



# JUST GET OVER IT:

- ## Therapeutic Approaches to Treating Domestic Violence Survivors

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How to Get Out

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*“She could just pack up and leave, but she does not visualize what’s beyond ahead.”*

*Núria Añó*

## ● Learning Objectives

- A clear and concise understanding of what domestic violence is, and what it is not in addition to stalking, familial abuse and financial abuse.
- Provide knowledge of domestic violence barriers, and implications for victims and family members i.e. financial, safety, legal and safety planning.
- The ability to use appropriate responses, assessments and documentation of abuse and effective referral according to industry standards set by the National Coalition Against Domestic Violence and best practices.

# 1

## WHAT IS DOMESTIC VIOLENCE?

A pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

*Department of Justice, 2016*

# Domestic Violence Includes:



## ● MANIFESTATIONS OF D.V.

### Physical

Shoving, slapping, punching, kicking, “mushing”, plucking, throwing objects with the intent of hitting the victim.

### Sexual

Forced Intercourse, sodomy, fellatio, cunnilingus, any point at which one does not consent

### Emotional

Withholding affection, name calling, “I’ll get someone who will.”, degrading, manipulating

### Financial

Prohibiting access to money, having to meticulously account for money spent.

### Psychological

Coercion, intimidation, ‘gas lighting’, isolation, manipulation

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WHAT CAUSES DOMESTIC VIOLENCE?

THE ABUSER





The Victim Is  
Never the Cause

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How Does One Become A Victim?

# Two Types of Victims

## **Perpetual**

Likely to have been victimized as a child or adolescent  
Believes he or she deserves the abuse

## **Successful**

Appears to have it all together in life  
Believes he or she can handle it

# Abusers

## Wounded

## Narcissism & Sociopathy

How they manipulate:

- Selective and predetermine their victims
- Love bombing & charm
- Gifts
- Victim blaming
- Making excuses
- Promising to change

## Victims typically do not passively tolerate the violence in their lives.

- Develop unique set of protective strategies based on past experiences with their abuser
- In deciding what works, they may consider the level of danger, available safety options and consequences of previously used strategies
- They may adapt, replace or discard certain approaches given the risks it will pose to them and their children
- Comply or collude with the perpetrator
- Minimize or deny the abuse
- Leaving or staying in the relationship
- Fighting back or defying the abuser
- Sending the children to their room or to a neighbor

# COUPLES COUNSELING?

- CAN SHE JUST LEAVE?



Statisically, leaving an abuser puts the victim at highest risk for fatality.

# ● Barriers to making an exit

- Financial
- Stalking
- Transportation
- Access to Children
- Immigration

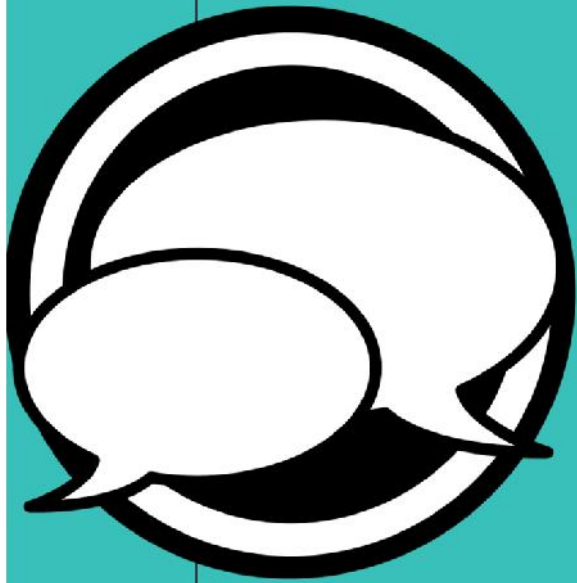


WHAT CAN YOU DO?



# How To Respond

## Don't Say:



- Trivialize the abuse or assault
- “You’re lucky that...”
- “I know how you feel...”
- “Be Strong..”

## Say This:

- “Please let me know how I can help”
- “You’re not alone”
- “I can imagine that must be hard”
- “It’s not your fault”
- BE SILENT

# Treatment & Intervention

- Develop sense of personal power, self-esteem and control
- Eliminate self-blame and increase understanding that the partner is solely responsible for violent & abusive behavior
- Recognize the cycle and pattern of abuse and identify warning signs for future relationships
- Establish long-term safety for self and children

# Documentation

This is essential and may help your client later:

- In Court
- CPS/DHR
- Work
- Crime Victim's Compensation
- Obtaining a protection order
- Corroborate police accounts



# Documentation

Documentation must be:

Factual, versus making conclusory or summary statements, in order to be admissible

Photographs

Body maps

Spontaneous utterances

Noting client's demeanor





# **National Coalition Against Domestic Violence**

[www.ncadv.org](http://www.ncadv.org)

# **Family Justice Center**

[www.familyjusticecenter.org](http://www.familyjusticecenter.org)

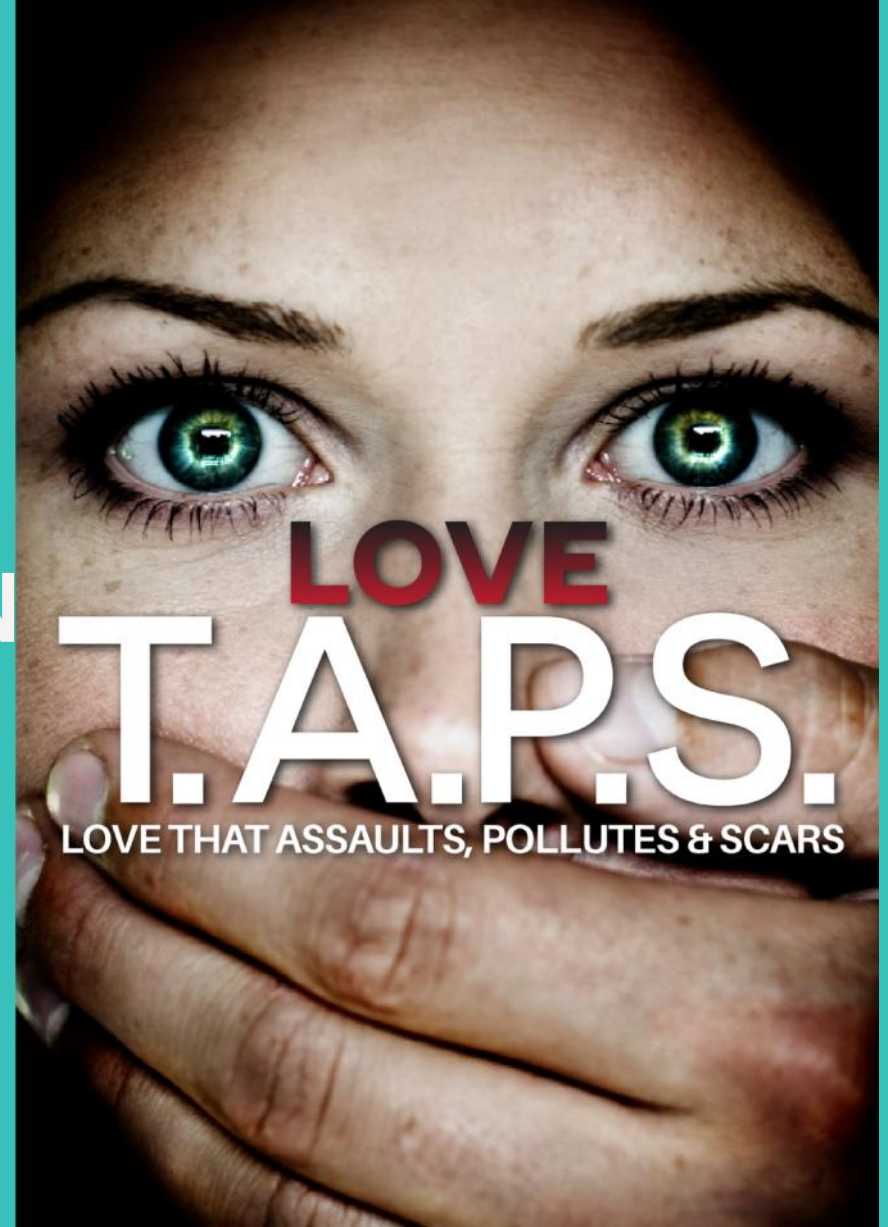
# **Protection from Abuse Order**

[www.womenslaw.org](http://www.womenslaw.org)

○ ANY QUESTION

You can find me at  
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Red Flags of an Abuser & How to Get Out





THANK YOU