



Conference Faculty



DEBBY TUCKER


Deborah D. Tucker has contributed 42 years of volunteer and professional leadership in building the movement to end violence. She serves as the Domestic Violence Specialist in the Division of Practice Excellence, Child Protective Services for the Texas Department of Family and Protective Services.
 Debby is President of the Board of Directors of the National Center on Domestic and Sexual Violence, devoted to consulting, training, and advocacy. She co-chairs the Advisory Committee for Jewish Women International's National Alliance to End Domestic Abuse and serves as the Military Co-Chair for the National Task Force to End Sexual and Domestic Violence. She is a member of the Advisory Committee for the Corporate Alliance to End Partner Violence.
 Debby was a co-founder of SafePlace and served as its Executive Director for five years. She co-founded the Texas Council on Family Violence, the National Network to End Domestic Violence, and the National Domestic Violence Hotline. She has developed prevention and intervention programs as well as advocated for improvements to laws and policies at the local, state, national and international levels to enhance personal, professional, community and societal efforts to end sexual and domestic violence. In 2014 Debby was named a Distinguished Alumna of the College of Liberal Arts at Texas State University and inducted into the Texas Women's Hall of Fame.
[Full bio at conference website.](#)



Trauma Informed Considerations and Implications for Intervention: Military and Veterans

REFLECTING FORWARD
BISC-MI 2016 Conference

Deborah D. Tucker
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Responsibilities of the Movement to End VAW

- Collaborate with battered women and victims of sexual assault.
- Build organizations that learn and are responsive.
- Create cooperation, coordination and collaboration in the community.
- Create a society and world without violence.

— Debby Tucker

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MANIFESTATIONS OF VIOLENCE

Abuse can occur in different forms. It can be physical, emotional, sexual, spiritual, social and/or economic. The diagrams below describe some of the abuse tactics batterers use as they attempt to gain or maintain power and control over their intimate partner. Abuse does not always progress in the steps shown here. Sometimes the abuse may advance from putting or hitting directly to more severe physical violence such as the use of a weapon. Although each relationship is unique, any type of abuse that is considered a serious cause for concern. Despite different circumstances, it is important to remember that abuse can escalate (especially if there is no intervention). A coordinated community response holding batterers accountable for their abusive behavior is essential, as is a response acknowledging and respecting the rights of victims of domestic violence.

Exercise: It is helpful to be aware of the different manifestations of domestic violence. Circle the type(s) of abuse you are now experiencing (or that you have experienced). Notice if the violence is increasing in intensity, severity or frequency. Tell your domestic violence advocate to develop or review your current safety plan or explore your options. Remember, domestic violence is never your fault, even if you were drinking or using drugs.

EMOTIONAL ABUSE

- stunt treatment
- humiling jokes
- ignoring of feelings
- jealousy
- isolation
- humiliation
- harming of pets
- calling you "crazy" or a "bunk" or a "jerk"
- blaming/accusations
- monitoring of activities
- threats
- degradation
- homicide/suicide

PHYSICAL ABUSE

- scorch
- slap
- scuff
- hit
- target hit
- kick
- strangle
- beat
- use of a weapon
- murder
- deny physical needs
- bite
- force drug use
- punch
- throw objects
- tum
- deprive of sleep
- poison
- displacement/arrangement

continued ...

Manifestations of Violence, continued

SEXUAL ABUSE

- embarrassing comments
- ignoring of sexual needs
- forcing one to look at pornography
- sex as duty
- control of contraceptive
- forced prostitution for drugs
- forced sex soon after pregnancy
- death
- sexual jokes
- unwanted touching
- heating one like a sex object (in the)
- withholding of sex as a punishment
- demand of monogamy when abuser's promiscuous
- sex after violence
- rape

SOCIAL/ENVIRONMENTAL ABUSE

- uses gender inequalities
- destroys property
- controls major decisions
- controls money or finances
- making threats to victim's family/friends
- complete isolation
- convincing victim that she or he is a psychopath/paranoid/suicidal
- regards culture, religion, gender, profession, recovery from substance abuse, etc.
- demonstration of strength
- denies access to work
- eliminates support system, including access to health care or substance-abuse treatment
- child abuse/neglect
- suicide

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Four theories: what causes domestic violence?

1. Individual pathology
2. Relationship dysfunction
3. Learned response to stress and anger
4. Theory of dominance

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Individual Pathology

- The person using violence has some kind of illness or condition (mental, PTSD, TBI)
- Batterer (or his spouse) is problem – not society
- Individual problem preferred way of thinking in the military community for a long time
- Individual psychiatric care, treatment for addiction, or counseling is a typical response

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Relationship Dysfunction

- 'It takes two to tango'
- Couple is playing off of each other
- Either could stop the violence
- Both parties are responsible, also widely held belief for military interveners in the 60's-70's
- Couples counseling, or relationship counseling separately, is needed

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Learned Response to Stress and Anger

- "Cycle of Violence" theory – Lenore Walker
 - tension-building phase
 - explosion of violence
 - honeymoon phase or respite
- Men socialized to use violence
- Increases in frequency and severity
- Popular theory, huge leap for military to consider
- Anger management is a typical response

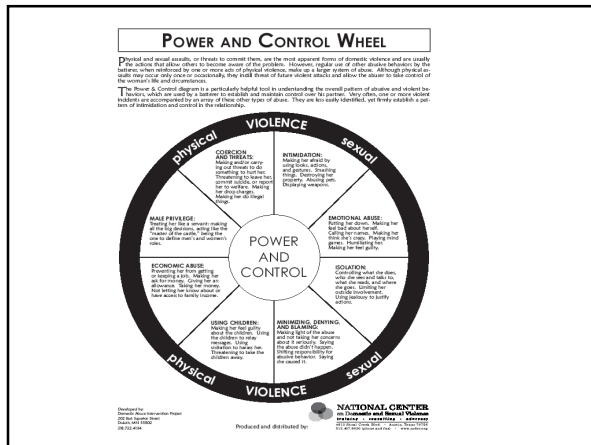
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Theory of Dominance

- System of power and control tactics
- Includes:
 - Physical violence
 - Sexual violence
 - Other tactics on Power and Control Wheel
- Battering comes from social conditions, not individual pathology
- Need to balance power differential by using power of the state
- Re-education and sanctions, support for victims
- Community plays a role in addressing the ways the use of violence is accepted and taught

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DoD Definition of Domestic Violence

Two Levels

1. For use in intervention programs
2. For use in proceedings under the UCMJ or for prosecution on federal or state land

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Domestic Abuse

Is (1) Domestic violence or (2) a pattern of behavior resulting in emotional/psychological abuse, economic control, and/or interference with personal liberty....

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Domestic Violence

An offense under the United States Code, the Uniform Code of Military Justice, or State law that involves the use, attempted use, or threatened use of force, or

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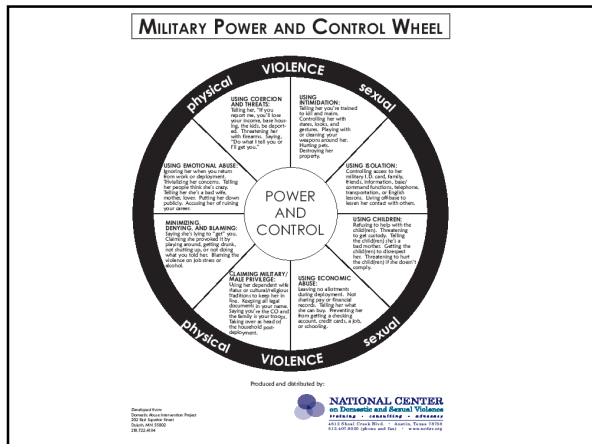


Domestic Violence

the violation of a lawful order issued for the protection of a person who is:

- (a) A current or former spouse;
- (b) A person with whom the abuser shares a child in common; or
- (c) A current or former intimate partner with whom the abuser shares or has shared a common domicile.

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Use of Violence has Different Intents

- **Battering** – intends to control the relationship
- **Resistive violence** – intends to stop the battering
- **Situational violence** – intends to control a situation
- **Pathological violence** – intent is controlled to some degree by pathology
- **Anti-Social Violence** – abusive to many in public and private settings

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Battering

- **System of power and control**
- **Includes:**
 - **Fear**
 - **Threats**
 - **Intimidation**
 - **Coercion**
- **Belief in entitlement**
- **Social movement**

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Resistive Violence

- **Substantial numbers of victims of battering use force against the batterer**
- **May not legally qualify as self-defense**
- **Victim's violence *usually* different**
- **Less sympathy from practitioners**
- **Different impact – individual and social**

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Situational Violence

- **The violence is related to a situation**
- **Not part of a larger system of controlling tactics**
- **No pattern of dominance**
- **Battering looks like this if the pattern is invisible**

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Pathological Violence

- **Violence is due to some kind of illness**
 - **Mental health**
 - **Alcohol**
 - **Drugs**
 - **Brain injury**
 - **PTSD**
- **Not typically part of system of controlling tactics**
- **Because a person's violence is linked to a pathology does not preclude that its intent can also be to batter, to resist battering, or to control a situation**

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Anti-Social Violence

- Abusive in several settings: bars, work, home, sports field, etc.
- No empathy, shame, or remorse, and little understanding of consequences
- Not gendered – appears to be caused by childhood abuse, neglect and chaos
- Not amenable to change through self-reflection or therapy, may not benefit from existing batterer's programs (Gondolf, 1999)
- 25% of men court ordered to batterer's programs could be 'anti-social' (Gondolf, 1999; Gondolf & White, 2001)
- Separate anti-social violence of individuals from group violence created by systematic oppression and domination

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Understanding Intent or "Cause" is Important

Why?

- Help us to differentiate between acts of violence
- Help us to determine most appropriate response
- Not getting it right could be dangerous

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Pathological Violence, Deployment Context

Post Traumatic Stress Disorder

Traumatic Brain Injury

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Post Traumatic Stress Disorder

- Anxiety disorder after a traumatic event
- During event, your life or others' lives are in danger
- Feel afraid or that you have no control
- Anyone who has gone through a life-threatening event can develop PTSD

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Post Traumatic Stress Disorder

- Events can include:
 - Combat or military experience
 - Child sexual or physical abuse
 - Terrorist attack
 - Sexual or physical assault
 - Serious accident, such as car wreck
 - Natural disasters, fire, tornado, etc.

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Post Traumatic Stress Disorder

- Not clear, why some develop and others do not. Likelihood may depend upon:
 - Intensity and length of trauma
 - Whether someone dies or is badly hurt
 - Proximity to the event
 - Strength of reaction
 - Feelings of control
 - Help and support received afterwards

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What to Look For?

Physical

Fatigue
Chest Pain
Weakness
Sleep Problems
Nightmares
Breathing Difficulty
Muscle Tremors
Profuse Sweating
Pounding Heart
Headaches

Behavioral

Withdrawal
Restlessness
Emotional Outbursts
Suspicion
Paranoia
Loss of Interest
Alcohol Consumption
Substance Abuse

Emotional

Anxiety or Panic
Guilt
Fear
Denial
Irritability
Depression
Intense Anger
Agitation
Apprehension

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Traumatic Brain Injury

- Occurs if the head is hit or violently shaken (such as from a blast or explosion)
- Results in a concussion or closed head injury, not life-threatening but may have serious symptoms, worse if exposed more than once, behavior and personality changes possible

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Common Symptoms of Brain Injury

- Difficulty organizing daily tasks
- Blurred vision or eyes tire easily
- Headaches or ringing in ears
- Feeling sad, anxious or listless
- Easily irritated or angered
- Feeling tired all the time

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Common Symptoms of Brain Injury

- Trouble with memory, attention or concentration
- More sensitive to sounds, lights, or distractions
- Impaired decision-making or problem-solving
- Difficulty inhibiting behavior, impulsive

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Common Symptoms of Brain Injury

- Slowed thinking, moving, speaking or reading
- Easily confused, feeling easily over-whelmed
- Change in sexual interest or behavior

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Consider the Source of the Conduct

- Regardless of source, offender must be held accountable and victim protected
- Accountability strategy must take into account the source and how to intervene appropriately
- In other words, untreated TBI sufferer unlikely to be helped by battering intervention

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Consider the Source of the Conduct

- Nor should a batterer escape appropriate consequences for conduct by alleging TBI or PTSD when those are NOT the cause
- We must be thoughtful and vigilant to ensure the intervention fits the offense

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How do we determine the source?

- Is the conduct new?
- Have there been other incidents of violence directed to non-family?
- What other factors require attention?
- Does the offender avoid situations that remind him of the original trauma?
- Are power and control tactics more pronounced?

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Principles of Intervention

- Victim Safety and Well-being
- Offender Accountability
- Changing the Climate of Tolerance to Violence in the Community

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Five Things to Say to a Battered Woman

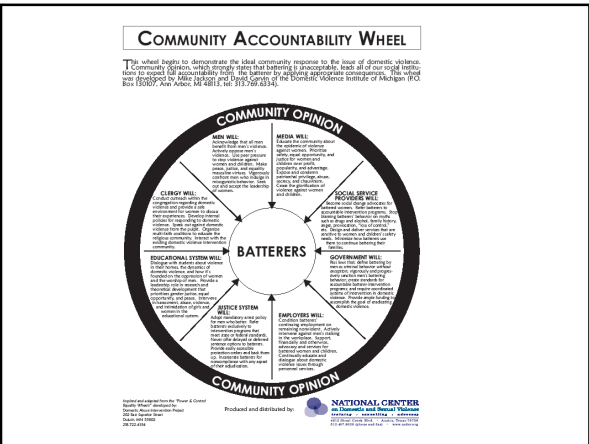
- I am afraid for your safety.
- I am afraid for the safety of your children.
- It will only get worse.
- I am here for you when are ready for change.
- You don't deserve to be abused.

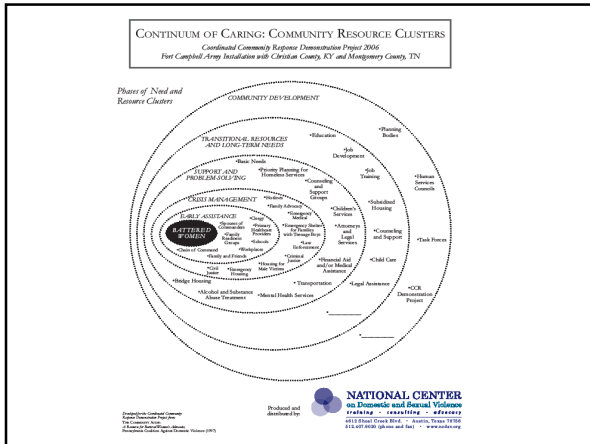
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Five Things to Say to a Person Using Violence

1. I'm afraid you'll really hurt her badly or kill her next time.
2. I'm afraid you'll hurt your children.
3. It will only get worse.
4. I'm here for you when you're ready to change.
5. No one, including you, has the right to abuse/hurt another person.

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 - News Accounts
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