

Family Violence Protocol

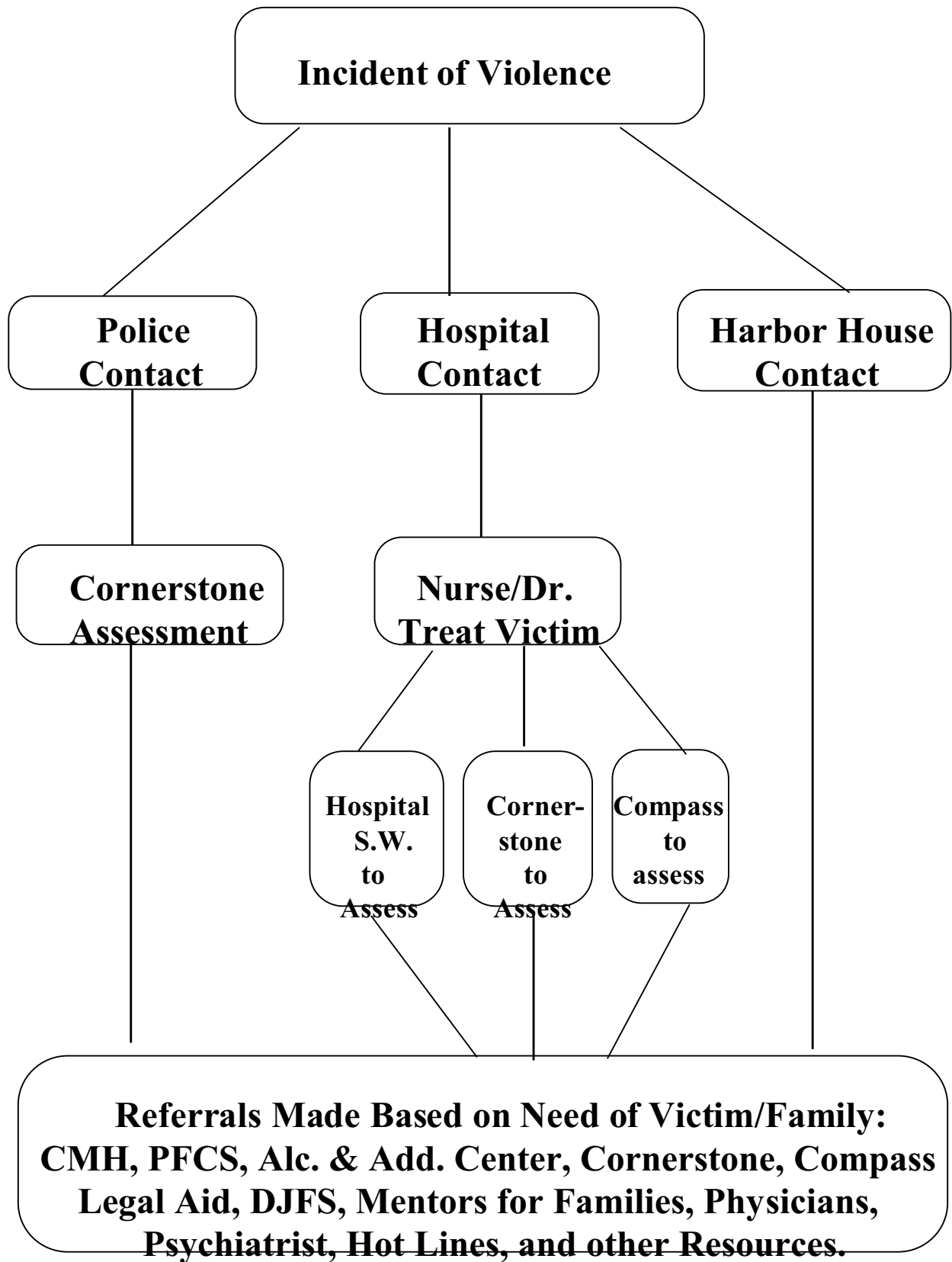
for use in

Tuscarawas County

Mental Health Agencies

I. Assessment

- A. Upon first suspecting abuse in a client, give them the handout “How Is Your Relationship?” as the first piece of assessment.
- B. As it becomes more evident that abuse is occurring in their relationship, give them the handout on “Types of Abuse”.
 1. Abuse Assessment Screen - from Center for Substance Abuse Treatment - Treatment Improvement Protocol (TIP) Series
- C. Assessment of Lethality (Gary Dick, LISW)
 1. 5 Factors to Consider in Making Assessment
 - a. Perpetrator’s access to the victim
 - Is the victim living with the perpetrator?
 - Does the perpetrator have knowledge of where the victim lives?
 - b. Pattern of the perpetrator’s abuse
 - Weapon’s used such as guns, knives, etc.? Or has access to weapons?
 - Threatened to kill partner or children?
 - Victim hospitalized for prior abuse by perpetrator?
 - Severe and frequent sexual assault by perpetrator on victim?
 - Hostage taking?
 - c. Perpetrator’s state of mind
 - Is he/she obsessed by the victim?
 - Increased risk taking by the perpetrator? Reckless driving? Drug usage?
 - Oblivious to consequences?
 - Threats of suicide?
 - Impulsive?
 - Compulsive and obsessive thoughts?
 - Desperation?
 - d. Individual factors of perpetrator or victim
 - Psychotic?
 - Substance abuser?
 - History of violent behavior or criminal behavior in community or home?



How is Your Relationship?

Does Your Partner:

_____ Embarrass you with bad names and put downs?

___ Look at you or act in ways that scare you?

___ Control what you do, who you see, who you talk to, or where you go?

___ Prevent you from seeing or talking to friends and family?

___ Take your money, make you ask for money, or refuse to give you money?

___ Makes all the decisions?

___ Force sex?

___ Say you are a bad parent or threaten to take away the children?

___ Threaten to commit suicide if you leave?

___ Act like the abuse is no big deal?

___ Blame you for the abuse?

___ Deny the abuse occurred?

___ Destroy your property?

___ Intimidate you with knives, guns, or weapons?

_____ Shove you, slap you, or hit you?

_____ Force you to drop criminal charges?

___ Threaten to hurt or kill your pets?

___ Threaten to kill you?

If you check even one, you may be in an abusive relationship. Call Harbor House at (330) 364-1374.

Types of Domestic Violence

Physical Abuse:

Not meeting physical needs of dependent person
Pinching or squeezing/pushing or shoving
Jerking, pulling, shaking, slapping or choking the victim
Pulled victim's hair
Slapping or biting
Held victim against her will
Threw things.....Threw the victim around
Burned victim
Punched, hit or kicked victim
Broken bones/lacerations that require stitches
Used a weapon against the victim
Disabling/disfiguring
Homicide

Verbal Abuse/Psychological Abuse:

Makes jokes about the habits or faults of partner
Ignores feelings of partner
Emotional withdraws and withholds approval and affection as punishment
Yelling/name calling/ridiculing or insulting the partner
Labeling and repeated insults
Public humiliation
Blaming the victim for abuse
Manipulating with lies/contractions/distortions
Isolating partner
Taking keys and money away
Driving reckless with the partner in the car
Putting the partner down about abilities
Locking the partner out of the house
Throwing objects at the partner
Threatening physical harm.....Threatening suicide
Threatening to kidnap children if partner leaves
Abusing pets

Sexual Abuse:

Jokes about women.....Treats women as sexual objects
Sexual jokes about women.....Unwanted touching.....
Jealousy about imaged affairs
Withholding sex.....Sexual labels.....
Forcing to strip.....Affairs.....Demanding sex
Forcing sex.....incest.....forcing sex after battering.....sadism.....homicide

II. Treatment

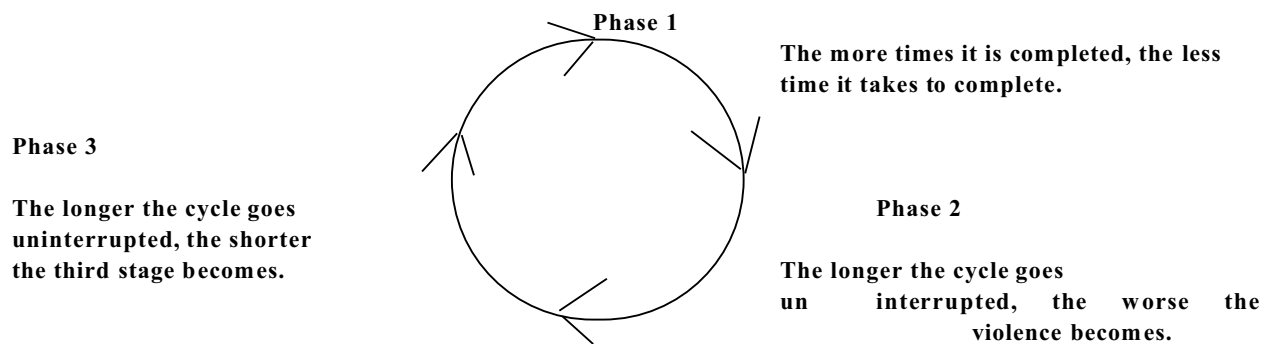
- A. Educational information may be given at this point in order to help them understand the cycle of violence and bonding in battering relationships.
 - 1. Handouts to include
 - a. “The Power and Control Wheel”
 - b. “Cycle of Violence”
 - c. “Rage and Anger”
 - d. “Staying or Leaving Battering Relationship”

- B. Developing a safety plan
 - 1. Use guideline sheet “Safety Planning” (Gary Dick, LISW)
 - 2. Give client a slip of paper with a list of things she should prepare to take if she must flee her situation (small enough to place in her bra or shoe for safekeeping).

- C. Referrals
 - 1. Harbor House
 - a. Groups for support
 - b. Safe place to stay if necessary
 - c. Transitional housing
 - 2. Continuation in individual therapy

- D. Assessment of children
 - 1. “Issues to Consider in Assessing a Child who has been Exposed to Marital Violence”
 - 2. “Effects of Observing Parental Violence on Children”

CYCLE OF VIOLENCE



Phase 1 Tension Building Stage

The tension may be from internal conflict and anxiety or from stresses within the ecological system of the family. The abuser feels like they are coming apart at the seams, but they are unable to identify or name the feeling. Emotionally they are limited and tend to blame their feelings on something outside themselves – the partner. Internal anguish is externalized into blame. They are fearful, vulnerable and moody. This feeling is called aversal arousal and is characterized by an irritating excitement, agitation, feeling tense and frenzied. The abuser cannot relax and his thinking will begin to become excessive and a jealous rage is likely to brew within. Dependency and fear of abandonment is masked over. Anger escalates into rage. This internal tension may be manifested by the silent treatment, constant arguing, nagging, bickering, verbal insults and other forms of controlling behavior. These behaviors and tactics serve as a form of domestic terrorism; controlling and dominating the victim's behavior.

Phase 2 Acute Battering State

The rage is always out of proportion to whatever triggered it. Once the battering starts only the man can stop it. "Deindividuated violence" is solely under the control of the person who acts out the rage. There is a breakdown of social control and the abuser is unresponsive to cues from his victim. It is internally driven and be pleasurable. Isolation, depression, morbid jealousy, obsessional rumination, blaming the victim and the wish to destroy her fuel the process of severe abuse. Physical abuse may include hitting, punching, slapping, hair pulling, verbal insults, physical restraint, sexual abuse, and various forms of psychological abuse including insults and humiliation. Often appearing as out of control behavior, it is quite the contrary. It is a very calculated and controlled form of behavior, it is quite the contrary. It is a very calculated and controlled form of behavior with the intent of controlling the victim.

Phase 3 Calm, Loving, Respite Honeymoon Stage

He may be sorry for what he has done, may become very apologetic claiming it will never happen again or he may entirely deny what happened. The abuser works on his wife's guilt and convinces her, he is her only hope. He may plead and beg her not to leave him. He believes his remorseful behavior is his true self. He will throw himself at his wife's mercy and momentary she has all the control. Codependency evolves and they both try to convince each other and themselves that they can make

it and their love will conquer all. This state eventually fades and the cycle repeats itself.

Rage and Anger

- ◇ Anger feels justified, whereas in rage one feels powerless.
- ◇ Injury is recognized in anger, but injury is denied in rage.
- ◇ Anger is conscious, rage is pushed out of awareness.
- ◇ While anger may be easily resolved, rage, initiated by shame sets up a feeling trap: a cyclical pattern where shame leads rage which in turn leads to shame.
- ◇ Shaming someone is soul murder, anger is an appropriate emotional response to disturbing or frustrating incidents.
- ◇ Anger is not displaced, rage is.
- ◇ Anger focuses on the actual event, rage is generalized to everyone.
- ◇ Anger is an individual phenomena, rage is a social phenomena.
- ◇ Anger results in a few consequences, rage numerous.
- ◇ Anger is restricted and focused, rage is diffused.
- ◇ Anger has an object, a source; for rage the target is more random.
- ◇ Anger is resolved; rage is unbounded.

Some Definitions:

Aggression: A forceful action or procedure as in an unprovoked attack. Intended to dominate or master. Hostile, injurious, or destructive behavior or outlook especially when caused by frustration.

Aggressive: A tending toward or exhibiting aggression. Marked by combative readiness: by obtrusive energy; marked by driving forceful energy or initiative. Strong or emphatic in effect or intent. More severe, intensive or comprehensive than usual. A disposition to dominate to pursue goals; a determined and energetic pursuit of one's ends, often in disregard to other's rights.

Anger: A strong feeling of displeasure; rage, fury, wrath, indignation; an intense emotional state induced by displeasure. Anger names the reaction, but does not convey the intensity or justification or manifestation of emotional state.

Rage: A loss of self-control from violence.

Fury: Overmastering destructive rage that can verge on madness.

Indignation: Righteous anger at what one considers unfair, mean, shameful or hurtful.

Wrath: A desire or intent to revenge or punish.

Militant: A fighting disposition that is not self-seeking, but usually devoted to a cause, principal or social movement.

Assertive: Suggests both self-confidence in expression of opinion.

Self-assertive: Forwardness or brash self-confidence.

Staying or Leaving Battering Relationships

Learned Helplessness: Domestic violence is not a one time event. It is a pattern that endures over an extended period of time. One of the major myths is that women like being abused or else they would leave the battering relationship. There are many factors that prevent women from leaving a battering relationship including religious, economic, cultural and social (Dutton, 1995).

Lenore Walker (1979), studied battered women and developed the theory of “learned helplessness” to explain why women stay in abusive relationships. Repeated beatings and lower self-concepts leave women feeling they cannot control the events going on around them, that there is no way to escape and they eventually learn they are helpless to prevent the abuse. This was later revised by Walker because battered women are not passive, they in fact do many things to survive in such violence circumstances. They call the police, they fight back, go to shelters, go to social workers, leave the home and stay with friends and relatives. They are far from passive.

The Battered Women’s Syndrome: The Battered Women’s Syndrome is a pattern of psychological symptoms that are similar to PTSD, Post Traumatic Stress Syndrome. The criteria for PTSD are:

1. Experiencing a stressor such as battering, continued verbal abuse or living within a controlling and terrorizing home that can cause a traumatic reaction.
2. Psychological symptoms lasting for more than one.
3. Cognitive and memory changes often accompanied by confusion.
4. At least three measurable avoidance symptoms which might include a place or an object that stimulates the trauma reactions.
5. At least two major arousal symptoms that serve to activate the pattern of abuse.

Why Do Women Stay?

1. Women have negative self-concepts.
2. They hope and believe their abusers will change.
3. Economic dependency.
4. They have children who need the father’s financial support.
5. The fear and doubt they can make it on their own.
6. Divorce carries a stigma that one is a failure at relationships.
7. It is difficult for women to get work with children.

(Thuninger, 1971)

Safety Planning

By simply talking to a victim of domestic violence about a safety plan, you are acknowledging the seriousness of the situation, providing practical problem solving solutions, supporting the victim and may be bringing the reality of the situation into perspective for the very first time. Asking the following questions may also minimize any previous denial around the problem.

Ask in what way you can help. Your ability to be calm, supportive, emphatic, understanding, and resourceful can provide the victim with what they may be missing internally at the time. Be active but not intrusive. You literally lend them functions of yourself. Ask her what she needs to feel safe? Listen to her. Who is her support system and how can we get them involved now?

If the client has had the perpetrator evicted or is now living along:

Change the locks on the doors and windows. Provide her with the name and number of a local locksmith.

Teach the children to call the police or run to a trusted neighbor for help if he returns or tries to snatch them.

Talk to school and childcare providers about who is permitted to pick up the children.

Find a lawyer who is an expert on domestic violence.

If living in a rural area, paint the mailbox a bright color so it is easily recognized by the police.

Obtain a protection order.

Provide information about the local shelter and give her phone number to the **Ohio Domestic Violence Network: 1-800-934-9840** and the **National Domestic Violence Hotline 1-800-799-7233**. Provide information about the location of the shelter, counselors and women's program within your area.

If the client is leaving the abuser:

When can she leave safely? How will she leave? Does she have transportation? Money? A place to go?

Is the place she going safe? Are the people at the place she is going on alert that she may be coming?

Is she comfortable calling the police? Discuss with her, empathize and support her.

Who will she tell she is leaving? Who can she trust to protect her? What can she do so her partner won't find her?

How will she protect herself and her children in transit to and from work and school?

Give the name, address and phone number to the shelter. Encourage her to call them. Even encourage her to make a call just to connect with the staff, to familiarize her with the experience of reaching out. What other community resources will help her feel safe? Has she ever talked with an advocate? A counselor? Provide her with the names of an advocate, women's program or counselor.

Discuss with her a protection order. Inform her that if she is indigent, the fee will be waived.

What type of custody and visitation would keep her and her children safe?

If she is staying with the abuser:

In an emergency what works best for her to keep her safe? Explore with her, help her think of how she has survived in the past. What resources has she used? Think of other people, her own internal resilience, her personality, financial resources, having a car as resources.

Who can she call in a crisis? Does she have their numbers available?

Will she call the police if the violence starts again? Can she work out a signal with the children to run to the neighbors to call the police? Find out what she can to empower herself?

If she has to flee the home during a crisis, where will she go? Help her discuss the benefits of each person or place she identifies. Follow her lead and support her conclusion.

Inform her about a protection order.

If a violent episode occurs, how will she flee from home? What is the best escape route. Locking herself in the bathroom may prove to be a trap.

Help her identify dangerous locations in the house. Where in the house has the abuse occurred previously? Is there a pattern to the abuse? Does it occur on certain days of the week? At certain times of the day? Certain times of the year? Are there certain events that trigger the abuse?

Are there weapons in the house? How can she have them removed and remain safe?

Encourage her to hide some money and have an extra set of keys made.

What To Take If She Must Flee: (What To Have Hidden In A Safe Central Place)

Birth Certificates	Divorce Papers	Certified Copy of Protection Order
\$50 in cash	School Records	His Date of Birth
Health Records	Social Security #s	List of Important Papers
Insurance Policies	Marriage License	Extra Keys for Car and House
Sentimental Items	Comfortable Clothing	Medication and Prescription Numbers
Bank Accounts	Welfare Documents	Significant Symbols of Meaning

Appendix D

Name: _____

Date: _____

Review Dates: _____

Personalized Safety Plan

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get myself and my children to safety.

Step 1: Safety during a violent incident. Women cannot always avoid violent incidents. In order to increase safety, battered women may use a variety of strategies.

I can use some or all of the following strategies:

A. If I decide to leave, I will _____. (Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)

B. I can keep my purse and car keys ready and put them (place) _____ in order to leave quickly.

C. I can tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house.

I can also tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house.

D. I can teach my children how to use the telephone to contact the police and the fire department.

E. I will use _____ As my code word with my children or my friends so they can call for help.

F. If I have to leave my home, I will go _____. (Decide this even if you don't think there will be a next time.)

If I cannot go to the location above, then I can go to _____ or _____.

G. I can also teach some of these strategies to some/all of my children.

H. When I expect we are going to have an argument, I will try to move to a space this is lowest risk, such as _____. Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without access to an outside door.)

I. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger. I

Step 2. Safety when preparing to leave. Battered women frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that a battered woman is leaving a relationship.

I can use some or all of the following safety strategies:

- A. I will leave money and extra set of keys with _____ so I can leave quickly.
- B. I will keep copies of important documents or keys at _____.
- C. I will open a savings account by _____ (date), to increase my independence.
- D. Other things I can do to increase my independence include:

- E. The domestic violence program's hotline number is _____. I can seek shelter by calling this hotline.
- F. I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month the telephone bill will tell my batterer those numbers that I called after I left. To keep my telephone communications confidential, I must either use coins or I might get a friend to permit me to use their telephone credit card for a limited time when I first leave.
- G. I will check with _____ and _____ To see who would be able to let me stay with them or lend me some money.
- H. I can leave extra clothes with _____.
- I. I will sit down and review my safety plan every _____ in order to plan the safest way to leave the residence. _____ (domestic violence advocate or friend) has agreed to help me review this plan.
- J. I will rehearse my escape plan and, as appropriate, practice it with my children.

Step 3: Safety in my own residence. There are many things a woman can do to increase her safety in her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

Safety measures I can use include:

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors with steel/metal doors.
- C. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.
- D. I can purchase rope ladders to be used for escape from second floor windows.
- E. I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.
- F. I can install an outside lighting system that lights up when a person is coming close to my house.
- G. I will teach my children how to use the telephone to make a collect call to me and to (friend/minister/other) in the event that my partner takes the children.

H. I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:

_____ (School),
_____(Day Care Staff),
_____(Babysitter),
_____(Sunday School Teacher),
_____(Teacher),
_____ and (Others).

I. I can inform _____ (neighbor), _____
_____(pastor), and _____ (friend) that my partner no longer resides with me and
they should call the police if he is observed near my residence.

Step 4: Safety with a protection order. Many batterers obey protection orders, but one can never be sure which violent partner will obey and which will violate protection orders. I recognize that I may need to ask the police and the courts to enforce my protection order.

The following are some steps that I can take to help the enforcement of my protection order.

A. I will keep my protection order _____ (location). (Always keep it on or near your person. If you change purses, that's the first thing that should go in.)

B. I will give my protection order to police departments in the community where I work, in those communities where I usually visit family or friends, and in the community where I live.

C. There should be a county registry of protection orders that all police departments can call to confirm a protection order. I can check to make sure that my order is in the registry. The telephone number for the county registry of protection orders is _____.

D. For further safety, if I often visit other counties in my state, I might file my protection order with the court in those counties. I will register my protection order in the following counties: _____, _____, and _____.

E. I can call the local domestic violence program if I am not sure about B, C, or D above or if I have some problem with my protection order.

F. I will inform my employer, my minister, my closest friend and _____ and _____
_____ that I have a protection order in effect.

G. If my partner destroys my protection order, I can get another copy from the courthouse by going to (the office) located at _____.

H. If my partner violates the protection order, I can call the police and report a violation, contact my attorney, call my advocate, and/or advise the court of the violation.

I. If the police do not help, I can contact my advocate or attorney and will file a complaint with the chief of the police department.

J. I can also file a private criminal complaint with the district justice in the jurisdiction where the violation occurred or with the district attorney. I can charge my battering partner with a violation of the protection order and all the crimes that he commits in violating the order. I can call the domestic violence advocate to help me with this.

Step 5. Safety on the job and in public. Each battered woman must decide if and when she will tell others that her partner has battered her and that she may be at continued risk. Friends, family and coworkers can help to protect women. Each woman should consider carefully which people to invite to help secure her safety.

I might do any or all of the following:

- A. I can inform my boss, the security supervisor and _____ at work of my situation.
- B. I can ask _____ to help screen my telephone calls at work.
- C. When leaving work, I can _____.
- D. When driving home if problems occur, I can _____.
- E. If I use public transit, I can _____.
- F. I can use different grocery stores and shopping malls to conduct my business and shop at hours that are different than those when residing with my battering partner.
- G. I can use a different bank and take care of my banking at hours different from those I used when residing with my battering partner.
- H. I can also _____.

Step 6: Safety and drug or alcohol use. Most people in this culture use alcohol. Many use mood-altering drugs. Much of this use is legal and some is not. The legal outcomes of using illegal drugs can be very hard on a battered woman, many hurt her relationship with her children and put her at a disadvantage in other legal actions with her battering partner. Therefore, women should carefully consider the potential cost of the use of illegal drugs. But beyond this, the use of any alcohol or other drugs can reduce a woman's awareness and ability to act quickly to protect herself from her battering partner. Furthermore, the use of alcohol or other drugs by the batterer may give him/her an excuse to use violence. Therefore, in the context of drug or alcohol use, a woman needs to make specific safety plans.

If drug or alcohol use has occurred in my relationship with the battering partner, I can enhance my safety by some or all of the following:

- A. If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.
- B. I can also _____.
- C. If my partner is using, I can _____.
- D. I might also _____.
- E. To safeguard my children, I might _____ and _____.

Step 7: Safety and my emotional health. The experience of being battered and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

- A. If I feel down and ready to return to a potentially abusive situation, I can _____.
- B. When I have to communicate with my partner in person or by telephone, I can _____.

- C. I can try to use “I can. . . statements with myself and to be assertive with others.
- D. I can tell myself, “_____” whenever I feel others are trying to control or abuse me.
- E. I can read _____ to help me feel stronger.
- F. I can call _____, _____, and _____ to gain support and strengthen my relationships with other people.

Step 8: Items to take when leaving. When women leave partners, it is important to take certain items with them. Beyond this, women sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

Items with asterisks on the following list are the most important to take. If there is time, the other items might be taken, or stored outside the home.

These items might best be placed in one location, so that if we have to leave in a hurry, I can grab them quickly.

When I leave, I should take:

- A. Identification for myself
- B. Children’s birth certificates
- C. My birth certificate
- D. Social Security cards
- E. School and vaccination records
- F. Money
- G. Checkbook, ATM (Automatic Teller Machine) card
- H. Credit cards
- I. Keys - house/car/office
- J. Driver’s license and registration
- K. Medications
- Welfare identification
- Work permits
- Green card
- Passport(s)
- Divorce papers
- Medical records - for all family members
- Lease/rental agreement, house deed, mortgage payment book
- Bank books
- Small saleable objects
- Address book
- Pictures
- Jewelry
- Children’s favorite toys and/or blankets
- Items of special sentimental value

Telephone Numbers I Need to Know:

- Police department - home
- Police department - school
- Police department - work
- Battered women’s program
- County registry of protection orders
- Work number
- Supervisor’s home number
- Minister
- Other

Reproduced with permission from Barbara Hart and Jane Stuehling, Pennsylvania Coalition Against Domestic Violence, Harrisburg, Pennsylvania, 1992.

Adapted from "Personalized Safety Plan," Office of the City Attorney, City of San Diego, California, April 1990.

Traumatic Bonding and Battered Women

Characteristics of Traumatic Bonding

There is a **strong emotional attachment** with the abuser with **intermittent maltreatment** of beatings, threats, harassment and/or intimidation. There is a **power imbalance** and a loyalty to the abuser that is reinforced by **intermittent good** times that are positive and socially acceptable.

Attachment to something more powerful than the self increases personal power.

The abused woman perceives herself to be subjugated to, or dominated by, the other person. A subordinate individual eventually feels powerless. As the power imbalance magnifies, the abused person's self-esteem decreases and they become more incapable of fending for themselves and thus become more dependent on the abuser.

Intermittent abuse produces alternating periods of aversive/negative arousal and the positive good times which produce relief/release associated with the removal of the aversive negative arousal. When physical punishment is administered at intermittent intervals and when it is interspersed with positive, friendly contact, traumatic bonding is most powerful.

Implications for Intervention

Explaining to the battered woman the phenomena of traumatic bonding and the process she will go through upon leaving her abuser will help her with what to expect. Specifically, as she leaves her abuser, her immediate fears may subside, allowing her attachment to her abuser to emerge. It is at this time, when she is vulnerable and drained that she will remember the positive good times and subsequently may spontaneously return to her abuser.

Goals of Invention With Children of Battered Women

Help Their Mother With A Safety Plan/Ways To Seek Shelter

Hold the Abusive Father/Perpetrator Accountable For The Violence

Label feelings

Deal with anger

Develop safety skills

Obtain social support

Develop social competence

Develop a good self-concept

Recognize one's lack of responsibility for a parent's violence

Understand family violence

Issues To Consider In Assessing A Child Who Has Been Exposed to Marital Violence

Almost no child receives treatment unless the mother seeks help in battered women's shelter (Jaffe, Wilson, & Wolfe, 1980). If interventions do occur they usually come as a result of the child welfare system or the battered women's movement. (Peled, 1993). A minority of children exposed to marital violence develop symptoms in the clinical range; some demonstrate above average strengths in social competency and adjustment (Wolfe, et al., 1985). Appropriate intervention needs to begin with a careful assessment and diagnosis. Two issues to consider are the length of treatment and which members of the family need treatment (Rossman, 1994). Other issues are:

1. Safety and stability of the current living situation.
2. Age and developmental level of the child at the time of the trauma.
3. Quality of the pre-traumatic and current care giving environment.
4. Type of violence or circumstances experienced by the child.
5. Acuteness vs. chronicity of the trauma
6. Actual and psychological proximity of the violent event to the child.
7. Post-traumatic and other symptoms in the child.
8. Strengths and protective facts in the child's environment.

EFFECTS OF OBSERVING PARENTAL VIOLENCE ON CHILDREN

I. INTERNALIZING AND EMOTIONAL EFFECTS

Anxiety

Low Self-Esteem

Shyness

Depression

Suicide Attempts

Withdrawn/Physical Problems

Trauma Stress Reactions

Feeling of loss/anger/sadness/confusion

Self-Blame

II. SCHOOL AND SOCIAL COMPETENCE

School Problems and Social Competence

Low Empathy and Acceptance of Problems

Poor Problem Solving, Nonviolent Resolution and Conflict Resolution Skills

Poor Cognition

III. EXTERNALIZING BEHAVIORAL PROBLEMS

Aggression

Alcohol/drug use