



Intimate Partner Violence

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Intimate Partner Violence

▶ **Intimate partner violence (IPV):**

Physical violence, sexual violence, stalking, or psychological aggression (including coercive tactics) by a current *OR* former intimate partner

- ▶ Partners may or may not be cohabitating
- ▶ May be same or opposite sex couples
- ▶ Does not have to be a sexual relationship to be considered IPV

▶ **Domestic violence (DV):**

DV and IPV both involve violence, but DV refers to *any* violence in the home. This includes child abuse, elder abuse, and other forms of interpersonal abuse

Military Sexual Trauma

▶ **Military sexual trauma (MST):**

As defined by the United States Department of Veterans Affairs:

Experiences of sexual assault or repeated, threatening sexual harassment that occurred while a person was in the United States Armed Forces

MST includes any sexual activity a person is involved against his or her will. This involves someone who was pressured, threatened, forced to engage in or unable to consent to sexual acts.

Further defined as repeated unsolicited verbal or physical contact of a sexual nature that is threatening in character

IPV and MST are experiences, NOT diagnoses or Mental Health Conditions!

Did You know?

- ▶ 1 in 3 women and 1 in 4 men
- ▶ In 2016, Alabama had 25,188 violent offenses *reported*
- ▶ 18 percent of these were domestic violence reports = 4,534
- ▶ 78% of these reports were violence against women and 22% were against men
- ▶ Each year over 3 million children are exposed to violence against their mothers or female caretakers
- ▶ Boys are 2 times more likely to abuse their IP if they witnessed abuse in their childhood.



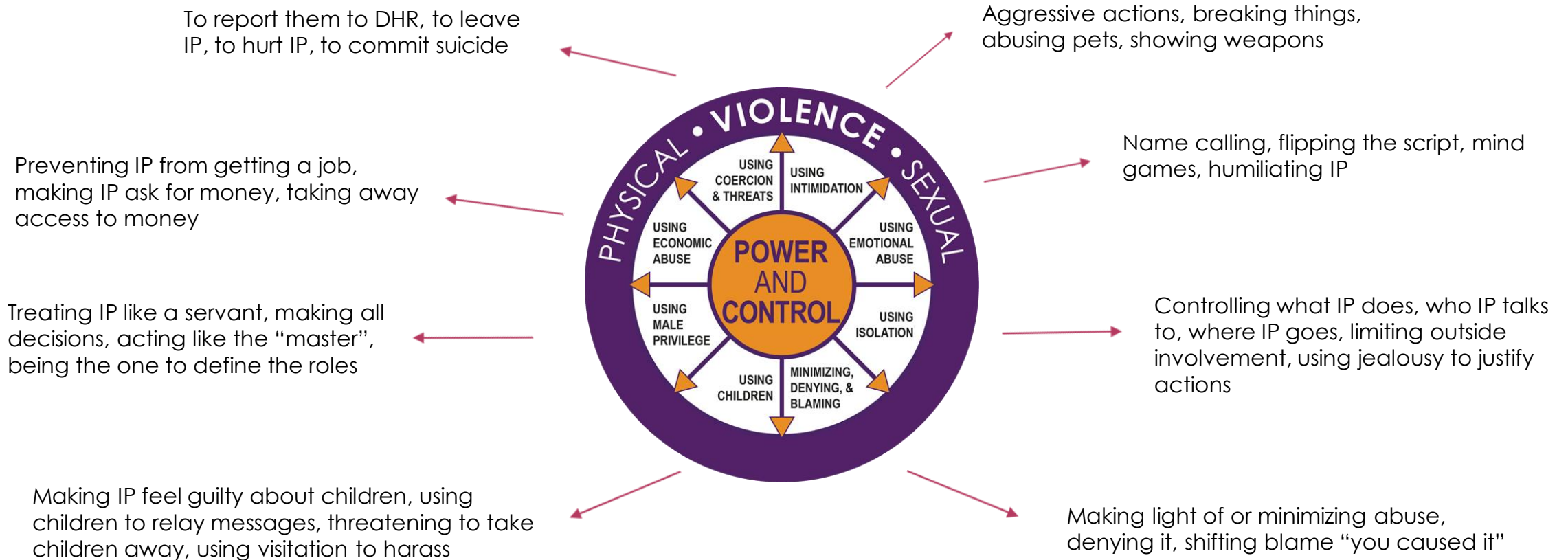
Did You Know?

- ▶ 7-10 attempts for a victim to permanently leave.
- ▶ They are at the highest risk for violence when they attempt to leave. 75% are seriously injured when they try to leave.
- ▶ Sexually-related experiences often shorten military careers, increase PTSD, increase suicide rates, impact employability and job sustainment, and have negative long term impact on well-being and health
- ▶ “sexual assault is more likely to result in symptoms of PTSD than are most other types of trauma, including combat”

Men Who Experience IPV

- ▶ Approximately 830,000 men experience IPV each year, including rape and sexual assault.
- ▶ According to data collected in 2011, an estimated 27.5% of men experience lifetime prevalence of physical violence.
- ▶ The same data shows about half of the men surveyed reported lifetime experience of psychological abuse.
- ▶ About 10% of men have reported experience some form of sexual violence in their intimate relationships.

What it's about



Physical Effects of IPV and MST

- ▶ Increased incidence of:
 - ▶ Injuries from an attack
 - ▶ Headaches, facial pain, TBI
 - ▶ Pelvic pain, pelvic inflammatory disease
 - ▶ Abdominal pain, upset stomach, digestive problems
 - ▶ Chest pain/palpitations, rapid breathing
 - ▶ Chronic pain/Fibromyalgia
 - ▶ Medically unexplained symptoms
 - ▶ Sexually Transmitted Infection
 - ▶ Low birth weight for the babies of pregnant women
 - ▶ Irregular menses
 - ▶ Premenstrual symptoms: mood swings, irritability, etc.
 - ▶ Miscarriage

Mental Health Effects of IPV

- ▶ Shock or denial
- ▶ Self-blame, guilt, and shame
- ▶ Post Traumatic Stress Disorder (PTSD)
 - ▶ Nightmares, flashbacks, agitation, insomnia
- ▶ Depression
 - ▶ Isolation, weight loss, weight gain, limited energy
- ▶ Anxiety
 - ▶ Racing thoughts, edginess, inability to sleep, helpless, fearful
- ▶ Substance abuse
- ▶ Increased Suicidality



How can we help?

- ▶ It's not your role or your responsibility to "fix it". Recovery is an ongoing and gradual process.
- ▶ Engage in the conversation
 - ▶ Make eye contact
 - ▶ Present as confident and safe
 - ▶ Soften your tone
 - ▶ Watch for cues
- ▶ You can
 - Provide a safe place to disclose IPV/MST
 - Offer support and resources
 - Assess safety/discuss a safety plan
 - Help identify limits
 - Document injuries

You may be the first person they told...be grateful, that is sacred!

Don't Hesitate To Contact Me

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