

**woman's
Trust**

recovery from domestic abuse

**Supporting woman affected by domestic
abuse since 1996**

Woman's Trust – what we do

Woman's Trust tackles the emotional and mental damage caused by domestic abuse

Supporting women through provision of therapeutic service to:

- **Rebuild** their lives
- **Improve** their mental health
- **Live** productive lives
- **Free** from fear of abuse





1 in 4

women are affected by domestic abuse



One incident reported to police every minute

Estimated 1 in 6 report to police



42%

Suffer from mental health problems



17%

have planned or attempted suicide

Home Office estimate of domestic abuse costs in the UK

66 billion per year



2 women

are killed every week in the UK by a current or former partner

82% of domestic abuse is against women



61% times

more likely to experience PTSD

Abusive Behaviours

USING PRIVILEGE

- treating another like a servant
- Making all the big decisions
- being the one to define male and female roles
- acting like the master or queen of the castle

SEXUAL ABUSE

- sex on demand or sexual withholding
- physical assaults during sexual intercourse
- spousal rapes or non-consensual sex
- sexually degrading language
- denying reproductive freedom

THREATS

- threats of violence against significant third parties
- threats to commit physical or sexual harm
- threats to commit property destruction
- threats to commit suicide or murder

TECHNOLOGICAL

- Monitoring emails
- GPS tracking
- Social media
- Revenge pornography
- Smart homes & cars

Abusive Behaviours

Economic

- Withholding money
- Monitoring expenses
- Forcing to take out loans

Sexual

- Rape
- Coercion to perform sex acts
- Withholding contraception
- Forced pregnancy/abortion

Stalking/Harassment

- Unwanted communications
- Following
- Being around address area

Harmful Practices

- Treats to protect or defend honour of a family
- Forced marriage
- Physical attack/murder
- Imprisonment

Abusive Behaviours

USING CHILDREN or PETS

- threatening to take the children away
- making the partner feel guilty about the children
- abusing children or pets to punish the partner
- using the children to relay messages

Emotional/Psychological

- Gaslighting
- Social isolation
- Undermining independence
- Insults & criticisms

PHYSICAL ABUSE

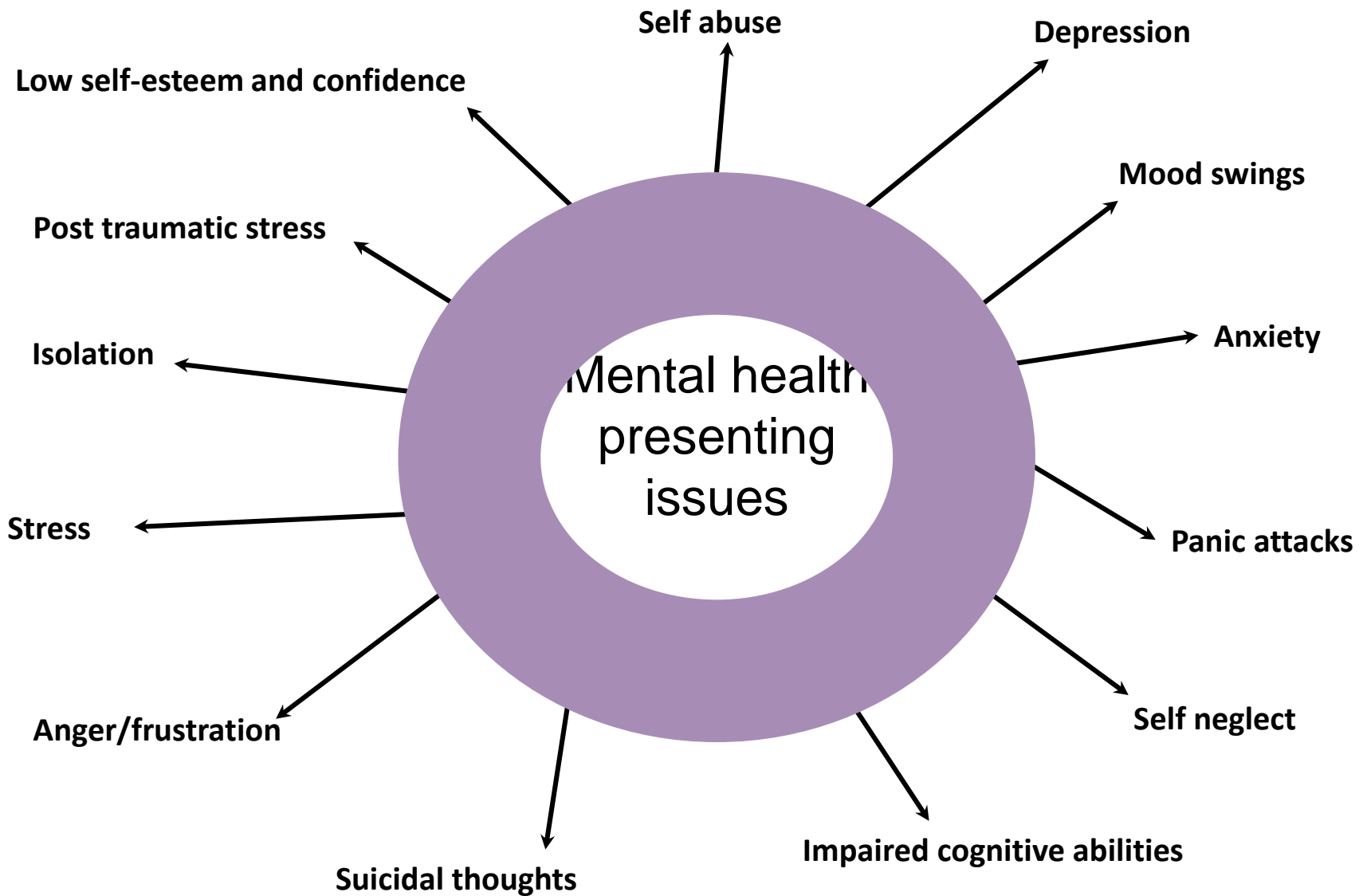
- biting/scratching
- slapping/punching
- kicking/stomping
- throwing objects at another
- locking another in a closet or utilizing other confinement
- sleep interference and/or deliberately exhausting the partner with unreasonable demands and lack of rest
- deprivation of heat or food
- shoving another down steps or into objects
- assaults with weapons such as knives/guns/other objects

Impact on survivor

- Feeling guilty
- Blaming herself
- Feeling shame and dishonour
- Withdrawal from social contact
- Loss of self-confidence
- Low self-esteem
- Inability to make decisions
- Depression
- Feeling suicidal
- Development of mental health problems
- Drugs/ alcohol abuse
- Unable to cope
- Inability to relax
- Feeling embarrassed and ashamed

- Minimising the violence and abuse
- In denial of the violence and abuse
- Feeling worthless and useless
- Lonely and isolated
- Feeling terrified and lost
- Suffered from ill health
- Frightened for herself and the children
- Jumpy, nervous and anxiety attacks
- Unable to concentrate
- Feeling sense of hopelessness

Research shows that women experience at least 35 incidents before seeking support



Barriers to leaving

- Time and time again, people ask, “Why doesn’t she just leave?” The truth is that there are many practical and psychological barriers to ending a relationship with an abusive partner;
- **Safety** – the woman may be fearful of what the abuser will do to her and the children if they left or attempted to leave
- **Lack of self-confidence** – the woman may believe that she deserves the abuse and would never find anyone else if she left
- **Denial** – she convinces herself that “it’s not that bad”
- **Shame** – she is embarrassed of people finding out
- **Guilt** – the abuser makes her believe that she is to blame for his actions

Post-Leaving Abuse

It doesn't end, when she leaves....

- Financial
- Child Contact
- Family Court
- Criminal Court
- Stalking/Harassment

Social And Cultural Factors

- Domestic abuse occurs across all communities, cultures, ethnic and faith groups
- Some groups can experience additional barriers to reaching out for support, such as
 - Older women
 - Women with insecure immigration status
 - Language barriers
 - Isolation and knowing where to get help

Myth Busting

- Alcohol and drugs are to blame
- If that bad people would leave
- Abusers grow up in violent homes
- Some people like violence
- People have a mental health illness
- Stress is to blame
- They have a bad temper
- It is a private matter, you shouldn't get involved
- Men can't experience abuse
- Perpetrators of abuse cannot change

Woman's Trust services



1:1 counselling

A programme of up to 18 free, weekly counselling sessions, with the same counsellor. Explore how you are feeling and discuss your experiences in a safe, confidential and non-judgemental environment



Support groups

Isolation is one of the most common, and significant, effects of domestic abuse. Our therapeutic support groups help women to build relationships and grow their social circles, while discussing common experiences and issues.



Workshops

Open to all women living in London, our self-development workshops cover a range of topics, from rebuilding self-esteem to understanding the effects of stress.

Woman's Trust Referral Criteria

- Any woman living in East London, RBKC, H&F and Westminster for our counselling services
Other services available to women from any boroughs as long as they can travel to our venues
- Over 16 years old, no maximum age
- Has experienced or is experiencing domestic abuse
- Includes domestic abuse from same sex relationships, partner and wider family abuse, sexual assault or rape by a known person

Woman's Trust Service

The Person-Centred Approach

- Working with the “here and now”
- Supportive, non-directive relationship
- Offering congruence, non-judgement and empathy, demonstrating a good relationship and rebuilding trust
- Doesn't focus on the past
- Acknowledges partners abusive behaviour
- Does not blame or hold the client responsible for the situation e.g. “What did you do to cause this?”

Woman's Trust – How we work

Based on our many years experience, we know what approach best supports and helps women during therapy. So we:-

- Believe and listen to her
- Are non-judgemental, empathic and are in a relationship with her
- Work with the here and now
- Don't ask why haven't you done this or what did you do for this to happen?
- Support her in finding her internal locus of evaluation (this will have been lost due to the abuse)
- As much as possible don't ask questions, make interpretations that may make her feel shamed, judged or dismissed

Signposting to Specialist Support



**National Domestic Violence
Helpline
0808 2000 247**

Women's Aid
Nia/Solace/Refuge
Victim Support
Rights of Women
Local Advocacy Services
Hestia Bright Sky app
Southall Black Sisters
Jewish Woman's Aid
Shelter/Crisis/St Mungo's
Samaritans
Iranian and Kurdish Womens Rights
Organisation
Surviving Economic Abuse
Stonewall
Gallop
Emma Project/East London Womens
Project
Services for women with no recourse to
public funds.

Client Feedback

“I can smile more and enjoy myself. I don’t feel agitated at work and now enjoy seeing people around me. I can now sit and have fun with my daughter. I now find that my confidence in relationships is increasing. I don’t feel unattractive anymore. I now love myself and appreciate the good and bad in life. I feel I have a chance.”

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