Domestic Violence and the Military Services

Analyzing Acts of Violence

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For VAWnet Special Collection

May, 2011
Responsibilities of the Movement to End VAW

- Collaborate with battered women and victims of sexual assault.
- Build organizations that learn and are responsive.
- Create cooperation, coordination and collaboration in the community.
- Create a society and world without violence.

— Debby Tucker
NCDSV, May, 2011
MANIFESTATIONS OF VIOLENCE

Abuse can occur in different forms. It can be physical, emotional, sexual, spiritual, social and/or economic. The diagrams below describe some of the abuse tactics abusers use as they attempt to gain or maintain power and control over their intimate partners. Abuse does not always progress in the steps shown here. Sometimes the abuse may advance from pushing or hitting directly to more severe physical violence such as the use of a weapon. Although each relationship is unique, any type of abuse must be considered a serious cause for concern. Despite different circumstances, it is important to remember that abuse can escalate (especially if there is no intervention). A coordinated community response holding abusers accountable for their abusive behaviors is essential, as is a response acknowledging and respecting the rights of victims of domestic violence.

Exercise: It is helpful to be aware of the different manifestations of domestic violence. Circle the type(s) of abuse you are now experiencing (or that you have experienced). Notice if the violence is increasing in intensity, severity or frequency. Talk to a domestic violence advocate to develop or review your current safety plan or explore your options. Remember, domestic violence is never your fault, even if you were drinking or using drugs.

EMOTIONAL ABUSE

- insulting jokes
- ignoring of feelings
- jealousy
- isolation
- humiliation
- harming of pets
- calling you “crazy,” a “drunk” or a “junkie”
- silent treatment
- insults
- blaming/accusations
- monitoring of activities
- threats
- degradation
- homicide/suicide

PHYSICAL ABUSE

- scratch
- slap
- push
- hit
- target hit
- kick
- strangle
- beat
- use of a weapon
- murder
- deny physical needs
- bite
- force drug use
- punch
- throw objects
- burn
- deprive of sleep
- poison
- disablement/disfigurement

continued...
Four theories: what causes domestic violence?

1. Individual pathology
2. Relationship dysfunction
3. Learned response to stress and anger
4. Theory of dominance

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The person using violence has some kind of illness or condition (mental, PTSD, TBI)

Batterer is problem – not society, leaves individual to bear all responsibility rather than exploring what is taught and absorbed

Individual psychiatric care, treatment for addiction, or counseling is a typical response
Relationship Dysfunction

- ‘It takes two to tango’
- Couple is playing off of each other
- Either could stop the violence
- Both parties are responsible
- Couples counseling, or relationship counseling separately, is response
“Cycle of Violence” theory – Lenore Walker
  - tension-building phase
  - explosion of violence
  - honeymoon phase or respite

Men were more often socialized to use violence, however we are too often seeing girls who believe violence is a reasonable response.

Increases in frequency and severity

Popular theory with anger management the typical response
Theory of Dominance

- System of power and control tactics
- Includes:
  - Physical violence
  - Sexual violence
  - Other tactics on Power and Control Wheel
- Battering comes from social conditions, not individual pathology, most accepted view today, even though sometimes recognize there is an interplay of other “causes” at work.
- Response is to balance power differential by using power of the state
- Re-education and sanctions
Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by other acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman’s life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.
Two Levels

1. For use in intervention programs (abuse)

2. For use in proceedings under the UCMJ or for prosecution on federal or state land (violence)
Domestic Abuse

Is (1) Domestic violence or (2) a pattern of behavior resulting in emotional/psychological abuse, economic control, and/or interference with personal liberty....
Domestic Violence

An offense under the United States Code, the Uniform Code of Military Justice, or State law that involves the use, attempted use, or threatened use of force or violence against a person of the opposite sex, or
Domestic Violence

the violation of a lawful order issued for the protection of a person of the opposite sex who is:

- (a) A current or former spouse;
- (b) A person with whom the abuser shares a child in common; or
- (c) A current or former intimate partner with whom the abuser shares or has shared a common domicile.
MILITARY POWER AND CONTROL WHEEL

Using Coercion and Threats:
Telling her, "If you report me, you'll lose your income, base housing, the kids, be deport- ed. Threatening her with firearms. Saying, "Do what I tell you or I'll get you."

Using Intimidation:
Telling her you're trained to kill and maim. Controlling her with stares, looks, and gestures. Playing with or cleaning your weapons around her. Hurting pets. Destroying her property.

Using Emotional Abuse:
Ignoring her when you return from work or deployment. Trivializing her concerns. Telling her people think she's crazy. Telling her she's a bad wife, mother, lover. Putting her down publicly. Accusing her of ruining your career.

Using Isolation:
Controlling access to her military I.D. card, family, friends, information, base/command functions, telephone, transportation, or English lessons. Living off-base to lessen her contact with others.

Using Children:
Refusing to help with the children. Threatening to get custody. Telling the children she's a bad mother. Getting the child(ren) to disrespect her. Threatening to hurt the child(ren) if she doesn't comply.

Claiming Military/Male Privilege:
Using her dependents' status or cultural/religious traditions to keep her in line. Keeping all legal documents in your name. Saying you're the CO and the family is your troops. Taking over as head of the household post-deployment.

Using Economic Abuse:
Leaving no allotments during deployment. Not sharing pay or financial records. Telling her what she can buy. Preventing her from getting a checking account, credit cards, a job, or schooling.

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NATIONAL CENTER ON DOMESTIC AND SEXUAL VIOLENCE
Use of Violence has Different Intents

1. **Battering** – intends to control the relationship

2. **Resistive violence** – intends to stop the battering

3. **Situational violence** – intends to control a situation

4. **Pathological violence** – intent is controlled to some degree by pathology

5. **Anti-Social Violence** – abusive to many in public and private settings
**Battering**

- System of power and control
  - Includes:
    - Fear
    - Threats
    - Intimidation
    - Coercion
  - Belief in entitlement
  - Social movement to end it

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Resistive Violence

- Substantial numbers of victims of battering use force against the batterer
- May not legally qualify as self-defense
- Victim’s violence *usually* different
- Practitioners often question, prefer victims who don’t fight back
- Different impact – individual and social
Situational Violence

- The violence is related to a situation
- Not part of a larger system of controlling tactics
- No pattern of dominance
- However, battering looks like this if the pattern is invisible
Pathological Violence

- Violence is due to some kind of illness
  - Mental health
  - Alcohol
  - Drugs
  - Brain injury
  - PTSD

- Not typically part of system of controlling tactics

- Because a person’s violence is linked to a pathology does not completely preclude that its intent at times can also be to batter, to resist battering, or to control a situation
Anti-Social Violence

- Abusive in several settings: bars, work, home, sports field, etc.

- No empathy, shame, or remorse, and little understanding of consequences

- Not gendered – appears to be caused by childhood abuse, neglect and chaos

- Not amenable to change through self-reflection or therapy, may not benefit from existing batterer’s programs (Gondolf, 1999)

- 25% of men court ordered to batterer’s programs could be ‘anti-social’ (Gondolf, 1999; Gondolf & White, 2001)

- Separate anti-social violence of individuals from group violence created by systematic oppression and domination
Understanding Intent or “Cause” is Important

Why?

- Help us to differentiate between acts of violence
- Help us to determine most appropriate response
- Not getting it right could be dangerous
Pathological Violence, Military Context

Considerations for Active Duty and Veterans

Post Traumatic Stress Disorder

Traumatic Brain Injury
Post Traumatic Stress Disorder

- Anxiety disorder after a traumatic event
- During event, your life or others’ lives are in danger
- Feel afraid or that you have no control
- Anyone who has gone through a life-threatening event can develop PTSD
Post Traumatic Stress Disorder

- Events can include:
  - Combat or military experience
  - Childhood sexual or physical abuse
  - Terrorist attack
  - Sexual or physical assault
  - Serious accident, such as car wreck
  - Natural disasters, fire, tornado, etc.
Post Traumatic Stress Disorder

Not clear, why some develop and others do not. Likeliness may depend upon:

- Intensity and length of trauma
- Whether someone dies or is badly hurt
- Proximity to the event
- Strength of reaction
- Feelings of control
- Help and support received afterwards
### What to Look For?

<table>
<thead>
<tr>
<th>Physical</th>
<th>Behavioral</th>
<th>Emotional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue</td>
<td>Withdrawal</td>
<td>Anxiety or Panic</td>
</tr>
<tr>
<td>Chest Pain</td>
<td>Restlessness</td>
<td>Guilt</td>
</tr>
<tr>
<td>Weakness</td>
<td>Emotional Outbursts</td>
<td>Fear</td>
</tr>
<tr>
<td>Sleep Problems</td>
<td>Suspicion</td>
<td>Denial</td>
</tr>
<tr>
<td>Nightmares</td>
<td>Paranoia</td>
<td>Irritability</td>
</tr>
<tr>
<td>Breathing Difficulty</td>
<td>Loss of Interest</td>
<td>Depression</td>
</tr>
<tr>
<td>Muscle Tremors</td>
<td>Alcohol Consumption</td>
<td>Intense Anger</td>
</tr>
<tr>
<td>Profuse Sweating</td>
<td>Substance Abuse</td>
<td>Agitation</td>
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<tr>
<td>Pounding Heart</td>
<td></td>
<td>Apprehension</td>
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<tr>
<td>Headaches</td>
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</tbody>
</table>
Traumatic Brain Injury

- Occurs if the head is hit or violently shaken (such as from a blast or explosion)
- Results in a concussion or closed head injury, not life-threatening but may have serious symptoms, worse if exposed more than once, behavior and personality changes possible
Common Symptoms of Brain Injury

- Difficulty organizing daily tasks
- Blurred vision or eyes tire easily
- Headaches or ringing in ears
- Feeling sad, anxious or listless
- Easily irritated or angered
- Feeling tired all the time
Common Symptoms of Brain Injury

- Trouble with memory, attention or concentration
- More sensitive to sounds, lights, or distractions
- Impaired decision-making or problem-solving
- Difficulty inhibiting behavior, impulsive
Common Symptoms of Brain Injury

- Slowed thinking, moving, speaking or reading
- Easily confused, feeling easily overwhelmed
- Change in sexual interest or behavior
Consider the Source of the Conduct

- Regardless of source, offender must be held accountable and victim protected
- Accountability strategy must take into account the source and how to intervene appropriately
- In other words, untreated TBI sufferer unlikely to be helped by battering intervention
Consider the Source of the Conduct

- Nor should a batterer escape appropriate consequences for conduct by alleging TBI or PTSD when those are NOT the cause.
- We must be thoughtful and vigilant to ensure the intervention fits the offense.
How do we determine the source?

- Is the conduct new?
- Have there been other incidents of violence directed to non-family?
- What other factors require attention?
- Does the offender avoid situations that remind him or her of the original trauma?
- Are power and control tactics more pronounced?
Principles of Intervention

- Victim Safety and Well-being
- Offender Accountability
- Changing the Climate of Tolerance to Violence in the Community
Maze Map

A few processes domestic violence victims may encounter when involved with child protection, civil and criminal justice systems, AND the military response.
DOMESTIC VIOLENCE/ ARREST INCIDENT
Landlord/HRA Notified

Warning Given

Eviction Hearing

Sheriff Evicts

HOUSING MAP
ORDER FOR PROTECTION – CIVIL COURT PROCESS

Advocacy Program

Files OFP

Judge Reviews

Seeks Shelter

Ex Parte Denied

Ex Parte Granted

Sheriff Serves Respondent

Civil Court Hearing

OFP Granted

OFP Denied

OFP Filed

Supervised Exchange/Visitation

Reliefs Granted

Praxis – Rural Technical Assistance on Violence Against Women
CUSTODY MAP

Files for Divorce

Family Court Hearing

Interviews by Evaluator

Temporary Custody

Custody Evaluation

Custody Hearing

Final Divorce Hearing

Child Support Established

Custody Awarded

Supervised Exchange/Visitation
Military Domestic Violence Incident Response
Report of incident may enter the system at several points
Advocacy
Usual Understanding of Advocacy

Helping Battered Women:

- Consider options
- Devise strategy
- Make decisions
- Implement justice
- Speak/advocate for self/children
**Advocacy Wheel**

### Empowerment

#### Respect Confidentiality...
All discussion must occur in private, without other family members present. This is essential to building trust and ensuring her safety.

#### Promote Access to Community Services...
Know the resources in your community. Is there a hotline or a shelter for battered women?

#### Believe and Validate Her Experiences...
Listen to her and believe her. Acknowledge her feelings and let her know she is not alone. Many women have similar experiences.

#### Help Her Plan for Future Safety...
What has she tried in the past to keep herself safe? Is it working? Does she have a place to go if she needs to escape?

#### Acknowledge the Injustice...
The violence perpetrated against her is not her fault. No one deserves to be abused.

#### Respect Her Autonomy...
Respect her right to make decisions in her own life, when she is ready. She is the expert on her own life.

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*Developed from:*
Domestic Abuse Intervention Project
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NATIONAL CENTER on Domestic and Sexual Violence training - consulting - advocacy
4412 Smith Creek Blvd. - Austin, Texas 78716
512-477-9000 (phone and fax) - www.nccdv.org
“Empowerment advocacy believes that battering is not something that happens to a woman because of her characteristics, her family background, her psychological “profile”, her family origin, dysfunction, or her unconscious search for a certain type of man.

“Battering can happen to anyone who has the misfortune to become involved with a person who wants power and control enough to be violent to get it.”

— Barbara J. Hart, JD, *Seeking Justice: Legal Advocacy Principles and Practice*, Pennsylvania Coalition Against Domestic Violence, Harrisburg, PA
Where You Stand Depends on Where You Sit

- Community-based Advocates work in local shelters, domestic violence programs, rape crisis centers, coalitions and can be located inside the system.

- System Advocates typically work in police/sheriff departments, DA’s offices, hospitals and also the military.
Goals of Community Advocacy

- Safety
- Agency/Authority/Autonomy
- Restoration/Resources
- Justice
Goals of System Advocates

- Safety of victims
- Accountability of perpetrators
- Deterrence of perpetrators
- Services for victims
- Seamless response, cooperation with criminal justice and social service agencies
Advocates in the Military Community

- Meshing of roles, usually divided in civilian communities
- Responsibilities much the same
  - Individual Advocacy
  - Systemic Advocacy
  - Social/Cultural Change Advocacy limited
Where do victims of domestic violence seek help?

- Domestic Violence Specialists, Shelters, 911, Women’s Groups, Batterer Programs
- Employers, Schools
- Counselors, Therapists
- Social Service Agencies
- Health Providers, Faith Communities
- Friends, Family, Neighbors
- Informal Support Networks
Impact of Trauma/PTSD

- Victims experience PTSD after the violence
- Those who use violence MAY be experiencing PTSD from prior victimization, or
- As a result of trauma in combat or other life-threatening circumstances.
Five Things to Say to a Battered Woman

- I am afraid for your safety.
- I am afraid for the safety of your children.
- It may get worse.
- I am here for you when you are ready for change.
- You don’t deserve to be abused.
Five Things to Say to an Abuser

1. I’m afraid you’ll really hurt her badly or kill her next time.
2. I’m afraid you’ll hurt your children.
3. It can get worse if nothing changes.
4. I’m here for you when you’re ready to change.
5. No one, including you, has the right to abuse/hurt another person.

NCDSV, May, 2011
"Norman won't collaborate."
Creating a...

...Coordinated Community Response involving Military and Veterans
Understanding Military Culture

- Mission is to defend U.S. territories and occupied areas
- Overcome any aggressor that imperils our nation’s peace and security
Chain of Command

- Rank is everything, with rank comes increasing responsibility & authority = respect
- Chain of Command is the law of the hierarchy
- Access to those high in the Chain of Command will be filtered by his/her staff
Command “need-to-know”

There are no institutional boundaries between one’s employer, doctor, judge, social worker and advocate

- The military system is, for the most part, seamless
- There is no “right to privacy” for any facet of an individual’s life that may potentially effect “mission-readiness”
“Only the strong survive”

- Deficiencies must be corrected and eliminated
- Someone is always to blame, i.e. responsible for any identified “deficiencies” in performance of duties
- Failure is not an option
Directives/ regulations govern everything

...except Command prerogative, much like our judges

“Domestic Violence......will not be tolerated in the Department of Defense”....DepSecDef

Defense Task Force on Domestic Violence, visit www.ncdsv.org, Military
This wheel begins to demonstrate the ideal community response to the issue of domestic violence. Community opinion, which strongly states that battering is unacceptable, leads all of our social institutions to expect full accountability from the batterer by applying appropriate consequences. This wheel was developed by Mike Jackson and David Gavin of the Domestic Violence Institute of Michigan (P.O. Box 130107, Ann Arbor, MI 48113, tel: 313.769.6334).

**COMMUNITY ACCOUNTABILITY WHEEL**

**MEDIA WILL:** Educate the community about the epidemic of violence against women. Prioritize safety, equal opportunity, and justice for women and children over profit, popularity, and advantage. Expose and condemn patriarchal privilege, abuse, secrecy, and chauvinism. Close the glorification of violence against women and children.

**CLERGY WILL:** Conduc calmness within the congregation regarding domestic violence and provide a safe environment for women to abuse their experiences. Develop internal policies for responding to domestic violence, spot domestic violence from the pulpit. Organize multifaceted coalitions to educate the religious community. Interact with the existing domestic violence intervention community.

**EDUCATIONAL SYSTEM WILL:** Dialogue with students about violence in their homes, the dynamics of domestic violence, and how it is founded on the oppression of women and the whiteness of men. Provide a leadership role in research and theoretical development that foreground gender justice, equal opportunity, and peace, intervene in harassment, abuse, violence, and humiliation of girls and women in the educational system.

**BATTERERS**

**JUSTICE SYSTEM WILL:** Adopt mandatory arrest policy for men who batter. Refer batterers exclusively to intervention programs that meet state or federal standards. Never offer diversion or deferred sentence options to batterers. Provide easily accessible protection orders and back them up. Insure batterers for noncompliance with any aspect of their adjudication.

**EMPLOYERS WILL:** Condition job offers on remaining nonviolent. Actively intercede against men’s stalking in the workplace. Support financially and otherwise, advocate and service for battered women and children. Continuously educate and dialogue about domestic violence issues through personnel services.

**SOCIAL SERVICE PROVIDERS WILL:** Become social change advocates for battered women. Refer batterers to accountable intervention programs. Stop blaming battered women, whose behavior is often tied to societal myths such as drugs and alcohol, family history, anger, provocation, loss of control, etc. Design and deliver services that are sensitive to women and children’s needs. Minimize how batterers use them to continue battering their families.

**GOVERNMENT WILL:** Pass laws that define battering by men as criminal behavior without exception, vigorously and progressively sanction men’s battering behavior; these standards for accountable batterer intervention programs, and require coordinated systems of intervention in domestic violence. Provide ample funding to accomplish the goal of eradicating domestic violence.

**MEN WILL:** Acknowledge that all men benefit from men’s violence. Actively oppose men’s violence. Use peer pressure to stop violence against women and children. Make peace, justice, and equality masculine virtues. Vigorously condemn men who engage in misogynistic behavior. Seek out and accept the leadership of women.

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DTFDV Reports

www.ncdsv.org

- Military Tab
  - DTFDV
  - DTFDV Implementation
  - Other Tools
  - TFCVSA Implementation
  - Veterans
  - News Accounts
  - Stats/Research
  - Sexual Violence Issues
  - Congressional Testimony.......and more
Domestic Violence Prevention Conceptual Model

**Toolkit**
- Separate from Military and/or Disciplinary Action As Appropriate
- Urgent Danger Assessment & Safety Planning

- Risk & Danger Assessment
- Safety Planning
- Victim Advocacy
- FAP Assessment
- Offender Intervention Program
- Administrative and/or Disciplinary Action As Appropriate
- Child Witness Program
- First Offense Programs

**Groups at Risk**
- Substance Abuse
- ADM w/PTSD
- Couples with Problems
- Child Witnesses
- Child Abuse History
- Immigrant Spouses
- Pregnant Women
- Controlling Spouses
- History of Violence Against Anyone

- Couples Counseling
- Targeted Programs
- New Parent Support
- Child Witness Programs
- Health Care Screening

- Command Climate of Non-Tolerance
- New Accession DV Training
- Public Service Campaigns
- Dating Violence Prevention Programs in DoD Middle & High Schools
- Health Care Screening
- Education and Training
- New Parent Support

*Not all inclusive
**Risk for reoccurrence and danger/lethality
APPROPRIATE SANCTIONING OF DOMESTIC VIOLENCE CRIMES

Kansas Coalition Against Sexual and Domestic Violence, Topeka, KS.
Resources (see full listing on handout)

- **Battered Women’s Justice Project**
  - [http://www.bwjp.org/military.aspx](http://www.bwjp.org/military.aspx)

- **Domestic Abuse Intervention Project**
  - [www.duluth-model.org](http://www.duluth-model.org)

- **National Center on Domestic and Sexual Violence**
  - [www.ncdsvo.org](http://www.ncdsvo.org)
  - [http://www.ncdsvo.org/ncd_militaryresponse.html](http://www.ncdsvo.org/ncd_militaryresponse.html)

- **Mending the Sacred Hoop**
  - [www.msh-ta.org](http://www.msh-ta.org)

- **National Resource Center on Domestic Violence**
  - [www.nrcdv.org](http://www.nrcdv.org)

- **Praxis International**
  - [www.praxisinternational.org](http://www.praxisinternational.org)

- **Witness Justice**
  - [www.witnessjustice.org](http://www.witnessjustice.org)
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