Impact of Family Violence & Sexual Assault on Children

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About Us



School of Social Work UNIVERSITY OF GEORGIA

Agenda

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Definitions

Impact

Legal Issues

Therapeutic Legal Spaces

Who is in the room?

2

Who are your clients or constituents?

3

How long have you been doing this work?

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Domestic Violence

Domestic Violence applies to any 2 parties in the same household who commit crimes of physical harm, bodily injury, or assualt; creating a feart the physical harm, bodily injusry, pushing, shoving, slapping, punching, kicking, or assault will happen soon; sexual assault; or stalking. A relationship where one person maintains power and control over the other person.





Intimate Partner Violence includes any behaviors that one intimate partner (current or former) uses over another to establish power and control. These can include physical or sexual violence, but they do not always; they can be financial, emotional, psychological, cultural, spiritual, reproducitve, or other controlling behaviors.

October is DOMESTIC VIOLENCE awareness month

National Domestic Violence Hotline: 1.800.799.SAFE (7233) TTY 1.800.787.3244 Text "START" to 88788



Child Sexual Abuse

"Child sexual abuse is any interaction between a child and an adult (or another child) in which the child is used for the sexual stimulation of the perpetrator or an observer. Sexual abuse can include both touching and non-touching behaviors. Non-touching behaviors can include voyeurism (trying to look at a child's naked body), exhibitionism, or exposing the child to pornography. Children of all ages, races, ethnicities, and economic backgrounds may experience sexual abuse. Child sexual abuse affects [] girls, [] boys, [transgender youth, nonbinary youth, and gender non-conforming youth] in all kinds of neighborhoods and communities.

Commercial and Sexual Exploitation of Children

A range of crimes and activities involving the sexual abuse or exploitation of a child for the financial benefit of any person or in exchange for anything of value (including monetary and non-monetary benefits) given or received by any person.

Children under 18 cannot consent to being trafficked-do not need to prove force, fraud or coercion. CSEC includes survival sex where there is no particular "trafficker."





Is witnessing DV or IPV a form of child abuse?

Yes

No

Sometimes

Not Sure

What makes an account of DV, IPV, or sexual assault "credible"?

Linear account

Specifies details clearly

Reported soon after the incident

None of the above are required

What is a "typical" trauma response?

Fight, Flight, or Freeze

No Response At All

Fear and Isolation

All of the Above

I know how to identify trauma responses in clients.

Always

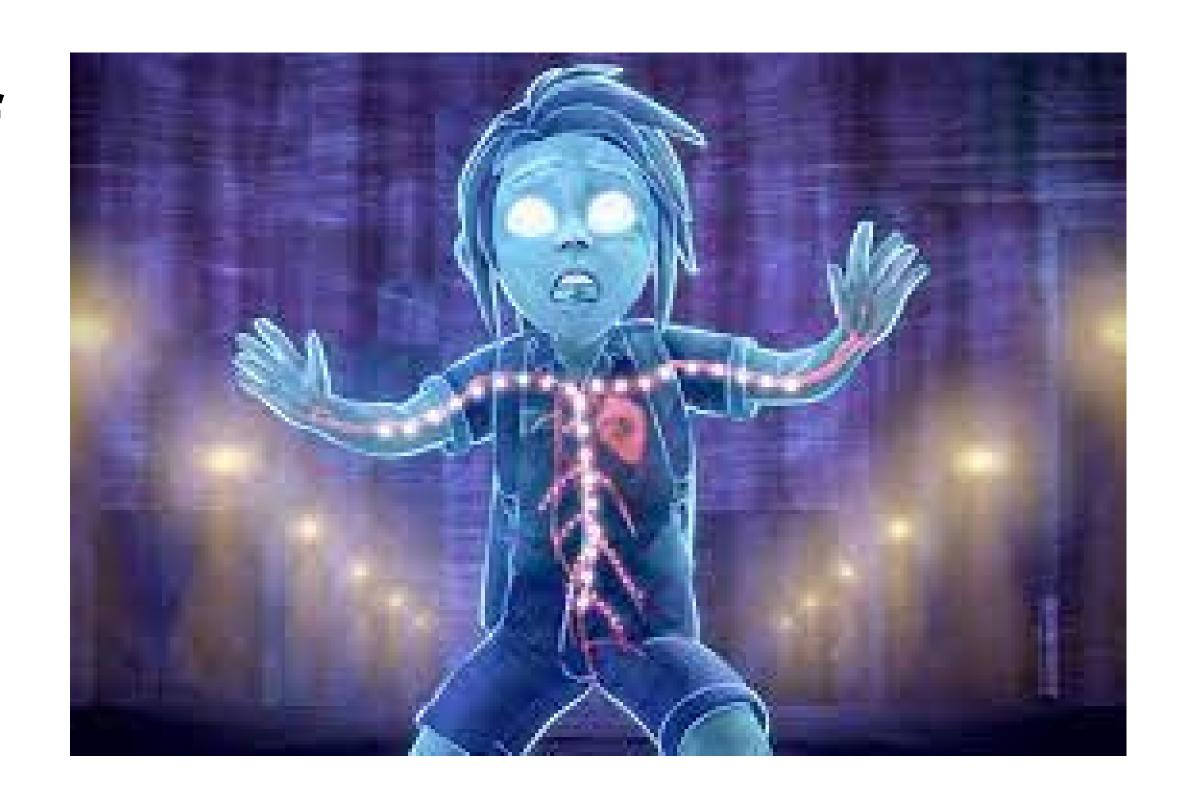
Sometimes

Rarely

What's a Trauma Response?

The Impact of Trauma

- Feeling
- Behaving
- Growing
- Thinking
- Relating
- Working



Impact of DV/IPV

- Direct v. Indirect
- Short-Term v. Long-Term

How Violence Affects Children

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York Region

Description State (Inches) Programme State (Inches)

Is Witnessing DV/IPV Child Abuse or Neglect?

- Exposure to DV/IPV is an adverse childhood experience
- Witnessing DV/IPV during childhood can lead to neurobiological changes, adjustment and behavioral problems, as well as increase the risk for mental illness like PTSD
- Exposure to DV may compromise cognitive functioning and emotional regulation

- Forced separation is the most significant independent predictor of risk for emotional and behavioral problems in childhood
- Adults who were in care ages 2-6 had greater odds of psychiatric and neurodevelopmental disorders than those adults who were never removed from their homes as children but experienced similar early life circumstances



Impact of CSA

- What it means to Children
- What it means to Perpetrators
- Key Concerns of survivors

How Children Respond To Trauma:

Traumatogenic Factors Impacting Outcomes

- Age
- Relative vs. Non-Relative
- Victim-Perpetrator Relationship
- Means Used To Silence Victim
- Victim Role (active vs. passive)
- Severity/Duration/Frequency
- Caregiver Response
- Cognitive Appraisal of Abuse (responsibility, blame)
- Community & Societal Response

Non-Offending Parents:

Common Responses To CSA Disclosure

- A Protective Response
- A Response Reflecting Role Conflict
- Overwhelmed, Denying the Abuse or its Significance
- Rejecting and Unprotective

Non-Offending Parents:

Factors that Influence Lack of Support

- 1 Cognitive Issues
- 2 Cycle of Abuse
- Mental Health Issues
- 4 Addictions

Non-Offending Parents and Denial



Facts

It couldn't happen in my family. It's all a misunderstanding. They would never do that.



Awareness

I never saw anything unusual. The child never told me anything.



Responsibility

I told her not to walk around without a bra. She came on to him..

Non-Offending Parents and Denial



Impact

They'll get over it. They seem to be doing okay



Need for Protection

Now that I know, I'll watch him more carefully



Treatment

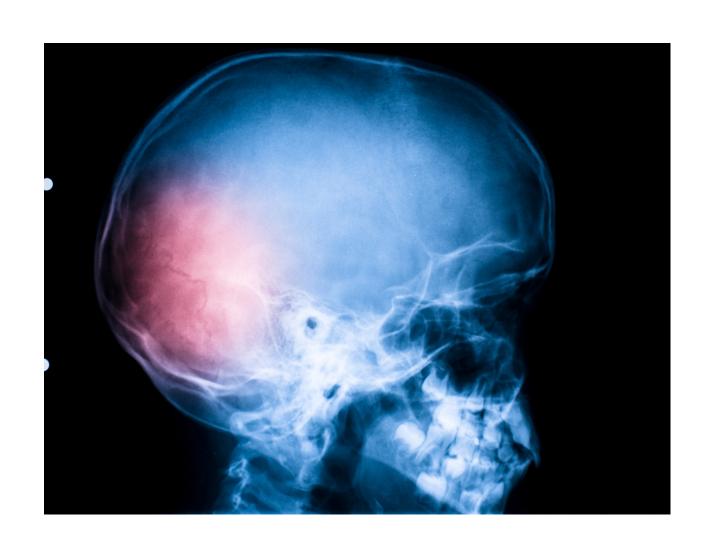
My child seems the same as always. It's better to let them forget

How to Respond to Disclosures



- Don't Make Assumptions
- Acknowledge the disclosure
- Have they told anyone before? How did that go?
- Do not try to gather all the details
- Do they relate their current difficulties to their abuse?
- Is it an issue that they need help with?

Common Trauma Reminders



- Perception of Lack of Power
- Unexpected Change
- Feeling Threatened or Attack
- Feeling Shame
- Feelings of Deprivation or Need
- Intimacy and Positive Attention









Assessment Considerations







Creating Environments Conducive to Disclosure

Creating a Safe Environment

Nonjudgmental approach, empathy, warmth, genuineness, compassion, building good rapport, being attentive

Clients expect you to act just like their families did

You have to do the opposite

Be trustworthy, have good boundaries, be transparent; keep your word, own up to mistakes made

Need to be self-aware.

Could any of your behaviors come across as abusive, offensive, controlling, or make clients feel powerless?

Ensure your interaction makes clients feel valued, powerful, and like they have some control over the process

Need to "listen louder" and "listen deeper



What legal issues do you see the most?

Need for Protective Order

Divorce/Custody

Dependency/Foster Care

Criminal





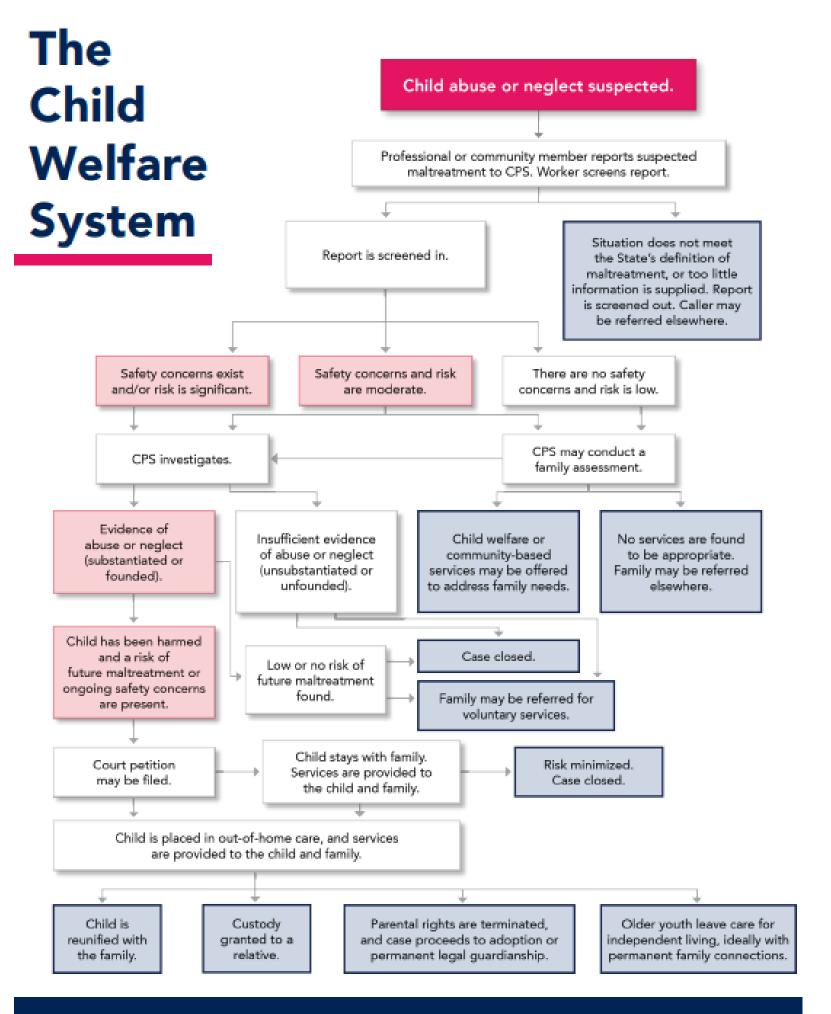
The most dangerous place for a woman in this country is her own home. She's most likely to be beaten or killed by a man she knows.

Gloria Steinem

Divorce & Custody

Domestic Violence, Child Sexual Abuse, and the Myth of "Parental Alienation Syndrome"





Sexual Abuse to Prison Pipeline

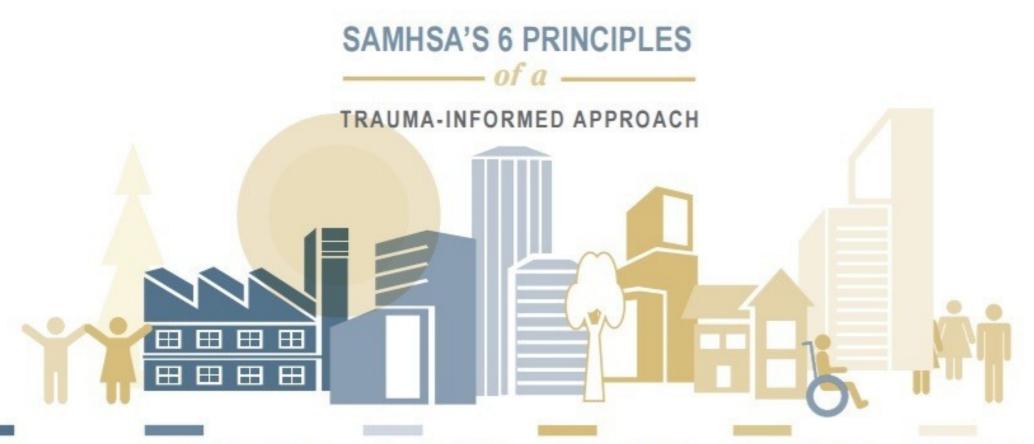




"Findings vary,
but local and
regional studies
show alarmingly
high rates of
abuse among girls
in the juvenile
justice system."

https://genderjusticeandopportunity. georgetown.edu/wpcontent/uploads/2020/06/The-Sexual-Abuse-To-Prison-Pipeline-The-Girls%E2%80%99-Story.pdf, citing https://www.ojp.gov/pdffiles1/nij/gr ants/228620.pdf

Creating Empowering & Therapeutic Legal Spaces



SAFETY

Prevents violence across the lifespan and creates safe physical environments.

TRUSTWORTHINESS

Fosters positive relationships among residents, City Hall, police, schools and others.

EMPOWERMENT

Ensures opportunities for growth are available for all.

COLLABORATION

Promotes involvement of residents and partnership among agencies.

PEER SUPPORT

Engages residents to work together on issues of common concern.

HISTORY, GENDER, CULTURE

Values and supports history, culture and diversity.

Have you ever adjusted how you work with a client in order to address their trauma or behavioral responses to trauma?

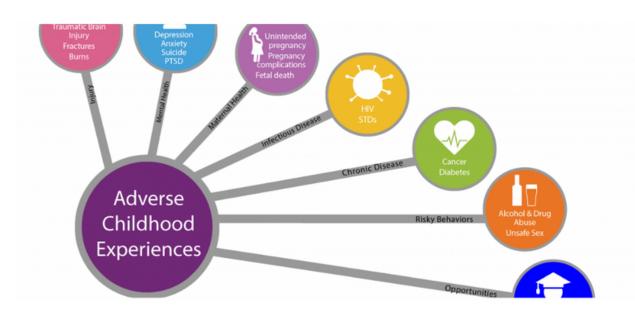
Yes, all the time

Often, but not always

Occasionally

Never

TRAUMA-INFORMED LAWYERING



IDENTIFY TRAUMA



physical and

respected



Individual has choice and

control

Common areas are welcoming and privacy is

Individuals are provided a clear and appropriate message about their rights and

STRATEGY

Individuals are provided a significant role in planning and evaluating

Principles in Practice

Making

power

decisions with

the individual

and sharing

Respectful and professional boundaries are maintained

Providing an atmosphere that allows individuals to feel validated and affirmed with



Task clarity, consistency, Interpersonal

Boundaries

Prioritizing empowerment and skill building

ADAPT THE LITIGATION

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The CDC's Office of Public Health Preparedness and Response (OPHPR), in collaboration with SAMHSA's National Center for Trauma-Informed Care (NCTIC), developed and led a new training for OPHPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work. Participants learned SAMHSA'S six principles that guide a trauma-informed approach, including:



Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist. It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level. On-going internal organizational assessment and quality improvement, as well as engagement with community stakeholders, will help to imbed this approach which can be augmented with organizational development and practice improvement. The training provided by OPHPR and NCTIC was the first step for CDC to view emergency

ADJUST THE ATTORNEY-CLIENT RELATIONSHIP

We have an obligation to our clients, as well as to ourselves, our colleagues and our loved ones, not to be damaged by the work we do. 12

PREVENT SECONDARY TRAUMA

Secondary Trauma & Burnout



How stressful is your work?

Very stressful

Often stressful

Occasionally stressful

Never stressful

What is your organization's greatest challenge in preventing or combatting burnout or secondary trauma?

High caseloads

Low pay

Lack of resources

Workplace culture

What strategies has your organization used to prevent burnout or secondary trauma?

Lowering caseloads

Mental health support

Training/Technical Support

None

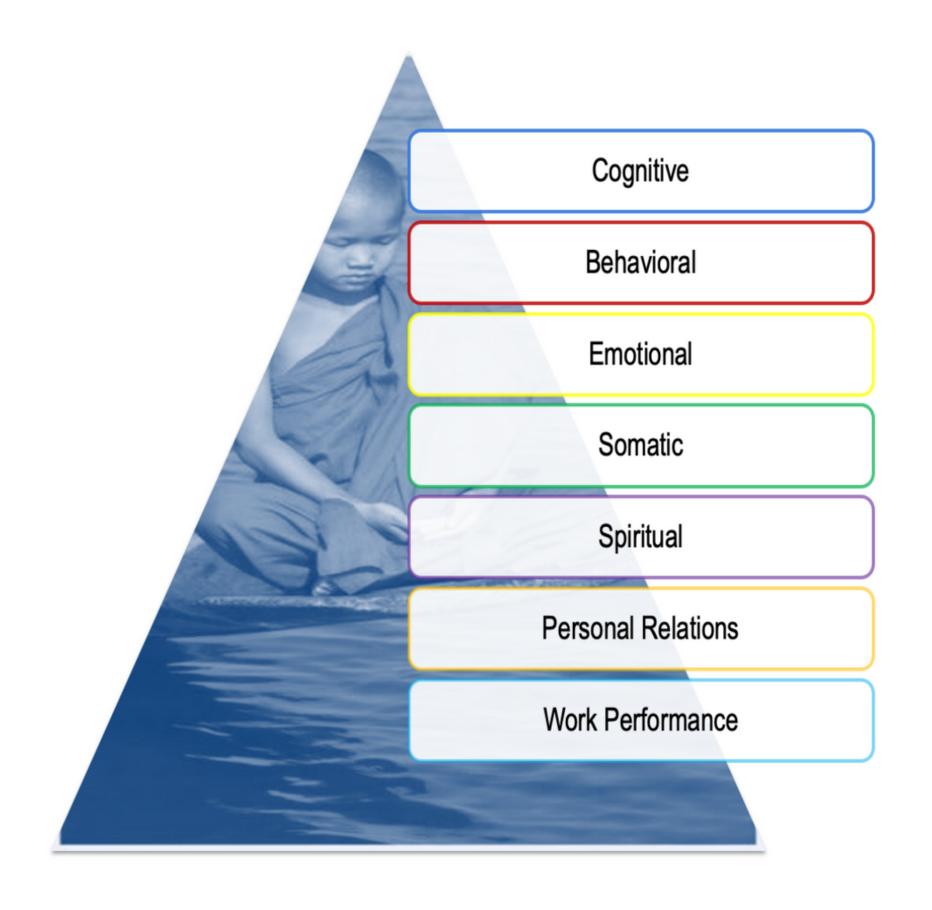




The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.

Rachel Remen

Impact of Secondary Trauma



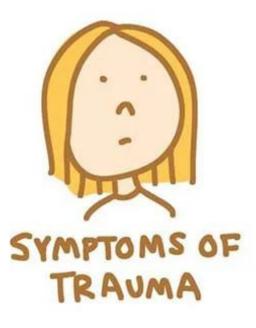
Identifying Burnout & Secondary Trauma

SYMPTOMS OF BURNOUT

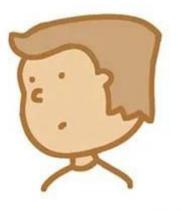
- Procrastination
- Chronic Fatigue
- -Cynicism
- Chronic Lateness

@LINDSAYBRAMAN

- Pessimism
- Loss of imagination for the future
- Reduced happy moments
- Job dissatisfaction
- Doubting core beliefs



- · depression
- 'insomnia
- · hyper-vigilance
- ·nightmares
- anxiety
- · obsessive thinking
- @the trauma
- · PTSD symptoms



SYMPTOMS OF SECONDARY TRAUMA

- · depression
- 'insomnia
- · hyper-vigilance
- ·nightmares
- anxiety
- Obsessive thinking Othe trauma
- · PTSD symptoms

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Repeated exposure to [a survivor's] traumatic experiences shift the ways in which professionals perceive themselves, others, and the world. Not surprisingly, these shifts in cognitive schemas can have devastating effects on an individual's personal and professional lives.

Barbara Glesner Fines & Cathy Madsen,
Caring Too Little, Caring Too Much: Competence and the Family Law Attorney,
75 UMKC L. Rev. 965, 990 (Summer 2007).

feminist strainal podcast





[T]he cure for burnout is not self-care. Self-care is the fallout shelter you build in your basement because apparently it's your job to protect yourself from nuclear war. The cure instead is simply care. It is all of us caring for each other.

Emily and Amelia Naoski, "Episode 01: Separate the Stress from the Stressor," The Feminist Survival Project 2020 Podcast.

feminist survival podcast





[W]hen you think you need more grit, what you need is more help. When you think you need more discipline, you need more kindness and when you look at others and think they need more grit, what they need is more help. And when you think they need more discipline, what they need is more kindness.

Emily and Amelia Naoski, "Episode 01: Separate the Stress from the Stressor," The Feminist Survival Project 2020 Podcast.



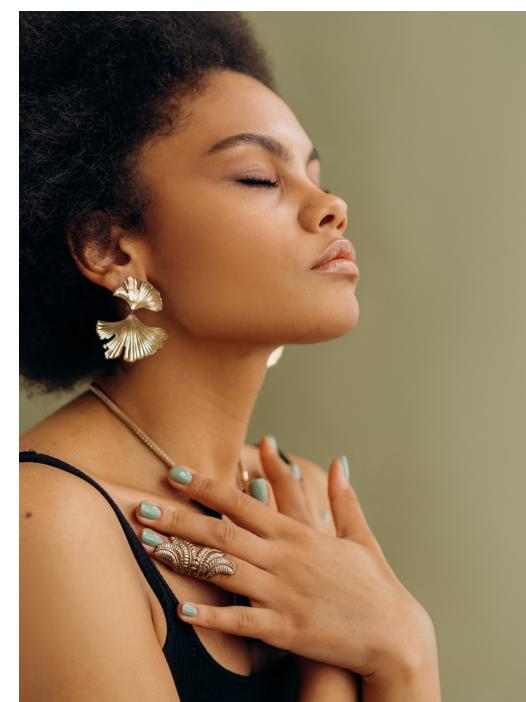












Workplace Strategies to Address Burnout, Stress, & Trauma

- Balance and limit caseloads
- Create a safe space for practitioners to talk about trauma
- Encourage and set appropriate boundaries
- Encourage and practice self-care
- Incorporate secondary trauma training
- Counseling
- Celebrate accomplishments
- Clear & transparent organizational supports
- Build in fun

Self Care (or just Care)

Working together requires we take care of ourselves Working together requires we take care of ourselves

Re-evaluate biases, triggers, and values

Seek
support and
increase
knowledge
base

How do you know when you have been taking care of yourself?



Your Body

Ways in which my body reacts to stress



Your Personal Life

Ways in which my personal life is affected by stress



Your Professional Life

Ways in which my professional life is affected by stress

Wellness Planning



Body

biological needs, physical needs

Mind

emotional needs, needs for your thought processes

Heart

motivational needs, spiritual needs, how you stay grounded

Community

needs from social relationships, interpersonal needs, community support

Takeaway Prevention Tips



Be Aware

Be aware of your emotional reactions & distress when confronting clients' traumatic experiences; Know what traumatic material may trigger you.



Connect

Connect with others by talking about your reactions with trusted colleagues or others who will listen.



Maintain

Maintain a balance between your professional & personal lives; Focus on self-care to prevent - and lessen the effects of - workplace stress.

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Relationships matter: the currency for systemic change [is] trust, and trust and trust comes through forming healthy working relationships. People, not programs, change people.

Bruce D. Perry



Thank you!

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