



Presentation to
The Healthy & Wellbeing VOF
Tuesday 17th of April 2018

What is Domestic Violence?

The cross-government definition of domestic violence and abuse is:

Any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality.

The abuse can encompass, but is not limited to:

- psychological
- physical
- sexual
- financial
- emotional

It includes stalking, sexual harassment, forced marriage, female genital mutilation and 'Honour Crime', Coercive Control

Types of Domestic Violence

Emotional Abuse

Psychological Abuse

Social Isolation

Financial Abuse

Physical Violence

Sexual Abuse

FGM

Forced Marriage

Honour based violence

Women's Trust

Some Statistics

- 1 in 4 women will experience domestic violence at some point in their life
- 2 women are killed every week by a current or ex partner
- 95% of cases women are abused by men
- Women on average are assaulted 35 times before her first call to the police
- “Current partners” were responsible for 45% of all rape
- 70% of children are also abused by the same partner
- 33% of women experience mental health problems
- Domestic violence has a higher rate of repeated victimisation than any other crime

Impact on survivor:

- Feeling guilty
- Blaming herself
- Feeling shame and dishonour
- Withdrawal from social contact
- Loss of self-confidence
- Low self-esteem
- Inability to make decisions
- Depression
- Feeling suicidal
- Development of mental health problems
- Drugs/ alcohol abuse
- Unable to cope
- Inability to relax
- Feeling embarrassed and ashamed
- Minimising the violence and abuse
- In denial of the violence and abuse
- Feeling worthless and useless
- Lonely and isolated
- Feeling terrified and lost
- Suffered from ill health
- Frightened for herself and the children
- Jumpy, nervous and anxiety attacks
- Unable to concentrate
- Feeling sense of hopelessness

Research shows that women experience at least 35 incidents before seeking support

Leaving is often not an option

Leaving is often a proposition that friends and family offer when disclose of abuse is happening in someone's life.

But..

Leaving could often mean:

- Loss of home, work and income
- Loss of children
- Loss of identity and status in own community
- Loss of support network
- Loss of immigration status
- Death of client, her children or any other family member

Woman's Trust - what we do

Woman's Trust tackles the emotional and mental damage caused by domestic abuse

Supporting women through provision of therapeutic services to:

- **Rebuild** their lives
- **Improve** their mental health
- **Live** productive lives
- **Free** from fear of abuse



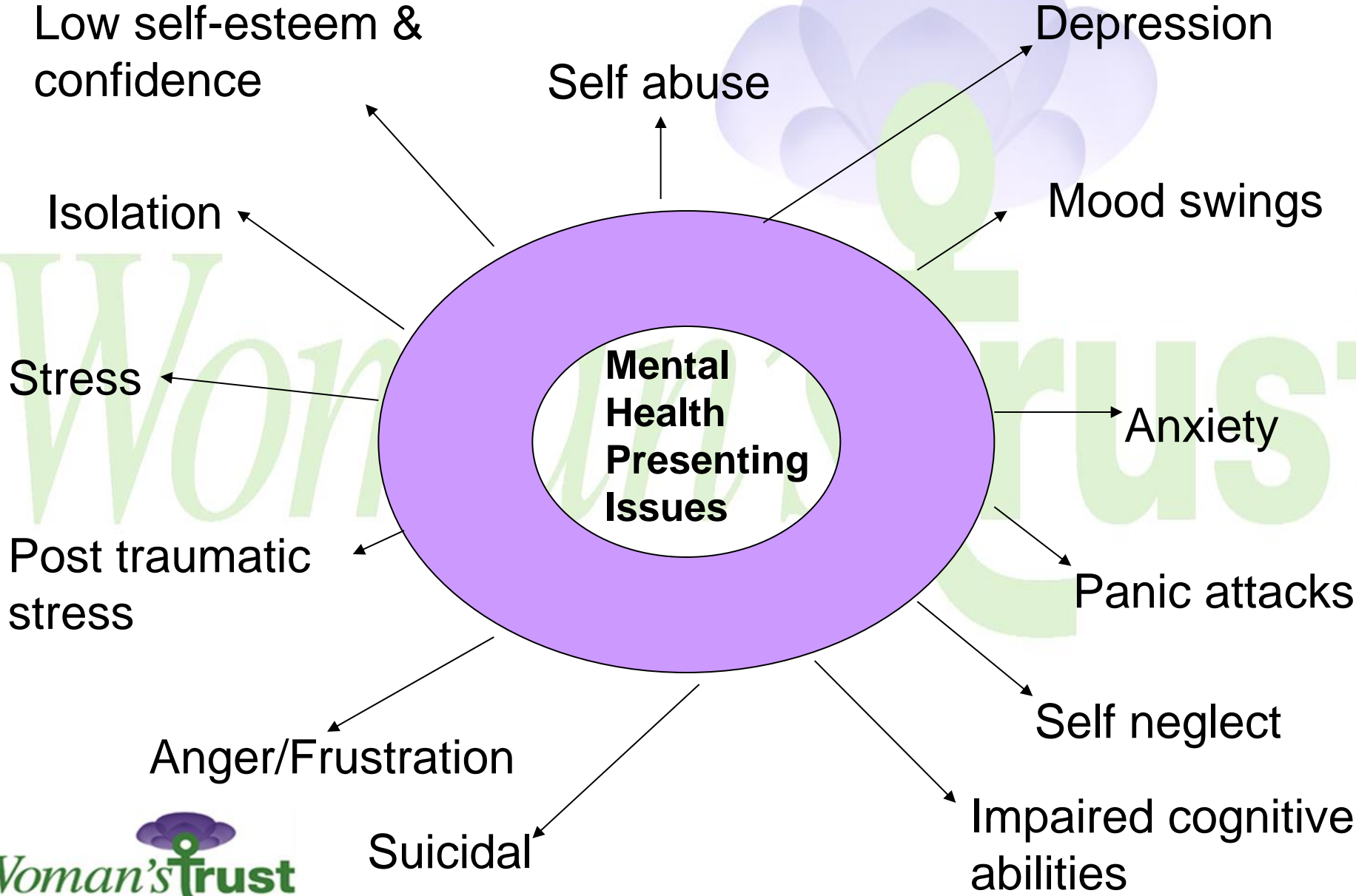
WHY - Domestic violence and mental health: the stats

Domestic violence and related abuse is the most common cause of depression and mental health difficulties in women

- **50-60%** - of mental health service patients are affected by DV
- **20%** - are currently abused
- **18%** - have suicidal feelings
- **64%** - have post traumatic stress disorder



Domestic Violence & Mental Health



Woman's Trust Referral Criteria

- Any woman living in East London, RBKC, H&F and Westminster for our counselling services
- Over 18 years old, no maximum age
- Has experienced or experiencing domestic violence over 16 years old not as a child
- Includes domestic violence from same sex relationships, partner and wider family abuse, sexual assault or rape by a known person

Woman's Trust Clients are from ..

- All faiths
- All cultures
- All ethnicities
- All socio-economic statuses
- All ages

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Vulnerability of Woman's Trust Clients

- Isolation
- Lack of resources
- Children & access by abusive parents
- Language barriers
- Immigration status
- Family pressure/faith pressure
- Fear of judgement
- Fear of statutory agencies 'the bad mother'
- Mental and physical health issues

Services we provide:

Services we provide in East and West London providing

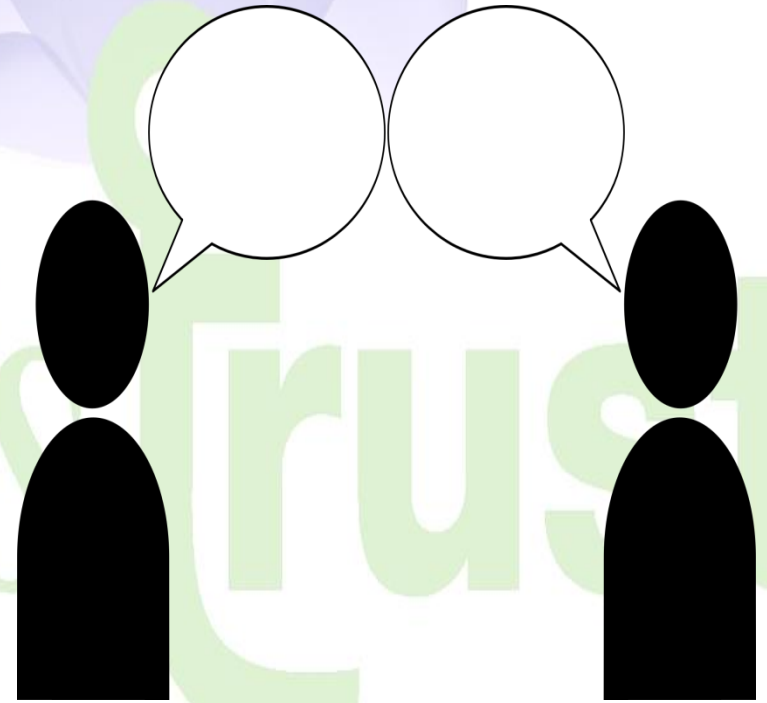
- counselling,
- support groups
- self-development workshops
- crisis counselling
- mother and children art workshops

The Person-Centred Theory Approach

- Working with the “here and now”
- Supportive, non-directive relationship
- Offering congruence, non-judgement and empathy demonstrating a good relationship and rebuilding trust
- Doesn't focus on the past or early childhood
- Acknowledges partners abusive behaviour
- Does not blame or hold the client responsible for the situation e.g. “Why don't you leave?” or “What did you do to cause this?”

One-to-One Counselling

- 18 50 minute sessions
- Confidential
- Different locations and times
- Some languages
- Trained counsellor



Support Groups

- Each session is 2 hours long
- Run for 8 weeks
- Daytime & Evening groups
- Opportunity to share with other women
- Builds confidences
- Reduces isolation
- Non-judgemental & accepting



Workshops

Educational workshops on topics such as

- Loss of sense of self & identify
- Depression & suicidal feelings
- Assertiveness – what is it?



Mother & Children Art Workshops

- Helping to re-build the mother/child relationship
- “My inside out” – experiencing our feelings
- “I hear you” – communicating with your child
- What I need – getting your needs met



Domestic Violence & Parenting

- 'Parenting under stress'
- 90% of incidents children are in the same or next room
- Pregnancy – high risk
- Use of children by abusing parent
- Impact on the children

Working with Children's Centre

- Easily accessible
- Can get information about other services
- A non-threatening space
- Confidential
- Raises awareness amongst centre staff

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Client feedback:

“I can smile more and enjoy myself. I don't feel agitated at work and now enjoy seeing people around me. I can now sit and have fun with my daughter. I now find that my confidence in relationships is increasing ... I don't feel unattractive anymore. I now love myself and appreciate the good and bad in life. I feel I have got a chance ..”

Contact details

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