

Trauma-Informed Advocacy with Immigrant Women

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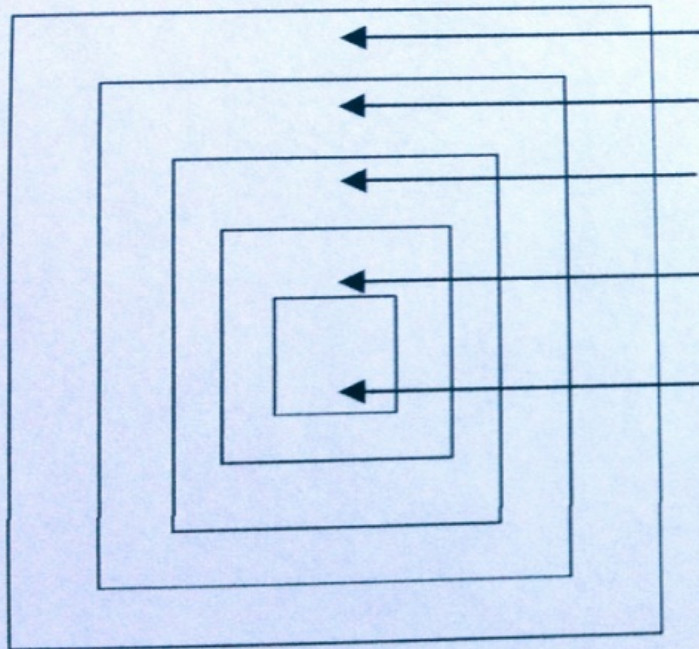
Workshop Objectives

- To better understand definition of trauma
- To better understand the effects of trauma
- To develop improved skills for trauma-informed advocacy
 - Identification of past trauma
 - Identification of ongoing risk
 - Recognition of the effects of trauma
 - Trauma-informed advocacy with VAWA self-petition or U Visa.

Exhibit 2-1

NESTED ECOLOGICAL MODEL¹ OF INTIMATE PARTNER VIOLENCE

Nested Ecology of Intimate Partner Violence



Domains and Specific Factors Within Each Domain for the Nested Ecology

Cultural and Social Context

Race/ethnicity, social class, immigration status.

Institutional Response

Community and legal interventions.

Tangible and Economic Resources

Employment, economic autonomy, transportation, housing, health care insurance.

Social Networks

Intimate partner relationship characteristics, children, other social and personal relationships.

Individual Characteristics

Psychosocial history; medical history and health status; use of violence, abuse, or control; help-seeking strategies.

¹Bronfenbrenner (1979), modified by Dutton (1996); Edelson and Tolman (1992)

Definition of Traumatic Exposure

Experienced or witness or was confronted with
...event or events that
...involved actual or threatened
...death, serious injury or
threat to the physical
integrity of
...self or others

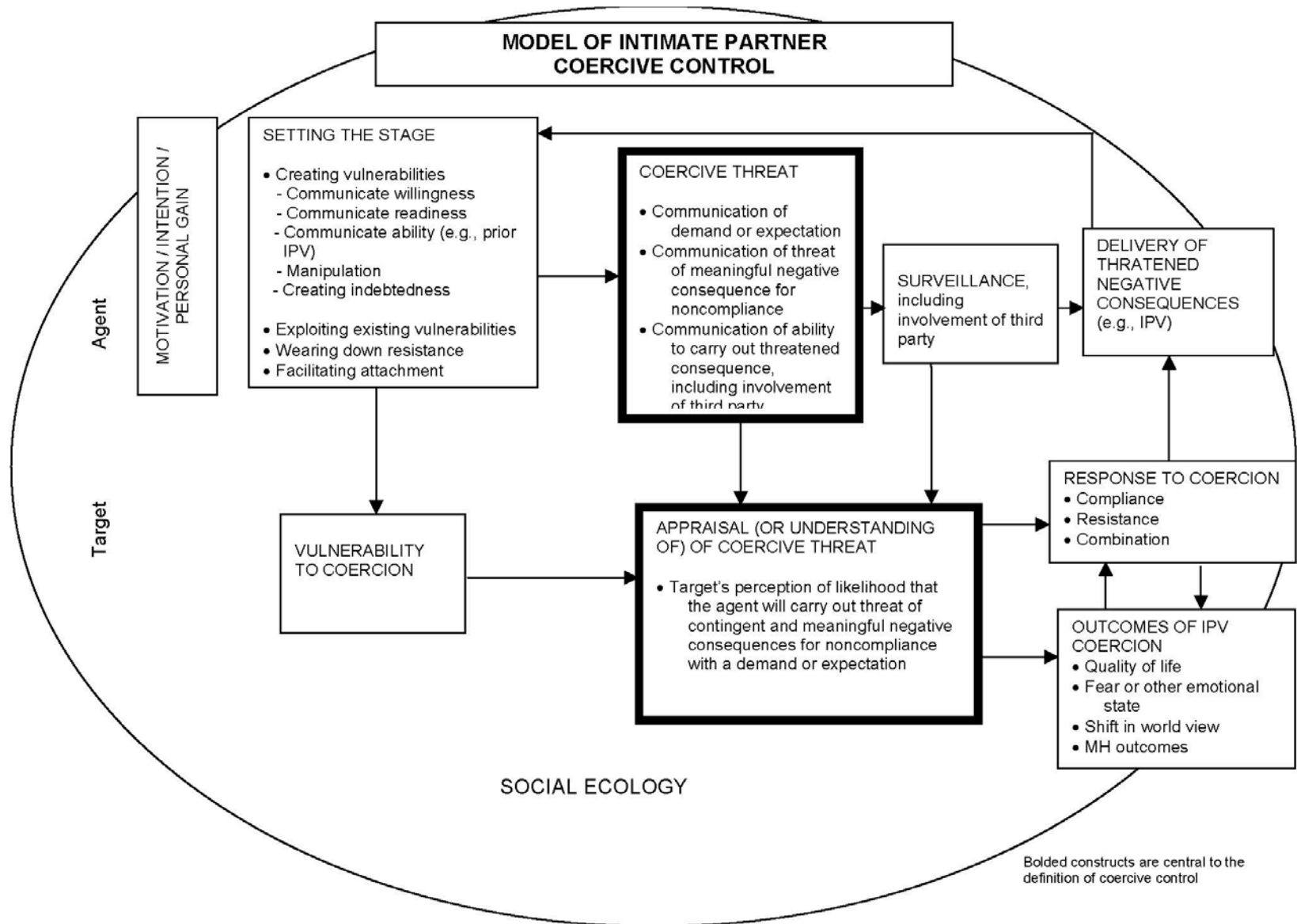
Complex Trauma

- Repeated or extreme exposure to traumatic events
- Compounded stressors
- Trauma associated with identity
 - Race, ethnicity, immigration status
 - Sexual preference
 - Physical disability
 - Economic, political, social status

Coercive Control

The unique profile of “the battered woman” arises as much from the deprivation of liberty implied by coercion and control as it does from violence-induced trauma (Stark, 1995, p. 987).

Exhibit 1



Psychological Abuse

- Verbal / Emotional
- Dominance / Control

Ongoing Risk

- The presence of ongoing risk of physical or sexual violence, psychological abuse or coercion changes the equation of trauma
- Two dimensions:
 - Actuarial risk assessment
 - Danger Assessment Scale (<http://www.dangerassessment.org/>)
 - Subjective threat appraisal
 - Threat Appraisal Scale

Use and Outcomes of Protective Orders by Battered Immigrant Women

NIJ 2003-WG-BX-1004

- N=153
- Living in the U.S. for an average of 9.0 years (SD = 6.14)
- Most women (67.3%) had lived in the U.S. for 10 years or less;
- Mean age was 31 years (SD 6.52) with a range of 21-46 years;
- Most (86.7%) women had children
- Total family income of the sample reflected a relatively low income:
 - 44 percent reported an annual income of less than \$10,000;
 - 67 percent less than \$15,000;
 - 85 percent less than \$25,000;
- The sample represented nine geographic regions of origin; 19 different languages
- Immigration status of the sample was as follows:
 - Citizen, n = 12 (5.9%)
 - Lawful permanent resident, n = 36 (23.5%)
 - Undocumented, n = 67 (43.8%)
 - Temporary, n = 33 (21.6%)
 - Refugee, n = 3 (2%)
 - Don't know, n = 2 (1.3%)

Prevalence of Intimate Partner Violence: Physical Abuse

Question: In the last year...	Percentage of Women Reporting, by Frequency Categories				
	0	1-2	3-10	10+	Yes, but not in last year
1. S/He grabbed me.	12.4	18.3	30.1	29.4	9.8
2. S/He pushed or shoved me.	12.4	15.0	37.9	26.1	8.5
3. S/He threw something at me that could hurt.	28.8	8.5	26.8	20.9	15.0
4. S/He slapped me.	32.0	15.0	21.2	17.6	11.1
5. S/He twisted my arm	32.2	24.3	18.4	14.5	10.5
6. Pulled my hair	37.5	27.4	20.4	13.2	6.6
7. S/He kicked me.	39.7	21.9	17.2	11.3	9.9
8. S/He punched or hit me with something that could hurt.	34.6	21.6	19.6	12.4	11.8
9. S/He slammed me against a wall.	31.6	20.4	27.0	12.5	8.6
10. S/He choked me.	39.9	30.1	11.8	7.2	11.1
11. S/He burned or scalded me on purpose.	90.8	5.9	1.3	0	2.0
12. S/He beat me up.	30.1	20.3	18.3	17.6	13.7
13. S/He used or threatened to use a knife or gun.	47.4	21.7	15.1	8.6	7.2

Prevalence of Intimate Partner Violence: Sexual Abuse

<u>Question:</u> In the last year...	Percentage of Women Reporting, by Frequency Categories				
	0	1-2	3-10	10+	Yes, but not in last year
14. S/He forced me to have sex.	35.5	14.5	13.8	23.0	13.2
15. S/He refused to wear a condom during sex.	50.0	11.8	11.2	19.1	7.9
16. S/He used physical force when pregnant	52.4	13.1	10.3	5.5	18.6
17. I had sex with him because I was afraid of what s/he would do if I didn't.	34.0	13.1	16.3	27.5	9.2

Prevalence of Intimate Partner Violence: Injury

<u>Question:</u> In the last year...	Percentage of Women Reporting, by Frequency Categories				
	0	1-2	3-10	10+	Yes, but not in last year
18. I felt physical pain that still hurt the next day because of his abuse.	17.8	23.7	23.0	23.0	12.5
19. I had a sprain, bruise, or small cut because of his abuse.	25.8	24.5	19.9	19.2	10.6
20. I passed out from being hit on the head by him.	72.2	14.6	4.6	3.3	5.3
21. I had a broken bone from his abuse.	92.1	3.9	.7	0	3.3
22. I went to a doctor because of his abuse.	62.2	21.2	4.0	0	8.6

Psychological Abuse

Question: In the last year...	Frequency Categories			
	Never	Some- times	Often	Very Often
1. S/he called you a bad name, swore, yelled or screamed at you	8.5	20.3	26.1	45.1
2. S/he treated you like less than s/he was	9.9	16.4	17.8	55.9
3. S/he watched over your activities or insisted you tell him/her where you were	11.8	11.8	14.5	61.8
4. S/he used your money or made financial decisions without talking to you	26.1	13.7	11.1	49.0
5. S/he was jealous or suspicious of you friends	15.8	14.5	15.1	54.6
6. S/he accused you of having an affair with another man/woman	22.4	17.8	21.7	38.2
7. S/he interfered with your relationships with family or community members	22.2	20.9	17.0	39.9
8. S/he tried to keep you from doing things to help yourself	23.5	16.3	13.1	47.1
9. S/he controlled your use of the telephone	24.8	18.3	15.7	41.2
10. S/he told you that your feelings were crazy	17.0	17.6	17.0	48.4
11. S/he blamed you for his/her problems	15.0	15.0	11.1	58.8
12. S/he told you s/he would or actually took your children away	40.6	15.4	11.2	32.9
13. S/he told you s/he would or actually threw or locked you out of the house	32.9	25.0	12.5	29.6
14. S/he told you s/he would or actually locked you in the house or a room	61.2	16.4	10.5	11.8
15. S/he told you s/he would take away or not give you money	30.3	11.8	15.1	42.8
16. S/he told you s/he would or actually turned you in to immigration officials	49.0	11.3	10.6	29.1
17. S/he told you s/he would or actually failed to file or withdrew immigration papers	61.5	5.4	11.5	21.6
18. S/he told you s/he would hurt you or your unborn child when you were pregnant	66.9	11.7	7.6	13.8
19. S/he destroyed your property	47.7	17.0	11.1	24.2

Trauma Exposure Beyond Intimate Partner Violence

Type of Traumatic Event	Number and (Percentage) of Women Reporting
Beaten	52 (34.4)
Hit	66 (43.4)
Forced sex	52 (34.4)
Natural disaster	48 (31.4)
Lived in war zone	33 (21.6)
Serious accident	33 (21.6)
Threatened with weapon	56 (36.8)
Held captive	30 (19.9)
Was present when another was raped, beaten, or killed	34 (22.4)
Witnessed physical violence between adults in the home	66 (43.1)

Concern about Safety

Worries About Safety	Percentage of Women Reporting			
	Not Worried	A Little Worried	Some-what Worried	Very Worried
23. Worried about keeping self safe	13.8	24.3	25.7	36.2
24. Worried about keeping children safe	22.4	15.4	16.1	26.2

Development and Validation of a Coercive Control Measure for Intimate Partner Violence

NIJ 2001-WT-BX-0503

Site	Gender	IPV- Victim	IPV- Perpetrator	Both ¹	Neither ²	Total
Boston, MA	Male	21	6	36	42	105
	Female	33	7	68	49	157
	Missing	0	0	1	1	2
	Subtotal	54	13	105	92	264
Washington, DC	Male	27	12	57	101	197
	Female	58	13	80	140	291
	Missing	0	1	3	1	5
	Subtotal	85	26	140	242	493
TOTAL		139	39	245	334	757

1 The respondent noted that they were both a victim and perpetrator of IPV.

2 The respondent noted that they are neither a victim, nor perpetrator of IPV.

Harm to you:

- Say something mean, embarrassing or humiliating to you
- Keep you from seeing or talking to family or friends
- Tell someone else personal information about you
- Keep you from leaving the house
- Limit your access to transportation
- Physically hurt you
- Try to kill you
- Scare you
- Have sex with someone else
- Leave the relationship or get a divorce
- Not let you take medication
- Put you in a mental hospital
- Cause you to lose your job
- Keep you from going to work
- Cause you to lose your housing
- Hurt you financially
- Cause you legal trouble
- Have you arrested
- Threaten to have you deported
- Force you to engage in unwanted sex acts
- Force you to participate in or observe sex acts with others
- Destroy legal papers
- Destroy or take something that belongs to you
- Physically hurt or kill your pet or other animal
- Not let you see your child or take your children from you

- **Harm to Partner:**

- Threaten to commit suicide
- Actually attempt to harm or kill himself/herself

- **Harm to Others:**

- Say something mean or hurtful to your friends or family members
- Physically hurt a friend or family member
- Try to kill a friend or family member
- Destroy property of family members or friends

PTSD Symptom Clusters

- DSM-IV-R (DSM-V to be released in June 2013)
 - Re-experiencing
 - Reliving trauma experience
 - Nightmares and intrusive reminders
 - Avoidance
 - Avoid reminders of trauma
 - Numbing feelings, loss of hope
 - Hyperarousal
 - Confusion
 - Irritability and anger
 - Difficulty concentrating

Posttraumatic Symptoms

Posttraumatic Symptom	Percentage Of Women Reporting Symptom
1. Had repeated, disturbing memories, thoughts, or images of the abuse?	80
2. Had repeated disturbing dreams about the abuse?	61
3. Suddenly acted or felt as if the abuse was happening again (as if you were reliving it)?	84
4. Felt very upset when something reminded you of the abuse?	55
5. Had physical reactions (e.g., heart pounding, trouble breathing, sweating) when something reminded you of the abuse?	67
6. Avoided thinking about or talking about the abuse?	25
7. Avoided activities or situations because they reminded you of the abuse?	70
8. Had trouble remembering important parts of the abuse?	47
9. Felt a loss of interest in activities that you used to enjoy?	61
10. Experienced feeling distant or cut off from other people?	69
11. Felt unable to have loving feelings for those close to you?	50
12. Been upset by things that usually don't bother you?	56

Domains of Complex Trauma Reaction

- Common Emotions and Reactions
 - Anxiety, depressive reactions, numbing, alexithymia, internal void, anger, rage, frustration, self-estrangement, emotional deadness, sense of betrayal and disgust of own body, somatic effects, shame
- Emotion Dysregulation
 - Difficulty with identifying and experiencing emotion
 - Difficulty regulating emotional reactions, or honoring them
- Loss of Self-Identify and Self-Integrity (Dissociation)
 - Attempt to separate or avoid distress when uncomfortable and painful emotion is inescapable
 - Different states of mind – problem of integration
- Compromised Relationships
 - Mistrust, difficulty with healthy attachment,
 - Relational withdrawal/ excessive self-sufficiency -----excess neediness/dependency

Trauma-Informed Advocacy

- Skills for the collaborative relationship
- Skills for enhancing client safety
- Tools for identification of traumatic experience
- Tools for assessment of the effects of trauma
- Skills for trauma-informed advocacy with VAWA self-petition or U Visa
- Tools for Self-care

Collaborative Relationship: Build a Supportive Connection

- Human Connection
 - Establish empathic and warm connection
 - Attunement to client “where she is”
- Collaboration
 - Honor the client’s expertise and experience
 - Honor your own expertise and experience
 - Acknowledge areas of not knowing
- Appropriate Boundaries
 - Clear, but not rigid
 - Confidentiality of client information

Enhancing Client Safety

- Assessment of Risk
 - Risk Assessment: *Danger Assessment Scale*
 - Threat Appraisal: *Threat Appraisal Scale*
- Safety Planning
- Referral to resources

Identification of Traumatic Experience

- Principles
 - Know why you are interested in identification of trauma: What will you do with the information?
 - Knowing the details of (some) of the traumatic experience(s) may not be necessary
 - Recognize that many people may not have previously disclosed traumatic experiences to anyone
 - Disclosing trauma can trigger emotions, memories of the historical trauma and traumatic reactions

Tools for Identification of Traumatic Experiences

General

- Stressful Life Events Screening Questionnaire (SLESQ)
- Trauma History Questionnaire (THS)
- Lifetime Trauma and Victimization History (LTVH)

Intimate Partner Violence

- Conflict Tactics Scales *physical violence, sexual violence, injury*
- Psychological Abuse Scale
- Coercive Control Scale: *Demands, Coercive Tactics, Surveillance Tactics, Involvement of Third Party in Coercion, Reaction to Coercion*

Tools for the Assessment of the Common Traumatic Effects

Posttraumatic Stress Disorder

- Posttraumatic Checklist (PCL) (17 items)
- PC-PTSD (4 items): *short PTSD screen*

Depression

- Patient Health Questionnaire (PHQ-9) (9 items)

Tools for Conducting Trauma-Informed VAWA or U Visa Petition

- Goal:
 - *To develop a coherent narrative of client's life which includes the trauma exposure and the effects of trauma to support a VAWA or U Visa petition.*
- Define the Context
 1. Consider how context (nested ecological model) influences the impact of trauma, coping strategies and the effects of trauma
 2. Develop coherent narrative within the relevant context

Process of Trauma-Informed VAWA or U Visa Petition

1. Recognize the client as whole human being and as a survivor
2. Support client's self-regulation
3. Understand client's behavior through a trauma lens
4. Titrate client's exposure to traumatic memories
5. Recognize the impact of exposing the trauma and its effects
6. Use techniques for grounding and soothing
7. Validate completing the process as success
8. Referral for trauma services in collaboration, as needed

Tools for Self-Care

- Physical Activity
- Adequate Sleep and Rest
- Good Nutrition
- Nurturing Relationships
- Tending the mind

