

2009

Family with domestic violence

La Tonya R. Stokes
University of Northern Iowa

Let us know how access to this document benefits you

Copyright ©2009 La Tonya R. Stokes

Follow this and additional works at: <https://scholarworks.uni.edu/grp>



Part of the [Domestic and Intimate Partner Violence Commons](#), and the [Education Commons](#)

Recommended Citation

Stokes, La Tonya R., "Family with domestic violence" (2009). *Graduate Research Papers*. 1584.
<https://scholarworks.uni.edu/grp/1584>

This Open Access Graduate Research Paper is brought to you for free and open access by the Student Work at UNI ScholarWorks. It has been accepted for inclusion in Graduate Research Papers by an authorized administrator of UNI ScholarWorks. For more information, please contact scholarworks@uni.edu.

Family with domestic violence

Abstract

What is domestic violence? When someone speaks of domestic violence what goes through your mind? Domestic violence, which is also known as domestic abuse or spousal abuse, is when a family member, partner or ex-partner attempts to physically or psychologically dominate another. But domestic violence has many forms other than physical violence. There are sexual abuse, emotional abuse, intimidation, economic deprivation, stalking and threats of violence (Domestic Violence). There are four types of violence within domestic violence: Common couple violence (CCV), Intimate terrorism (IT), violent resistance (VR), and Mutual violent control (MVC) (Johnson & Ferraro, 2000). There are three basic phases that characterized the cycle of violence: Honeymoon phase, Tension building phase, and Acting-out phase (Domestic Violence). Domestic violence effects the whole family in very many and different ways.

FAMILY WITH DOMESTIC VIOLENCE

A Research Paper

Presented to

The Department of Educational Leadership, Counseling and
Postsecondary Education
University of Northern Iowa

In Partial Fulfillment

Of the Requirements for the Degree
Master of Arts in Education

By

La Tonya R Stokes

December 2009

This Research Paper by: La Tonya R Stokes

Entitled: Family with Domestic Violence

Has been approved as meeting the research paper requirements for the Degree of Master of Arts in Education.

Linda Nebbe

Adviser/Director of Research Paper

12-4-09
Date Approved

Victoria Robinson

Head, Department of Educational Leadership, Counseling, and Postsecondary Education

12-7-09
Date Received

Abstract

What is domestic violence? When someone speaks of domestic violence what goes through your mind? Domestic violence, which is also known as domestic abuse or spousal abuse, is when a family member, partner or ex-partner attempts to physically or psychologically dominate another. But domestic violence has many forms other than physical violence. There are sexual abuse, emotional abuse, intimidation, economic deprivation, stalking and threats of violence (Domestic Violence). There are four types of violence within domestic violence: Common couple violence (CCV), Intimate terrorism (IT), violent resistance (VR), and Mutual violent control (MVC) (Johnson & Ferraro, 2000). There are three basic phases that characterized the cycle of violence: Honeymoon phase, Tension building phase, and Acting-out phase (Domestic Violence). Domestic violence effects the whole family in very many and different ways.

What is domestic violence? When someone speaks of domestic violence what goes through your mind? What goes through my mind is some woman being physical abused by her partner. According to Wikipedia the true definition of domestic violence, which is also known as domestic abuse or spousal abuse, is when a family member, partner or ex-partner attempts to physically or psychologically dominate another. But domestic violence has many forms other than physical violence. There are sexual abuse, emotional abuse, intimidation, economic deprivation, stalking and threats of violence. This all can lead to criminal violence. A study shows that 30% of Americans say they know a woman who has been physically abused by her husband or boyfriend in the past year (Bachman & Carmody, 1994). Do you know of anyone that is in a domestic abuse situation?

Statistics show that from 25 to 31 percent of American women report being physically or sexually abused by a husband or boyfriend at some point in their lives (Bachman & Carmody, 1994). From 3 million to 10 million children witness that abuse each year (Edleson, 1999). In a national survey of more than 6,000 American families, 50% of the men who frequently assaulted their wives also

frequently abused their children (Bachman & Carmody, 1994). Growing up in a violent home may be a terrifying and traumatic experience that can affect every aspect of a child's life, growth and development. This can have short and long term physical, emotional and learning problems, also including: increased aggression, decreased responsiveness to adults, failure to thrive, posttraumatic stress disorder, depression, anxiety, hyper-vigilance and hyperactivity, eating and sleeping problems, and developmental delays (Edleson, 1999). Females who are exposed to their parents' domestic violence as adolescents are significantly more likely to become victims of dating violence than daughters of nonviolent parents. Women victimized by abuse are more likely to be diagnosed with serious health problems including depression, panic attacks, high risk behaviors such as tobacco and substance abuse and sexual risk taking, as well as migraines, chronic pain, arthritis, high blood pressure, gastrointestinal problems, inconsistent use of birth control, and delayed entry into prenatal care (Noland, Liller, McDermott, Coulter, & Seraphine, 2004). As we can see domestic

violence is a large problem which affects everyone in the family.

With so many different forms of domestic violence, it's not easy to detect within a family. Johnson (2000) states there are four types of violence within domestic violence:

- Common couple violence (CCV) is not connected to general control behavior, but arises in a single argument where one or both partners physically lash out at the other.
- Intimate terrorism (IT) is one element in a general pattern of control by one partner over the other. Intimate terrorism is more common than CCV, but more likely to escalate over time, and more likely to involve serious injury.
- Violent resistance (VR) sometimes thought of as self-defense is violence perpetrated usually by women against their abusive partners.
- Mutual violent control (MVC) is a rare type of intimate partner violence occurs when both partners act in a violent manner, battling for control (p.949-950).

With the problems domestic violence causes there is a real need for family and individual counselors. There are many different theories as to the causes of domestic violence. These include psychological theories that consider personality traits and mental characteristics of the offender, as well as social theories which consider external factors in the offender's environment, such as family structure, stress, and social learning. But most counselors and theorist refer to domestic violence as a pattern of behaviors which deals with the cycle of violence. There are three basic phases that characterized the cycle of violence (Domestic Violence):

1. Honeymoon Phase-characterized by affection, apology, and apparent end of violence. During this stage the batterer feels overwhelming feelings of remorse and sadness. Some batterers walk away from the situation, while others shower their victims with love and affection.
2. Tension Building Phase-characterized by poor communication, tension, fear of causing outbursts. During this stage the victims try to calm the batterer down, to avoid any major violent confrontations.

3. Acting-out Phase-characterized by outbursts of violent, abusive incidents. During this stage the batterer attempts to dominate his/her partner (victim), with the use of domestic violence.

Some counselors believe that the cycle of violence theory is limited and does not reflect the realities of many men and women experiencing domestic violence (Domestic Violence).

A movie, *Enough*, is about an abused wife, Slim, who realizes that her husband, Mitch, isn't the wonderful man she thought he was when they got married. She and her daughter try to escape, seeking refuge with her ex-boyfriend, but Mitch pursues them relentlessly. Fearing for her daughter's safety, Slim decides there's only one way out of the marriage; kill her husband (Apted, 2002).

This movie shows the definition of domestic violence. Slim lived through the physical violence, and economic deprivation, Mitch was rich and she was just a waitress when they met. Using intimidation, Mitch threatens Slim with the custody of their child. Employing emotional abuse, Mitch told her he was in full control. He was always telling her he "will never let her go". This movie also

included the child aspect. In the movie their child was an 8 year old girl. She witnesses the verbal and physical abuse of her mother. Slim's strength is her willingness to not give up. She fights back every chance she gets. Since Slim grew up without her father, she wanted a family for her daughter. When her husband first hit her, Slim went to her mother-in law. Her mother-in-law asked her what she did. It was apparent that her mother-in-law was abused in the same manner. Later Slim reconnects with her own father.

Theoretically Slim and her daughter both have emotional abuse and trust issues. Her daughter will probably have some issues about her father and what happened to him and why he did the things he did to her mother.

Solution-focused therapy would be one of the theories I would consider in helping this family move forward. I would do play therapy with the daughter. I would also work with both mother and daughter putting their family back together by using family reconstruction.

By doing this research I am more informed of the different types of domestic violence and what affects it has on a family. By knowing this information I believe I can help my clients more effectively.

References

- Apted, M. (Director). (2002). *Enough* [Motion Picture].
- Bachman, R., & Carmody, D. (1994). Fighting Fire with Fire: The Effects of Victim Resistance in Intimate Versus Stranger Perpetrated Assaults Against Females. *Journal of Family Violence* , 317-331.
- Domestic Violence*. (n.d.). Retrieved December 7, 2008, from Wikipedia: <http://www.wikipedia.org>
- Edleson, J. (1999). Children's witnessing of domestic violence. *Journal of Interpersonal Violence* , 14:839-70.
- Gladding, S. T. (2007). *Family Therapy*. New Jersey: Pearson Prentice Hall.
- Heise, L., Ellsberg, M., & Gottemoeller, M. (1999). Ending Violence Against Women. *Population Reports* , Series L, No. 11.
- Johnson, M. P., & Ferraro, K. (2000). Research on Domestic Violence in the 1990's: Making Distinctions. *Journal of Marriage and the Family* , 948-963.
- Noland, V., Liller, K., McDermott, R., Coulter, M., & Seraphine, A. (2004). Is Adolescent Sibling Violence a

Precursor to College Dating Violence? *American Journal of Health and Behavior* , 28:813-823.

Roberts, A. (1996). Battered Women Who Kill: A Comparative Study of Incarcerated Participants with a Community Sample of Battered Women. *Journal of Family Violence* , 291-304.