

STREE MANORAKSHA TRAINING

Violence Against Women: Multi-Generational Implications and Lifetime Trauma



LEARNING OBJECTIVES



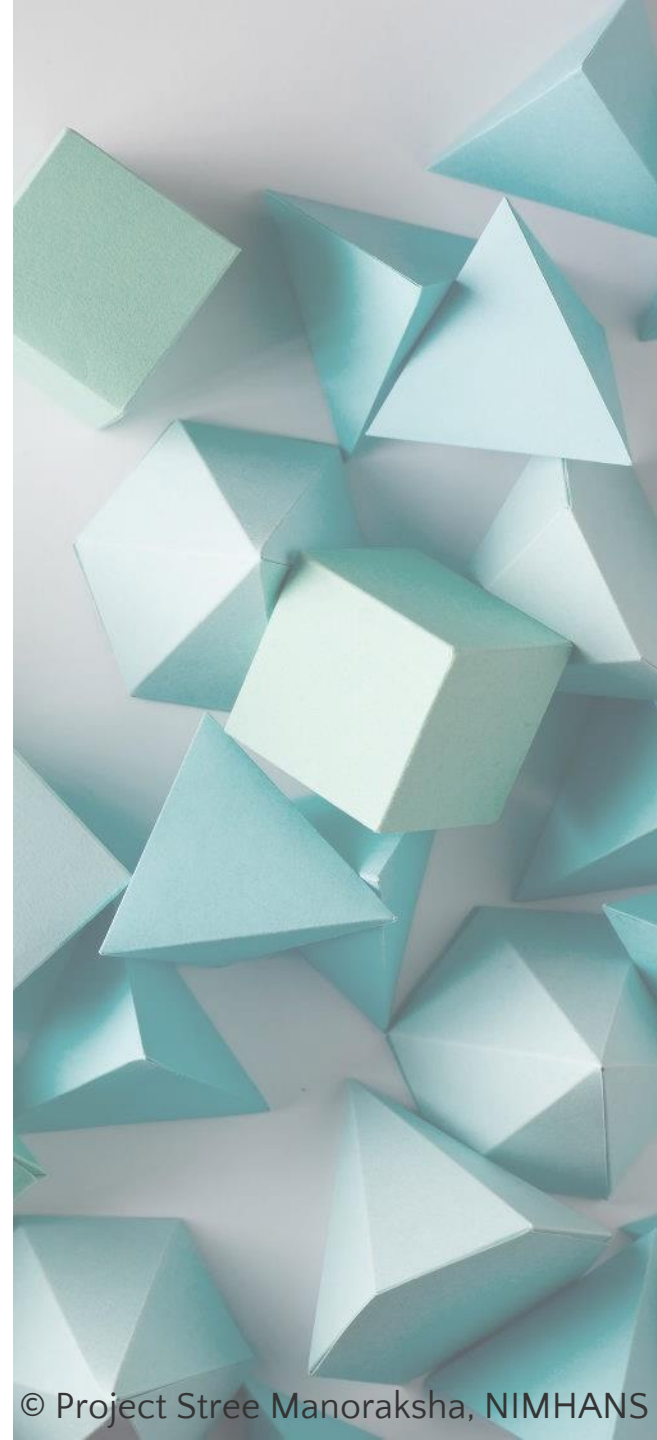
1. Understanding Violence

- What is violence?
- Different types of violence
- Violence occurring in different contexts & situations

2. Multi - Generational Trauma

- Implications and effects

3. Life-time trauma



4. Life Chart of Trauma experience and its impact

- How to prepare a life chart ?
- How to use it to understand the experience of violence in various stages of life?

5. Broad ethical and feminist principles to be used in assessment and intervention for women facing violence

Let's Understand: What is Violence?

The concept of 'intentionality'

It includes neglect and deprivation

It often has lifetime consequences in areas of:

1. Physical and mental health
2. Socio-occupational functioning
3. Economic and social development



TYOLOGY OF VIOLENCE

SELF-DIRECTED

INTERPERSONAL

COMMUNITY

COLLECTIVE

TYPES OF VIOLENCE

Physical Violence

Sexual Violence

Psychological & Emotional Violence

Controlling and coercive

Stalking & Cyber Stalking



Physical Violence-

- The intentional use of physical force with the potential for causing harm, death, disability, injury or harm.
- It can be done with the use of a object or a weapon; and/or use of restraints or one's body, size, or strength against another person.

Sexual Violence-

- Any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances
- By any person regardless of their relationship to the victim
- In any setting, including home and work

Psychological & Emotional Violence-

- Trauma caused by deliberate acts, threats of acts, or coercive tactics
- Can include:
 - Humiliating the victim
 - Controlling the victim's actions
 - Isolating the victim
 - Denying the victim access to basic resources

Controlling and Coercive behaviour

Controlling behaviour is an act to make a person subordinate, dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain and regulating their everyday behaviour.

Coercive behaviour is a continuing act or pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish or frighten their victim.

Such behaviours may include:

- Isolating a person from their friends or families
- Depriving them of their basic needs
- Monitoring the person, their time, activities

- Taking control over their everyday life, such as where they can go, whom they can see, when they can sleep, what they can wear
- Repeatedly putting them down i.e. telling them they are worthless, humiliating, dehumanizing them
- Control over their finances
- Threat to kill, or threat to reveal their private information
- Forcing them to take part in a criminal activity
- Rape

Stalking-

- Harassing/threatening behavior, such as:
 - Following a person
 - Appearing at a person's home or place of business
 - Making harassing phone calls
 - Leaving written messages or objects
 - Destroying a person's property
- **Cyber-stalking**

Now Let's Understand the Concept of Multi- Generational Trauma

MULTI-GENERATIONAL TRAUMA

- Trauma that gets passed down to subsequent generations, from those who directly experience trauma
- Begins with a traumatic event affecting:
 - individual, multiple family members, or collective trauma affecting larger community, e.g. war

MULTI-GENERATIONAL TRAUMA IMPLICATIONS AND EFFECTS

Individuals:

1. Frequent feelings of anger, fear, anxiety, low mood
2. Reduced self-esteem and efficacy
3. Social isolation and withdrawal
4. Reduced efficiency in socio-occupational functioning

MULTI-GENERATIONAL TRAUMA IMPLICATIONS AND EFFECTS

Families:

1. Continued financial constraints
2. Reduced investment in education, health and other basic necessities
3. High noise levels in the family
4. Poor cohesiveness among family members

MULTI-GENERATIONAL TRAUMA IMPLICATIONS AND EFFECTS

Communities:

1. Restricted economic growth
2. Pervasive violence and deprivation

Societies:

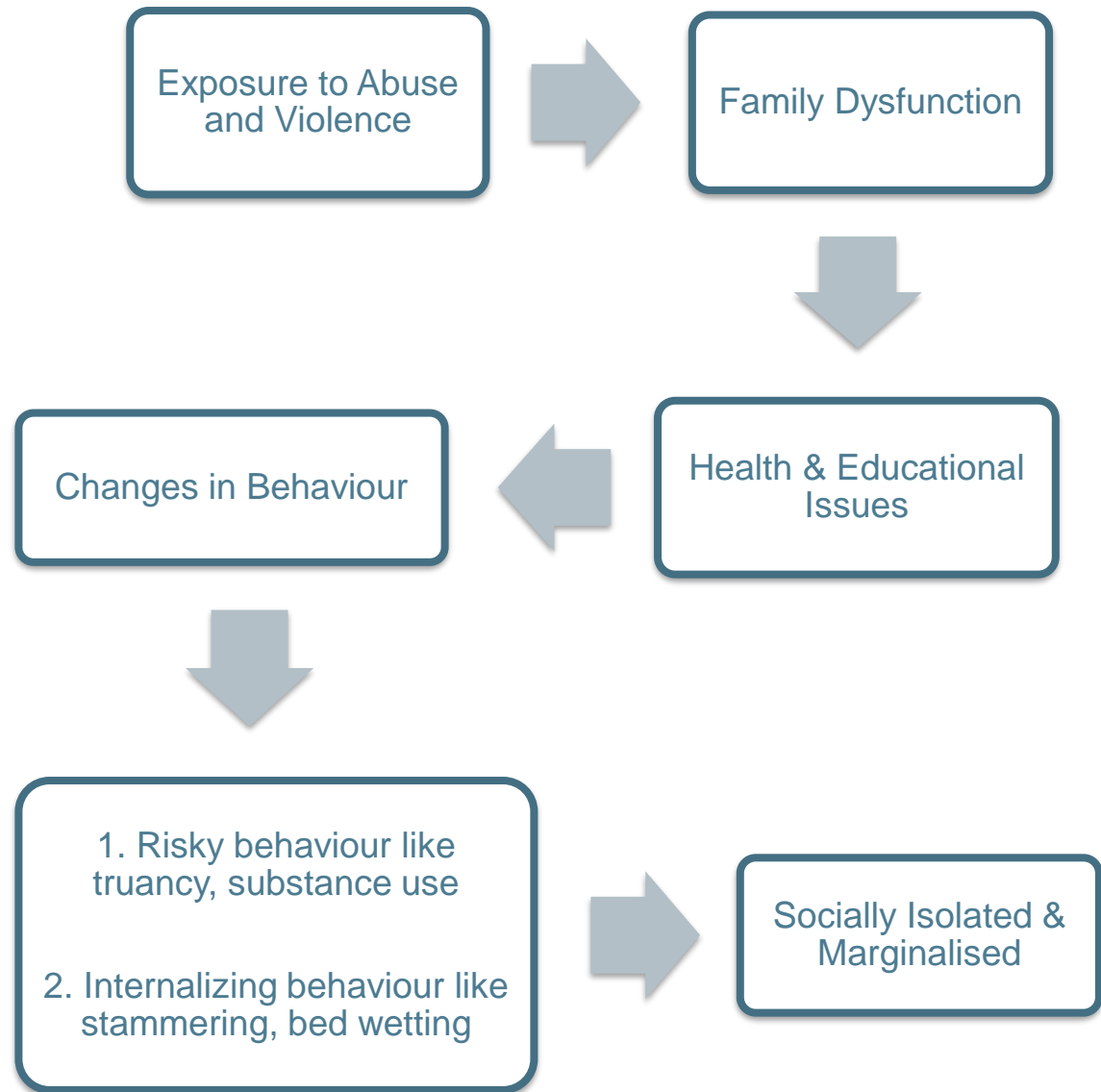
1. Failure to meet costs of health
2. Criminal justice and social welfare compromised

MULTI-GENERATIONAL TRAUMA IMPLICATIONS AND EFFECTS

Countries:

1. Economic growth slowed
2. Security compromised
3. Social development slowed down
4. Socio-economic inequality

**CONNECTION
BETWEEN
TRAUMATIC
EVENTS AND
POOR
CHILDHOOD
DEVELOPMENT**



MULTI-GENERATIONAL TRAUMA IMPLICATIONS AND EFFECTS

High risk of:

Behavioural problems- lying , truancy,
problems in relationships, physical
Aggression

Substance abuse

Emotional problems- isolation, sadness,
helplessness, anxiety and hopelessness

Self-injurious behaviour

LIFE-TIME TRAUMA

- Traumatic events are differentiated from stressful life events by their imputed seriousness
- Traumatic events:
 - Severe emotional maltreatment and neglect; bullying, gender disadvantage; presence of any physical deformity or appearance;
 - Sexual and physical abuse
 - Witnessing a violent crime
 - Premature loss of a parent/closed ones leading to grief.

LIFE-TIME TRAUMA EXPERIENCES

- Severe trauma effects, such as flashbacks
- Misdiagnosis for severe mental disorders
- Poor life satisfaction
- Overlooking underlying issues of abuse
- Risky coping strategies, such as substance use
- Greater vulnerability to experience further trauma

FACTORS AFFECTING THE TRAUMA CYCLE

- Unresolved conflicts, unprocessed emotions and thoughts about a traumatic event
- Negative repeated patterns of behavior like continued violence
- Poor parent-child relations and emotional attachment

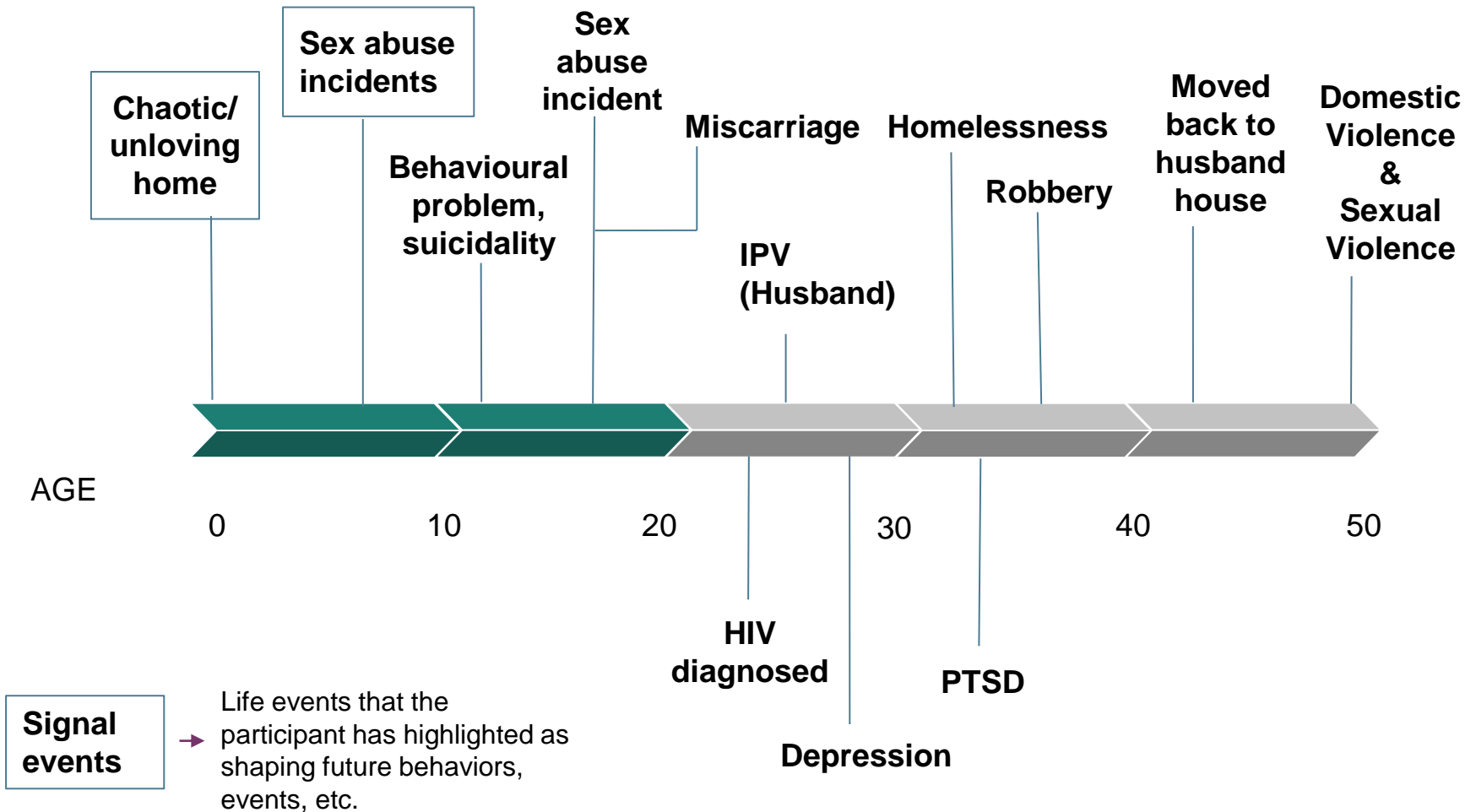
FACTORS AFFECTING THE TRAUMA CYCLE

- Untreated or poorly treated substance abuse or severe mental illnesses
- Complicated personality traits or personality disorders

LIFE-CHART FOR VIOLENCE

- Build understanding of tool to assess life chart of violence.
- Assess violence experienced during various stages of life.

LIFE-CHART FOR VIOLENCE



FEMINIST PRINCIPLES OF ASSESSMENT AND INTERVENTION

What is Feminism?

Feminism is about all genders having equal rights and opportunities.

It is about respecting diverse women's experiences, identities, knowledge and strengths and striving to empower all women to realize their full rights.

FEMINIST PRINCIPLES OF ASSESSMENT AND INTERVENTION

What is Feminist Psychology?

Feminist psychology is a subfield of psychology concerned with gender, sex categories, and sexualities.

Feminist psychology critiques historical psychological research as done from a male perspective with the view that males are the norm.

FEMINIST PRINCIPLES OF ASSESSMENT & INTERVENTION

Waves of Feminism

1

In the 18th century, women asked for the right to vote and reproductive rights.

2

1960-70's: Focused on institutions that held women back. Traditional gender and family roles questioned.

3

More rights to women: welcoming individuality and rebellion. Free expression of sexuality.

4

Coming of the MeToo Movement: social media activism and emphasis on inclusivity, empowerment and freedom

FEMINIST PRINCIPLES OF ASSESSMENT

1. During the 2nd wave of feminism, violence against women was understood as a condition existing only in the family
2. Later, the effect of patriarchy and its role in violence against women was understood
3. During the third wave, violence against women was understood not just a condition in family but a problem in the society

FEMINIST PRINCIPLES OF ASSESSMENT

4. Based on this, emphasis was placed on assessment and understanding each offender to determine appropriate interventions
5. Also the historical roots and cultural underpinnings were noted to understand, assess and intervene on violence against women

FEMINIST PRINCIPLES OF ASSESSMENT

6. Evidence based interventions were developed to help women facing violence and trauma

7. The aim is to create an anti-oppressive, power balanced and socially just environment to properly tackle violence against women

FEMINIST PRINCIPLES OF INTERVENTION

- 1. Need for critical consciousness:** Understanding the idea that woman's individual problems originate in a socio-political context of patriarchy and gender inequality
- 2. Commitment to Social Change:** The goal of intervention is not only to help the individual by addressing their problems, but to make a positive impact on society

FEMINIST PRINCIPLES OF INTERVENTION

3. The counselling relationship should be egalitarian: The relationship is based on authenticity, mutuality and respect

4. Emphasis on Strength based Approach: Reframing trauma symptoms as survival strategies and coping with mental health issues rather than pathologizing the individual (Trauma-informed Care)

Assessment of violence helps counsellors understand:

- Depth of problem
- Identifying risk factors
- Develop realistic safety plans
- Formulate appropriate counselling plans
- Reduce risk
- Provide tools for educating service providers

Basic feminist principles to keep in mind while counselling:

- Trust a woman's experience.
- Women victims are not guilty for violence they experience
- Counselling means not giving advices but trusting women's self determination



QUESTION & ANSWER SESSION

Thank You!

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