



Effects of Domestic Violence on Families

Prof. Dr. Hans-Werner Gessmann



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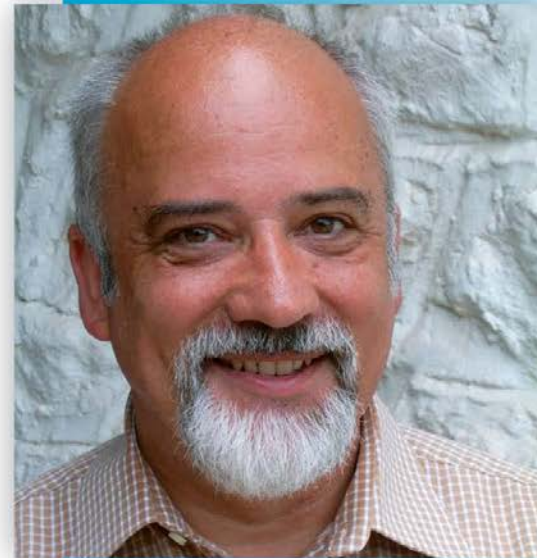
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Effects of Domestic Violence



- Domestic violence

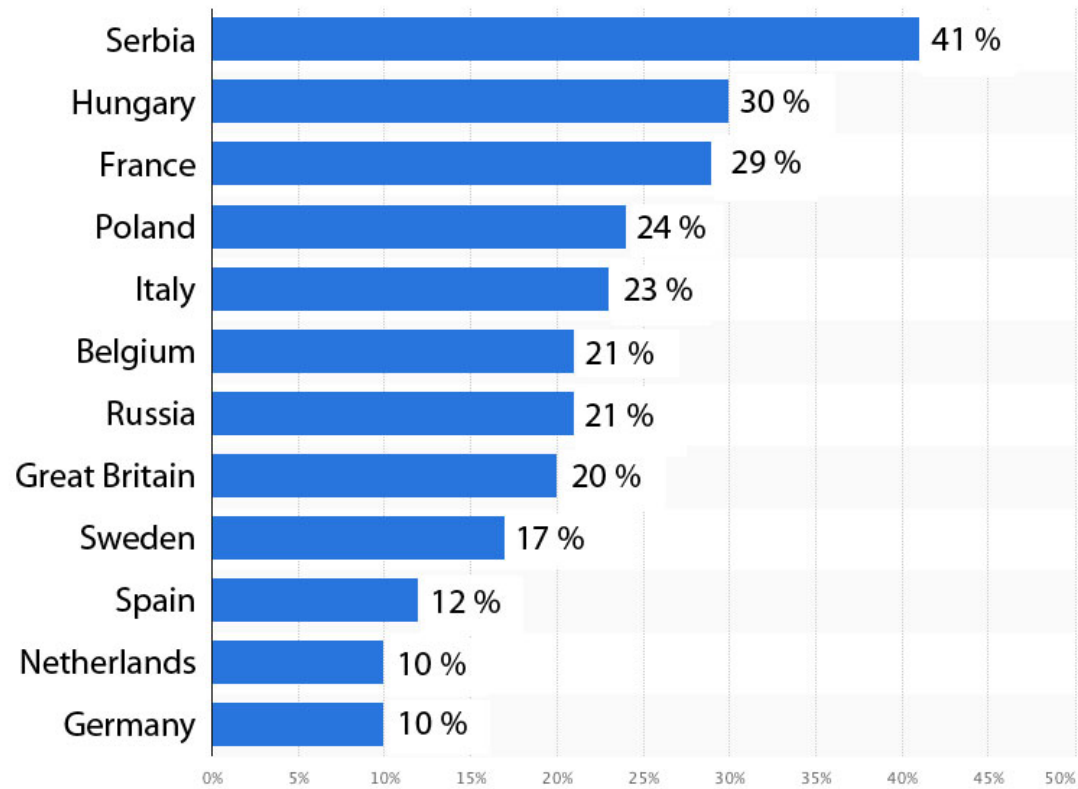
Your home is supposed to be your safe space. Your partner is supposed to be supportive, love you unconditionally, and bring you happiness.

What happens when things don't work out that way?
What happens when your home feels like a prison and the sight of your partner has you shaking in fear?

[Nadia Khan](#) 2021



Domestic abuse facing women



+ Domestic abuse facing women





Domestic abuse facing children



- Maltreatment (including violent punishment)
- Bullying (including cyber-bullying)
- Youth violence is concentrated among children and young adults
- Intimate Partner violence (or domestic violence)
- Sexual violence (included non-consensual completed or attempted sexual contact)
- Emotional or psychological violence



+ Types of violence against children



■ Maltreatment (including violent punishment)

involves physical, sexual and psychological/emotional violence; and neglect of infants, children and adolescents by parents, caregivers and other authority figures, most often in the home but also in settings such as schools and orphanages.



+ Types of violence against children



■ Bullying (including cyber-bullying)

is unwanted aggressive behaviour by another child or group of children who are neither siblings nor in a romantic relationship with the victim.

It involves repeated physical, psychological or social harm, and often takes place in schools and other settings where children gather, and online.



+ Types of violence against children

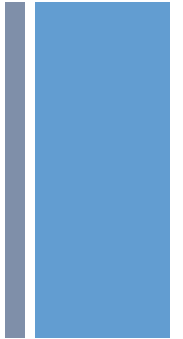


■ Youth violence

is concentrated among children and young adults aged 10-29 years, occurs most often on community settings between acquaintances and strangers, includes bullying and physical assault with or without weapons (such as guns and knives), and may involve gang violence.



+ Types of violence against children



■ Intimate partner violence (domestic violence)

involves physical, sexual and emotional violence by an intimate partner or ex-partner. Although males can also be victims, intimate partner violence disproportionately affects females. It commonly occurs against girls within child marriages, and early forced marriages. Among romantically involved but unmarried adolescents it is sometimes called „dating violence“.

+ Types of violence against children

■ Sexual violence

includes non-consensual completed or attempted sexual contact and acts of sexual nature not involving contact (such as voyeurism or sexual harassment); acts of sexual trafficking committed against someone who is unable to consent or refuse; and online exploitation.



+ Types of violence against children



■ Emotional or psychological violence

includes restricting a child's movements denigration, ridicule, threats and intimidation, discrimination, rejection and other non-physical forms of hostile treatment.



Common symptoms among children subjected to domestic violence



- ◆ Low self-esteem
- ◆ Nightmares
- ◆ Apathy
- ◆ Hypervigilance
- ◆ Regression and withdrawal
- ◆ Aggression and disobedience
- ◆ Lack of concentration
- ◆ Anxiety
- ◆ Sleep difficulties



Common symptoms among children subjected to domestic violence



◆ Low self-esteem

■ Signs of low self-esteem include:

- saying negative things and being critical about yourself.
- focusing on your negatives and ignoring your achievements.
- thinking other people are better than you.
- not accepting compliments.
- feeling sad, depressed, anxious, ashamed or angry.



Common symptoms among children subjected to domestic violence



◆ Nightmares

- **Nightmares** can be triggered by many factors, including:

Stress or anxiety.

Sometimes the ordinary stresses of daily life, such as a problem at home or school, trigger **nightmares**.

A major change, such as a move or the death of a loved one, can have the same effect.



Common symptoms among children subjected to domestic violence



◆ Apathy

■ Apathy can be a **symptom**

of mental health problems.

It often lasts a long time.

You may lack the desire to do anything that involves thinking or your emotions.

The term comes from the Greek word "pathos," which means passion or emotion.



Common symptoms among children subjected to domestic violence



◆ Regression and withdrawal

■ Winnicott on Withdrawal and Regression

- 'Withdrawal and Regression' by Donald Winnicott originally published in 1954.
- 'By withdrawal' he means momentary detachment from a waking relationship with external reality, this detachment being sometimes of the nature of brief sleep. By regression he means regression to dependence



Common symptoms among children subjected to domestic violence



■ Hypervigilance

People experiencing hypervigilance may:

- keep checking their surroundings and find it hard to focus on conversations.
- be easily startled and jump or scream at things they hear or see suddenly.
- overreact to things happening around them in a way that may seem hostile.
- find crowded or noisy environments overwhelming.



Common symptoms among children subjected to domestic violence



◆ Aggression and disobedience

Emotional aggression

is the result of the extreme negative emotions we're experiencing at the time that we aggress and is not really intended to create any positive outcomes. When Nazim yells at his boyfriend, this is probably emotional aggression—it is impulsive and carried out in the heat of the moment.

Disobedience

can have a variety of **causes**. At times, it is due to



+ Common symptoms among children subjected to domestic violence



◆ Lack of concentration



Stress also plays an essential role when it comes to one's own ability to concentrate. It is important to know that stress should not be avoided per se. Alex Wohlherr, 2015



Common symptoms among children subjected to domestic violence



◆ Anxiety

Common anxiety signs and symptoms include:

- Feeling nervous, restless or tense.
- Having a sense of impending danger, **panic** or doom.
- Having an **increased heart rate**.
- Breathing rapidly (**hyperventilation**)
- Sweating.
- Trembling.
- Feeling weak or tired.
- **Trouble** concentrating or thinking about anything other than the present worry.



+ Common symptoms among children subjected to domestic violence



◆ Sleep difficulties

Insomnia, the inability to get to **sleep** or **sleep** well at night, can be caused by stress, jet lag, a health condition, the medications you take, or even the amount of coffee you drink.



helpguide.org

Insomnia can also be caused by other **sleep disorders** or mood **disorders** such as anxiety and depression.



Manifest as physical symptoms



- Poor grades, numerous absences, or dropping out of school entirely
- Eating disorders
- Depression
- Becoming abusive themselves, either to their peers or their parents
- Substance abuse



Manifest as physical symptoms



- Physical injuries sustained from standing up to their abuser
- Runnning away from home, or looking for excuses not to go home
- Suicidal tendencies
- Development of PTSD



Seven strategies for ending violence against children (WHO, June 2020)





Seven strategies for ending violence against children (WHO, June 2020)



- Implementation and enforcement of laws (for example, banning violent discipline and restricting access to alcohol and firearms)



Seven strategies for ending violence against children (WHO, June 2020)



- **Norms and values change** (for example, altering norms that condone the sexual abuse of girls or aggressive behavior among boys)



Seven strategies for ending violence against children [\(WHO, June 2020\)](#)



- **Safe environments** (such as identifying neighbourhood “hot spots” for violence and then addressing the local causes through problem-oriented policing and other interventions).



Seven strategies for ending violence against children (WHO, June 2020)



- **P**arental and caregiver support (for example, providing parent training to young, first time parents).



Seven strategies for ending violence against children (WHO, June 2020)



- Income and economic strengthening (such as microfinance and gender equity training).



Seven strategies for ending violence against children (WHO, June 2020)



- **Response services provision** (for example, ensuring that children who are exposed to violence can access effective emergency care and receive appropriate psychosocial support).



Seven strategies for ending violence against children (WHO, June 2020)



- **Education and life skills** (such as ensuring that children attend school, and providing life and social skills training).