

Where Violence Comes From...

"A seven year study of several hundred children debunks the notion that violence has strong roots in poverty, gender, and race pointing instead to factors such as excessively violent households..."

*Kurt Fischer, Professor
Harvard University
National Institute of Child Health and Development, 2002*

Experiential Learning

- A history of family violence is the single strongest predictor in the difference between delinquent and non-delinquent youth
- Youth witnessing extreme domestic violence between parents are more than 1,000 times more likely to become physically abusive husbands.

Progressive Developmental Impact

<u>Growth Stage</u>	<u>Developmental Goal</u>	<u>Impact of Trauma</u>
Early Childhood	Trust & Safety	Chronic Endangerment
	Emotional Security	Damaged Trust Capacity
Middle Childhood	New Skills & Abilities	Personal Insecurity
	Mutuality and Empathy	Diminished Self Esteem
Pre-Adolescence	Cause & Effect	Self Blame and Guilt
	Responsibility & Choice	Relationship Ambivalence
Adolescence	Identity and Self Image	Exploitation of others as on
	Integrity and Character	in an option Meeting Needs

Background and Personal History

Balancing the Impact

• **Dilemma:**

-Identify with the Power or

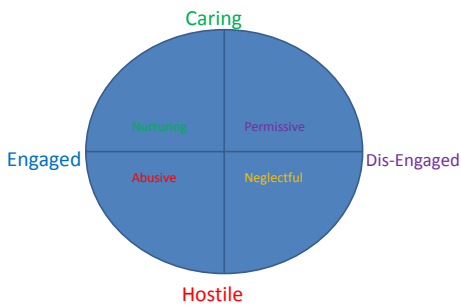
-Identify with the Pain

Being an abuser is predictive of having a history of exposure, directly or indirectly, to abuse.

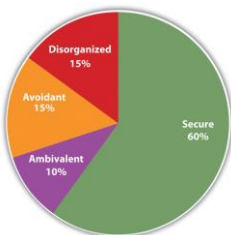
Expectation:

The majority of people who were exposed to abuse, do not become abusive themselves

Family Environments



Attachment Types and Prevalence



- **Insecure Disorganized:**
- The child's behavior is disorganized and lacks any strategy in getting needs met. Behaviors are contradictory and conflicted. The child has an irreconcilable conflict in that what is need for comfort and protections is also a source of potential danger and harm.
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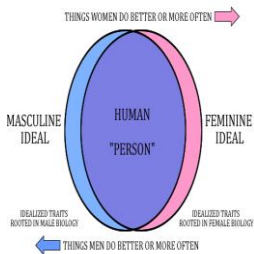
Disorganized Attachments

- When parental behavior is periodically frightening and dangerous to the child, the parents are unpredictable so the children are unable to see a pattern they can anticipate and adapt to. Their parents are a source of security but also a source of danger and harm so children do not feel safe. They become fearful at the prospect of getting close to others.



Gender Roles

Balancing Masculine/Feminine



- Dilemma**
To Synthesize comparable Characteristics or Rigidly Compartmentalize
- Expectation**
Gender role expectations set up a characteristic templates for reacting to partners regardless of sexual Orientation

Rules For Being A Man...

What messages did you get about how men are suppose to be ?

- _____
- _____
- _____

Rules For Being A Man...

What messages did you get about how men are suppose to be ? #1

- *Head of the household, provider, breadwinner,*
- *-the position of authority, power and*
- *Responsibility for Protection*

Rules For Being A Man...

What messages did you get about how men are suppose to be ? #2

- *Don't cry, or show emotional vulnerability*
- *Emotionality as a sign of weakness. Not being a man*

The prohibitions against normal emotional expressiveness does not eliminate the presence of emotions. It sets up a norm of Constricted, repressed, or poorly modulated explosiveness

THE PRICE FOR NOT FOLLOWING RULES

- What happens if you don't follow the rules ?
- *Manhood and sexuality questioned*
- *Ostracized ("lose your man card")*
- *Lose opportunities, respect, control*
- *Subject to verbal abuse and potentially violence*

A body, not a person...

I'm not saying you are training your sons to be abusive men but.

- *Isn't he big and strong...*
From the day boys are born, they are encouraged to gain approval and acceptance by being a body that is strong and powerful
"God's joke on abusive fathers ..."
"Son's don't outgrow true respect
But they will out grow you..."

The Body as A Commodity

- **Acceptance Aggression** Aggression as a means of gaining acceptance (Fear/respect)
- **Intimacy Aggression:** Aggression as a means of avoiding or substituting for emotional intimacy and need for closeness
- **Survival Aggression:** Aggression as a means of getting basic subsistence needs for food shelter and protection met (You gotta do what you gotta do...)

Theories of Masculinity

Hegemony :

Masculinity as unemotional, authoritative, and controlling

Subordinated masculinity

Men who express qualities associated with feminine .Boys taught to “despise the feminine enemy within” (homophobia)

Oppositional masculinity

Exaggerated aspects of normalized masculinity to overcompensate for the failure to meet normalized standards

Normalizing Masculinity

Normalized masculinity: a set of expectations to which males are often still expected to conform
s related to violence inflicted on women

- 1) Boys pressured to be hyper-masculine, powerful, dominating and violent to prove manhood
- 2) social pressure to prove masculinity by dominating girls
- Failure to identify gender patterns result in little progress and ineffective interventions

Normalized Masculinity

- Only in a male dominated society that trains men to use women like objects and that legitimizes violence as a tool to achieve personal goals with callous indifference to eh feelings of victimized others could breed a large number of men who openly assault women they know and , in fact, even like (Schwartz and Dekeseredy 1997)

Interpersonal Relationship Patterning

- Normalized masculinity: a set of expectations to which males are often still expected to conform is related to violence inflicted on women
- Cloak of Normalcy: Boys will be Boys
- Sexual harassment, dating violence and school shooting all have antecedents in the “normalized masculinity”

Normalizing Risks Factors

- Normalized Characteristics of Dominance Even if Derivative of Healthy Responsibilities Become Rigid, Defensive and Extreme when Insecurities are Triggered
- Controlling- The Defining Behavioral Indicator fro Abuse
- Entitlement- The Defining Attitude Associated with Abuse
- An Invisible Problem: Everyday violence against girls in Schools Jessie Klein
- The Narcissistic inclinations towards being self centered and superior are rooted in fundamental insecurities driven by threatening personal doubts about meeting the standards for masculine role expectations.

Controlling Behavior

- **Controlling**
- Kept from seeing friends
- Restricted from contacting family
- Forced to choose between the date and his/her family and friends.
- Insists on knowing where you are all times and demands you justify everything you do.
- Get furious when you talk to others
- Expects you to ask permission before seeking health care f
- Tells you what to wear and how to look in public

Teen Abuser Characteristics

- **Intense, dependent relationships**
- Extremes in behaviors and moods (becomes easily angered, overdoes nice things, etc.)
- Abuses alcohol or other drugs and may use this to justify abusive behavior
- **Protective** of dating partner to the point of **controlling** that person
- **Difficulty expressing feelings**
- **Emotionally Volatile** (in a rage at one moment and then calm and apologetic the next moment)
- **Specific ideas of how men and women should act** (example: men should be strong and not show emotions; women are helpless and passive)
- **Histories of or witnessed abuse**

Poorly Modulated Emotion and Dating Violence: Emotional Over Dependent

- Low Social Profile with no outward indicators
- Fringe Social Involvement with Mainstream clubs and campus/school groups and activities
- Insecurity Based Jealousy
- Emotional Manipulation (Guilt to threats of self harm)
- Monopolizing Time and Intrusiveness

Constricted Emotion and Dating Violence: Aggressive and Controlling

- High Profile with Additional Problem Indicators
- Strong Group Associations or Clique Involvement
- Personal Gratification Based Control and Use
- Emotional and Physical Control and Intimidation
- Thrill "Extreme Dating" often with alcohol and drugs used as manipulative dis-inhibitors
- Possessive and Emotionally Detached

Ego, Pride and Rage

We are entitled to nothing in life. Everything that we have is a gift we were given, a reward we earned or something we took from someone else that doesn't belong to us.

Rage comes from the belief that we should have something just because we want it, including another person. Earning it or deserving it doesn't matter. Most violence is a matter of pride and ego and has nothing to do with anger. It is more about dominance and trying to control other people...or get even with them...

We will never get ahead in life if we devote your time and energy to getting even with people. No one can take our respect. It can only be given away by behaving in a manner that shows you don't deserve it. When it can not be earned, people who are insecure will settle for fear.

The Anger Myth

Eckhardt, Sampler and Murphy, 2008

"inadequate impulse or emotional control only puts individual at risk for inappropriateness in their choices of behavior. Inadequate impulse control puts an individual at risk for violence only if violent acts are that person's preferred response choice because of previous learning experiences..."

The American Psychological Association 1993

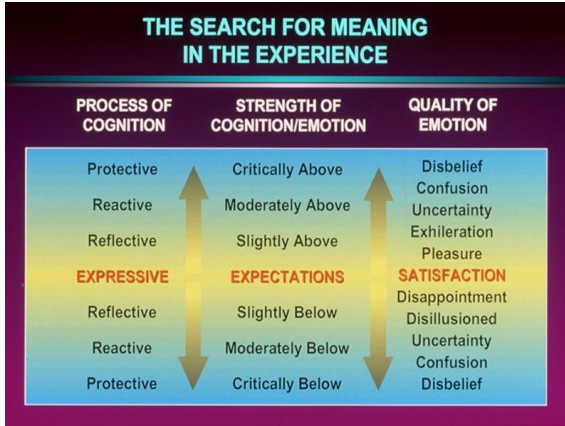
"The use of the State/Trait Anger Inventories indicated the majority of partner abusive men do not present with anger related disturbances" (Eckhardt, Sampler, and Murphy, 2008)

The Nature of Controlling Men

Lundy Bancroft 2002

Creating a narrative explanation that prohibits the ownership of emotional vulnerability and that assumes male entitlement leaves little room for anything other than functional hostility

" men are not abusive because they are angry.....
men are angry because they are abusive..."



The Truth About Emotions

- The Way Things are....

Your Belief About Why Things Are Not the Way You Want Them to Be is Also Why You Feel The Way You Do...

- The Way You Want Things to be...

The Lighthouse Project Stages

- Level 1 : The Truth About How I got to this Point in My Life
- Level 2: The Truth About What Happened and Who was Harmed Along the Way
- Level 3: The Truth About What I could Do Different or Better
- Level 4 The Truth About What I am Going To Do Next

Most Girls are....

- Fun
- Fun
- Chill
- Happy
- Active. Like to go out
- Like to have Fun & Party
- Cool to Chill with
- Fun
- Physically Beautiful
- Awesome-Fun
- Freaks Sexually

Most Boys Are...

- Heartless
- Dogs
- Fake
- Stupid
- Wanna be's
- Materialistic
- Living a fake life
- Bad b—tch chasers
- Immature
- Cheaters
- Idiots
- They beat and then leave
- Sweet talking Liars
- Insensitive
- Careless
- Horny Dogs

Most Girls are....

- Skanks
- Sluts
- Whores
- Whiners
- Ruthless
- Ugly
- Ignorant
- Gold-diggers
- Crazy
- Bitches
- Life Ruiners
- Wild
- Fake
- Hookers
- Dirty
- Stupid

Most Girls Are...

- *Down to earth* *Priceless*
- *Mentally Tough* *All Shapes and Sizes*
- *See the good in people* *Good Hearted*
- *Real* *Intelligent*
- *Nosey* *A good head on their shoulders*
- *Generous* *Under-estimated*
- *Outgoing* *Honest*
- *Full of Life* *Awesome*
- *Strong Minded* *Respectful*

Street Team- Stage 1

There are people out there that you hang out with. They may or may not be in "a gang" but we call them a "street team" because what you are doing with them legal or not, is not going to contribute to your future success. You are on the outside... one bad decision away from losing control....

Prospect-Stage 1

A prospect is someone who has potential that often even the prospect doesn't see. The Prospect either can't see or are afraid to look at a future after the "street team" even though they usually know they will have to eventually

Intern- Stage 2

The intern has figured out that what they have been doing isn't going to be good enough...for them. Even though they are not sure who to trust or who will really help them, they are looking and willing to take a chance. You will have to work to earn their trust and they are ready to be disappointed by you but if you are honest and tell the truth, they will figure the rest out themselves.

Associate- Stage 3

An Associate has figured out that they are the ones with the most to gain or to lose. They are no longer seeing what they are doing as something someone else is making them do. They no longer keep their desire for success to themselves and no longer pretend their future is not important to them. They want and expect things to be different.

CEO- Stage 4

Being a CEO means accepting that you are in charge of your own life and where it goes. Like any smart CEO, you surround yourself with people who are capable of making you successful. Past problems are a source of learning, not excuses. You know you were meant for success....
