



UNDERSTANDING DOMESTIC VIOLENCE

MAGISTRATE TRAINING
SCHOOL OF GOVERNMENT
SPRING, 2023

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TRAINING IN NEW MAGISTRATE'S SCHOOL

- Dynamics of Domestic Violence
 - Remember the definition?
 - Domestic Violence is when two people get into an intimate relationship and one person uses a pattern of coercion and control against the other person during the relationship and/or after the relationship has terminated. It often includes physical, sexual, emotional, or economic abuse.



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DYNAMICS OF DOMESTIC VIOLENCE

Power and Control - Abusers believe they have a right to control their partners by:

- Making rules and expecting obedience (the rules can change)
- Using force to maintain power and control over partners
- Feeling their partners have no right to challenge their rules
- Feeling justified making the victim comply
- Blaming the abuse on the partner and not accepting responsibility for wrongful acts



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TACTICS USED BY BATTERERS

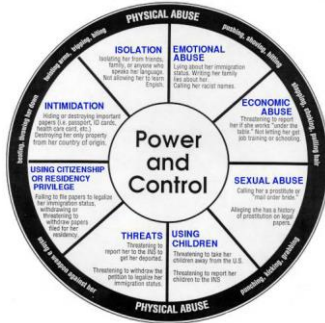
- Isolation
- Emotional abuse
- Economic abuse
- Intimidation
- Using children or pets
- Using privilege
- Sexual abuse
- Threats
- Physical abuse
- What do these look like?



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DYNAMICS OF DOMESTIC VIOLENCE



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DV VICTIMS ARE DIFFERENT:

- May not behave like victims of other crimes:
 - Stay
 - Return
 - Recant
 - Lie
 - Refuse to Cooperate
 - Refuse assistance
 - Attitude



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DON'T LET YOUR FRUSTRATIONS BECOME BIAS



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DYNAMICS OF DOMESTIC VIOLENCE

- We talked of the horror
- **Lethality**
- NHC 2017: 12 DV murders, 5 victims were men
- Classically we identify men as batterer, women as victim
- But: Typology of Domestic Violence, by Michael Johnson
- Bigger picture we'll explore



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BEFORE WE MOVE ON.....

- HIGH LETHALITY RED FLAGS
 - Severe physical abuse
 - Increase in severity/frequency, pregnancy
 - Strangulation
 - Extreme control issues
 - Stalking
 - Recent separation



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BEFORE WE MOVE ON.....

- HIGH LETHALITY RED FLAGS:
 - Sexual assault
 - Use of or threats with weapons
 - Mental health issues
 - Substance misuse issues
 - Threats to kill victim, self, others
 - Defined plan or descriptive in nature



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LET'S EXPLORE

- 4 types of Domestic Violence we'll explore today
 - Intimate Terrorism
 - Violent Resistance
 - Situational Couple Violence
 - Mutual Violent Resistance



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INTIMATE TERRORISM

- The individual is violent and controlling, the partner is not
- It's about power and control
- It's about more than violence
- Power and Control Wheel
 - Links the tactics
 - Power and control at the center
 - Physical and sexual violence is on the rim, holding the spokes together
 - More than the sum of its parts



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INTIMATE TERRORISM

- Single act of violence can be springboard to power
- Non-violent tactics take on new meaning and power: “All he had to do was look at me that way, and I’d jump.”
- Remember the wheel? Any number of those tactics may be in play at a given time to maintain control.
- Intimate Terrorism is what we have classically known as Domestic Violence
- Equalizer episode Sunday night?



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VIOLENT RESISTANCE

- Do women ever fight back?
- Resister is violent, but not controlling.
- Faced with a partner who is both violent and controlling.
- Multiple motives for the resistance:
 - Change over time through the relationship
 - Can take different forms



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VIOLENT RESISTANCE

- She may believe she can defend herself, that the attacks will stop
- She may believe she can stop the attack right in the middle of it
- She may believe if she fights back often enough he'll stop attacking her physically
- Even if she can't stop him, she believes he shouldn't attack her without being hurt himself



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VIOLENT RESISTANCE

- “He’s not going to do that without paying some price for it.”
- “What you’re doing isn’t right and I’m going to fight back as hard as I can.”
- She may be about serious retaliation
 - Attacking him when he least expects it
 - 5 homicides in Wilmington appear to be violent resistance (defense?)
 - May believe killing him is the only way she can escape
 - Movies: The Burning Bed, Sleeping With The Enemy, Enough



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VIOLENT RESISTANCE

- Often defensive in nature, lessening the attack (in theory)
- Truth: not likely to help, likely to make it worse
- National Crime Victimization Survey data: women who defend themselves against attacks from their intimate partners are twice as likely to sustain injury as those who do not.
- So, fight or flight? Remember “Why does she stay” exercise?



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VIOLENT RESISTANCE

- Leaving may be part of it
 - Most women realize they can't stop the violence
 - They began to consider leaving
 - Complicated: why?
 - Money
 - Where does she go?
 - Who does she go to?
 - What about the children?
 - The devil she knows.....



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VIOLENT RESISTANCE

- Good news!
 - Most women do escape
 - One study: within 2 ½ years 2/3 women are no longer in violent relationships

But: leaving is the moment of highest lethality

Desperate acts do happen: most take place during a violent incident already occurring



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SITUATIONAL COUPLE VIOLENCE

- Individual is violent, neither partner is both violent and controlling
- Probably the most common form of DV
- No attempt by either to gain control over the relationship
- Situationally provoked: tensions or emotions of the moment
- Not an ongoing part of the relationship
- Can be minor and isolated



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SITUATIONAL COUPLE VIOLENCE

- Example: one argument leads to slap or push
 - Other immediately apologizes
 - Never happens again
- Can also be chronic: minor or severe
- Can be life threatening
 - Columbus County case last week: 1st degree arson



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SITUATIONAL COUPLE VIOLENCE

- Things that matter and contribute:
 - Relationship status: rates for cohabiting couples double that for married couples
 - Relationship status: infidelity
 - Money matters
 - Children: multiple aspects
 - Division of labor
 - Alcohol/drugs
 - Limited communication skills: physical response might be only way extreme anger/frustration can be expressed
 - No one is listening: may be the best way to get attention



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SITUATIONAL COUPLE VIOLENCE

- My DSS caseload
 - Money
 - Homelessness
 - Losing children
 - Untreated mental illness
 - Addiction/recovery
- How about COVID and isolation?
 - See how this works?



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SITUATIONAL COUPLE VIOLENCE

- Things that don't seem to matter based on some research
 - Personality factors
 - Individual background
 - Level of education (some impact)
 - Exposure to DV as a child



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SITUATIONAL COUPLE VIOLENCE

- Key: neither party is trying to control the other
- Doesn't involve the range of tactics from Intimate Terrorism
- Disagreement(s) resulted in violence
- May be frequent if situation is recurring
 - Rooted in the situation
 - Not in attempt to control



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MUTUAL VIOLENT CONTROL

- Very small number of cases
- Both are violent and controlling
- Both want control
- Both can be identified as Intimate Terrorist if both weren't engaged in same behavior
- "Mutual combat"
- Really don't know much about the dynamics.
- Rare, but real



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IMPACTS

- Intimate Terrorism
 - Economic Effects
 - While she's there
 - Keeps her there
 - After she leaves



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IMPACTS

- Intimate Terrorism
 - Physical health
 - High likelihood of injury
 - Pittsburgh data: 88% injured, 67% severely
 - Sex abuse in 50% of the cases
 - Increased likelihood of STD's
 - Possibility of death



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IMPACTS

- Intimate Terrorism
 - Psychological health
 - Self esteem
 - Fear and anxiety
 - Depression
 - Post traumatic stress syndrome
 - Prescription addiction? (not discussed in book)



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IMPACTS

- What about the rest:
 - We can guess some of the impacts of Violent Resistance
 - Many of the same as Intimate Terrorist
 - What about Situational Couple Violence: can we guess?
 - Mutual Violent Resistance: bad for both
 - Just not much research on effects of these yet



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IMPACTS ON CHILDREN

- ACE's Study
- Meaning of exposure
- Overlap with direct abuse
- Impact on infants, children, adolescents
- Emotional, behavioral, and cognitive problems
 - Brain science
- PTS(D)
- Risk and protective factors



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HOW DO WE KNOW THE DIFFERENCE?

CONTEXT:

INTENT

MEANING

EFFECT

WHO IS DOING WHAT TO WHOM AND WHAT ARE THE IMPACTS?



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HOW DO WE KNOW THE DIFFERENCE

- Good listeners!
- Intimate Terrorism
 - Power and control
 - Coercion is common element
 - Violence itself
 - Punishment for failure to comply
 - Not necessarily frequent or severe
 - Considerable variability



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HOW DO WE KNOW THE DIFFERENCE

- Coercion
 - Violence
 - One act may be enough to establish control
 - Male intimate terrorists are frighteningly violent
 - Average frequency is 1x per month
 - 67% have seriously injured their partners



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HOW DO WE KNOW THE DIFFERENCE

- Coercion
 - Threats and intimidation
 - Perpetrator clear that he is willing to punish
 - May involve threats to children and pets
 - "If you try to leave I'll kill you and the children."
 - "If you try to leave you'll never see the children again."
 - Surveillance/monitoring
 - Has to know what's going on
 - Requires reports
 - Tracks phone, car
 - Uses kids, friends



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HOW DO WE KNOW THE DIFFERENCE

- Coercion
 - Wearing down resistance
 - Emotional abuse
 - Isolation
 - Money (lack of)
 - Justification
 - Legitimation
 - It's about wearing down the will and the ability to resist.



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HOW DO WE KNOW THE DIFFERENCE

- What about the other 3 types?
- Violent Resistance
 - You'll see everything above, but not from individual before you
 - Partner is violent and controlling
 - This individual is violent in response
 - Not controlling



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HOW DO WE KNOW THE DIFFERENCE

- Situational Couple Violence
 - Control/coercion is absent
 - Listen for the circumstances
 - One or both may be violent
 - What's going on in their life?
- Mutual Violent Resistance
 - Rarest
 - Both are violent and controlling



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LET'S TALK TRAUMA

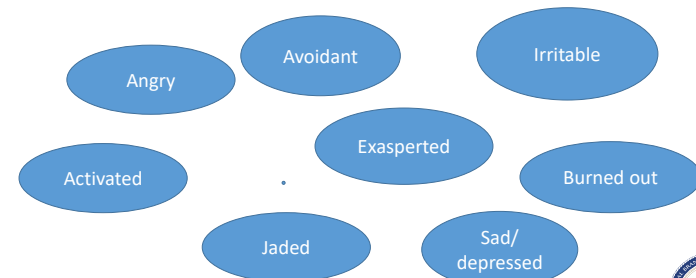
- Yesterday:
 - Trauma informed practices and interviewing
- But how about you?
 - Vicarious trauma is real
 - New project of ACE's Informed Courts Task Force



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IS THIS YOU?



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“Whoever fights monsters should look to it
that he/she does not become a
Monster.
For when you gaze long into an abyss,
The abyss also gazes into you.”

Frederick Nietzsche



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WHAT CAN YOU DO?

- Self care
- Learn resilience skills
- iChill App
- Employee Assistance Program
- Caring For You from COVID



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WRAP UP

- This has felt like “The rest of the story.”
- It’s all “Domestic”
- But it’s all different: may require different responses from you
- Be good listeners
- Batman



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Questions?



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