

RESOURCES



Helping Those Affected by Domestic Violence

"Survival mode is supposed to be a phase that helps save your life. It is not meant to be how you live."

Michelle Rosenthal

615-494-8899

Monday - Friday 8 - 4:30P

Student Union Building
Room 330

**No Appointment Necessary
All Services Are Free**

This project is supported by Grant No. 15JQVW-21-GG-02388-CAMP awarded by the Office on Violence Against Women, U.S. Department of Justice. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



UNDERSTANDING TRAUMA

Individual trauma results from an **event**, series of events, or set of circumstances **experienced** by an individual that are physically or emotionally harmful or life threatening and that have lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, psychological, or spiritual well-being.

It is the **individual's experience** of the event, not necessarily the event itself, that is traumatizing.

Understand that many people in relationships with domestic violence involved will have experienced **isolation, fear, and guilt.**

Recognize that certain behaviors may be adaptations to trauma. It may be a **normal response** to an **abnormal situation.**

MOVING FORWARD

The individual needs **private, confidential, non-judgmental** support.

Instead of asking, "What's wrong with you?", ask "**What did you experience?**"

Relate with **empathy** rather than sympathy. Empathy is feeling *with* people.

Safety must be addressed first. Healing and reconciliation are important, but **safety is an essential need** that must be immediately addressed.

The individual needs your help to **build resilience.** You can think of building resilience as visiting a charging station. Some ways to do this will be **empowering** the individual to make decisions for themselves, **shepherding** their available resources, and involving them in a community of **caring relationships.**

HELPFUL HINTS

Know what to do in a crisis situation. When in doubt, **call 911.**

Recognize that **leaving is the most dangerous time** for an individual in a relationship involving domestic violence. Don't ask someone to leave unless they have a safety plan in place for leaving.

Understand the **cycle of violence:**
Honeymoon Period (Calm)>Tension Building>Explosive Incident.

Be aware that domestic violence is **not only** physical abuse, but can also be emotional, psychological, financial, and sexual abuse as well.

Know what **resources** are available in your community. If you have **any** questions or concerns, contact the Power of One Office.