor for three decades.

He is a grandparent, married 40+ years to Rosemary with three grown children.



Lionel D C Hartley, DipAdmin(NZIM), HonDip (DramArt), DipTheol (SDB), RGN (ComHth, Psy, PsyPaed, Admin, Nutn), Dip Bus Law, Dip Econ, Dip Accy, Dip IT, BA (Lit), MA, PhD [etc.]

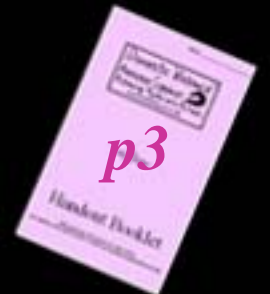
www.hartleyonline.blogspot.com

**We welcome your participation in today's seminar.
Time will be allowed at the end for your questions.**

Part 1

What is Domestic Violence?

- Domestic violence involves one person's use of physical, emotional, sexual and financial abuse against an intimate partner in order to gain and maintain power and control in the relationship; the use of coercion, manipulation, isolation and minimization assist in instilling fear in the victim, forcing compliance.



LOVE Shouldn't Hurt

LOVE Shouldn't Hurt

Does your partner...

- Embarrass or make fun of you in front of people?
- Always put down your goals, dreams, accomplishments?
- Make you feel like you can't make decisions?
- Make you feel uncomfortable, uneasy, afraid by certain gestures?
- Tell you that you are nothing and can't make it alone?
- Grab you, push or pinch, shove or hit you?
- Call, text or page you a lot or just show up to "check on you"?
- Blame you for how they feel or what they do?
- Force you sexually for things you don't want to do?

Feel like there "is

what a



Domestic violence is physical abuse

- Murder
- Suffocation, choking
- Throwing objects
- Shooting, stabbing
- Pushing or shoving
- Slapping or punching
- Twisting arms
- Breaking bones
- Bending fingers back
- Stamping on toes
- Using an object as a weapon
- Banging head, Drowning
- Kicking, Biting
- Burning, scalding
- Punching or kicking tummy
- Forcing to take drugs
- Cutting or stabbing
- Tying up, starving
- Pouring over acid or petrol

Domestic violence is sexual abuse

- Rape: vaginal, anal, oral: with penis or objects
- Forced prostitution
- Forced sexual acts with others
- Sexual acts with animals
- Cutting or disfiguring breasts
- Chemicals poured into labia
- Refusal to practice safe sex or allow contraception
- Forced into pornography
- Genital mutilation
- Sexual abuse of children
- Forced sex after childbirth or operations causing infection, haemorrhage or ruptures
- Religious prohibitions ignored.
- Deliberately infecting
- Threats to get compliance
- Sexual insults

7

Domestic violence is verbal or emotional abuse

- Behaviour that makes you feel worthless and put down



This can include:

- Yelling
- Insulting
- Name-calling
- and Swearing.

8

Domestic violence is controlling behaviour

- Controlling behaviour that makes you do or believe things you wouldn't normally.
- It may stop you from seeing people or leaving the house.
- You may be stopped from spiritual or cultural participation that is important to you.



9

Domestic violence is stalking behaviour

- Behaviour that makes you feel harassed or intimidated.



This could be:

- repeated phone calls or messages
- unwanted or obsessive attention
- someone following or monitoring you

10

Domestic violence is technology-facilitated abuse

- When someone monitors what you do online.

This may include:

- checking your computer and phone use
- using spyware on your phone to track you
- publishing intimate photos of you without your consent



Domestic violence is financial abuse

- Behaviour limiting your access to money.



Warning signs might be:

- not being able to have money of your own
- being stopped from working
- having to account for how you spend your money

Domestic violence is elder abuse

- Harmful behaviour in a relationship of trust with an older person.

It could be:

- Emotional
- Psychological
- Financial
- Physical
- Sexual
- or Neglect

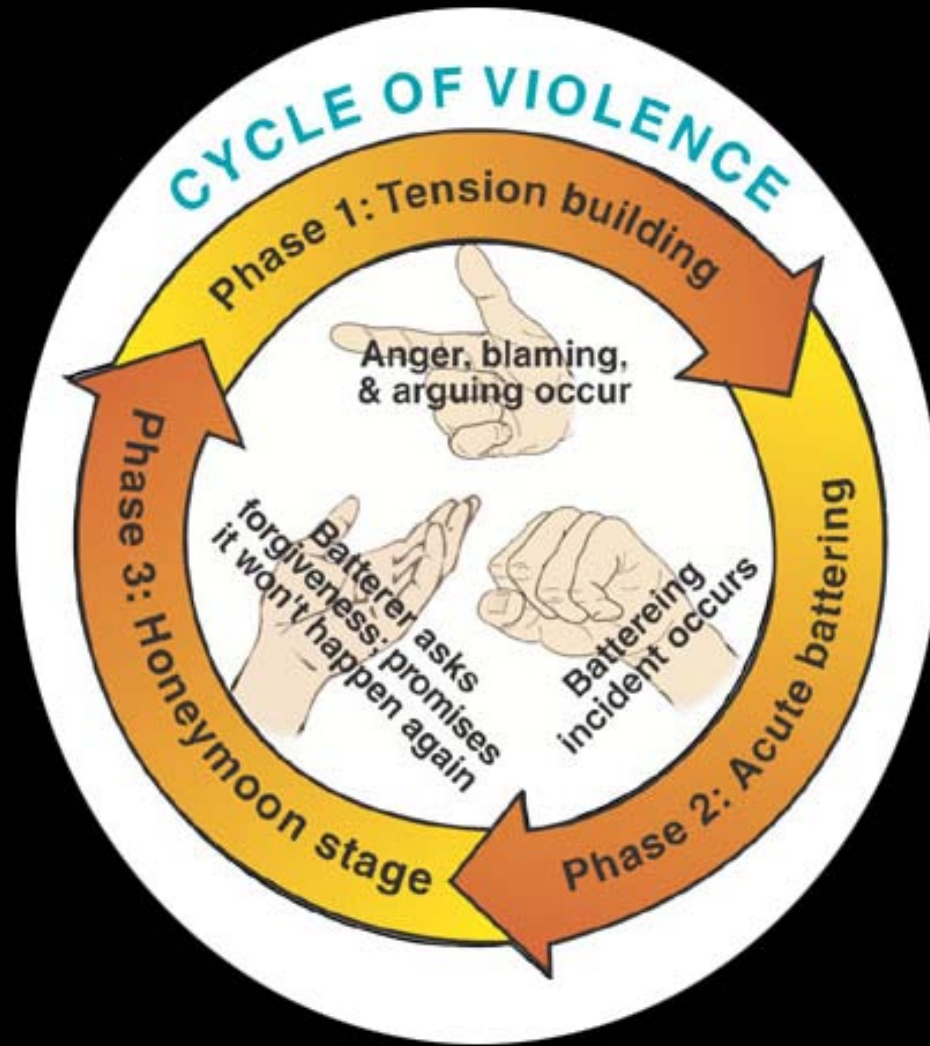


13

The Cycle of Violence



The Cycle of Violence



From Myths To Methods

Recognizing
Abuse
Victims

True or false?



1. True or False?
Domestic violence is
most prevalent
among the lower
class.

From Myths To Methods

Recognizing
Abuse
Victims

True or false?



2. Violence rarely occurs between dating partners.

From Myths To Methods

Recognizing
Abuse
Victims

True or false?



3. Abused spouses
can end the violence
by divorcing their
abuser.

From Myths To Methods

Recognizing
Abuse
Victims

True or false?



4. Except in certain sects, Christians don't abuse their partners or children.

From Myths To Methods

Recognizing
Abuse
Victims

True or false?



5. The victim can learn to stop doing things that provoke the violence.

From Myths To Methods

Recognizing
Abuse
Victims

True or false?



6. Domestic violence occurs when the abuser has a bad temper, or is out of control.

From Myths To Methods

Recognizing
Abuse
Victims

True or false?



7. Alcohol, stress, and mental illness are major causes of physical and verbal abuse.

From Myths To Methods

Recognizing
Abuse
Victims

True or false?



8. Domestic violence only occurs by men against women.

From Myths To Methods

Recognizing
Abuse
Victims

True or false?



9. Being pregnant protects a woman from battering.

From Myths To Methods

Recognizing
Abuse
Victims

True or false?



10. Abused women tacitly accept the abuse by trying to conceal it, by not reporting it, or by failing to seek help.

24

Barriers to Leaving



24

Barriers to Leaving

- Fear



Barriers to Leaving

- Fear
- Financials



Barriers to Leaving

- Fear
- Financials
- Faith
(Cultural/Religious Beliefs)



Activity



Part 2: Listening and Responding

- Envision the person you were created to be... you were created to have emotional freedom, inner peace, and strong self-esteem. If abuse has undermined God's plan for your life, your joy, and your peace, then what others have sabotaged, God can rebuild.

Adapted from Gregory L. Jantz, PhD
Healing the Scars of Emotional Abuse.

27

Listening and Responding to the Story



27

Listening and Responding to the Story

- 1. If possible, educate yourself in advance



27

Listening and Responding to the Story

- 1. If possible, educate yourself in advance
- 2. Listen to the victim's story.



27

Listening and Responding to the Story

- 1. If possible, educate yourself in advance
- 2. Listen to the victim's story.
- 3. Believe the unbelievable as well as the believable.



27

Listening and Responding to the Story

- 1. If possible, educate yourself in advance
- 2. Listen to the victim's story.
- 3. Believe the unbelievable as well as the believable.
- 4. Validate her feelings.



27

Listening and Responding to the Story

- 1. If possible, educate yourself in advance
- 2. Listen to the victim's story.
- 3. Believe the unbelievable as well as the believable.
- 4. Validate her feelings.
- 5. Assess her level of safety



27

Listening and Responding to the Story

- 1. If possible, educate yourself in advance
- 2. Listen to the victim's story.
- 3. Believe the unbelievable as well as the believable.
- 4. Validate her feelings.
- 5. Assess her level of safety
- 6. Be cautious providing counsel



27

Listening and Responding to the Story

- 1. If possible, educate yourself in advance
- 2. Listen to the victim's story.
- 3. Believe the unbelievable as well as the believable.
- 4. Validate her feelings.
- 5. Assess her level of safety
- 6. Be cautious providing counsel
- 7. Suggest a referral to a professional



28

Listening and Responding to the Story

- 1. If possible, educate yourself in advance
- 2. Listen to the victim's story.
- 3. Believe the unbelievable as well as the believable.
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- 7. Suggest a referral to a professional



(Matthew 18:15-17; Galatians 6:1)

28

Listening and Responding to the Story

- 1. If possible, educate yourself in advance
- 2. Listen to the victim's story.
- 3. Believe the unbelievable as well as the believable.
- 4. Validate her feelings.
- 5. Assess her level of safety
- 6. Be cautious providing counsel
- 7. Suggest a referral to a professional
- 8. Connect her with support



(Matthew 18:15-17; Galatians 6:1)

28

Listening and Responding to the Story

- 1. If possible, educate yourself in advance
- 2. Listen to the victim's story.
- 3. Believe the unbelievable as well as the believable.
- 4. Validate her feelings.
- 5. Assess her level of safety
- 6. Be cautious providing counsel
- 7. Suggest a referral to a professional
- 8. Connect her with support
- 9. Offer ongoing support & unconditional love



(Matthew 18:15-17; Galatians 6:1)

28

Listening and Responding to the Story

- 1. If possible, educate yourself in advance
- 2. Listen to the victim's story.
- 3. Believe the unbelievable as well as the believable.
- 4. Validate her feelings.
- 5. Assess her level of safety
- 6. Be cautious providing counsel
- 7. Suggest a referral to a professional
- 8. Connect her with support
- 9. Offer ongoing support & unconditional love
- 10. Confront the abuser if appropriate >



(Matthew 18:15-17; Galatians 6:1)

29

Telling Your Story



29

Telling Your Story

- 1. Tell yourself the truth.



29

Telling Your Story

- 1. Tell yourself the truth.
- 2. Choose with whom you will share



29

Telling Your Story

- 1. Tell yourself the truth.
- 2. Choose with whom you will share
- 3. Tell them the truth



29

Telling Your Story

- 1. Tell yourself the truth.
- 2. Choose with whom you will share
- 3. Tell them the truth
- 4. Seek professional help and guidance.



29

Telling Your Story

- 1. Tell yourself the truth.
- 2. Choose with whom you will share
- 3. Tell them the truth
- 4. Seek professional help and guidance.
- 5. Set appropriate boundaries.



29

Telling Your Story

- 1. Tell yourself the truth.
- 2. Choose with whom you will share
- 3. Tell them the truth
- 4. Seek professional help and guidance.
- 5. Set appropriate boundaries.
- 6. Find and maintain healthy relationships.



29

Telling Your Story

- 1. Tell yourself the truth.
- 2. Choose with whom you will share
- 3. Tell them the truth
- 4. Seek professional help and guidance.
- 5. Set appropriate boundaries.
- 6. Find and maintain healthy relationships.
- 7. Look to support groups



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Telling Your Story

- 1. Tell yourself the truth.
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- 7. Look to support groups
- 8. Soak in God's presence and truth. (Jer. 29:11)



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Telling Your Story

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- 4. Seek professional help and guidance.
- 5. Set appropriate boundaries.
- 6. Find and maintain healthy relationships.
- 7. Look to support groups
- 8. Soak in God's presence and truth. (Jer. 29:11)
- 9. Forgive. A choice, not a feeling. *



Part 3: Setting Appropriate Boundaries

"Setting boundaries is not a more sophisticated way of manipulation - although some people will say they are setting boundaries, when in fact they are attempting to manipulate. The difference between setting a boundary in a healthy way and manipulating is: when we set a boundary we let go of the outcome."

—Robert Burney, *Co-dependence*



31

Problems with Boundaries

Victims or potential victims:

Perpetrators or potential perpetrators:



31

Problems with Boundaries

Victims or potential victims:

- 1. Being overly compliant (saying yes to the bad)

Perpetrators or potential perpetrators:



Problems with Boundaries

Victims or potential victims:

- 1. Being overly compliant (saying yes to the bad)
- 2. Avoiding one's own needs (saying no to the good)

Perpetrators or potential perpetrators:



Problems with Boundaries

Victims or potential victims:

- 1. Being overly compliant (saying yes to the bad)
- 2. Avoiding one's own needs (saying no to the good)

Perpetrators or potential perpetrators:

- 3. Irresponsible (not respecting the needs of others)



Problems with Boundaries

Victims or potential victims:

- 1. Being overly compliant (saying yes to the bad)
- 2. Avoiding one's own needs (saying no to the good)

Perpetrators or potential perpetrators:

- 3. Irresponsible (not respecting the needs of others)
- 4. Manipulative (not respecting the boundaries of others)



32 Developing Healthy Boundaries



32 Developing Healthy Boundaries

- 1. Consequences: Reaping what we sow
(Gal. 6:7-8)



32 Developing Healthy Boundaries

- 1. Consequences: Reaping what we sow
(Gal. 6:7-8)
- 2. Responsibility: I am ultimately responsible for myself. (Phil. 2:12)



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- 2. Responsibility: I am ultimately responsible for myself. (Phil. 2:12)
- 3. Changes: In Christ I have the power to change (James 4:7-10)



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- 4. Respect: We need to respect the boundaries of others (Matt. 7:12; Eph 5:33)



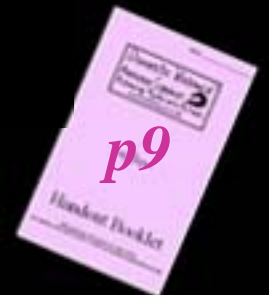
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- 7. **Confrontation:** Are your actions helpful or hurtful? (Eph. 4:25)



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- 9. **Protection:** We have a right and a duty to protect and defend ourselves. (Ezra 9:9)



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- 8. **Proaction:** Proactive people show you what they love; reactive people show you what they don't like (Matt. 5:38-39)
- 9. **Protection:** We have a right and a duty to protect and defend ourselves. (Ezra 9:9)
- 10. **Application:** No boundary = No escape (Luke 1:59,60)

>



34

Putting this into practice:



It is not enough to set boundaries — it is necessary to be willing to do whatever it takes to enforce them.

34

Putting this into practice:

- 1. Define
If you...



It is not enough to set boundaries — it is necessary to be willing to do whatever it takes to enforce them.

34

Putting this into practice:

- 1. Define
If you...
- 2. Declare
I will...



It is not enough to set boundaries — it is necessary to be willing to do whatever it takes to enforce them.

34

Putting this into practice:

- 1. Define
If you...
- 2. Declare
I will...
- 3. Defend
*If you continue this behaviour... **



It is not enough to set boundaries — it is necessary to be willing to do whatever it takes to enforce them.

35

Defending Boundaries



35

Defending Boundaries

- 1. Boundaries Should be Based upon Choice



35

Defending Boundaries

- 1. Boundaries Should be Based upon Choice
- 2. Boundaries Should Allow for Progression



35

Defending Boundaries

- 1. Boundaries Should be Based upon Choice
- 2. Boundaries Should Allow for Progression
- 3. Boundaries Should be Realistic



35

Defending Boundaries

- 1. Boundaries Should be Based upon Choice
- 2. Boundaries Should Allow for Progression
- 3. Boundaries Should be Realistic
- 4. Boundaries Should be Enforceable



35

Defending Boundaries

- 1. Boundaries Should be Based upon Choice
- 2. Boundaries Should Allow for Progression
- 3. Boundaries Should be Realistic
- 4. Boundaries Should be Enforceable
- 5. Boundaries Should be Appropriate



35

Defending Boundaries

- 1. Boundaries Should be Based upon Choice
- 2. Boundaries Should Allow for Progression
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- 5. Boundaries Should be Appropriate
- 6. *Boundary Setting* Needs to be Learned



35

Defending Boundaries

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#

36

What Friends and Family Can Do To Help

36

What Friends and Family Can Do To Help

- No excuses or rationalizations

36

What Friends and Family Can Do To Help

- No excuses or rationalizations
- Focus on strengths and abilities

36

What Friends and Family Can Do To Help

- No excuses or rationalizations
- Focus on strengths and abilities
- Support victim's right to make decision

36

What Friends and Family Can Do To Help

- No excuses or rationalizations
- Focus on strengths and abilities
- Support victim's right to make decision
- State concern for victim/victim's children

36

What Friends and Family Can Do To Help

- No excuses or rationalizations
- Focus on strengths and abilities
- Support victim's right to make decision
- State concern for victim/victim's children
- Know what resources are

36

What Friends and Family Can Do To Help

- No excuses or rationalizations
- Focus on strengths and abilities
- Support victim's right to make decision
- State concern for victim/victim's children
- Know what resources are
- Avoid discussing the abuser

36

What Friends and Family Can Do To Help

- No excuses or rationalizations
- Focus on strengths and abilities
- Support victim's right to make decision
- State concern for victim/victim's children
- Know what resources are
- Avoid discussing the abuser
- Educate yourself

36

What Friends and Family Can Do To Help

- No excuses or rationalizations
- Focus on strengths and abilities
- Support victim's right to make decision
- State concern for victim/victim's children
- Know what resources are
- Avoid discussing the abuser
- Educate yourself
- Support the victim

36

What Friends and Family Can Do To Help

- No excuses or rationalizations
- Focus on strengths and abilities
- Support victim's right to make decision
- State concern for victim/victim's children
- Know what resources are
- Avoid discussing the abuser
- Educate yourself
- Support the victim
- Seek support for yourself

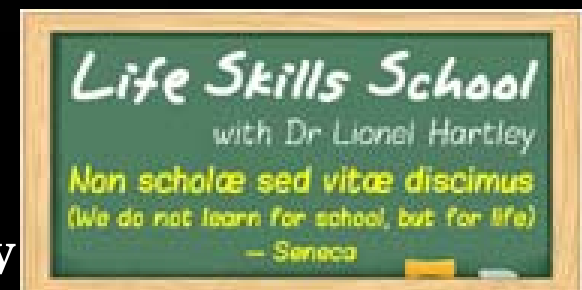
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Question Time



Domestic Violence[©]
 Awareness Seminar 
 Replacing Myths with Methods
www.lrhartley.com/dv

www.lrhartley.com/dv



Name: _____



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www.lrhartley.com
admin@lrhartley.com

Handout Booklet

Without ignoring the existence of male victims,
for simplicity, this handout refers to victims as female and perpetrators as male.



Does your partner...

Embarrass or make fun of you in front of people?

Always put down your goals, dreams, accomplishments?

Make you feel like you can't make decisions?

Make you feel uncomfortable, uneasy, afraid by certain gestures?

Tell you that you are nothing and can't make it alone?

Grab you, push or pinch, shove or hit you?

Call, text or page you a lot or just show up to "check on you"?

Blame you for how they feel or what they do?

Pressure you sexually for things you don't want?

Make you feel like there "is no way out" of the relationship?

Use drugs or alcohol as an excuse for hurting you?

Keep you from doing things you want to do/going where you want to go/seeing who you want to see?

Try to keep you from leaving after a fight, "trap" you or leave you?

Always accuse you of seeing someone else/being unfaithful?

Try to confuse you by "twisting" things around?

What can I do to be helpful if an abusive situation is revealed?

- Listen to the victim and believe her. Tell her that the abuse is not her fault, and is not God's will.

- Tell her she is not alone and that help is available.

- Let her know that without intervention, abuse often escalates in frequency and severity over time.

- Seek expert assistance.

Refer her only to specialized domestic violence counselling programs, not to couples' counselling. Help her find a shelter, a safe home, or advocacy resources to offer her protection. Suggesting that she merely return home places her and her children in real danger.

- Hold the abuser accountable.

Don't minimize his abusive behaviour. Support him in seeking specialized abusers' counselling to help change his behaviour. Continue to hold him accountable and to support and protect the victim, even after and if the abuser has begun a counselling program.

- If reconciliation is to occur, it can be considered only after the above steps have taken place.



Putting this into practice:

1. Define
If you...
2. Declare
I will...
3. Defend
If you continue this behaviour...

Defending Boundaries

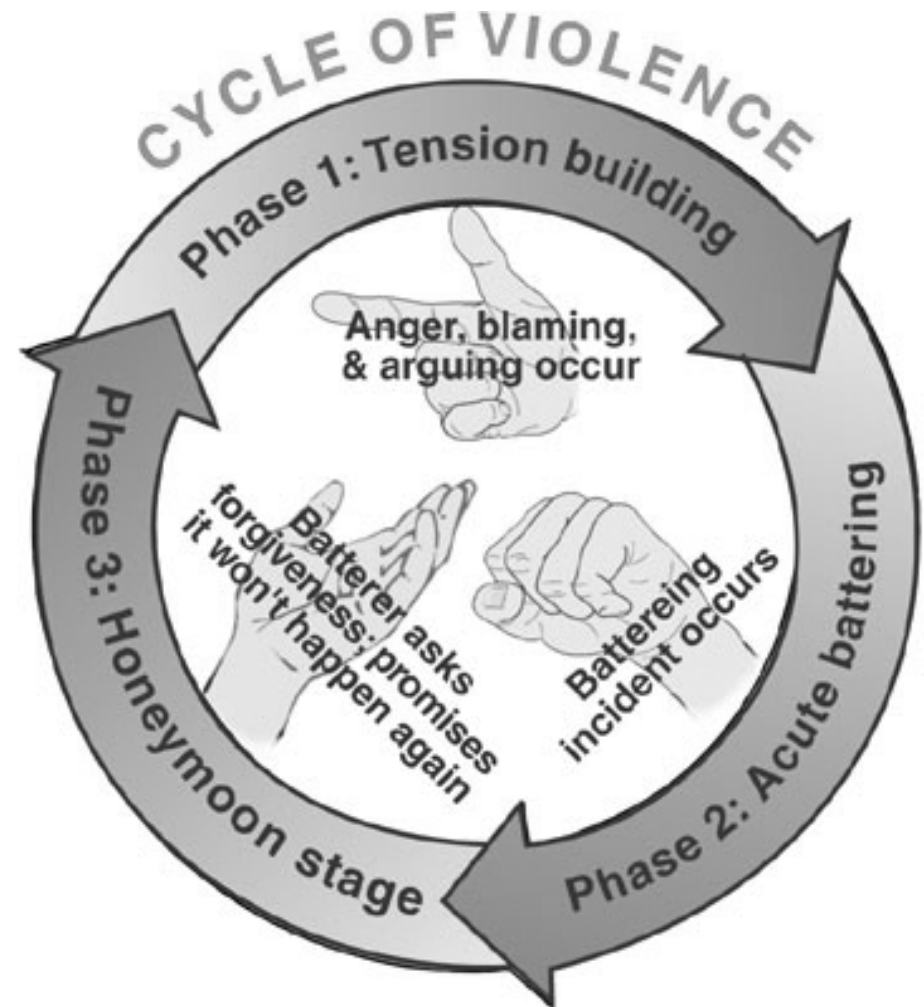
1. Should be Based upon Choice.
2. Should Allow for Gradual Change.
3. Should be Realistic.
4. Should be Enforceable.
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6. Boundary Setting Needs to be Learned.

"Setting boundaries is not a more sophisticated way of manipulation — although some people will say they are setting boundaries, when in fact they are attempting to manipulate.

The difference between setting a boundary in a healthy way and manipulating is:

when we set a boundary we let go of the outcome.

— Robert Burney, Co-dependence



Definition:

"Domestic violence involves one person's use of physical, emotional, sexual and financial abuse against an intimate partner in order to gain and maintain power and control in the relationship; the use of coercion, manipulation, isolation and minimization assist in instilling fear in the victim, forcing compliance."

Facts and Frequently Asked Questions

Domestic violence (or intimate partner violence) is a **pattern** of coercive and assaultive **behaviours** that include physical, sexual, emotional/psychological attacks and/or economic coercion. The violence is about **power** and **control** over a partner.

Domestic violence is **learned** behaviour, coming from observation, experience, and reinforcement from within families, communities, and culture. It is not caused by genetics, illness, drugs and alcohol, anger, stress, or by the behaviour of the victim.

Anyone can be a victim of intimate partner violence; there are no specific categories of typical victim/survivor profiles. Likewise, batterers also come from all contexts.

Signs of intimate partner violence include evidence of physical assault, harassment, controlling or jealous behaviour, stalking, and possessive behaviour by partners, and isolation from friends, family, and neighbours.

From Myths To Methods: Recognizing Abuse Victims

True or False?

1. Domestic violence is most prevalent among the lower class.
2. Violence rarely occurs between dating partners.
3. Abused spouses can end the violence by divorcing their abuser.
4. Except in certain sects, Christians don't abuse.
5. The victim can learn to stop doing things that provoke the violence.
6. Domestic violence occurs when the abuser has a bad temper, or is out of control.
7. Alcohol, stress, and mental illness are major causes of physical and verbal abuse.
8. Domestic violence only occurs by men against women.
9. Being pregnant protects a woman from battering.
10. Abused women tacitly accept the abuse by trying to conceal it, by not reporting it, or by failing to seek help.

Problems with Boundaries

Victims or potential victims:

1. Being overly compliant (saying yes to the bad).
2. Avoiding one's own needs (saying no to the good).

Perpetrators or potential perpetrators:

3. Irresponsible (not respecting the needs of others).
4. Manipulative (not respecting the boundaries of others).

It is not enough to set boundaries — it is necessary to be willing to do whatever it takes to enforce them.

Developing Healthy Boundaries

1. Consequences: Reaping what we sow (Gal. 6:7-8)
2. Responsibility: I am ultimately responsible for myself. (Phil. 2:12)
3. Changes: In Christ I have the power to change. (James 4:7-10)
4. Respect: We need to respect the boundaries of others. (Matt. 7:12; Eph 5:33)
5. Perspective: Make a distinction between being and behaviour. (Job 2:10)
6. Motivation: Right or false motives. (John 9:40-41)
7. Confrontation: Are your actions helpful or hurtful? (Eph. 4:25)
8. Proaction: Proactive people show you what they love; reactive people show you what they don't like. (Matt. 5:38-39)
9. Protection: We have a right and a duty to protect and defend ourselves. (Ezra 9:9)
10. Application: No boundary = no escape. (Luke 1:59, 60)

Listening and Responding to the Story

1. If possible, educate yourself in advance.
2. Listen to the victim's story.
3. Believe the unbelievable as well as the believable.
4. Validate her feelings.
5. Assess her level of safety.
6. Be cautious providing counsel.
7. Suggest a referral to a professional.
8. Connect her with support.
9. Offer ongoing support and unconditional love.
10. Confront the abuser if appropriate (Matthew 18:15-17; Galatians 6:1).

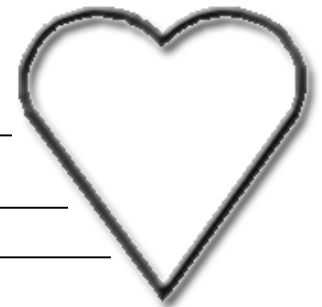
Telling Your Story

1. Tell yourself the truth.
2. Choose with whom you will share
3. Tell them the truth
4. Seek professional help and guidance.
5. Set appropriate boundaries.
6. Find and maintain healthy relationships.
7. Look to support groups.
8. Soak in God's presence and truth (Jeremiah 29:11).
9. Forgive. A choice, not a feeling.

Activity Questions

1. What types of words are listed in our heart?
Are there any that appear a lot or multiple times?
What kind of words are these?
2. Is there anything you don't see in this heart?
How do these words make you feel? Not make you feel?
Is there anything you were unsure of whether it should be in the heart?
3. Why are there so many different words?
Are there words you disagree with?
4. Can there be love in an abusive relationship?
Is that a reason to stay in the relationship?
Why or why not?
5. Define abusive, unhealthy, and healthy behaviours.
Are there words about abuse in the heart?
Are there unhealthy words?
Are there other factors that might impact whether a word is healthy or unhealthy?

Notes: _____



Partner Violence

Source: ABS

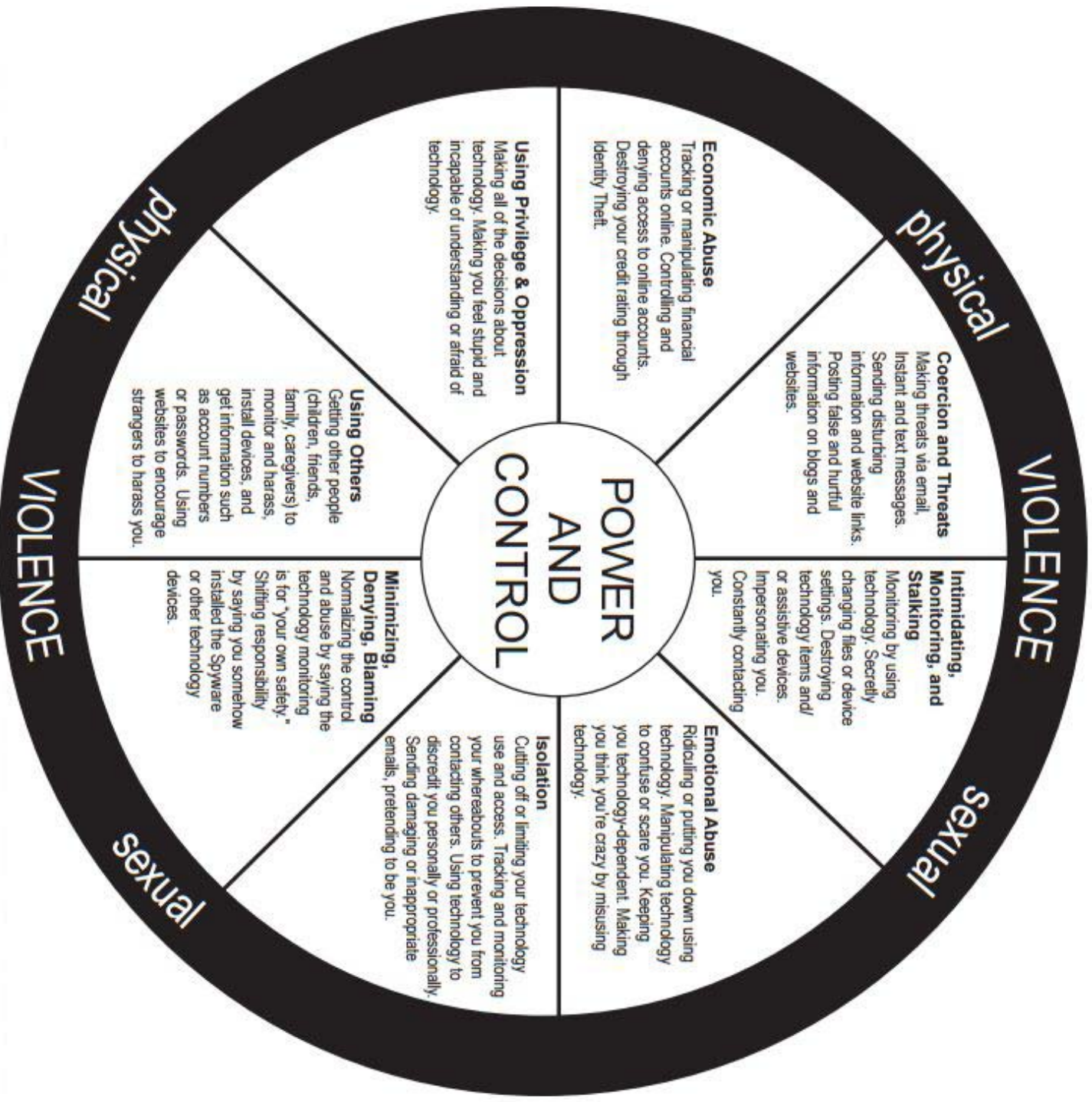


17% of women (1.6 million) and 6% of men (547,600) had experienced violence¹ by a partner² since the age of 15.

¹ Includes physical and/or sexual violence.

² Includes current and/or previous partner (lived with).

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Based on Duluth's Domestic Abuse Intervention Project model