

STREE MANORAKSHA TRAINING

**PSYCHOLOGICAL
INTERVENTIONS FOR WOMEN
FACING VIOLENCE ; ENSURING
PRINCIPLES THAT ENHANCE
SELF-EFFICACY AND REMOVES
VICTIMHOOD**



Learning Objectives

- What is Psychological intervention
- Relaxation techniques while providing psychological intervention
- Basic Counselling Skills
- Enhancing Self Efficacy
- Mental Health Referrals



Let's understand what Psychological intervention is

- Psychological interventions are performed to bring about changes in people.
- A wide range of intervention strategies exist and are directed towards various types of issues.
- It helps in understanding and treating the impact of violence experienced and how to manage the difficult emotional state or feelings.
- These interventions when effectively applied result in improved self esteem, self-mastery, self control and many other benefits in the life a survivor.



Now Let's Understand about Basic Counselling Skills





Basic Counselling skills

Active listening:

Eye contact, nodding, saying hmm...I see.. whenever needed, Knowing when to use open and close ended questions, summarising, paraphrasing.

Empathy

Respectfully perceiving what the survivor is bringing from their frame of reference and communicate that back in a way that makes the client feel understood

Facilitating ventilation of feelings:

Ask open ended questions.

Validating her feelings

Making her feel that there is nothing wrong in feeling what she is feeling.
Saying “Anyone in your situation would have felt the same way and it’s natural to feel angry.”

Providing reassurance

Assure her you are there to help her, but remember no to give false assurance.
Saying “You look much better to me now than the first time we met.”, “You’ve been experiencing this for a while now, it’ll take some time for it to go away “. To Deal_with guilt and shame you can say “It’s not your fault”.



Continuation.....	
<u>Encourage problem solving:</u>	Help her analyse the problem rationally and see the pattern in violence, Help her come up with alternatives after weighing the pros and cons.
<u>Empower and enable resilience</u>	Restore confidence and self-esteem by pointing out all the courage, strength, positive ways of coping. Encouraging them to be a part of support groups.
<u>Discuss support systems</u>	Family, Relatives, neighbours, work place and other legal support system such as legal, medical and media.
<u>Handling Crisis</u>	Sharing emergencies and other important contact numbers, preparing a safety plan.
<u>Supervision of counsellor/ health professional</u>	The process can be emotionally draining for the counsellor. Counsellors to beware of their own vulnerabilities and biases, and ensure that it is not interfering with the counselling process.



Do's in Counselling

Listen

Maintain Eye contact

Show interest

Respect

Accept

Problem oriented not person oriented

Maintain Confidentiality

Read up the case before follow up sessions

Let the client set the pace



What should not be done in Counselling

Making decisions for the client.

Being biased or judgemental.

Criticizing the client for leaving/ not leaving the relationship.

Forcing clients to do or talk about things that she is not comfortable about.

Acts of breach of trust/confidentiality or being sworn to secrecy.

Not giving importance to suicidal or self-harm statements by the client.

Talk negatively/derogatorily of the woman's spouse.

Do not rush. Do not force her to talk if she is reluctant.

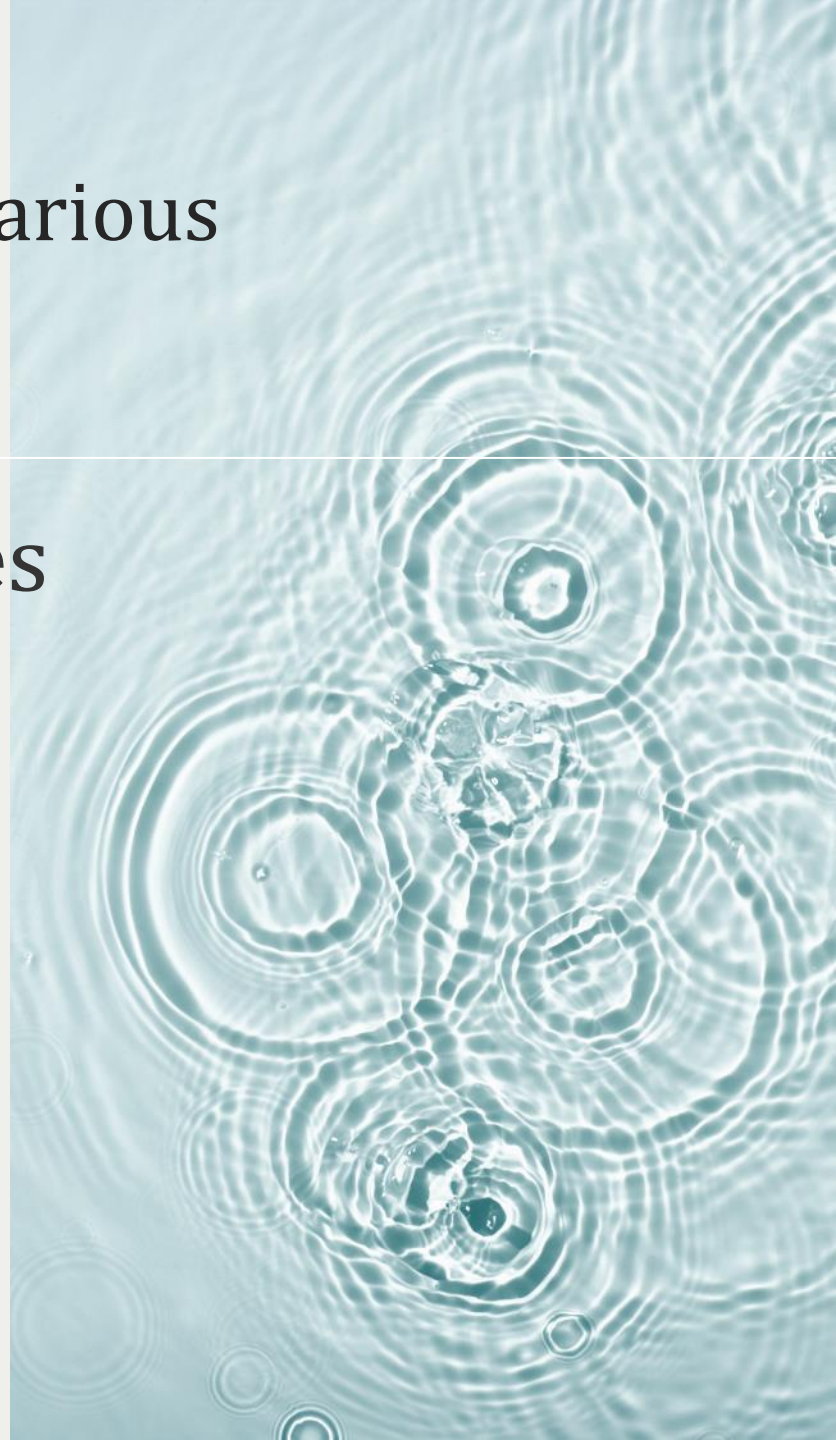
Do not talk in an open place in front of others

Do not check your phone, or allow anyone to enter the counselling room during the session

Do not say anything that will make her feel judged.

Now we will learn about various techniques

Relaxation Techniques





1. Diaphragmatic deep breathing






















- Close your eyes.
- Inhale through your nose with a long deep breath, very slowly, filling your stomach with air.
- Exhale very slowly through the mouth, till the air is fully released.
- While exhaling, tell yourself to 'Relax' in your mind.
- Repeat this process till you feel calmer and relaxed.



2. Mindful Breathing-

- Sit comfortably, with your eyes closed and your spine reasonably straight.
- Bring your attention to your breathing.
- Imagine that you have a balloon in your tummy. Every time you breathe in, the balloon inflates. Each time you breathe out, the balloon deflates.
- Notice the sensations in your abdomen as the balloon inflates and deflates. Your abdomen rising with the in-breath, and falling with the out-breath.
- Thoughts will come into your mind, because that's just what the human mind does. Simply notice those thoughts, then bring your attention back to your breathing.

3. Mood Diary

Monday	 1 2 3 4 5 6 7 8 9 10  	+ Good things today: - Bad things today:
Tuesday	 1 2 3 4 5 6 7 8 9 10  	+ Good things today: - Bad things today:
Wednesday	 1 2 3 4 5 6 7 8 9 10  	+ Good things today: - Bad things today:
Thursday	 1 2 3 4 5 6 7 8 9 10  	+ Good things today: - Bad things today:
Friday	 1 2 3 4 5 6 7 8 9 10  	+ Good things today: - Bad things today:
Saturday	 1 2 3 4 5 6 7 8 9 10  	+ Good things today: - Bad things today:
Sunday	 1 2 3 4 5 6 7 8 9 10  	+ Good things today: - Bad things today:

4. Grounding Exercise

It is a set of simple strategies that can help you detach from emotional pain (e.g., anxiety, anger, sadness, self-harm).

Mental	Physical	Self-talk
5-things that you can see around you	Make a comfort bag.	Talking to yourself in a kind way
4- things that you can touch	Contents in the bag to be significant to the individual that would helping in soothing	Saying coping statements such as “ I can handle this”, “This feeling will pass”
3- things that you can hear	It can be connected to the 5 senses.	Planning a safe treat for yourself Such as your favourite meal, wearing your favourite outfit.
2- things that you can smell around you	Foe ex- familiar perfumes, jasmine fragrance, coffee beans, toys, touch of a fuzzy object	Painting, drawing or writing to express your feelings
1- thing that you can taste		

5. Activity Schedule

This is a way of structuring one's day according to activities that are avoided and which is consistent with one's valued direction.

- There are two kinds of activities in an individual's life, such as activities which give pleasure and activities giving mastery (productive).
- We should identify activities which provide both pleasure and mastery, which is different for all individuals.

Some examples of Pleasure and Mastery Activities	
PLEASURE	MASTERY
Talking to friends	Gardening
Spending time with pets	Going to work
Shopping	Artistic activities like painting, singing
Reading	Solving a problem



6. Sleep Hygiene

Making sure you get a good quality sleep defines the overall quality of mental and physical health. Some of the ways of maintaining sleep hygiene are as follows.

- Room to be dark, with a dim night light while sleeping
- Avoiding tea/coffee or any energy drinks after 6pm.
- Avoiding the use of mobile phone or watching TV before sleeping.
- Maintaining regular time of going to sleep and waking up everyday.
- Having light Dinner and heavy breakfast.
- Physical exercise during the day.
- Avoiding or reducing day time sleep.
- Avoiding any stimulating exercise or any work before sleep.

Enhancing Self- Efficacy



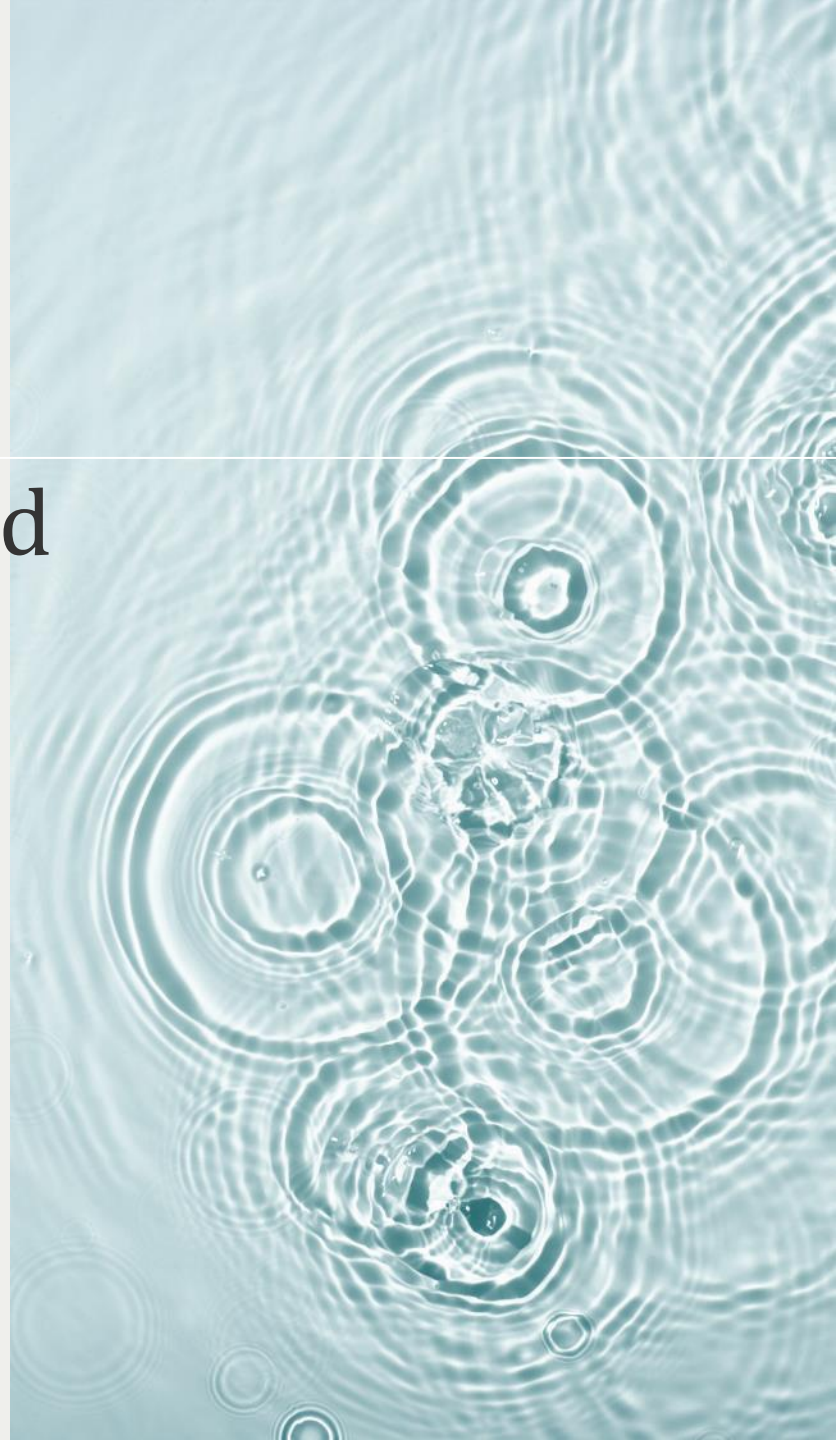


Internal and External Sources Of Self-Efficacy

4 ways to enhance self-efficacy in your everyday life

- Stay in stretch zone- Make most use of their abilities.
- Set simple goals- Set goals reasonably and break into sub-goals.
- Look at the bigger picture- Look beyond short-term losses.
- Reframe obstacles- Look at obstacles as challenges and reconstruct the way we look at failures.

Removing Victimhood



What is Victimhood?

- Victimhood is “an ongoing feeling that the self is a victim, which is generalized across many kinds of relationships. As a result, victimization becomes a central part of the individual’s identity.”
- They believe that one’s life is entirely under the control of forces outside one’s self, such as fate, luck or the mercy of other people.
- Victims constantly talk about their past and their causes-effect rather than discussing possible solutions.
- Victims may also constantly seek recognition for one’s victimhood.

Removing Victimhood: From victimhood to growth

- As socialization processes can instil a victimhood mindset, it can also instil a personal growth mindset.
- Traumas don't define and us and do not form the core of our identity.
- It is possible to grow from one's trauma.
- One can use the experiences in life, toward working to instil hope to others in a similar situation.

Removing Victimhood: From victimhood to growth

Trauma Informed Care (TIC)

- It is a holistic approach evaluating the effects of trauma on survivors, taking steps to address trauma and empowering survivors to experience a sense of security and recovery.
- TIC shifts the focus from “What’s wrong with you?” to “What happened to you?”.

TRAUMA INFORMED CARE

REALISE

Trauma affects all aspects of a person’s life.

RECOGNISE

The symptoms

RESPONDING

On an individual and organisational level in a way that promotes healing.

RESIST

Re-traumatization



REFERRALS FOR MENTAL HEALTH CARE

- The counsellor should develop a network with other professionals.
- Accompany women and their families or make an introductory calls, to prevent women from reliving trauma.
- Referrals can be made to:
 - Women's organizations
 - Legal professionals
 - Mental health professionals

Thank you

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