

**This session has been divided in
two parts:**

**Psychological Impact of Trauma,
Abuse and Violence.**

&

**Psychological interventions and
ensuring principles that enhance
self-efficacy and removes
victimhood**



STREE MANORAKSHA TRAINING

Psychological Impact of Trauma, Abuse and Violence



Learning Objectives

- Understanding Violence, Abuse and Trauma.
- Understanding Psychological impact of violence.
- Understanding the state of Mind
 - Cognition
 - Behaviour
 - Emotion
- Coping mechanisms to reduce stress resulting from trauma.



Let's understand what Violence,
Abuse and Trauma are....





Violence

World Health Organisation has defined Violence as

- the intentional use of physical force or power , threatened or actual,
- against oneself, another person, or against a group or community,
- which either results in or has a high likelihood of resulting in injury, death, psychological harm, mal-development or deprivation.”

Abuse

American Psychological Association defines Abuse as interactions in which one person behaves in a cruel, violent, demeaning, or invasive manner toward another person or an animal.

Abuse can come in various forms, such as

- pattern of harmful behaviour
- Verbal or physical
- Assault, violation
- Rape
- Unjust practises,
- Crimes and other types of aggression.

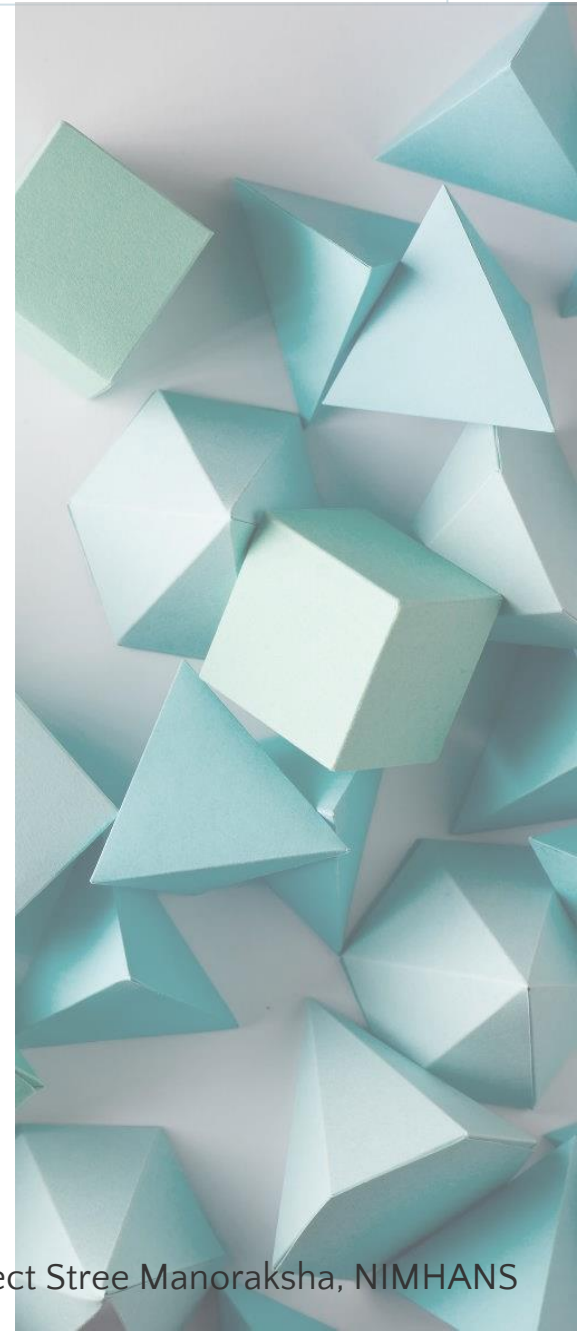
Trauma

American Psychological Association has defined trauma as

- Any disturbing experience
- that results in significant fear, helplessness, dissociation, confusion or other disruptive feelings,
- intense enough to have a long lasting negative effect on a person's attitudes, behaviour, and other aspects of functioning".

Why it is important to learn about psychological impact?

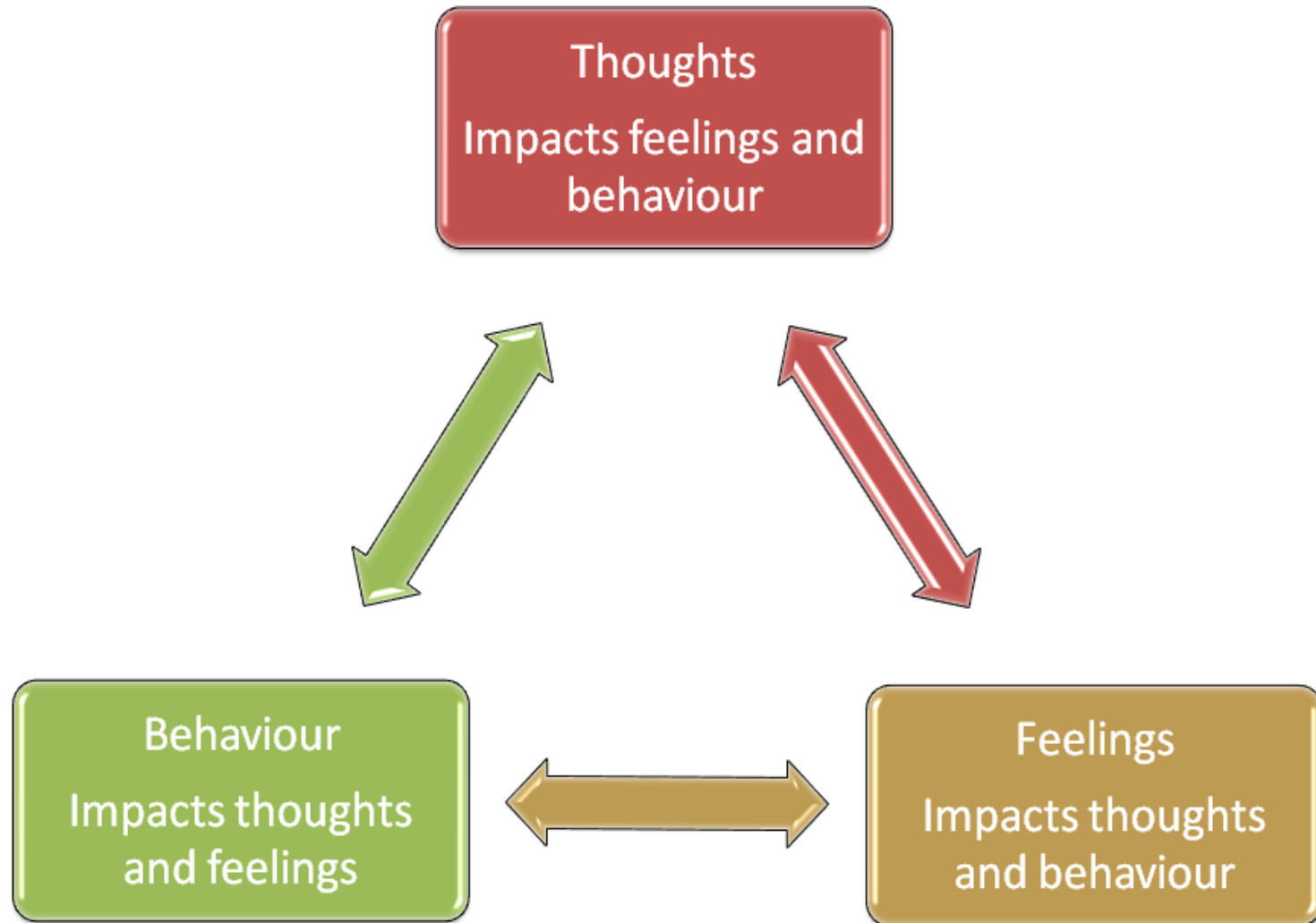
- People are not aware that they are being abused.
- Lack of self- awareness about their own mental health
- Identify vulnerable people and situation ,who are at high risk of violence, abuse and trauma
- Early prevention



Let's understand : The state of Mind



Psychological state of mind





COGNITION

IRRATIONAL THOUGHTS

Illogical
Not based on evidence
Operate mostly on assumptions rooted in beliefs

IMPACT OF COGNITION

Repetitive, unpleasant thoughts
Poor decision making
Poor concentration
Forgetfulness

NEGATIVE VIEW OF SELF AND OTHERS

Hopelessness
Helplessness
Worthlessness

What does Irrational thoughts looks like:

“It was all my fault”

"I cannot share my problems with anyone”

"Whole world is like this, I cannot trust anyone anymore”

“I deserved to be punished, I cannot go against him “

“ There is no point of living anymore”

“This is my fate, I have to accept it”



What are maladaptive emotions?

Maladaptive emotions are direct reactions to past situations that no longer help the person cope constructively with situations that elicit them in the present.

Traumatic Incident (sexual assault)/ Ongoing negative Life event (IPV)

Faulty Reasoning/ Information Processing

Triggering past experiences

Activating negative view of self, others & the world.

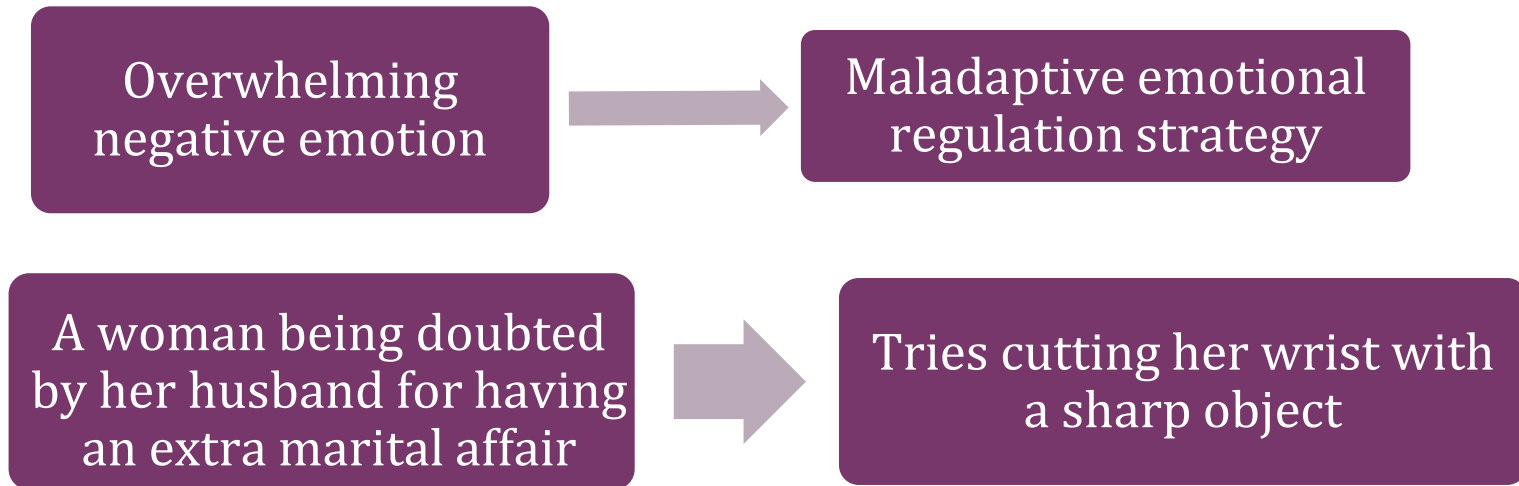
Negative emotions experienced and expressed.

Negative Emotions (Sadness, Shame, Guilt, Anger, Disgust)

Some of the maladaptive emotions are as follows

• Emotional Dysregulation

Emotional dysregulation is the use of maladaptive emotion regulation strategies in the face of overwhelming negative emotions. Such strategies include self-harm, attempting suicide, or attempting to inhibit affect, excessive substance abuse.



Emotional suppression

Emotional suppression are the feelings consciously avoided because the person doesn't know exactly how to deal with it.

A woman constantly faces psychological abuse from her husband. He would regularly scream at her and demand her to do things that she does not like to do. She tries not to think about whatever he does as those feelings make her feel uncomfortable. With time it is noticed that she has been experiencing pains in different parts of the body and mostly has a very low mood for weeks together.

- **Emotional repression**

Emotional repression happens when uncomfortable emotions such as anger, frustration, sadness, fear are unconsciously avoided. This also leads to mental health conditions such as anxiety and depression.

A child who has abused by a parent, represses the memories and becomes completely unaware of them as an adult. This repressed memories of abuse may still affect this person's behaviour by causing difficulty in forming relationships.

Rumination

Rumination is defined as thinking repetitively and passively about negative mood states or about the causes and consequences of negative mood. Prolonged rumination is associated with Depression.

A woman was beaten by her husband a month back, she finds it difficult to forget because of the intensity of pain and shame that she had to go through in front of people. She would keep thinking about what happened whenever she is doing any work. The quality of household work and other chores get affected and she feels that she has not been able to concentrate well to complete the task, since all that she thinks about is how her husband had beaten her up in front of everyone a month ago.

What are maladaptive Behaviour

- Behaviours that help in temporary relief from the intense emotions.
- Poor coping mechanism
- Behavior that adapts, modifies, or adjusts poorly.
- Not able to cope in healthy, productive ways.
- When the behavior is used to continuously avoid the perceived negative situation, maladaptation occurs.



Maladaptive Behaviour

HIGH RISK BEHAVIOUR

- Self Harm / Suicide attempt
- Unprotected sex
- Addictive behaviour such as Alcohol, smoking and abuse of other drugs, social media, shopping and Gaming.

AVOIDANCE BEHAVIOUR

- Social withdrawal
- Decreased self care
- Isolating

What are coping mechanisms?

- Coping is defined as the thoughts and behaviors that people use consciously or unconsciously as a strategy while facing stressful situations.
- All individuals have basic needs to feel competent, to relate and to be connected to others, when there is a challenge or a threat to these needs coping strategies are used.

One way of classifying coping behaviours is having either emotion focused coping or problem focused coping.

- ✓ Emotion focused coping refers to people's efforts to manage their emotional responses to stress. For example venting, distracting oneself, denial.
- ✓ Problem focused coping strategies include thinking about solutions, taking direct actions to solve the problem, seeking help from others etc.

HEALTHY COPING

- Enhancing help seeking behaviour
- Setting boundaries
- Expressing and communicating

UNHEALTHY COPING

- Consuming alcohol/ smoking or other drugs
- Ignoring your feelings
- Normalising
- Depending on others
- Gaming, shopping, over-eating

Thank you

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