

TREATING BATTERED MOMS & THEIR TRAUMATIZED CHILDREN

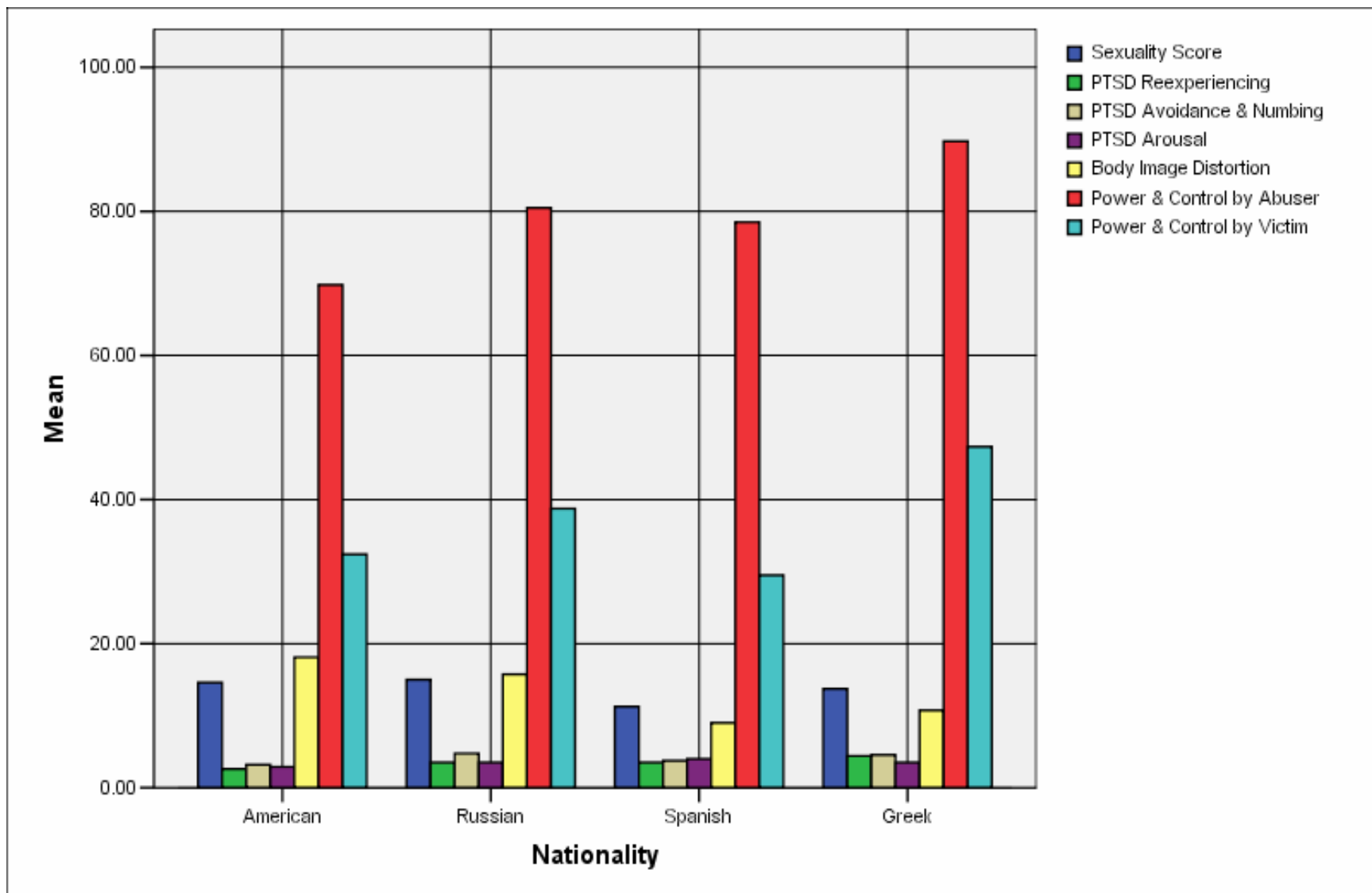
Treating Traumatized Children

In D56 Symposium at
APA Annual Convention 2006
New Orleans, LA

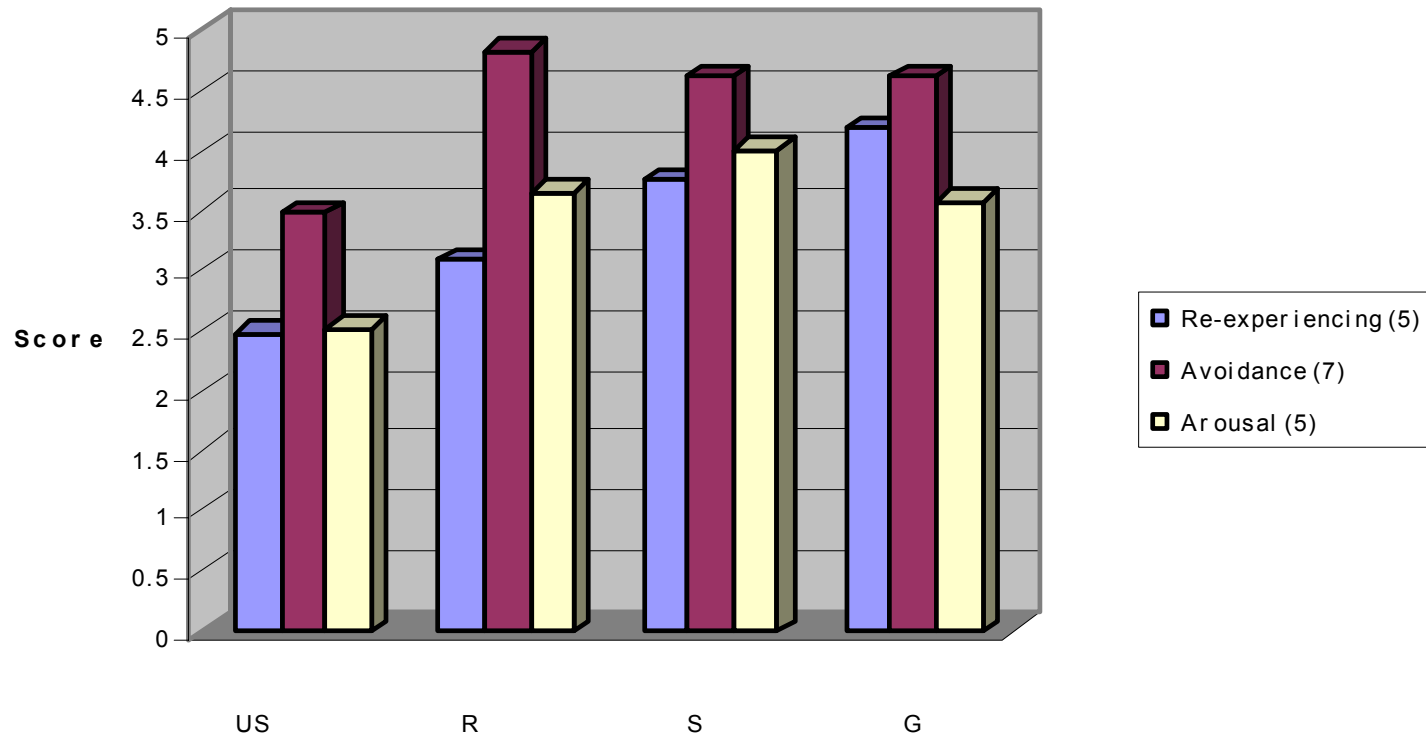
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Impact of DV on Women

- What is BWS?
 - 3 PTSD criteria + 3 additional symptoms
 1. Recurrent & intrusive memories
 2. Avoidance & numbing behaviors
 3. High levels of arousal & anxiety
 4. Disrupted interpersonal relationships from power, control & isolation by batterer
 5. Body image distortions
 6. Sexuality & intimacy problems



PTSD Symptoms



Internal Consistency of Items Selected

- Body Image
Distortion: Alpha=.68
- PTSD: Alpha=.68
- Power and Control
 1. His: Alpha=.60
 2. Hers: Alpha=.47
- Sexuality: Alpha=.46

IMPACT ON PARENTAL FITNESS

- Protection of children
 - Physical & sexual abuse allegations against batterer
 - Psychological maltreatment by father
 - Abuse of mother in front of child
 - Abuse of child by neglect or power & control issues
- Ability to bond with children
 - PTSD & numbing of feelings
 - Fear he will kidnap or get custody
 - Compliance with what abuser says or does
 - Interference by his family
 - Difficult children
 - Impacted by abuse
 - Other vulnerabilities
 - Financial issues especially with teenagers

Survivor Therapy

- Trauma Theory
 - Exposure to trauma/danger can cause psychological problems in healthy or clinical populations.
 - Verbal psychotherapy can reduce or ameliorate symptoms & restore health.
 - Some resiliency may be compromised.
- Feminist Theory
 - Being a woman increases risk for victimization
 - Oppression can cause psychological distress
 - Validation, support & empowerment can protect & reverse distress

GOALS OF THERAPY

- Safety
- Validation & Support
- Cognitive Clarity
- Emotional Stability
- Healing from PTSD

12 Units

1. Labeling & validation of abuse & safety planning
2. Cognitive restructuring
3. Recognizing danger & building strengths
4. Reducing stress & PTSD symptoms
5. Cycle of Violence
6. PTSD
7. Impact on children
8. Grieving relationships & letting go
9. Emotional re-regulation
10. Rebuilding new relationships
11. Pleasing behaviors & compliance issues
12. Termination

Unit 7

Impact on Children

- Discuss Psychological Impact of Domestic Violence on Children
- Discuss How to Protect Children From Abuse
- Discuss Deciding When and Where to Get Children Professional Help
- Prison Groups Deal with Loss of Children
- Reliving any Child Abuse in Own History
 - Establishing new patterns with own family-of-origin
- Learning Empathy & Self Nurturing

CREATING NEW FAMILY STRUCTURES

- Mom & child as family
- Dad & child as family
- Co-parenting issues
- Introducing mom's new 'dates'
- Dealing with dad's new 'dates'
- Introducing serious new partners
- Extended family issues

LEGAL & ETHICAL ISSUES

- Child Protection Issues
- Custody & Visitation Issues
- Removal to another state
- Mom's therapist as expert witness
- Protecting integrity of therapy when consulting with forensic evaluator
- Consultation with child protective services
- Consultation with child's therapist
- Consultation with GAL or child's lawyer