

IN & OUT OF CONTROL: Emotional, Physical & Sexual Violence

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Intern: “ She jumped out of a two story building...she was on crack cocaine. She heard the door knock, thought it was the police, jumped. Was not actively suicidal. Has a history of the same. Denies any specific pain except her left ankle.”

Dr. Kaplan: "I would have to say that I would be looking for another job if it weren't for alcohol. In the trauma center here, the majority of the trauma we see is a result of someone using drugs or alcohol.”

Jeff Myers, Paramedic: “On a typical Friday night we will run at least 50% of our calls will be some kind of alcohol and drug violent behavior situation, whether it be a shooting, stabbing, or a beating. A lot of those involve significant others, or spouses, or cohabitants.”

The statistics regarding the relationship of alcohol and other drugs to violence are startling;

More than 50% of domestic abusers were under the influence of alcohol and/or other drugs, particularly cocaine, when they assaulted their spouse.

Conversely over 50%-70% of the victims of rape were under the influence of alcohol and/or other drugs at the time of the assault.

Over 50% of all murderers were under the influence of alcohol and/or other drugs when they committed their crime.

In many cities more than two-thirds of those arrested for any crime had cocaine in their system.

Twenty-five percent of all suicides were under the influence of alcohol and/or other drugs.

And yet, in a large portion of these cases, alcohol and drugs weren't the primary factor in creating the violence. They were often simply the trigger, the final straw, or the excuse that a person already predisposed to violence needed to cross the line.”

Bill: “ I am not ashamed to admit it, I am an alcoholic and an addict and it definitely escalated my behaviors when I was using and drinking. Made things worse. That’s not the cause of the problem. “

Intern in the emergency room: “ A 19-year-old woman who was assaulted by her domestic partner about an hour ago. Hands and fists only to the body and head . . . and was brought in by police. “

For many of those predisposed to violence, alcohol and other drugs don’t have to be involved at all: stress, exhaustion, isolation, and even minor annoyance can trigger the aggression.

Man 1: “ Being questioned repeatedly, you know, judged and asked over and over again the same questions, you know, like for example ‘Why were you late getting home after work?’ “

There are three major kinds of interpersonal violence and one can escalate into another: emotional violence, physical violence, and sexual violence. The most common form of violence as well as the most under-reported is emotional violence, which includes verbal abuse.

Adrian: “ If you talk about someone being emotionally violated, who goes to jail for that? You don't have any bruises that you can see but there are scars there. “

Beth Kaplan, M. D. Attending Physician, S.F. General Hospital: “We see patients who come in because they lived under such ordinate stress and fear; they all come in with chronic headache and pain or just an undiagnosable condition. “

Many victims of sexual violence don't get treated in the emergency room because of the stigma society sometimes places on those victims and because of the victim’s shame.

Ruth: “I went two weeks before I told my father about it and he wanted to press charges. And I told him not to because by then I had gone back to high school and everyone had labeled me. I went from being just a normal girl to being labeled as ‘the slut,’ ‘mattress back.’ The boys who had done it said that I’d asked for it.“

Finally, while emergency room physicians treat the victims, they rarely see the other two groups of people directly involved in most acts of violence: the perpetrators and the witnesses.

George: “I remember that she would, this is hard for me to say, she would take her diamond ring and move it over to the palm of her hand, so when she hit my sister, it would scratch her and cut her open and my sister still has scars on her back from where my mother used to do this.”

Though women are occasionally the perpetrators, over 90% of all interpersonal violence is by males, regardless of whether the victim is male or female.

PREDISPOSED TO VIOLENCE

Man: “ I could talk to my partner or whoever fairly good if I was sober but after I started drinking the deep emotions really would come out. “

Jackson Katz, Executive Director, MVP Strategies: “In some men alcohol can disinhibit their aggressive tendencies and they become violent when they drink alcohol, but the violence was sitting in them and residing in their psyche way before they picked up that first drink.”

Danny: “When I was a kid I grew up, you know, was angry. I was a very angry kid when I grew up. I attacked other people . It was like kicking the dog.”

The reason a tendency or violence already resides in some people is due to a combination of factors, working together, to biochemically and emotionally mold a person's feelings. Those factors are heredity, environment, and for some people, the abuse of psychoactive drugs.

HEREDITY & VIOLENCE

Fear, anger, and aggression (violence) are natural to all humans. These responses are survival mechanisms that have been developed and are inherited over millions of years.

They reside in the original old brain, which we will call the primal brain that exists in all animals, from a lizard to a genetic engineer.

What happens is that an external stimulus, activates these survival mechanisms, including the fear, fight, and flight responses, in the primal brain.

The stimulus could be visual, alerting a cat to an oncoming car or a human being to a potential attack .

The incoming warning signal splits, part going directly to the primal brain, which activates an immediate protective response: adrenaline is released, blood vessels constrict, muscles tense, and the body and brain become alert, ready to react.

In most animals, very young human children, and some adults, the immediate response is often carried into action.

Marcus: "See, I didn't think about being physically aggressive or not, it never occurred to me until it happened. Something would snap and I would be gone. I would be slapping or throwing the woman down."

But in some animals and in most human beings, the other part of the incoming stimulus, processed by the new larger reasoning brain, modifies the initial response.

Man: "It seems like every time I feel I get a trigger - like I'll get hot or I'll get nervous - I'll start fiddling or something and that might trigger my side that knows, 'Hey, I'm getting irritated. I'm about ready to say something to somebody. I'm about ready to give this guy the finger or something,' and then my cycle - I start working on my cycle, hey, find my true self. Soften myself up."

Because of twin studies and other experiments, many neurobiologists and psychologists feel that in some people there is a greater genetic predisposition to violence than in the general population.

Darryl Inaba, Director, Haight-Ashbury Detox Clinic: "Somebody who has that genetic predisposition is more likely to be impulsive and to react, maybe even rage inappropriately before they have the normal thought processes to think about what they're going to do and see what's happening in front of them and to weigh all factors before reaction."

Finally an inherited biochemistry might make a person more sensitive to certain psychoactive drugs, which can also disrupt communication between the new brain and the primal brain.

ENVIRONMENT & VIOLENCE

Pam: "My oldest son, he was killed last year in front of my mother's house on May 1st. He was coming in my mother's house and a guy walked up behind him and shot him in the back of the head. When I got to the bottom of the stairs, he was lying there, he had a smile on his face. I'll never forget it."

When it comes to fear, anger, and violence, environment is the major influence. It molds and shapes both the primal and new brains. It imprints thousands of memories and makes trillions of connections within the brain, particularly during the first 10 years of life. The earlier the environmental influence the more entrenched those emotionally shaded memories become.

Man: "I can remember being very afraid of my father a couple of times because he was obviously trying to control his rage. Even though he did very little physical harm to me, I had a great deal of fear of him."

The strongest imprinting regarding violence is often caused by witnessing or being the victim of emotional, physical, and or sexual abuse as a child.

Memphis Tennessee Police Department Footage of Domestic Abuse Call

Mother with kids in Tennessee: "He had me like this saying, I'll kill you, I'll kill you. "

Doctor: "Did the children see it?"

Mother: "Yes, the kids they did - you bitch, you bitch. And then he threw the knife in the sink and started laughing and kissed me. "

Doctor: "Was he drinking tonight? "

Mother: "Yeah. "

Doctor: "Does he have an alcohol problem?"

Mother: "Yes "

Doctor: "Does he do any drugs?"

Mother: "Yes."

Daniel Brookhoff, MD, Ph.D., Associate Director of Internal Medicine, Methodist Hospitals of Memphis, Tennessee: "I remember one case that I went to where we arrested the father who had really beaten the mother and we're kind-of walking out of the house when we see this little 3 yr. old sitting in the hallway with the family kitten in his hand strangling it and banging it's head against the wall, and we said to the mom, 'Hey, your kid is killing your cat' and she said, 'Oh, don't worry, she always does that when she see daddy beating me' "

1997 Studies at Yale and Harvard Universities showed that severely abused children had permanent changes to the brain. These changes due to abuse often led to more behavioral problems including hyperactivity, impulsive behavior, increased aggression or exaggerated fears, nightmares, trouble keeping a job, and difficulty with relationships.

The studies showed that the changes could also be caused just by severe emotional abuse.

Danny: "My father committed suicide, that I think was a lot. It left me angry and just the way people have like abused me. "

Next in importance are attitudes that are absorbed by the developing child, such as parent's attitudes towards children, one race's attitude towards another race, or men's attitudes towards women.

Man: " Growing up, I guess I tended to learn that male role belief system that the man is the boss. He's you know the controller, the one who's in charge. Does all the discipline. "

Often, these ideas are reinforced outside the home through the attitudes of peers, classmates, co-workers, and friends.

Miles McLean, Gender Violence Prevention Educator: "I think the attitudes and behaviors that we exercised, if you will, with the women that we cared about, our

girlfriends, were very violent I think, and created and reemphasized in the minds of younger males who looked up to us as saying, 'this is how you associate yourself with your girlfriend.'“

The attitudes can also be reinforced by the way they are portrayed or glorified by society and through the media.

Society and the media also have an impact on how people handle intimate and sexual relations, often showing aggressive solutions or instant gratification rather than affection, forgiveness, and honesty.

Jeremy Earp, Gender Violence Prevention Educator, MVP Strategies: “Look at alcohol culture in terms of media. Look at the commercials that bombard kids when they watch sports. It’s all about booze, it’s all about male privilege. Women being objectful, that sort of stuff. “

The cultural influence is certainly not limited to the United States and, in fact, is more powerful in some other countries.

Augustina: “ I couldn’t go to the village and tell them that my husband beat me up, so I kept it inside because there was no one to talk about it. I would go and make a comment about it and then it would happen again. That went on for about 12 years. “

And so the lessons of environment are often carried on from generation to generation.

George: “ I was an abused child and I’ve realized I want to take responsibility for stopping the abuse, not that I want to have children, and I haven’t had the desire to have children. I want to, like I say, stop the abuse here and I’m not going to abuse other people just because I was beaten as a child. “

Finally, many environmentally influenced factors that can make one predisposed to violence are often the same ones that will make a person predisposed to use alcohol and other drugs. Factors such as physical, emotional, and sexual abuse as a child; low self esteem; weak family structure; and the need to try and control one’s life.

This means that many of those prone to violence are also prone to use drugs, which can, in turn, further escalate the violence.

PSYCHOACTIVE DRUGS & VIOLENCE

Danny: “ When I am on drugs and alcohol I don’t care about myself, I don’t care about anybody else. Alcohol could make my mood go up or it could make my mood go down. “

The use and abuse of psychoactive drugs has a strong association with violence. They disrupt communication between the primal and new brain thereby allowing feelings of

anger, paranoia, and violence already imprinted in the old brain to boil over, free of restraints.

ALCOHOL

The substance most associated with violence throughout the world is alcohol. Even though it is a central nervous system depressant, alcohol initially suppresses inhibitions, which may release some primal brain urges.

Eric Kinsman, Bridgewater State College: "Seems like alcohol is always referred to as this liquid courage, you know. And I guess it depends where you're at - courage to do what? Courage to ask a girl out on a date which you hadn't had the courage to do before, or courage to dance like a fool on the floor, or is it courage to beat your wife or to beat your girlfriend?"

In a 1995 study in Memphis, Tennessee that examined police calls for domestic violence, 92% of the perpetrators had used alcohol and 67% had used cocaine on the day of the assault. Almost half the perpetrators had been loaded on alcohol and or cocaine for the past 30 days.

Adrienne Brown, Counselor, Haight-Ashbury Clinic: "He was a pretty mean guy when he wasn't drinking or using when I think about it, so it was really hard for me to tell. But we know that when people are addicted and are alcoholics, they can be on a dry drunk, which makes them just as mean as they can be between when they are using."

COCAINE & AMPHETAMINES

After alcohol, the substances most associated with violence and crime are the powerful stimulants, cocaine, including "crack," and methamphetamines.

Jo Ellen Dyer, Pharm. D., Poison Control Center, SF General Hospital: "Amphetamine and cocaine we see a lot of in this emergency room here. So we'll see patients that are coming in so agitated and combative that we restrain them and they get sedated."

Girl: "One night, I mean I just flipped because I thought he pulled a gun on me and he didn't and I shot him. I had no control over it, I was just really paranoid."

The need to buy drugs or involvement in the drug trade often leads to violence and other crimes.

Guy: "You have people that are in pursuit of this euphoric high, this speed. If they want it they will just come in and take it from you. I've seen people get thrown out of windows for it."

As with physical and emotional violence, alcohol, cocaine, and other stimulants are often involved in sexual violence including rape and acquaintance rape.

Anna: “ It made him. When he was sober he wasn’t that bold or that pushy. But when he drank or did cocaine he was very bold and very pushy. “

There are also a series of amphetamine-like compounds such as “ecstasy,” or MDMA, and “Nexus” often used at parties or rave clubs, which can trigger predatory behavior or paranoia and violence in the same manner as methamphetamine and cocaine, especially in those predisposed to violence.

SEDATIVES & DATE RAPE DRUGS

Jo Ellen Dyer, Pharm, D.: “There is a group of drugs right now that people are using that are classified as date-rape drugs. There are drugs that incapacitate someone pharmacologically. They either loosen their inhibitions to the point that they are no longer in control of what they are doing or they can make them completely unconscious where they could be assaulted and no one would understand what happened. The effects of these drugs particularly Rohypnol is similar to high-dose alcohol use. There are many other drugs in the benzo class, like Ativan and Valium, which can be used in ways to try to make someone less inhibited or less in control of their environment and not in control of their actions.”

The anesthetic properties of GHB have been used by sexual predators as a knockout drug that can also cause memory loss.

STEROIDS

Darryl Inaba, Pharm.D.: “Basically anabolic steroids mimic the effects of the male hormone testosterone. They feel a tremendous surge of power and control and nobody should talk down to them. Everybody should respond to what they say and becoming very irritable, that when that doesn’t happen, lashing out at anybody around them while they are under the influence.”

Even though steroids are associated with performance in sports and body building, a predisposition to violence still has to exist for “roid rage” to be triggered.

Scott: “ I don’t think that the steroids caused the problems as much as the emotional poison that was there before that, Never being good enough, strong enough, fast enough. You could make 30 tackles in a game and spend the whole week worrying about the one you missed. That was the kind of person that I was and the kind of person that many addicted people are. Nothing is ever good enough.”

BLAME

Mike: "If it came to a point where I needed to be more than verbally aggressive and emotionally, I could be physically aggressive and then if that didn't work quite right, I could always say, 'Well, it was cause I was drinking is why I did that.' I could use that as my excuse."

Jackson Katz, MVP Strategies: "It's never a good excuse. And if the jails in the United States were emptied of the people who committed crimes while under the influence of alcohol or some other substance, you'd have very few people left in jail. So it's not a good argument legally, that 'I was drunk, your honor, I was drunk. I didn't really mean to beat my wife.' And it's also not a good argument - it's a very bad argument morally."

The heavy involvement of alcohol and other drugs in sexual violence often makes it too tempting to blame the substance and the victim rather than the perpetrator and the behavior.

Jessica: "It doesn't matter if alcohol was involved in the situation, he raped me. It doesn't matter. There's more attention paid to the fact that there was alcohol involved than the fact that a woman was assaulted. And that her life changed."

Miles McLean, Gender Violence Prevention Educator: "The most reinforced thought in our minds as men is that whenever a terrible act of violence ever happens to a woman, such as a rape or a battery, the first thing that comes to our minds in society is, 'What did she do?' or 'Why was she there? What was she wearing? What was she doing?' Which is, I think, very ignorant."

Just as perpetrators will deliberately use drugs to release a violent nature or desire, so victims and witnesses may deliberately use them to blot out their violent experiences.

Adrian Brown, Counselor: "I remember being beat up physically and being emotionally abused and drinking a gallon of wine and feeling you know, I just wanted to be out of it. That was one way I did it. And I think women tend to do those things. Either they'll take drugs with the perpetrator to have some kind of relationship or after they've been beat up use alcohol or drugs as a way of not to feel the pain."

Memphis, Tennessee Police Department Footage of Domestic Abuse call:

Dr: "Do you ever do any cocaine yourself?"

Mother: "Yes, He got me involved in it"

Dr: "When did you last do it?"

Mother: "About three days ago."

Dr: "But you didn't do anything tonight?"

Mother: "No."

DOMESTIC VIOLENCE & CONTROL

Beth Kaplan, MD, Domestic Violence Intervention Program, S.F. General Hospital:
“Domestic violence is probably best defined as a pattern of coercive behaviors, which one intimate partner uses against the other. It can be physical, it could be emotional, sexual.”

Man #2 : “When you want something to go your way or you want somebody to agree with you or say what you want them to say and they don't give you the correct response that you were looking for. You feel as if you're out of control.”

Anna: “All these little signals you can read when somebody is abusive. You can, I mean I can read when he was getting agitated and I would adjust my personality. I would become quiet, you know, try and be invisible. But usually it was targeted at me, at my behavior, at my voice. No matter what I did, there was something wrong.”

Karen Darling, Director, Asante Health Systems, Domestic Violence Education Center:
“Men and women use violence and aggression towards each other for different reasons. It doesn't mean one is okay and one isn't but what we know is that men use violence and aggression towards their partner to maintain control. Women use violence to regain control.”

Pam: “I was doing good on my own. I had got me a little car and he came over to my house and I had \$100. He wanted my money and I wouldn't give it to him, so he beat me up and threw me all on my little baby which was three months old. I followed him in my car to his house and tried to kill him.”

Memphis, Tennessee Police Department Footage of domestic abuse call:

Mother: “That's why I just wish they would make him stay away from my home, I need him to stay out there and work. We can't make it without him working.”

Dr: “Have him arrested?”

Mother: “I don't want him arrested. I want them to make him stay away from my home.”

Mary Terall, Rape Crisis Center, Medford, Oregon: “Economic is the way that they keep them isolated and keep them from leaving. But as far as what is considered as abuse it's the emotional abuse, the giving and taking of love. It is not unconditional love. It is very conditional love. The other one is the verbal abuse, calling them names, insulting them, attacking them, their character, their intelligence, telling them they are hopeless and helpless, and nobody would ever want them, and they are too stupid to be able to get a job.”

Beth Kaplan, MD: “Although women are the majority of victims and in the heterosexual relationship where the male is perpetrator, gay and lesbian relationships also have the problem with domestic violence and occasionally men can be victims in a heterosexual relationship”

SEXUAL VIOLENCE & CONTROL

Jessica: “ I don't think I was scared until I realized what was happening to me. Until I realized that he was raping me. And at that point I started screaming although I did not hear myself screaming at all “

Beth Kaplan, MD: “ I think that sexual violence is intimacy violence . I think that the perpetrator wants to be in control and uses violence as a way to be the powerful person in control of another person, of the victim.”

Jessica: “ When I replay all of the events of that night, I feel like he knew exactly what was going on to happen or how he was going to attempt each move that led to me being assaulted. So he had to be in control.”

When attempting to control the victim, the perpetrator in a sexual assault need not use physical force.

Jessica: “ So he didn't like physically hold me down. He was bigger than me. He was a lot taller than me. He was about a foot taller than me and so that was intimidating I think.”

Jared Bridgeman, Student, Northeastern University: “I think that in marriages and relationships and things like that, I think we as men just impose ourselves on women because of the fact that we can, you know. If women were bigger than us and they could whip our ass, we wouldn't act as aggressive as we do. “

Of the estimated 700,000 rapes committed yearly in the U.S. around 80% of them are committed by acquaintances, intimate partners, and other family members.

Karen Darling: “Sexual abuse is very much a prevalent thing in domestic violence situations. We estimate through statistics that probably 50% of all women who are battered are raped by their intimate partners.”

In the college setting, a recent survey estimated that 73% of the perpetrators and 55% of the victims had been drinking or using drugs at the time of the assault.

Tom Penichter, Gender violence prevention educator, MVP strategies: “I mean it's no mystery why guys in college fraternities, many of whom don't have all that much money, they still come up with plenty of money to have outrageous amounts of alcohol and let any woman in for free. The whole point is they're setting up an environment whereby people are going to get more drunk.”

Ruth: “I stayed at a ‘kegger’ party too long. My ride went home without me. I got stuck there without a ride, the three men that were in the house told me their car didn't run, so

I was stuck there and then they proceeded to gang rape me all night long until the sun came up. Miraculously the car started running again that morning and they gave me a ride home. I showered for a very long time and cried and realized that something really horrible had happened to me. But it was irreversible. “

Angie: “After he left, I got up and looked out the window and he was laughing with his friend, and whatever. He thought it was pretty great, pretty funny, pretty cool, you know, ‘Here’s this little naive girl that I just took advantage of and got what I wanted.’ And I think that was really hard to witness. That was really hard to see what this guy actually thought of it. Like he didn’t have an emotional attachment to it. Like it wasn’t something that he was - I mean he was out to get it.” Terall: “when you start seeing women as a number or as object, you are in trouble already from a perpetrators perspective, because your going to cross over boundaries.”

Jackson Katz: “So what I say and what the men that I work with say to men in these situations is we say, ‘Look guys, if your not sure if a woman is able to give consent because you don’t think that she might be able to because she’s drunk, then you have a choice to make. You can go into that gray area, we call it gray area - and you can proceed and try to have sex with her, knowing you could be taking a big risk, both criminal risk as well as moral risk, (and of course we discourage them from doing that) or you can step back. You can say look, you know, maybe I really am attracted to this woman, maybe I really want to be with her but not tonight, she’s not in a position where she can responsibly and reasonably consent to this behavior. And I’m not going to take a chance with her life and her health as well as with my future.’“

STOPPING VIOLENCE

Since there are three types of people directly involved in most acts of violence - the perpetrator, the victim, and the witness, there have to be multiple approaches to preventing those acts.

Perpetrators have to learn how to control their anger and how to deal with childhood abuse or other issues, and unlearn aggressive and violent attitudes taught by society.

Victims need support and treatment for their trauma and then need to learn ways of living that would make them less susceptible to being victimized.

Witnesses need to overcome the trauma and influence of what they’ve seen, particularly when they were young.

Finally, bystanders, who are not directly involved in acts of violence but find anger and aggression all around them, need to learn that they can have a strong impact on the behavior of their friends and peers.

PERPETRATORS: TREATMENT & PREVENTION

One of the main problems in working with violent people is overcoming denial.

Man: "I came to the class. I hesitated. I know, I didn't really want to be here. This was ridiculous. Some of the guys I saw and I judged people. I looked at them and I said, 'Look at the way that person dresses, I'm not like that, I'm clean cut and this and this,' and it wasn't till about my seventh week or so that I realized that hey, I am a violent person, this is my alley."

Scott: "There are batterers anonymous groups. There are batterers' groups everywhere. They are not spoken of because very few men want to admit they go to them, or women. It is not even as socially acceptable as being an alcoholic."

Man: "The difference that I've noticed in myself within the program is the patience - I have to listen to what my partner has to say instead of just closing her out and saying, hearing what I want to hear, and just saying what I want to say, and trying to make her hear me. It's not supposed to be like that."

Scott: "Battering is a treatable condition, I think it has to be viewed like drug addiction or alcohol addiction, absolute abstinence. Under no conditions may you take two steps backward and one step forward type of thing. The only way the cycle can be broken is complete honesty; talking with other people, saying the exact things you did and coming to the truth of it."

A key element in preventing all forms of violence, including gang violence, bar fights, and assault, is knowing how to diffuse triggers, such as anger stemming from an argument.

Billy: "It's good to know you've got some signals to watch for, you know. That you can stop for a moment, take a breather, take a time out. Exercise some steps to try to diffuse the situation, come back to it at a later time."

Another key element to overcoming a violent nature is learning how to live without alcohol and other drugs.

Marcus: "The first six months of sobriety ended up being one of the worst times in my life. All of a sudden I had to face life. I didn't have any of the tools. I had just been on drugs and alcohol and all of a sudden here I am without all the stuff to gird me up."

Beth Kaplan, MD: "With this kind of dual problems with violence and with drugs and alcohol that it is impossible to solve one without solving the other. These people need treatment for their alcohol and drug addiction and their violent behavior."

VICTIMS: TREATMENT & RECOVERY

Angie: “Like I went like a long time thinking it was my fault and thinking that I had no worth, that I was worth nothing. And I don’t know, I just would never want that to happen to somebody, especially my daughter or my little sister. So I think that by sharing experience and knowing that it’s not your fault is the most important thing “

Beth Kaplan, MD: “By the health care provider initiating the conversation, we find that patients, the vast majority of the time are very happy to talk about the situation that’s going on in their lives, and happy to hear about some of the resources that they can use in the future.”

Angie: “If I had to put myself in that situation again, I would have gone straight to the police, I would have gone to the hospital, I would have had things set up right away. But you know, I didn’t think then.”

Jessica: “I have found a voice in myself that I’m not sure ever really existed. I have found a resilience in myself that I didn’t know I had, and I have found a way to connect with women about how to be empowered out of a traumatic experience.”

For the victim, treatment for the drug abuse often caused by being abused as well as treatment for the abuse itself have to occur simultaneously.

Ruth: “ When you take drugs, you don’t sit still long enough to let your depression catch up with you. I’m sure I was depressed. I’ve probably been depressed ever since then and medicated it. Now I deal with it, now I face up to my problems, but then I was just stoned all the time. “

Adrian, Counselor: “There needs to be more transitional residential places for women who are in domestic violence situations. It makes it very difficult to stay clean and sober if you’re in a violent situation.”

Beth Kaplan, MD: “Our hope is to interview earlier before a patient comes in bashed on the head and killed by her partner “

Memphis , Tennessee Police Department Domestic Abuse Call:

Woman: “I’m scared all the time, I’m scared of him.”

Officer: “He’s away from you now, you don’t have to worry, I just need to ask you some questions, have you ever got any counseling?”

Woman: “I just called the safe house but they didn’t have any room for me.”

BYSTANDERS AND PREVENTION

Beth Kaplan, MD: “ I think that the American society should work towards a level of no tolerance for violence, whether that be family violence or amongst strangers. I think that

violence is continually perpetrated in our community by having children witness goings-on in their families by watching violence on the media and by it's cultural acceptance in many communities."

Jared: "I've seen a woman get disrespected and I'd turn my head the other way. I grew up having to do that you know what I'm saying. And it's just like it's more important to a lot of men to you know keep that bond with other males and not be looked down upon by the males that they fraternize with or that their cool with or whatever."

Jackson Katz: "If you see a friend of yours who is trying to get a drunk woman to come up to his room with him, I think you have a responsibility as a friend of the guy to say something to him. I certainly think you have a responsibility to the woman to do something about it, ok?"

Counselor: "I think it's unsafe for most men to speak out about men's violence against women. Immediately they get criticized and people start asking questions about their masculinity, you know, 'What's wrong with you? Why are you doing that? Are you gay? What's your problem, you soft? You're not much of a man. Why are you criticizing me?'"

Unfortunately in our society the definition of how to be a man often consists of specifying how not to be a woman.

Student: "That happens so much in a fraternity, you know, 'Dean, you're not drinking tonight?' 'No, I don't feel like it.' 'What are you, a woman? Take that skirt off.' And that's the worst thing you can be called, you know."

Jackson Katz: "Very few men have permission to be anything other than some really narrowly defined aspect of manhood. And a lot of guys that we see who become abusive are caught up in that. They 're caught in this really narrowly defined vision and so I think one of the things about conversations like this and the influence that we have is to provide for younger males in particular who haven't yet completely, you know, hardened themselves against thinking these things. We can provide males with models of manhood and masculinity that are much more life-affirming and positive and, you know, courageous frankly."

Man: "I was amazed just how strengthened I was just sitting around with a group of guys just talking about these issues. When you realize there's other men who will back you up and think the way that you do, that there's the organizations that will support you, it's incredibly powerful."

Jackson Katz: "If in male peer cultures, in the military, in the sports world, in the corporate world, in schools, if there could be created a climate among men, okay, whereby men who are not abusive speak out and publicly identify themselves as not abusive and publicly state that they're not going to accept men who are; if we can create

the climate of intolerance, then I really believe we can change the culture. And I wouldn't be doing the work that I do if I didn't believe that."