TRAUMA INFORMED CARE FOR SURVIVORS OF DOMESTIC VIOLENCE

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Why We Need You

- Use your specialized knowledge to protect, fight for justice and/or equity

- Provide an escape route

- Help navigate the legal landscape

- Make a difference in someone's life

"Their family has money and connections...there is no point in fighting"

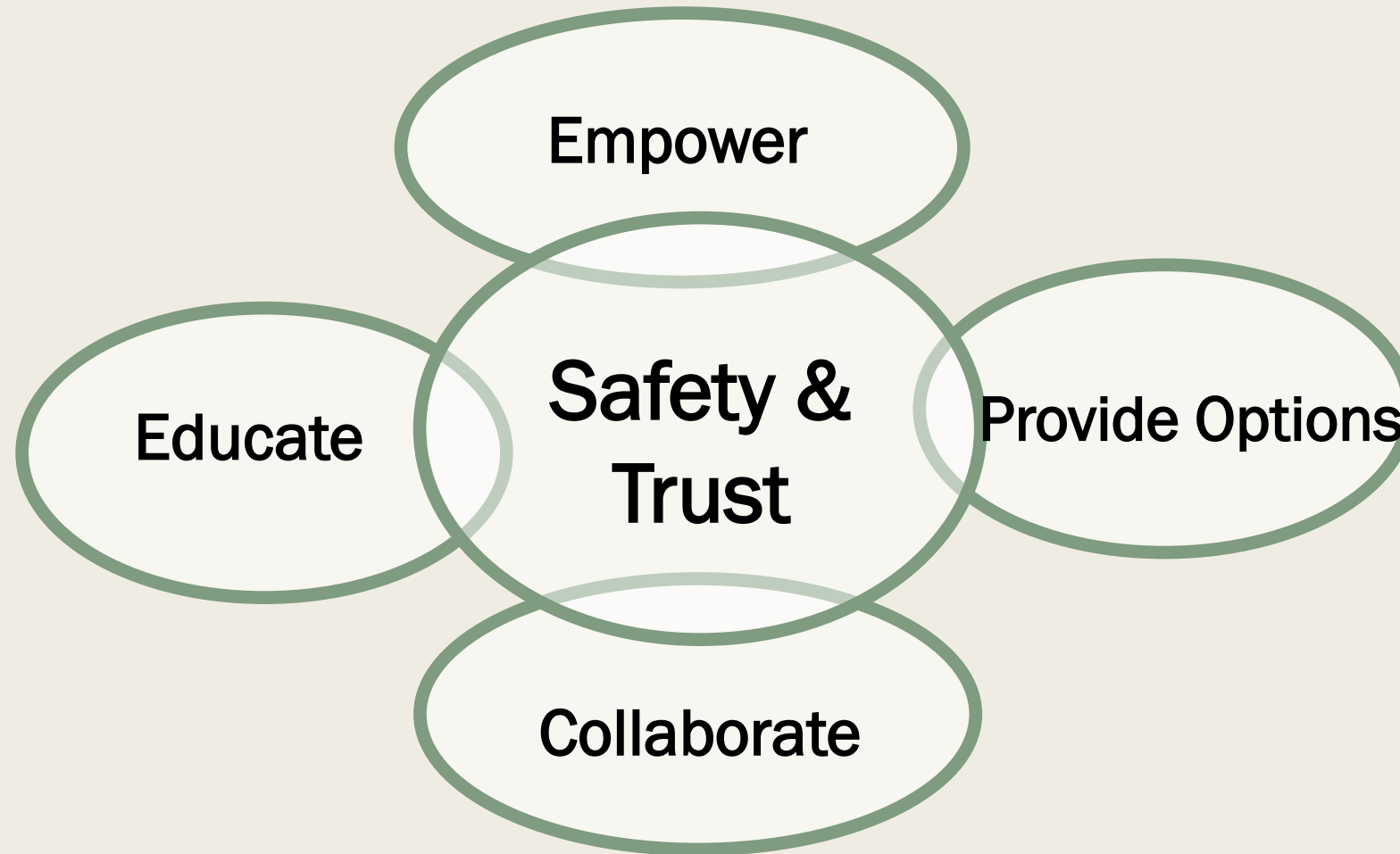"How can I leave safely?" "What about the children ?" " I could never afford a lawyer!"

"I don't understand this paperwork"

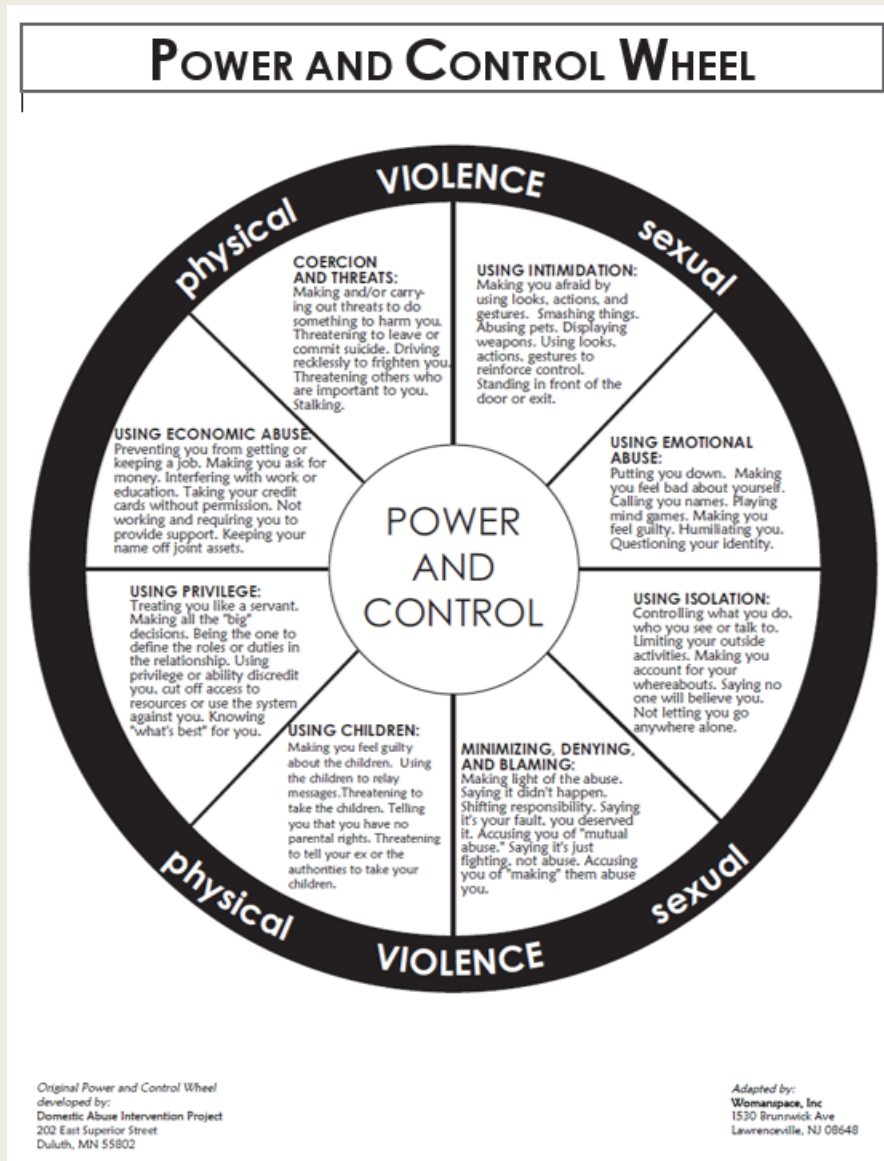"What does it mean when it says I have residential custody?"

"I can see the light at the end of the tunnel."

"Someone cares."

Working with Survivors: Trauma Informed Care

Domestic Violence or Dysfunction?

Impact of Trauma

Physical	Cognitive	Emotional	Behavioral
Nervous energy, jitters, muscle tension	Changes in the way you think about yourself, other people, and the world	Fear, inability to feel safe	Becoming withdrawn, isolating from others
Upset stomach		Sadness, grief, depression	Easily startled
Rapid heart rate	Hypervigilance (heightened awareness of surroundings)	Anger, irritability	Avoiding places or situations
Dizziness	Dissociation, spacing out	Numbness, lack of feelings	Becoming confrontational or aggressive
Lack of energy, fatigue	Difficulty concentrating	Inability to enjoy anything	
Teeth grinding	Poor attention or memory	Loss of self-esteem	Changes in eating habits
Headaches	Difficulty making decisions	Feeling Helpless	Weight gain or loss
	Intrusive images	Emotional distance from others	Restlessness
	Nightmares and flashbacks	Intense or extreme feelings	Increase or decrease in sexual activity
		Feelings of emptiness	

Rosenbloom, Dena and Mary Beth Williams. (1999). *Life After Trauma, a Workbook for Healing.* The Guilford Press, New York.

Trauma and Memory

Semantic Memory	Episodic Memory	Emotional Memory	Procedural Memory
What is it? The memory of general knowledge and facts. **Example:** You can identify what a bicycle is and you know how a bicycle works	**What is it?** The autobiographical memory of an event or experience- including the who, what and where. **Example:** you remember who was there and what street you were on when you fell off your bicycle in front of a crowd.	**What is it?** The memory of the emotions you felt during an experience **Example:** A wave of shame or anxiety grabs you the next time you see your bicycle after the big fall.	**What is it?** The memory of how to perform a common task without actively thinking. **Example:** you can still ride a bicycle automatically, without having to stop and recall how its done
How can trauma affect it? Trauma can prevent information (words, images, sounds) from different parts of the brain from combining to make a semantic memory- so you might not be able to name the object, or remember what it does.	**How can trauma affect it?** Trauma can shutdown the episodic memory and fragment the sequence of events	**How can trauma affect it?** After trauma a person may get triggered and experience painful emotions often without context	**How can trauma affect it?** Trauma can change patterns of procedural memory. For example, a person might begin to tense up and unconsciously alter their posture, interrupting what they could easily do before.

Why does trauma look different for everyone?

Individual factors	Event factors	Environmental factors	Contributing factors of re-traumatization
Age Personality Previously developed coping skills Previous traumatization Relationship to the perpetrator Resilience Developmental stage	Frequency Severity Duration of the event(s) Degree of violence - (bodily violation extent of terror or humiliation) Existence of witnesses or bystanders	Context in which trauma was experienced - (home, work, school, social gathering) Pre-existing support system	Triggers Response to disclosure Contact with perpetrator Victimization Lack of control or feeling of empowerment or agency Safe environment

Resilience and strength vs. isolation and despair

WOMANSPACE
IT STARTS HERE
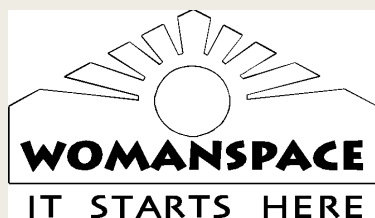
Safety Planning   Empowerment   Support/Validation
Resources   Referrals   Spanish/English
www.womanspace.org

Emergency Services

24-Hour Hotline
609-394-9000
800-572-SAFE (7233)

Safe House

609-394-9000

Crisis Intervention

Domestic Violence
Victims Response Team
Trained volunteers who
meet with victims of DV at
police stations at the time
of an incident.
Contact via police dept.

Sexual Assault
Response Team
609-394-9000
Trained volunteers who
accompany SA victims to
the hospital to get
evidence collected or to
make a police report.

Counseling & Support Services

Individual
Counseling
609-394-2532
For survivors of DV and
SA

Support Groups
609-394-2532

Court Advocacy
609-394-2532

Legal Clinic
609-394-2532

Transitional Housing

Barbara's House

Safe Housing Project

COVID Emergency
Housing Project

Page Homes