




**Rob Veale Ltd**  
**Family Violence Workshop Series**  
 August 2021



Family Violence: An Introduction – Theory to Practice

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## My Background

- Over 30 years in NZ Police, last 16 years as an Inspector (Violence Reduction Unit at PNHQ)
- Involved in a number of national initiatives (i.e. risk, information sharing, FSTs, PSOs, wide range of training)
- Four years seconded to NZAID (DV and the Pacific)
- Inaugural member of the FV Death Review Committee
- Last 8 years as VIP Coordinator at CCDHB
- Now self-employed (family violence training)

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## Todays session

- Family violence – definitions and frameworks
- Statistics
- Theories – old and new
  - Examples of more vulnerable com-
- Signs and symptoms
- Having a conversation
- But what if they say ‘Ye-
- Other topics
  - Protection Orders, F-
  - Anything else

A refresher, an update , something new to include , In your practice



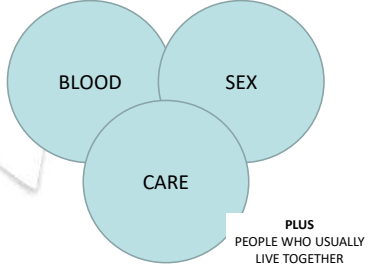
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## Definitions, behaviours and frameworks

- What is Family Violence?
- Defining family relationships
- Types of behaviours associated with IPV
- Consider important frameworks
  - Te Whare Tapa Whā
  - Family Harm

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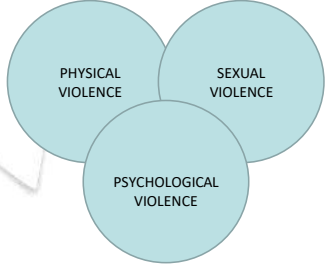
## Describing family relationships



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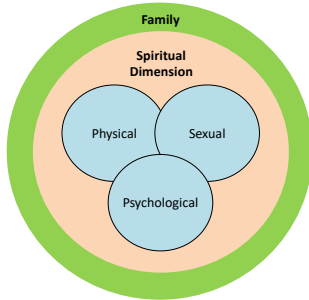
## Family Violence Act 2018

### Behaviours associated with ‘violence’



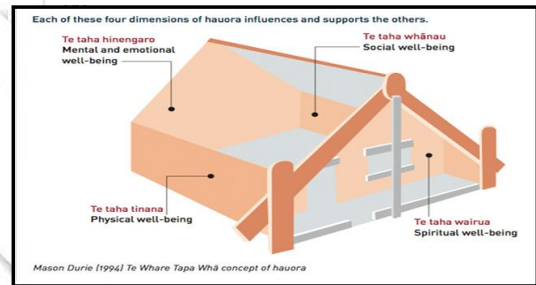
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## Frameworks



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## Te Whare Tapa Whā



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## What is family harm?

For NZ Police, Family Harm encapsulates **a broader, more holistic view of the issues occurring within a family.**

When Police attend a Family Harm Investigation they do so with **'eyes wide open'**, which means working to understand the wider dynamics of family harm, the patterns of harm and the adverse circumstances in which they occur.

It helps Police make the best decisions when responding to family harm and ensures we get the best outcomes possible for the people involved.



New Zealand Police

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## Examples of family harm?

**Family Harm** – A NZ Police term intended to encapsulate a broader more holistic view of issues occurring within families.

*Examples:*

- Family violence
- Coercive and controlling behaviour
- Alcohol abuse and illicit drug use
- Unemployment
- Deprivation/poverty
- Negative cultural attitudes
- Lack of life skills
- Lack of parenting skills
- Lack of education
- Lack of adequate social networks
- Health issues

New Zealand Police

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## Family violence categories

Some common terms used to categorise types of family violence include:

- **Child abuse and neglect** – for children and young people under 18 years of age
- **Elder abuse and neglect** - for adults over 65 years of age
- **Intimate partner violence** – involving people who are in or have been in an intimate relationship.

**Always consider the co-occurrence of child abuse and intimate partner violence**

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## Identifying the best pathway

**Scenario:**

A 15 year old young woman is in a dating relationship with a 19 year old young man. He tells her what he likes her to wear, stops her seeing her friends, and sends her countless text messages about where she is, what she is doing.

At 10.30pm one evening he strangles her in his car. She possibly loses consciousness. He pushes her out of the parked car and leaves her to walk home alone. He phones her the next day, apologises and says if she ever leaves, he will kill himself.

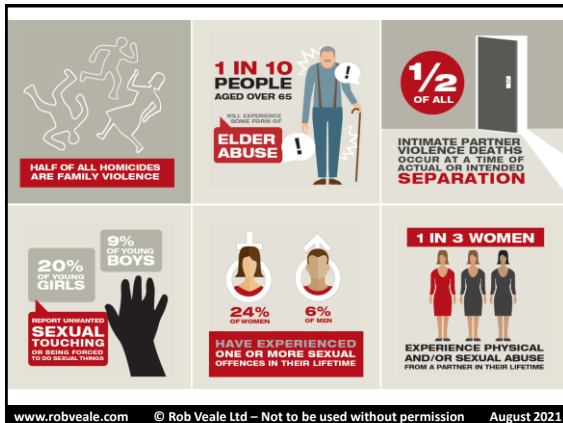
**What type of violence are we dealing with here? What are our referral options?**

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## Looking at statistics

- How big is the challenge?
- Incidence and prevalence

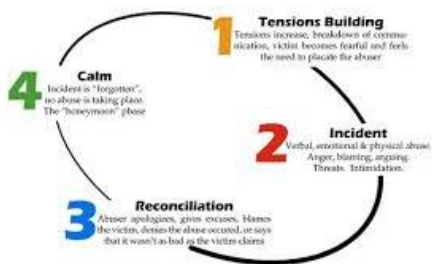
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## Discussion & Questions

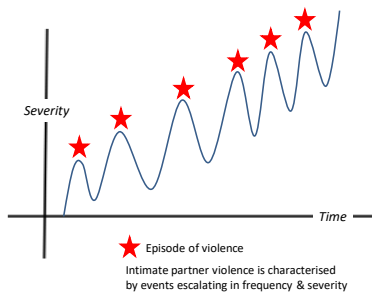
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## Cycle Of Violence

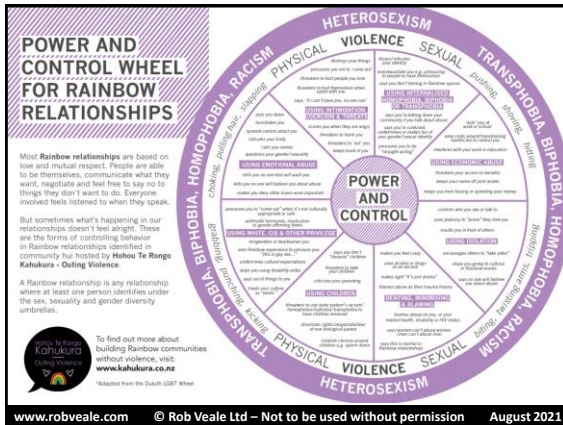
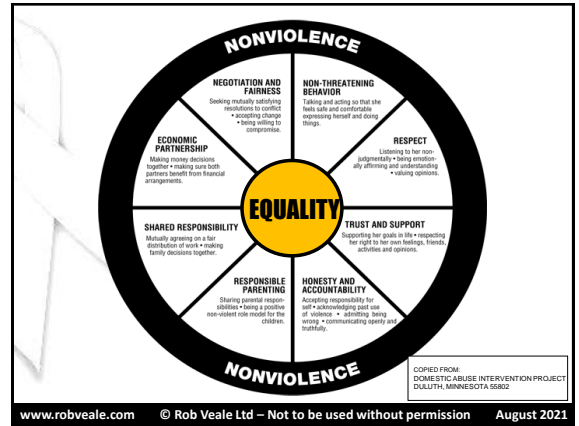
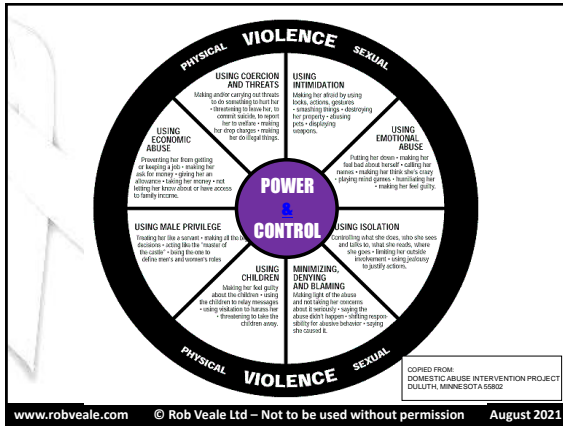


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## Escalating Violence



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**Why does she stay? Why can't she leave?**

- Fear
- Family
- Father
- Fantasy
- Future
- Friends
- Finance
- Faith
- Forgiveness
- Fatigue
- Failure
- Fuel

**Why is he violent? Why does he hit or abuse her?**

**What question should we be asking instead?**

EVERY BODY HAS THE RIGHT TO LIVE WITHOUT MONEY, WITHOUT A PLACE TO GO, WITHOUT A HOME, WITHOUT A PLACE TO BE. WHAT WOULD YOU DO?

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## Coercive Control

Professor Evan Stark described coercive control as “a malevolent course of conduct that subordinates women to an alien will by violating their physical integrity (**domestic violence**), denying them respect and autonomy (**intimidation**), depriving them of social connectedness (**isolation**), and appropriating or denying them access to the resources required for personhood and citizenship (**control**)”

(Stark, 2007, p.15)

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## Coercive Control

Stark characterised coercive control as a “**strategic course of oppressive behaviour**”.

The oppression confines the controlled partner in an **invisible cage made up over time of bars of micromanagement, emotional manipulation, aggression and humiliation**.

The end result is a unilateral relationship where **the controlling partner dominates using behaviours and tactics** that have been likened to the mental deconstruction of hostages, cult members and prisoners of war.

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### Coercive Control

How much don't I love you?  
Let me count the ways

COERCIVE CONTROL

They get inside your head  
trying to control your mind

Abusers aren't flexible  
They expect you to bend their way.

That's not how it happened.

I'm not the only one who thinks that

Your man says the same thing

Even your best friend agrees with me

ABUSERS BRING IN OTHER PEOPLE

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### Understanding Coercive Control

## Red Flags

at the beginning of a relationship

1. They come on strong
2. They create a false sense of intimacy
3. They find your weakspots
4. They test your boundaries
5. They wait until you are fully invested
6. The emotional rollercoaster is deliberate
7. They 'appear' to have a lot of friends

COERCIVE CONTROL: Special Edition  
Understanding Coercive Control

## Entitlement

Abusers have an expectation of how they want to be treated, how they appear to be treated. In the abuser's mind, these expectations outweigh the needs of those around him or her.

**if expectations aren't met, there WILL be consequences.**

When a person is entitled, they believe that they are deserving of special treatment that they are not entitled to. They use their words to seek a comparison with others and threaten to withdraw unless their needs are met. If others fully recognize their needs to be met, when these needs are not met, they often show their displeasure by becoming angry or disrespectful.

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## Coercive Control

Examples of coercive control include:

- Isolation
- Monitoring activity
- Restricting autonomy
- Gaslighting
- Name-calling
- Controlling money
- Reinforcing roles
- Manipulating kids
- Controlling your body
- Jealousy
- Sexual coercion
- Making threats

Extract from [www.healthline.com/health/coercive-control](http://www.healthline.com/health/coercive-control) (July 2021)

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## An Invisible Cage

- By the abusive person
- By inequalities
- By quality of response to help seeking

## Social Entrapment

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## Intersectionalities

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## LGBTQQI+ Community

Level of violence is similar to that in the general population.

Victims of violence may not access services or report to the Police because of:

- **Fear of 'outing'**, that the abuser will reveal his or her sexual orientation or biological gender to family, friends or co-workers
- An individual's **fear institutional discrimination** and homophobic or transphobic care providers
- Threats to **reveal an infected persons HIV status** or to transmit HIV to the victim if he or she is HIV negative

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## People with Disabilities

But what disabilities are we thinking about, and how do they impact on coercions, control and safety.

- Intellectual
- Specific learning
- Autism
- Acquired brain injury
- Neurological
- Deafblind (dual sensory)
- Physical
- Vision
- Hearing
- Speech
- Psychosocial



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## CALD

CALD refers to 'Culturally and Linguistically Diverse' communities. Presentations of family violence that disproportionately affect people from CALD communities include:

- Social isolation
- Forced marriage
- Female genital mutilation
- Financial abuse
- Spiritual abuse
- Multi-perpetrator violence
- Immigration-related abuse
- Dowry-related violence



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## CALD

Family violence in CALD communities can also be exacerbated by characteristics or circumstances that can be more common in those communities, including:

- Pre-arrival trauma
- Immigration status
- Different cultural understandings of what constitutes family violence
- Difficulties leaving a violent relationship



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CALD communities are generally **less likely to speak out or report family violence**. Reasons may include but are not limited to:

- a perception services will not provide a culturally sensitive response
- language barriers
- fear of being ostracised from their community
- fear and mistrust of government agencies
- cultural norms that set out gender roles, sexuality, marriage, divorce and family dynamics
- lack of CALD specific support services
- a lack of available and independent interpreters.
- social isolation
- shame and stigma involving others in family matters

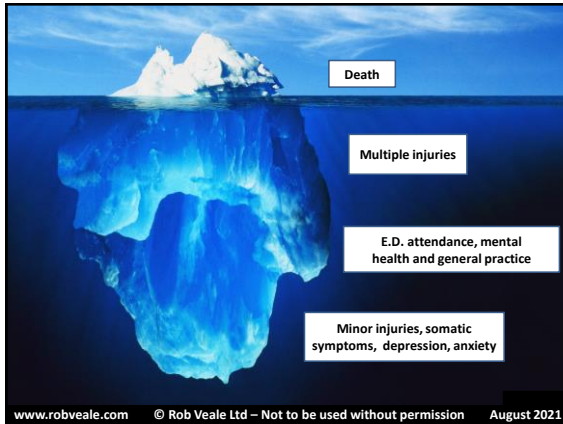
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## Signs and Symptoms

- Health Effects of IPV
- Health outcomes for IPV
- Danger Signs



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## Health Effects for IPV

- Adult victims present to Emergency Departments 3X as often as non victims
  - Campbell (1994)
- Adult victims present to primary care providers twice as often as non-victims
  - Krug (2002), Fanslow and Robinson (2004)
- Victims are more likely to use psychiatric services.
  - Fanslow and Robinson (2004)

Slide Attributed to Mori, 2016

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## Health outcomes for IPV

<p><b>Physical health</b></p> <ul style="list-style-type: none"> <li>• Injury</li> <li>• Functional impairment</li> <li>• Physical symptoms</li> <li>• Poor subjective health</li> <li>• Permanent disability</li> <li>• Severe obesity</li> </ul> <p><b>Chronic conditions</b></p> <ul style="list-style-type: none"> <li>• Chronic pain syndromes</li> <li>• Irritable bowel syndrome</li> <li>• Gastrointestinal disorders</li> </ul>	<p><b>Reproductive health</b></p> <ul style="list-style-type: none"> <li>• Unwanted pregnancy</li> <li>• STDs/HIV</li> <li>• Gynaecological disorders</li> <li>• Pregnancy complications</li> <li>• Miscarriage/low birth rate</li> <li>• Pelvic inflammatory disease</li> </ul>
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Slide Attributed to Mori, 2016

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## Health outcomes for IPV

<p><b>Mental health</b></p> <ul style="list-style-type: none"> <li>• Attempted suicide</li> <li>• Self harming behaviours</li> <li>• Post traumatic stress</li> <li>• Depression</li> <li>• Anxiety</li> <li>• Phobias/panic disorders</li> <li>• Eating disorders</li> <li>• Sexual dysfunction</li> <li>• Low self-esteem</li> <li>• Substance abuse</li> </ul>	<p><b>Negative health behaviours</b></p> <ul style="list-style-type: none"> <li>• Smoking</li> <li>• Alcohol and drug abuse</li> <li>• Sexual risk-taking</li> <li>• Physical inactivity</li> <li>• Overeating</li> </ul>
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## Remembering the children

Breaking the inter-generational cycle of violence may be addressed by limiting the exposure of children to ACEs (Adverse Childhood Experiences)

- ACEs may include exposure to:
  - Intimate Partner Violence
  - Alcohol and drug addiction
  - Untreated mental illness
  - Loss of a parent through separation, death, incarceration
  - Child abuse and neglect
- Do our assessments include ACEs? If not, why not?

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## Findings of the ACE Study

- ACE score of 6 and higher – an almost **20-year shortening of lifespan**.
- ACE score of 4 – 260% more likely to have **Chronic Obstructive Pulmonary Disorder (COPD)** than a person with an ACE Score of 0.
- ACE score of at least 7 increased the likelihood of childhood/adolescent **suicide attempts 51-fold** and **adult suicide attempts 30-fold**.
- ACE scores of 4 or higher increases your chance of having self acknowledged **alcoholism as an adult by 500%** (with a history of parental alcoholism).
- ACE scores of 4 or more were **12 times more likely to have attempted suicide**, **7 times more likely to be alcoholic**, and **10 times more likely to have injected street drugs**.

The prevalence estimates reported below are from the entire ACE Study sample (n=17,337).  
Prevalence of ACEs by Category for CDC-Kaiser ACE Study Participants by Sex, Waves 1 and 2.  
Notes: \*Statistical Significance (p < 0.05) (N = 17,337). \*\*Statistical Significance (p < 0.05) (N = 17,337). \*\*\*Statistical Significance (p < 0.05) (N = 17,337).

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**DANGER**

These seven signs are deadly serious.

If any of these are happening to you, you are at risk of being killed by your partner. Please seek help.

Danger signs are usually present in the weeks and months before a death, but friends and family often miss or ignore them. Each incident of violence may not seem serious on its own. A pattern of controlling behaviour might become obvious over time.

**FAMILY VIOLENCE IT'S NOT OK IT IS OK TO ASK FOR HELP**

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## Asking about IPV

- IPV is **common and has severe consequences** on physical and mental health.
- It is usually not disclosed without a **direct behaviourally – based question**.
- People will commonly disclose IPV when questioned directly in the **context of a professional relationship with an attitude of caring and non-judgement**
- Only asking about violence when there are other **reasons to suspect it will miss a substantial proportion** of potential disclosures about family violence.

Slide Attributed to Mohl, 2016

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## Asking questions safely

- At a time when the woman is feeling reasonably at ease, for example, while taking a client history .
- Only ask questions if a client is alone, or with a child under 2 years old.

Slide Attributed to Mohl, 2016

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## Asking questions safely

### Start with a Framing Statement

**“In this service we are **concerned about family violence**, and the impact it has on women and children, therefore we **routinely ask all women about violence in their home.**”**

FVAIG (2016) p. 54

Slide Attributed to Mohl, 2016

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## Asking questions safely

### An example from ‘Health’

- “Within the past year, did anyone scare you or threaten you, or someone you care about? (If so, who did this to you?)”
- “Within the past year, did anyone ever try to control you, or make you feel bad about yourself?”
- “Within the past year have you been hit, pushed or shoved, slapped, kicked, choked or otherwise physically hurt? (If so, who did this to you?)”
- “Within the past year has anyone forced you to have sex, or do anything sexual, in a way you did not want to? (If so, who did this to you? When did this happen (the last time?)”

FVAIG (2016) p. 54

Slide Attributed to Mohl, 2016

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## What can we do?

- RECOGNISE – RESPOND - REFER**
- Understand all forms of family violence are not OK
- Follow your policies and best practice guidelines** – if you haven’t got any, this is an opportunity for improvement.
- Where appropriate include questions about family violence into routine assessments
- If you have any concerns, talk to someone
  - Your manager or supervisor
  - Document, document, document**

**FAMILY VIOLENCE IT'S NOT OK IT IS OK TO ASK FOR HELP**

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## Legal Responsibilities


- We are often dealing with situations involving **children and vulnerable adults – always consider co-occurrence.**
- Under the **Family Violence Act 2018** (provisions relating to sharing information) we now have a **duty to consider sharing** information with other agencies.
- We should **document details of those persons consulted**, and **document our decision**, particularly when we decide not to share information with other agencies.
- Remember **safety always overrides privacy.**

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## Referral Options

- **Someone for support**
  - Family/friends
  - FV Services: Women's Refuge, NNSVS, SHAKTI, culturally appropriate services
- **Somewhere safe to stay**
  - Family/friends
  - Women's Refuge
- **Legal options**
  - Protection Order
  - Court orders

Think about the agencies and services available in your community?



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## Documentation

- Documentation contributes to everyone's safety – for our client, her children, for perpetrators - and professionals.
- Documentation is essential for information sharing and associated practices – including risk assessment and safety planning.
- At some later date, may be useful to support applications for Court orders.
- So let's reconsider our language based on what we have covered in this session ...

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	Protection Order	Police Safety Order
<b>Issued by</b>	Judge Family Court District Court	Issued by Police
<b>How to get an order</b>	Applicant (or 3 <sup>rd</sup> person) applies to the Family Court	Issued by Police
<b>What needs to be proven?</b>	Family violence (on balance of probability) and need for safety	Police believe further violence is likely
<b>Conditions</b>	<ul style="list-style-type: none"> <li>• Non-violence</li> <li>• <b>Non-associations unless with consent from applicant</b></li> <li>• No Firearms or licence</li> <li>• Attend Stopping Violence programme</li> <li>• Other conditions</li> </ul>	<ul style="list-style-type: none"> <li>• Non-violence</li> <li>• <b>Non-association</b></li> <li>• Other conditions as imposed by Police</li> </ul>
<b>Breaches</b>	3 years imprisonment	Arrested and brought before the District Court
<b>Duration</b>	<b>Life-time</b> or until they are discharged	<b>Up to 10 days</b> (in which time protected person can access specialist FV services)

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## Family Violence Information Disclosure Scheme FVIDS

**Potential victims of family violence, or concerned relatives or friends**, can request information relating to the violence history of a new partner. The aim is to enable a partner of a previously violent individual to make informed choices.

**Who can ask for a disclosure?**  
**Any person** can make enquiries about a person they are in a relationship with if they have concerns about their safety.  
**Any concerned third party**, such as a parent or friend can also make an application but they would not necessarily receive the information about the individual concerned.

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## Family Violence Information Disclosure Scheme FVIDS

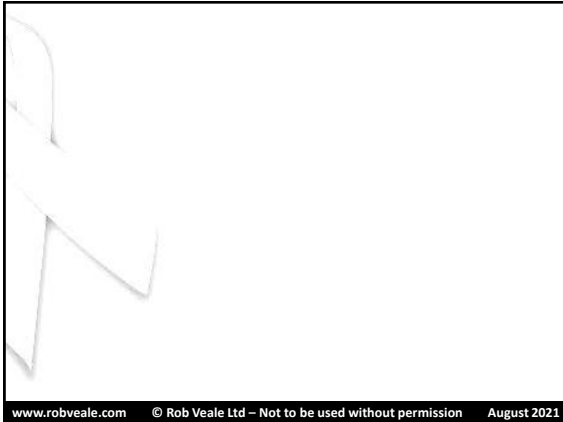
**What safeguards are in place for women in terms of privacy?**  
 The Official Information Act and Privacy Act already enable Police to disclose family violence information about an individual.

Disclosure of information will be considered on a case-by-case basis.

For more information, contact your local Police Farm Harm Team for more information or go to the Police website

[www.police.govt.nz/advice-services/family-violence](http://www.police.govt.nz/advice-services/family-violence)

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## Current situation

More attention has been given to TBI in recent years particularly in:

- Warfare
- Professional sports (eg. NFL, NRL)
- Motor vehicle crashes
- Falls
- Shaken baby syndrome

What about victims of Intimate Partner Violence?

Brain Injury Association of America (BIAA)

## Cognitive symptoms

Cognitive difficulties may be recognised by:

- Decreased concentration, reduced attention span
- Executive functioning, goal setting
- Short and/or long term memory loss
- Problem solving ability and thinking straight
- Displaying appropriate emotional/communication responses
- Learning new information
- Making plans, organising tasks
- Spelling, writing and reading
- Finding the right words, constructing sentences
- Understanding written communication
- Interpreting verbal and non-verbal language
- Functions of speech muscles, tongue and lips
- Depression
- Memory distortion

## Behavioural symptoms

Behavioural symptoms may be recognised by:

- Changes in behaviour, personality or temperament
- Increased aggression and/or anxiety
- Decreased or increased inhibitions
- Quickly agitated or saddened
- Changes in emotional expression (flat, non-emotional, inappropriate or over-reactions)
- Avoidance of people, family or friends
- Difficulty sleeping
- Increased irritability or impatience

## Physical symptoms

Physical symptoms may be recognised by:

- Hearing loss
- Headaches, neck pain
- Nausea and vomiting
- Changes in vision (blurred, sensitive, seeing double, blindness)
- Ringing or buzzing in ears
- Dizziness, difficulty balancing
- Decrease in, or loss of, smell or taste
- Decreased coordination in limbs
- Loss of bowel or bladder control
- Increased sensitivity to noise or bright lights
- Seizures
- Weakness or numbness

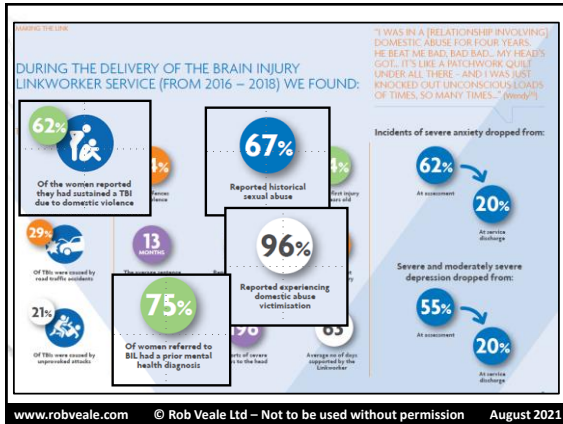
## Effects of TBI

BRAIN INJURIES CAN CAUSE A WIDE RANGE OF COGNITIVE, BEHAVIOURAL AND EMOTIONAL DIFFICULTIES, INCLUDING: LOSS OF MEMORY, CONCENTRATION, CONFUSION AND INCREASED AGGRESSION.

KEY FINDINGS FROM THE STUDY:

<b>1.4</b> Average no. of injuries per woman	<b>64%</b> Female offenders in MHP/PSU (Police) had reported a history indicative of a brain injury	<b>33%</b> Sustained their first brain injury prior to committing their first offence
<b>62%</b> Of women reported they had sustained a specific brain injury due to domestic violence	<b>96%</b> Of female offenders reported they had experienced domestic abuse victimisation	<b>25</b> Average age at first brain injury
<b>47%</b> Had been in a MHP prison for more than 1 year	<b>44%</b> Had convictions for violent crimes	<b>75%</b> Of women referred to the BIA, had a prior mental health diagnosis

Disabilities Trust, University of London, (2016 – 2018)



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A pattern of controlling behaviour might become obvious over time.

**Control**  
Preventing a partner from seeing family and friends  
Controlling what a partner wears  
Controlling where a partner goes  
Controlling what a partner does

**Intimidation**  
Belittling a partner  
Blame  
Threats  
Isolation  
Jealousy  
Possessiveness  
Controlling a partner's access to money  
Controlling a partner's access to the internet

**Threats**  
Threats of violence  
Threats to harm a partner's family  
Threats to harm a partner's pets  
Threats to harm a partner's reputation  
Threats to harm a partner's job

**Stalking & child**  
Stalking a partner's children  
Stalking a partner's family  
Stalking a partner's friends  
Stalking a partner's colleagues  
Stalking a partner's neighbours  
Stalking a partner's pets  
Stalking a partner's reputation  
Stalking a partner's job

**Stalking**  
physical stalking  
stalking on social media such as gaining access to Facebook, looking in a person's phone, reading their messages

**"He sent 150 text messages and 43 voice messages."**

**FAMILY VIOLENCE IT'S NOT OK** **IT IS OK TO ASK FOR HELP**

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## Stalking

### Stalking Definition (UK):

A **pattern of behaviour directed at a specific person** that would cause a reasonable person to **fear for the person's safety or the safety of others**; or **suffer substantial emotional distress**.

No specific legislation in New Zealand.

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## When does Stalking happen?

Stalking does not just occur when a person leaves the relationship.

Victims are **stalked while still in the relationship** with a controlling partner, making separation very difficult. Due to many safety concerns, stalking victims find that **they will sometimes need to stay with the controlling, stalking partner to prevent further harm**.

**Stalking after a separation may increase the risk of violence.** Victims stalked by violent partners **report more separation attempts** than partner violence victims who were not stalked.

**SPARC**  
SUPPORT FOR PARTNERS  
AND RELATIVES  
COUNSELLING

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## Stalking and IPV

As compared to non-intimate partner stalkers, intimate partner stalkers are more likely to:

- Reoffend after a court intervention and to reoffend more quickly.
- Contact and approach their victims more frequently.
- Be insulting and interfering/intrusive in the victim's life.
- Use the widest range of stalking tactics.
- Escalate in frequency and intensity of pursuit more often

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## Stalking and Femicide

There is also a **significant connection between stalking and intimate partner homicide**.

The risk of violence is heightened when the stalker:

- Issues direct threats of violence;
- Expresses jealousy of the victim's relationships with others during the relationship; and
- Uses illegal drugs

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COUNSELLING

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## Technology and Safety

Ever misplaced or lost your wallet, car keys, phone, car. Technology can provide a solution.

Technology can keep your children safe, with wearable devices, by monitoring screen-time, online contacts and websites.



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## Technology Abuse & Safety Planning

**Examples:**

- Unwanted and/or repeated calls and text messages
- Breaking into someone's social networking account
- Pressure to share embarrassing or private pictures/videos
- Posting intimate photos without consent
- Breaking into email
- Intercepting wi-fi signals

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## Ways to stay safe

Tell survivors to trust their instinct. If they feel their technology has been compromised it more than likely has been compromised.

- Purchase a prepaid phone
- Check cell phone account to see if parental monitoring has been activated on their phone
- Change passwords on email and social media sites
- Check cell phone for any unknown apps
- Turn off GPS or put phone into 'airplane' mode
- Check computer for any new, unknown, external devices

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## Further contact

- Thank you for your time today.
- If you would like any further information following the session or follow-up training, please feel free to contact me on [robveale@xtra.co.nz](mailto:robveale@xtra.co.nz)



Strangulation brochure

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Questions / Discussion

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