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BATTERED WIVES: IMPLICATIONS FOR COUNSELORS

by

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A professional paper submitted in partial fulfillment
of the requirements for the degree

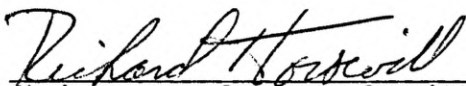
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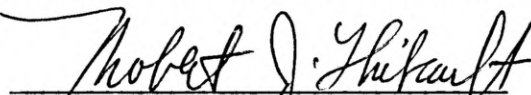
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ABSTRACT

The problem of this study was to determine, through descriptive research and interviews with battered women, the needs of women in battering relationships. A therapeutic center and program was designed and discussed to more fully illustrate ways in which counselors could meet the battered woman's needs.

The literature review indicated that information and statistics regarding the phenomenon are lacking. Misconceptions surrounding battering have made researching the problem difficult. An examination of the dynamics of the relationship revealed that the man and woman are caught in a tremendously dependent relationship. Treatment alternatives were presented.

To supplement the findings in the literature review, telephone interviews were conducted with six battered women. All the women were either out of the abusive relationship or in the process of leaving at the time of the interview. The same questions were asked of each woman by an interviewer trained in listening skills and with experience dealing with battered women.

To assure anonymity, responses were tabulated numerically and then placed under a general category for each question. Additional suggestions or comments were listed. A discussion of the data followed.

The results of this study indicated the following: (1) Battered women were not always low-income, uneducated, masochistic women; (2) They most often came from a very traditional background and had a very low self-esteem; (3) Both the man and the woman remained in the relationship due to complex socio-psychological factors; (4) Physical safety of the woman was a number one priority; (5) The most helpful person to the battered woman was an understanding friend who had knowledge of the woman's options; and (6) The women could not leave until all hope for change in the relationship was abandoned.

The author made the following recommendations: (1) A therapeutic program for women in battering relationships should include a crisis and referral phone service; support groups; a shelter; and community education programs; and (2) Research should be undertaken to more fully understand the battered husband and his needs. The therapeutic program was discussed in the Appendix.

CHAPTER I

INTRODUCTION

"Selective Inattention" was the term used by Gelles (1972) to describe the way in which people deal with the topic of spouse abuse. Although wife beating has existed for years it was not until just recently that it was considered a "problem" (Warrior, 1976). Unfortunately wife beating, or battering, exists to a much greater extent than is generally thought.

Presently, at the very minimum 1 out of every 2.5 women will become a battered woman (Walker, 1977c). FBI statistics of 1973 revealed that one forth of all murders were between family members (Jensen, 1977). A study conducted in 1970-71 in the Kansas City Police Department uncovered that 40% of homocides in Kansas during that time were killings between spouses (Pogrebin, 1974). In 85% of the domestic homocides in Kansas the police had been called in once prior to the murder, and in 50% of the reported homocides they had been called in five times or more (Pogrebin, 1974).

The lack of response to domestic quarrels is not only prevalent among the police but also among social service agencies; the clergy; and the public. There seems to exist a "Bystander's Creed" that what goes on within the home is only the business of the members of the family.

A study conducted at Pennsylvania State University exemplified the hesitancy to become involved in domestic affairs (Gaylin, 1977b). Fifty-one psychology students were subjects brought to a specific location under the pretense of waiting for an interview. While waiting they overheard a staged fight between a man and a woman. In some cases the quarrel was staged to look like strangers fighting, while at other times it appeared as though the couple knew each other. When it appeared as though the couple were strangers 65% of the subjects came to help, however, when it sounded like a husband and wife only 19% came to intervene. All those that did not intervene stated that they thought it was not their business.

Unfortunately the attitude that it is not their business prevails to the point of trapping the woman in a violent situation. Aside from the reluctance to get involved in domestic problems, there exists many misconceptions which hinder individuals in the helping professions from adequately meeting the needs of battered women.

Statement of the Problem

The problem of this study was to determine through descriptive research and interviews the needs of women in battering relationships. A model for a therapeutic center was designed to meet the specific needs identified.

Application to Educational Theory

The following is an excerpt taken from a letter from a battered woman:

Now, the first response to this story, which I myself think of, will be 'Why didn't you seek help?'. I did. Early in our marriage I went to a clergyman who, after a few visits, told me that my husband meant no real harm, that he was just confused and felt insecure. I was encouraged to be more tolerant and understanding. Most important, I was told to forgive him the beatings just as Christ had forgiven me from the cross. I did that, too.

Things continued. Next time I turned to a doctor. I was given little pills to relax me and told to take things a little easier. I was just too nervous.

I turned to a friend, and when her husband found out, he accused me of either making things up or exaggerating the situation. She was told to stay away from me. She didn't, but she could no longer really help me. Just by believing me she was made to feel disloyal.

I turned to a professional family guidance agency. I was told there that my husband needed help and that I should find a way to control the incidents. I couldn't control the beatings -- that was the whole point of my seeking help. At the agency I found I had to defend myself against the suspicion that I wanted to be hit, that I invited the beatings. Good God! Did the Jews invite themselves to be slaughtered in Germany?

I did go to two more doctors. One asked me what I had done to provoke my husband. The other one asked me if we had made up yet.

I called the police one time. They not only did not respond to the call, they called several hours later to ask if things had 'settled down'. I could have been dead by then!

I have nowhere to go if it happens again. No one wants to take in a woman with four children. Even if there were someone kind enough to care, no one wants to become involved in what is commonly referred to as a 'domestic situation'. (Martin, 1977, pp. 3-4).

Unfortunately this portrays a far too typical picture of a battered woman. The topic of wife abuse is so clouded with

misconceptions that even the supposedly helping professions are doing a grave injustice to the women in such an abusive relationship.

This study provided the pertinent information regarding the battering phenomenon. The needs of a battered woman were examined including the psychological dynamics and influencing factors involved when a woman goes through the battering cycle and finally faces the decision of leaving. In order to allow a more comprehensive understanding of the battering situation and ways in which counselors can meet the needs of these women, the misconceptions surrounding the situation must be exposed. Of utmost importance for the counselors is that they become more aware of their own feelings on the topic in order to more effectively deal with battering situations.

General Questions to be Answered

The author sought to answer the following questions:

- 1) What were the specific needs of the battered woman?
- 2) What was the major factor or factors making it difficult to leave the relationship?
- 3) What was the major cause of leaving the relationship for good?
- 4) What was the most important help the women received during the entire ordeal?
- 5) What were some general needs of the battering husband?
- 6) What type of therapeutic center would most effectively meet the needs of the battered woman?

General Procedures

The problem of this study was investigated through a descriptive study of the battering phenomenon supplemented by personal interviews with battered women.

The review of literature included the misconceptions regarding the battering relationship along with the social and psychological factors involved. Treatment alternatives were also examined.

The interview questionnaires were administered over the telephone. Much care was taken to conduct the interviews in a nonjudgemental, empathic manner to gather insight into the experiences of the battered woman.

The interviews and review of literature were aimed at more fully understanding the dynamics of battering, and thereby the needs of the battered woman. A model for a therapeutic center was designed according to the needs identified.

Limitiations and/or Delimitations

- 1) The women interviewed were all volunteers.
- 2) It was not possible to interview in person so the responses were taken over the telephone.
- 3) The interviewer wrote down the responses.
- 4) The interviewer, while understanding and being sensitive to the needs of battered women, was inexperienced as an interviewer.
- 5) The sample size was small.

6) The women were all out of the battering relationship, or were in the process of leaving.

Definition of the Terms

1) Battered Woman - A woman who has been physically struck by her mate. She need not be legally married to the abuser. She could be a common law wife or be living with the man. The terms, battered wife and battered woman will be used interchangeably for a woman who lives with a partner who beats her.

2) Battering Couple - A man and a woman who are living together in a relationship which involves physical violence.

3) Battering Husband - A man who beats the woman with whom he lives.

4) Battered Husband - A man who is beat by his female partner.

5) Shelter - A physical structure which ranges from overnight emergency housing to extensive therapeutic programs for the battered woman.

6) Therapeutic Center - The author's term for her "shelter".

Summary

Wife abuse is a much more encompassing and serious problem than often believed. The problem is also a very much misunderstood one. The problem of wife abuse was introduced and the need to better understand the dynamics of the battering phenomenon was identified. This

paper researched the problem of battered women through a review of literature and through telephone interviews with battered women. The limitations and definition of terms were clearly presented. The author's overall goal was to determine the needs of individuals in battering relationships and to design a therapeutic center to meet those needs.

CHAPTER II

REVIEW OF THE LITERATURE

A review of the existing literature on the topic of wife abuse is presented in the following chapter. The problems encountered researching an area as new and misunderstood as battering is discussed. The social and psychological factors causing and trapping the individuals in an abusive relationship and the present treatment alternatives are covered.

Problems Encountered in Researching Battering

As discussed in the previous chapter, wife abuse has been an extremely neglected topic of concern. Many misconceptions exist surrounding the battering phenomenon. Incorrectly, the woman has often been thought to be a low income, uneducated, masochistic individual. Otherwise it would not make sense that an educated woman in today's society would stay with a man who beat her. The husband has been believed to be an insanely ill and cruel man.

These misconceptions, as well as others, have been largely responsible for inhibiting comprehensive research regarding battering.

In studying statistics the type of individual who was a battered woman was from a lower income class. However, statistics have been primarily gathered from social service agencies and the police (Walker, 1977c). Unlike the lower class, the upper class individuals reportedly

could afford to seek psychiatrists and private physicians. Therefore the lower class was more visible and more easily used in tabulation of statistics. The number of individuals involved in battering through private services has not been attainable. According to Gelles (1977) and consistent with Walker's findings, the type of help sought by the woman was a reflection of her income and educational level.

Gathering information about the phenomenon of battering has been difficult. The majority of information concerning the battering couple has been drawn from informal interviews with battered wives. The available literature regarding battered women is in the neophyte stage largely due to myths or lack of social knowledge surrounding the subject. The belief that one should not invade the sanctity of the home or interfere in the husband-wife relation has greatly hindered any comprehensive research.

The subjects are usually volunteers and almost solely women. Unfortunately obtaining information from the husband has been difficult, consequently, the women have spoken for both. This has been a major limiting factor.

The second source of information has been obtained through professionals who over a period of time have been faced with several battering situations. Again in these cases it was usually the women that these professionals were encountering.

Murray Straus attempted to conduct a study to overcome the difficulties mentioned above (1977). He gathered a representative sample of 2,143 couples. This was a nationwide survey aimed at determining the extent of the battering problem. Twenty-eight percent of the subjects reported acts of violence in the twelve months prior to the interview. Straus proposed that the estimates were considerably lower than actual cases. He attributed this low estimate to three main factors: (1) Individuals perceived the violent act as a normal occurrence and consequently they did not report it as violence; (2) Many individuals may have been reluctant to report the violence due to feelings of shame or guilt; (3) Only the couples who were living together were included in the study and not those who were divorced. The third factor was particularly significant since violence was often a factor contributing to divorce (Levinger, 1966, O'Brien, 1971, and Bard, 1971). Straus concluded that when taking into account the above factors, "the true incidence rate is probably closer to 50-60% of all couples rather than the 28% who were willing to describe violent acts in a mass interview survey".

Social and Psychological Factors Influencing a Battering Relationship

A common reaction when one realizes the extent of the battering problem is "Why does she stay?". The factors involved are very complex and intertwining.

Truninger (1971) examined the reasons why a woman chose to stay or leave a violent home. He postulated that a woman would not leave the relationship until she felt there was no hope or possibility for change of the behavior pattern of her partner. Truninger pointed out six items which he found affected a woman's decision. They were: (1) children; (2) the stigma of divorce; (3) belief that she could not work leaving her children at home; (4) poor self-concept; (5) belief that she could not get along alone; and (6) belief that her husband would reform.

The woman's available resources appeared to be a very influential factor in the decision as to whether she stayed or left the home (Gelles, 1976). Most influencing was whether she was employed outside the home. Apparently, not only would holding a job allow her more economic independence, but also it afforded her the opportunity to see the way in which other people lived. She therefore was able to become aware that she did not have to put up with the beatings -- that it was not "normal".

However, this is not to say that all battered women are unemployed or otherwise they would have gotten out of the relationship. Very well educated career women have been battered women (Walker, 1977c). Although they were successful in their careers they were extremely passive in their relationship with their husband (Walker, 1977c).

Children were usually considered a burden rather than a resource in regards to aiding the woman in leaving. However, the existence of an

older child within the family appeared to make the woman more apt to leave (Gelles, 1976). The woman seemingly feared that the child would become involved in the violence and possibly be seriously injured either physically or emotionally. While most women would put up with the beating, and may even have felt they deserved them, the majority would not allow their children to be harmed.

The frequency and severity of the batterings were also influential in relation to the actions which a battered woman may take. Gelles (1976) reported that Scanzoni proposed that the ratio of rewards to punishment as relating directly to the frequency and severity was a major factor in whether the woman stayed in the relationship. Apparently, the woman who received positive reinforcement from the male partner with only intermittent negative reinforcement, was more inclined to continue the relationship. Thus, if the man was brutal only once a year and the rest of the time he was an attentive, loving husband, the woman would not be as apt to leave as the woman whose husband was kind and gentle only a few times a year and was brutal the rest.

It was difficult to determine the effects on the adult of having been raised in a violent home. However it appeared that a woman who had experienced childhood violence may react in several ways. She may view the violence as "normal" and a fact of life, or she may have vowed never to put up with such abuse. She may also have access to the steps to get out of the relationship, if her mother had gone through them and

consequently provided a model. Wolfgang and Ferracuti (as in Gelles, 1976) proposed the "subculture theory". In this, they suggested that the woman, who grew up in a violent home, tended to select a mate who was of a more violent nature. Gelles (1976) further supported this view. In his study of eighty families there were fifty-four women who never saw their parents fight; of these 46% were battered women. There were twenty-six women who did see their parents physically fighting; of these 66% were in a battered situation. In contrast, Walker's findings revealed that only 25% of the women she interviewed came from a violent home (1977a).

START Attempts have been made to examine the development of the battering relationship. Women from a rural health clinic were questioned regarding their courtship period (Hilberman and Munson, 1977). The early beginning was considered to be a normal start to a relationship. As they saw more and more of each other, they both saw less of their same-sex friends. However, the men never stopped their "boys night out" to the extent the women stopped seeing their friends. According to the women this isolation was not significant factor, for they felt loved and contented with their husband's attentiveness. As the relationship continued, the men became very possessive, which in most cases was thought to be, and accepted as, a sign of caring. However, of this particular study group, 25% had been physically struck prior to marriage and 59% were hit within the first year of marriage. By the end of five

years 92% had been battered.

~~THREE~~ Three factors identified as precipitators of violence were wifely duties, finances, and jealousy. Men have reportedly tried to retain their women within their reach at all times by either not allowing them to work, or by permitting them to work only at his place of business (Hilberman and Munson, 1977). The men had often discouraged the women from having close friends. Several husbands have gone so far as to exclaim it "unnormal" for women to be close friends with other women.

The refusal of the husbands to allow their women outside contacts was only one way in which the battered women became isolated. Isolation is a very serious and common problem which the battered women have had to overcome. The women often felt embarrassed and ashamed to admit that her husband beat her for two reasons: one, she was ashamed to still be living with a man who abused her; and secondly, she often believed she deserved the beatings. Unfortunately many women have felt it was their fault their husband beat them because she did something wrong and provoked him. Due to her shame in being beaten, and her unfaltering loyalty to her batterer, she felt compelled to construct lies and excuses for her bruises. To avoid this and the associated shame many women eventually found it easier to avoid outside contacts. The extent to which the abused woman made excuses for her husband's behavior often resulted in her own loss of reality. When approached by family and friends with the advise to terminate the relationship the wife became

angry or distant. The concerned friends and family, in their confusion and misunderstanding of why a woman would stay in such a relationship too frequently furthered the alienation.

The husband also complicated the woman's outside relationships with various tactics to keep her at home with him. The man, typically an amiable likable man in public, would enlist the support of her friends and family by convincing them of his good intentions and dire need to keep together his "happy home" (Walker, 1977b). The woman was encouraged, by her well-meaning friends, to stay in the home because her husband really was a kind concerned man and desperately needed her. This also added to her feelings of aloneness and helplessness. All these factors tended to keep the woman quietly in the home. ^{STOP} One man even called welfare to inform the social workers that his wife no longer needed financial assistance because she was returning home (Warrior, 1976a). However, the woman had no such intention. Unfortunately too many men have been successful with such tactics.

When the women hinted at leaving, the man frequently used a different approach. The husband pleaded with his wife that he could not live without her. Women reported being convinced that the man would even kill himself if she were to leave. Often the threat included harming the children or other family members. Keeping in mind that the woman already felt responsible for the beatings, these repeated threats added greatly to the woman's feelings of guilt.

Understandably, most all the women lived in constant terror of their husbands. This was a major factor keeping the woman with her husband. The fear very often became so exaggerated or severe that the women became extremely passive and lost all motivation to remove themselves from the situation. To the women, any attempt made to escape the situation only generated increased violence. The women saw their situation as totally hopeless and often abandoned thoughts of leaving. She therefore made a submissive effort to accept her position as part of life. /STOP

This state of helplessness and lack of motivation was presented in a theory by Martin Seligman. Seligman observed that when animals were subjected to punishment or aversive treatment for which the animal's voluntary response had no effect, the animal would stop reacting and apparently lose all motivation (as in Walker, 1977a). Seligman (1975) had observed this to occur in humans.

When an organism has experienced trauma it cannot control, its motivation to respond in the face of later trauma wanes. Moreover, even if it does respond and the response succeeds in producing relief, it has trouble learning, perceiving, and believing that the response worked. Finally, its emotional balance is disturbed; depression and anxiety, measured in various ways predominate. (Seligman as in Ball and Wyman, 1977, p.546).

Walker applied this theory of learned helplessness to the reaction of the battered woman. Battered women responded by immobilization which most often resulted in her staying in the home. An emotional paralysis took place and the woman was convinced that nothing she could

do would reduce or prevent her husband's violent outbursts. All too often this fear was well-founded.

Ball and Wyman examined the theory of learned helplessness in battered women still further (1977). ^{SIMP → Researchers} They felt it was not only a result of sporadic, unprecipitated beatings, but it could also have been a result of various aspects of one's life. ^{(Ball and Wyman, 1977).} For instance, if a woman learned at an early age that she was not in control of her life she may believe that she must always depend upon someone. She would have learned to be extremely passive and would have always allowed someone else to take charge of her life. This belief that she did not have control helped to further trap the woman when she attempted to leave the relationship:.

Having learned, all her life, to be dependent on others to meet her basic needs, she feels incapable of making it on her own even in the face of spending a lifetime with an abusive husband. She has no experience in independent decision making or in being responsible for herself. Furthermore, because the battered wife has no sense of control, she has no expectation of success if she were to try to take control. (Ball and Wyman, 1977).

According to Ball and Wyman this passiveness may have been a result of several things: (1) continual domination; (2) being beaten as a child; (3) observing her mother receiving beatings without fighting back; or (4) through over socialization of sex-role stereotyping. STOP

Lenore Walker also identified the traditional background as a contributing factor to learned helplessness (1977a). Of one-hundred women interviewed, 75% reported coming from very traditional homes and

backgrounds. Approximately 25% admitted to being beaten as a child.

START The traditional background apparently ~~not only~~ lends to learned helplessness, ^{and} ~~but~~ also affects the woman's attitude toward her battering relationship. Women from these backgrounds tended to believe that divorce was taboo and therefore the family should stay together at all costs. These women also believed that being a wife and mother was the only acceptable role for a woman. The belief that love could conquer all was also more prevalent among these women. Since love conquered all, the women believed their love could withstand the beatings until things improved. *STOP*

Also in Walker's study (1977b) she found many well educated women contrary to the belief that battered women were from low income, poorly educated backgrounds. Although they were successful career women, when it came to dealing with their husbands, they were virtually helpless. The individual woman did not see herself as anywhere near as capable as her husband. She accepted him as an authority and succumbed to his power. the women interviewed often expressed no perception of their individual abilities or strengths. In fact, the women perceived that the husband possessed all the abilities and accepted that as a point of reference.

Walker also elicited information regarding the husbands during her interviews. Unfortunately virtually all that is known of the battering relationship has come from the women. The women often referred to their

husbands as a Dr. Jekyll -- Mr. Hyde, either he was extremely loving and considerate or he was battering them.

According to the wives the husbands were:

...angry, resentful, suspicious, moody, and tense. Though they may be terrifying, they often have about them an aura of helplessness, fear, inadequacy, and insecurity. The battering husband is likely to be a 'loser' in some basic way. He is probably angry with himself and frustrated by his life. He may put up a good front in public, but in the privacy and intimacy of his home he may not be able to hide, either from himself or his woman, his feelings of inadequacy and low self-esteem. The man who is losing his grip in his job or his prospects may feel compelled to prove that he is at least the master of his home. Beating his woman is one way for him to appear a winner. (Martin, 1977, p. 46).

Donato Lamonaco, a certified rehabilitation counselor, had dealt with the battering husband. He stated that the men were "utterly and ferociously, dependent on their women" (1978). Walker stated that the men saw their mate as the "only one who could save him in a frightening cruel world (1977c, p. 3).

The women have also been identified as extremely dependent on their husbands. This mutual dependency has been observed by those working with couples therapy in battering relationships.

Through her work, Walker identified three stages in the cycle of battering couples (1977c). The duration of each stage and the complete cycle of the stages varied for each individual couple. The stages were: (1) the tension building stage; (2) the acute explosive battering; and (3) the kind, loving, respite stage. The relative proportions of the

stages indicated the tension building stage was the longest; the acute battering the shortest; and the loving respite stage somewhere in-between the other two.

During the tension building stage the couple was each individually aware of the increasing tension, and the propensity of minor incidents of battering. An example of this was a man throwing a dish onto the floor. Even though the wife cleaned it up silently the tension was not dissipated. After each minor incident the residual tension seemed to continue on the path leading toward the explosion.

If the couple had been through the cycle before, they were both very aware of the inevitability of the following stage. Through repeated incidents the woman had most likely learned what was best to do and not to do to keep her husband calm. Common behaviors exhibited by the woman were to be very compliant, motherly, or merely avoid him. However, as the tension continued to rise, the control on the part of both individuals decreased. As the control waned, the woman sensed this and often backed away. The man also sensed the decrease in control and the woman restraining herself. He then moved in tighter on his control over her. By tightening his control over his wife he could minimize one of his greatest fears, that she would leave him.

What happened next was that all control of this situation was lost and the couple moved into the acute explosive battering. Some women reported that this was the one time when they could let out their

extreme anger by fighting back. Other women felt it was not worth it to fight back as it only escalated the violence.

The kind, loving, respite period was welcomed by both parties. This was a time full of love, remorse, and promises that such a thing would never happen again. The husband was very sincere and believable in his promises. He frequently showered her with presents and attention. The woman wanted to believe that this was what love was all about. During this period she felt that love could withstand all obstacles and evils, no matter how serious. Unfortunately if the couple had been through the cycle several times the woman had begun to know that things would not be better. She therefore knew, without acknowledging it, that she was sacrificing much of her dignity and safety for a relatively few short moments of romantic love. The knowledge that she had given in only lowered her already very low self-esteem. This completed the cycle of victimology (Walker, 1977c).

Although there is much less data available, acknowledgement should be made that husband battering does exist. The man who was battered by his wife has even more difficulty stepping forward to help because he is embarrassed to admit that he allowed his wife to beat him (Steinmetz, 1977). A battered woman, although she is received poorly, has a better chance of being believed than the battered man. The man is received with much more ridicule. When asked why he would allow a woman to batter him, the following reasons were given: (1) chivalry

would not allow him to hit a woman; (2) he was afraid he would hurt her if he actually fought back; (4) there was nothing to be gained from more violence; and (5) he was physically weaker often due to a physical handicap or drunken stupor. The two main reasons he stayed in the relationship was concern for his children and economics (alimony and child support).

Treatment Alternatives

Alternatives for the women were very few, however new programs and shelters are developing. Women's shelters had ranged from one night emergency housing to extensive therapeutic programs. Several representative programs will be discussed in this section.

Erin Pizzey was a pioneer in developing shelters in London. In 1971 Pizzey founded Chiswick Women's Aid primarily to allow a place for women to get together and talk. Shortly after the opening of Women's Aid the need for a shelter for battered women became obvious because of the tremendous number of battered women seeking refuge. Pizzey saw the goal of Women's Aid to be the following:

...provide a warm, supportive situation where we can help these women figure out what they want to do. For some women they experienced psychological and emotional support for the first time. At the shelter they had other relationships to cling to -- relationships with other women and children sharing the same problem. (Pizzey, 1974, p. 11).

Pizzey's shelters had only a few house rules. The house was run by and for women and therefore everyone pitched in and helped with the

chores. Men were only permitted to visit through direct invitation. Programs were set up for the children, and they hoped to have a private school in the future.

Women's Aid also provided "second stage" houses used as stepping stones for women not quite ready to move out on their own. These were like halfway houses or communal living arrangements with little supervision or counseling. The main difference between it and the first house was the absence of continual crises situations. "Third stage" housing also existed which was mainly comprised of women who did not want to live alone, but were ready to leave the sheltered environment. These third stage houses had as few as two to three women with their children living in them. Essentially they provided a "roommate" for the women.

Private homes have been used for sheltering women for a short period of time. A women's help line usually has the phone number or more often a meeting place for the battered woman to connect with the private home. However, if the battering husband learned of where his wife was sheltered, the wife and the sheltering family were in danger. Private homes were difficult also because the woman was very often emotionally upset, as were the children, which was often extremely disrupting in one's private home. Moreover, due to the lack of funds and manpower this alternative had only been used to provide emergency safety.

Safety was noted as the number one concern for the battered woman and her children. Statistics showed that death was a very real possibility. Also, as Dr. Walker stressed, the couple should be separated and counseled individually before any constructive work with the couple could be started. The primary task of the couples therapy was to treat each as an individual and to work with their problems by developing new methods and skills in communication. The separation was initially for reasons of safety, then as the situation became more controlled and understood, counseling and treatment began individually. Once the physical safety of the woman was secured, other concerns could be considered.

Suffolk County in New York developed a program for treatment of battered women. This program attempted to avoid pressing the woman to leave her husband (Walsh and Geller, 1977). The reason being, it was believed that too often the helpers as a condition of treatment required the women to work toward leaving their husbands. At Suffolk three alternatives were identified: (1) leaving the relationship; (2) staying in the relationship unchanged; and (3) staying in the relationship with changes. The third alternative was reportedly the most commonly chosen.

If the woman chose to stay in the relationship without change, treatment included identifying the cycle the couple goes through and also identifying emergency safety actions. By recognizing the cycle the woman was able to experience more control within the situation.

If the husband was willing to seek treatment he was primarily helped to delay and hopefully learn eventually to control his outbursts. The husband was given the phone number of a hot-line and urged to call when he sensed losing control. By the man being able to even delay his anger he experienced some control which was hopefully carried over to the next potential outburst. The husband was reportedly often very anxious regarding his lack of control causing a feeling of hopelessness. This delay and experience of some self-control was expected to be positively reinforcing.

Treatments at Suffolk involving the couple were primarily aimed at helping them learn tactics of "fair fighting". In addition, it was emphasized that the man learn to verbalize his anger. Often the husband had difficulty dealing with bottled-up anger. A common finding was that the couple was in such a vicious cycle of violence that it was necessary to separate them until individual treatment was completed. Upon being brought back together the couple dealt with the communication and suffocating dependency problems existing between them. Discussion of specific problems affecting the relationship was encouraged. Peer group counseling was also suggested to decrease the isolation experienced by the couples.

Donato Lamonaca (1978) in New York dealt solely with the battering husband. He tried to help the men understand why their wives had left them. Lamonaca tried to give the men support and thereby insure that

all areas of their life did not crumble. He saw that they ate properly and went to their jobs more or less as usual. He felt the men needed long-term help but unfortunately the men seemed to stay with treatment only as long as they believed their wife would come back.

Margaret Elbow (1977) recorded her observations of the characteristics of battered women. She then examined these characteristics from the viewpoint of a counselor to determine how a counselor should best approach the situation of a battered woman. Elbow stressed the importance of not criticizing the battered husband. Much as the abused child is protective of their abuser, so too was the battered woman very protective of her batterer. When the woman went back into the relationship rather than criticizing the woman or becoming frustrated, she recommended that the counselor focus on the difficulty that the woman was having giving up hope for change. The woman was helped to identify any patterns of abuse in an attempt to aid the woman to gain some control. The choice to remain in the situation was always an option. Elbow also stressed never pushing to leave until the woman felt confident.

The main objective of most programs for battered women was to help the women stand on their own, learn what alternatives were available, and thereby be free to make decisions for themselves. Assertiveness training had often been used with battered women to achieve this goal. According to Ball (1977) an increase in self-esteem resulted from an increase in assertiveness. Caution must be taken to explore what might

occur in the woman's relationship if she were to become more assertive.

Feminist therapy also had as its goal helping the woman become more independent. Based upon the belief that women internalize their anger, feminist therapy taught women to become more "self-nurturing" and self-loving. Unlike most orientations to battering, the women were considered the experts regarding their feelings and experiences. In fact, the way in which outside agencies worked against the women becoming more independent was critically examined. The emotional reactions were observed in the battered woman and found to be rather complex. The reactions often included helplessness, fear, embarrassment, anger, guilt, and fear of insanity.

Summary

The review of literature was presented as three general areas: (1) problems encountered in researching battering; (2) social and psychological factors; and (3) treatment alternatives.

Obtaining a representative sample has made researching battering difficult. Statistics have mainly been drawn from social service and police records. Because only the lower class individuals tended to use these services the statistics of incidence among the upper class has not been determined. The men have also been nearly impossible to reach. Thus far the women have almost exclusively been speaking for both partners. The belief in the sanctity of the home has also been a major limiting factor.

The complexity of the socio-psychological factors influencing battering prevented anyone from citing one cause of battering, or one reason the woman stayed in the relationship. The battered women came from various socio-economic and educational backgrounds. If any common denominator could be chosen among the women it would be either coming from a traditional background, or more often, having a low self-esteem. Apparently both these factors have made it difficult for the woman to believe it was possible to leave the relationship.

Treatment alternatives have been aimed at increasing the woman's self-esteem and confidence in order to allow her to decide what alternative she wished to choose. Shelters have been forming to provide a safe place for the woman. The seriousness of her physical danger has made shelters a necessity.

CHAPTER III

PROCEDURES

The problem of this study was to determine the needs of a battered woman and to design a model for a therapeutic center accordingly. To assist in the assessment of the woman's needs, the author arranged interviews with six battered women. The method by which these women were interviewed is discussed.

Population Description

The women interviewed were all volunteers gathered through various professional and personal contacts. At the time of the interview all were either out of the battering relationship, or in the process of leaving. No sampling procedure was used since all six of the volunteers were interviewed.

Method of Collecting Data

Telephone interviews were conducted. An initial contact was made in which the purpose of the questionnaire was explained. A time suitable for both the interviewer and interviewee was arranged.

The interviewer had been working with the author as a field placement student on the problem of wife abuse. Since the interviewer was sensitive to the needs and problems of a battered woman, she was very nonjudgemental and empathic in her approach. Because the interviews were conducted over the telephone, a special effort was made to provide

verbal support. The interviewer's purpose was to get into the woman's frame of reference to more fully understand her experiences.

During the introductory request, made at the initial contact, the following was explained:

1) The purpose of the questionnaire was to better identify the needs of a battered woman, and to gather suggestions as to how one could better meet these needs.

2) The findings would be used for a master degree professional paper.

3) All responses would be kept anonymous.

4) The interviewer understood that it may be difficult to talk about some particular areas, therefore the interviewee was free not to answer any specific questions.

The following is the list of the questions asked of each volunteer:

1) Age

2) Education

3) Occupation

a. Were you employed during your relationship?

4) Do you have any children?

a. Number

b. Ages

5) How long were you in the marriage (or relationship)?

a. Of that time how long was the abuse present?

6) How long have you been out of the relationship?

7) Are you legally separated or divorced from him?

The above was all background information aimed at determining if any of the above would affect the responses to the following questions regarding the needs:

8) What was the major factor (or factors) which made it difficult for you to leave the relationship?

9) Did you attempt to leave more than once?

a. If so, how many times?

10) What was the major cause of you leaving once and for all?

11) Where did you go?

12) Did you receive any outside support during all of this?

(i.e. understanding friends, professional people, church, etc.)

13) What would you see as the most important help we could offer a battered woman who is either actively attempting to leave the situation or who is contemplating leaving?

14) Are there any questions or further suggestions you have for us?

Method of Organizing Data

In order to keep responses anonymous categories were established for each question. The responses were then tabulated numerically and placed under the most appropriate category. Additional comments and suggestions were listed.

Method of Analyzing Data

The nature of the study and small number of volunteers did not lend itself to statistical analysis. Therefore, the data was discussed in a descriptive manner. The answers and comments from the interviews were discussed keeping in mind the general questions to be answered.

Precautions Taken for Accuracy

The same questions were asked in each interview. Unfortunately it was not possible to audio tape the sessions. Therefore the responses were recorded on paper by the interviewer. The interviewer repeated what she heard the women saying to insure that she was hearing correctly. The interviewer was trained in listening skills along with techniques for counseling battered women.

Summary

The procedures followed for the telephone interviews conducted in this study were presented. Through executing these procedures, and compiling them with a descriptive research, the author identified some of the needs of a battered woman.

CHAPTER IV

DESCRIPTION OF DATA

Chapter III presented the procedures followed when the telephone interviews were conducted with the battered women. The actual findings of the interviews are herein presented and discussed.

At the time of the interview all of the women were either out of the battering relationship, or were in the process of leaving. Two of the women were remarried.

The women's responses were placed numerically under categories for each question. A discussion of the findings follows the presentation of data.

1. Age: Median = 33 years Mean = 34 years
2. Education (highest level):
1 10th grade 1 high school 1 vocational school 3 1-3 years college
3. Were you employed outside the home during the battering relation?
2 yes 2 no 1 for a part of the time 1 student
4. Children?
4 yes 2 no
5. Divorced?
3 yes 2 in process 1 husband committed suicide
6. How long were you in the relationship?
2 2-5 years 2 5-10 years 2 10-15 years

7. How long did the battering take place?

3 1-3 years 1 3-10 years 2 10-15 years

8. What was the major factor which made it difficult for you to leave the relationship?

3 no place to go 1 economics 2 husband persuaded me to stay

9. Did you attempt more than once to leave? If so, how often?

1 no attempts 1 once 3 several 1 often

10. What caused you to leave the final time?

5 realized outside couldn't be worse 1 husband was unfaithful

11. Where did you go when you left?

4 stayed and he left 1 to friends 1 still together (in process of divorce)

12. Did you receive any outside support during all this?

5 friend 1 medical social worker

13. What would you see as the most important help one could offer a woman who is either actively attempting to leave the situation or who is contemplating leaving?

4 understanding and knowledgeable friend 2 shelter (safe place to go)

The following is a list of additional comments or suggestions offered by the interviewees:

1) It was difficult to face the fact that marriage was not all that she had thought it would be.

2) One husband had everyone convinced he would never hit his wife. She was therefore treated as the guilty partner for insinuating such a thing.

3) One husband used the "poor me" technique that he could not live without his wife which added to her already overwhelming feelings of guilt.

4) Although one woman would say critical things of her husband, she could not put up with hearing the same sort of criticism about him from someone else.

5) Many women still greatly feared their husband.

6) The most frightening part for several women was never knowing when the next beating would take place.

Discussion

The population was composed of rather young women, one half of which had had some college education. One woman was still in college with expectations to graduate within one year. Only two women were not employed or in school during the battering relationship. Four of the women had children. At the time of the interview, three women were divorced; two were in the process of leaving; and one was widowed. This woman's husband had committed suicide after she demanded he leave the house. The women who had already left the relation were notably more open to sharing their experiences than the two women who were still in the relationship. Since the interview one woman decided to stay with her husband.

The major factor keeping the women in the battering relationship was having no place to go. A problem all the women mentioned was many

feelings of isolation. These women had alienated themselves from family and friends due to shame, embarrassment, and/or guilt thereby making it difficult to turn to them for shelter. Even if the woman was lucky enough to have somewhere to go, the husband threatened to harm her, and worst yet, to harm someone else in her family. The women were reluctant to place their loved ones in a threatening situation.

Two women reported that their husband's persuasion was the major factor keeping them at home. In neither instance were there threats of physical harm if she left, but rather a plea for her to stay. The men often pleaded with their wives exclaiming that they could not live without them. One woman remarked that she wanted so much for her marriage to be all that she had dreamt love would be, that she gave in to her husband's promises that things would be better. She also did not want to believe that her husband was anything but the kind loving man with whom she once fell in love.

The major factor for leaving cited by five of the women was the realization that there was no hope for change. When the women accepted the hopelessness of the situation they then could see nothing to do but end the relationship. The women said that the situation had gotten so out of hand they realized what awaited them outside could not be worst than the terror in which they lived.

In four of the cases the women stayed in the home and the man left which was unusual. Only after the men realized how serious the women

were did they leave. They seemed to feel that if they left for a short while the time apart would heal the wounds. In the one instance the man committed suicide adding to the already overwhelming guilt felt by the woman.

Extreme guilt, shame, and embarrassment were expressed by all the women. One woman told of how her husband had all their friends convinced he was far too considerate a person to hit his wife. Or, if he did hit her it could not be without provocation. Therefore the woman was treated as the guilty party.

When asked what would have been most helpful to them during the entire ordeal four of the women answered having a knowledgeable friend. The women wanted someone who understood what they were experiencing in order to lend support and provide them with the necessary information. This person was needed to assure her that she was not crazy, masochistic, or guilty, and to help build her confidence and self-esteem. Particularly important was to have someone stand by her when she went back to her husband, and therefore most likely more beatings. She also wanted to see someone who had "made it" for proof that it could be done. Along with the support, a safe place to stay was requested by two women specifically.

One final comment brought up by all the women at different points was the all encompassing paralyzing fear. One woman having been out of the relationship for approximately two years told of how she still

lived in utter fear of her ex-husband. The most frightening part for all the women during the relationship was never knowing when the next beating would occur.

Summary

The findings gained through interviews with the women pointed out the need for emotional support and shelter. Feelings experienced by the women included shame, embarrassment, guilt, fear, isolation, uncertainty, and helplessness. According to the interviewees, having a knowledgeable friend or professional who would not be judgemental or impatient with the woman's actions and uncertainties would have helped the most. When the women realized there was no hope for change in the relationship they were able to face the decision of leaving. The women felt they needed to know that others had left their husbands; that it was worth it; and that she could make it also.

CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

There is one position worse than that of being found dead in your husband's house from his ill usage, and that is to be found alive through having gone away to the house of someone else. A runaway wife is an encumbrance to everybody, a burden to herself and a byword - all of which make up a heap of misery greater than any that comes from being at home - though this may include trifling items of insult, beating, and starvation. (Thomas Hardy, "Far From the Madding Crowd", as in Warrior, 1975, p. 75).

The above quote depicts the societal attitude which has kept the woman at home in an abusive relationship. The problem of battering has only recently come out as a public concern which has brought about the realization that expertise and understanding, needed for dealing with battering, is extremely lacking.

The belief that one should not invade the privacy of another's home has been a major limiting factor in gathering statistics and information. Information regarding battering has largely been obtained from two sources: (1) social service agencies and police records; and (2) professionals, who over a period of time have encountered and thereby observed battered victims. Neither source had provided representative samples. The upper class has not been reached because they mainly have used private services rather than the more visible ones. The professionals have come in contact mostly with the women. Therefore

it has almost exclusively been the women speaking for both partners.

The problem of this study was to determine the needs of the battered woman. In order to accomplish this, the present literature was reviewed and telephone interviews with six battered women were conducted. The women were all out of the relationship, or in the process of leaving, at the time of the interview.

The women's needs, once identified, would assist the counselors and others in the helping professions to more effectively deal with battering relationships. Existing treatment alternatives were examined. A model of a therapeutic center was discussed to further illustrate ways in which counselors could meet the battered woman's needs.

Conclusions

The results of this study indicated the following:

- 1) The battered woman was not necessarily a low-income, uneducated woman.
- 2) The battered woman was not masochistic, and did not enjoy the beatings. She stayed in the relationship due to complex socio-psychological reasons.
- 3) The battering husband continued the abusive behavior also due to socio-psychological factors.
- 4) Low self-esteem, and a traditional upbringing, appeared to be the common denominators found among the battered women.

5) The number one priority is to provide the battered woman with a safe place. Death is a very real possibility.

6) The most helpful person to the battered woman was an understanding friend or listener who was also knowledgeable regarding the options or alternatives available to the woman. This person would not criticize or become impatient with her in her uncertainty.

7) The women were only able to leave their husbands when they gave up all hope for change in the relationship.

Recommendations

The author made the following as recommendations to counselors when developing a program for battered women:

1) Provide a twenty-four hour hot-line phone service through a local Women's Center, Crisis Center, or private home.

2) An on-going support group for battered women should be available.

3) Provide a therapeutic center to provide emergency shelter and counseling services for battered women and their children.

4) Initiate community awareness and education programs.

5) Research should be conducted to more fully understand the situation of the battered husband and his needs.

The first four recommendations were presented through a discussion of a therapeutic program for battered women in the appendix.

APPENDIX

The aim of the therapeutic center would not solely be to provide shelter for the women, although that would be its immediate purpose. The woman would be encouraged to bring their children. The objective would not be to only protect the woman but also to assist all members of the family in any way possible

Hot-line

Although the center is the ultimate goal, a more feasible initial project would be a hot-line phone service. Working out of someone's private home, or a Crisis or Women's Center all would be inexpensive ways to provide such a service. The purpose of a phone service would be to provide counseling and information regarding the options open to the battered woman. Therefore it would be absolutely necessary to have an up-to-date referral list. The list should include: (1) legal services - knowing the particular state and local laws affecting the woman is critical; (2) medical - physician's area of speciality, and rates should be on file; (3) counseling - including a file on the local psychiatrists, counselors, and clergy; their rates, areas of expertise, and denomination should be readily available; (4) welfare - information should include the eligibility requirements, where to go and who to see for food stamps, free meals, clothing; (5) housing - have current rental list; (6) support groups; and (7) shelters - have at the least, statewide listing of shelters.

Every referral should be interviewed prior to being placed on the list. In the interview the philosophy and purpose of the hot-line should be discussed. Gathering an impression of the particular referral's attitude regarding battering would be extremely important. A referral would be unsuitable for any of several reasons. Two specific reasons would be if they viewed the woman as the provoker and the particular cause of the beatings, or if they believed the family must stay together at all costs. Surveying the women who have used the particular services for feedback would also be very helpful. In the event entire agencies are used as referrals, identifying one or two sympathetic people within the agencies would be important. The woman should be told to ask for those particular individuals.

When dealing with the battered wife on the phone, caution must be taken not to overwhelm her with too many referrals or suggestions. Communication skills would be necessary to enable the phone worker to carefully assess the woman's situation and needs. If, when suggesting she leave her husband she is hesitant, the woman should not be placed under any pressure to persuade her to leave. She must make that decision when she is ready. Instead, the invitations to join a support group or to just continue talking should be extended. The main objective is to be a good nonjudgemental listener for the woman and to provide her with the necessary information regarding her alternatives. Once she is aware of her alternatives she can begin to make some

decisions. She must be encouraged to call back if she has any further questions.

For every call received a card would be filled out and filed. This card would include the facts regarding that particular woman's situation, the staff's personal feelings regarding the conversation, and the actions taken or referrals made. Although the name and number of the caller should not be pressed for, if the woman is willing to provide that information it would be extremely helpful for follow-up calls. These records, while keeping confidentiality, would also be helpful in gathering statistics and needs analysis for further funding.

Support Group

A support group could also be incorporated prior to the center's opening. The group would meet twice a week; would be no larger than eight to nine women; and would be only for battered women. The purpose of the group would be to lend support to one another, as the names indicate. Goals would include: (1) increasing the woman's self-esteem; (2) increasing her independence; (3) decreasing her isolation; and (4) helping her to examine her alternatives.

Although the facilitator need not necessarily be a battered woman, she must have experience and extensive knowledge of the battering relationship, and the woman's needs. The facilitator should be trained in therapeutic group leadership, and specifically self-help groups.

A major problem identified by the battered woman is a sense of isolation and low self-esteem. The group would hopefully aid the woman in realizing that she is not the only woman who has been beaten by her husband, nor is she the only woman who has stayed in such an abusive relationship. This is an extremely important point. The woman should never be made to feel that she is insane, masochistic, or stupid for staying in the relationship. Given the dynamics of violence within the family, it is necessary to understand that the woman needs time to make the move. She cannot be expected to take the step to leave immediately. If she could, she would have already left. There are specific factors making it nearly impossible, from her frame of reference, to leave right then. This should be respected in the group. A ground rule for the group would be that it is a support group and therefore no one should be chastised or criticized for their behavior in their living arrangement. Instead, the other women should be encouraged to help the woman by providing alternatives or suggestions which may help her in the future. The facilitator should acknowledge the uncomfortableness the woman must be experiencing by having such ambivalent feelings toward her husband, and the difficulty in giving up hope for change. As was noted, although the woman might say critical, derogatory things about her husband, she usually will not accept hearing them from others about him. One could very easily alienate the woman by doing that.

Care must be taken not to undermine the woman's decision. If she

has come to the group she has at least decided to do that much to improve her situation. Therefore, dwelling too much on the past relationship would be unfair to the woman and her decision to leave. The woman should not be given false hopes that the husband will change. The relationship in the past should only be examined for patterns the couple may have developed and to perhaps allow the woman to identify any possibility for change. Any examination of the past should be done only to help moving forward, and to learn from past experiences. The facilitator could watch that the group does not get bogged down in lengthy detail of actual battering incidents but rather to identify and deal with the specific problems. Due to the sensitive nature of the topic, much avoidance talk will probably take place and should be recognized as such.

The leader must also recognize a fine line between allowing a woman the space and time to make her decisions, and allowing her to passively float along. The women must not be allowed to passively attend the meetings indefinitely. Although some time is necessary, some women may need a jolt out of their helpless state. To prevent this goals should be set for each member. The group should also be a short-term one to give added incentive for action. The three possible options are: (1) leaving the relationship; (2) staying in the relationship as it is; or (3) staying in the relationship with changes. These should be discussed. The woman's decision as to which to choose

should be respected. From her decision goals could be set and a course of action planned.

Women who have been out of the battering relationship for some time may wish to join the group. This is not recommended. If the woman has some unfinished business regarding her past relationship she should be referred to a counselor, or to a group of ex-battered women. She could also be trained to co-lead the group, but as a member her needs would not be similar to those just in the process of leaving. To instill a sense of hope, it is helpful to have members in various stages of the separation process. However a woman who has been out of the abusive situation has quite different needs than those just contemplating the separation. The ex-battered woman could provide an excellent model in role of co-leader.

Therapeutic Center

The same nonjudgemental, supportive atmosphere should be created in the therapeutic center. The center should not replace the phone service and support groups, but rather be supplemented by them.

The number one concern at the center is safety and shelter from the physical violence. Once that need is met, the woman's other needs can be considered. The aim of the center is to provide the woman with the necessary support and counseling to allow her to examine all her alternatives, and from there to be free to make a decision. There may be

times when the staff and residents must watch a woman go right back to the battering relationship knowing full well she is doing just that. This is a time when it is extremely important that she not be ridiculed by others at the center. Such reactions from other residents and staff would only add to her already overwhelming guilt and low self-esteem. This could make it all that much more difficult for the woman to leave again. On the other hand, if she leaves the center with the feeling that everyone there cares and understands, even though she may still be ashamed of her actions and weakness, she will feel the doors are still open should she need to come back to the center. Many do come back.

The center would be open twenty-four hours every day. The address would not be given out to anyone other than staff. The hot-line number would be listed. Transportation would be provided to the center if necessary. If, when a woman calls she is hesitant or undecided if she really wants to leave her husband other options can be explored. She could meet a staff member at a neutral location; join a support group; or continue talking over the phone.

Many shelters are run by ex-battered women or residents. The therapeutic center would be a more structured environment than most shelters. Although ex-battered women possess a tremendous source of information, they may still be too emotionally involved or too overzealous to fully help other battered women. If the woman was involved in a battering relationship as complex as the cycle described by

Walker (1977c), the aftereffects of that relationship may hinder her in successfully helping others. Once she has worked through most of her past relationship, the ex-battered woman could be a tremendous resource.

By providing in-service training programs for the ex-residents, they may be able to act as advocates for the center's residents, or co-leaders for the support group. After having been through a battering relationship, the women often have a real sense of alliance with other battered women. They have also experienced, first hand, many of the same problems and needs of a battered woman trying to face the decision to leave her husband. A woman who wants to be shown that leaving a battering husband can be done could find proof in these ex-battered women.

Women who have been battered wives, or residents of the center, could easily become advocates at the center. An advocate would primarily provide quiet support for the woman. The use of advocates insures that no woman gets lost in the confusion and crises of the center. The advocate would have all the necessary referrals to impart to the woman when needed. A major precaution is that the advocate not take the woman under her wing and attempt to protect her. Instead, the aim is to show that someone cares and to prevent the woman from feeling too helpless and overwhelmed. The advocate must be trained to provide support only when necessary and to allow the woman to make some

decisions on her own. After feeling so helpless and out of control of her life for so long, the woman will need much time to build trust in herself again.

One way to help develop the woman's confidence is to set up small successes for her. Upon coming to the center she will be overwhelmed by the decisions she must make. The confidence gained through succeeding at small tasks will enable her to face the major steps. No matter how small or insignificant the accomplishment, the woman should be positively reinforced so that she can experience success.

The woman should be encouraged to take initiative and responsibility. She must not feel that everyone but herself is in control of her life. Therefore, the atmosphere of the center should be described as : "We're all in this together; yet we're all individuals!". The center should be very cooperative and include all the residents in the chores and policy-making. The woman should be present at all staff reviews regarding her progress, again, to avoid taking control away from her. No one should be permitted to totally neglect their share of the chores, although other residents could assist her. The purpose of insisting upon help is to avoid allowing the woman to stay immobile in a depressed state.

For the first couple days it would be necessary to allow the woman some peace and quiet, however. She may get the first sound sleep she has had for some time, not to forget the experience she was just through.

Therefore all that would really be necessary on the first day is to have an advocate assigned to the woman and together they would go over the house rules and fill out the intake form. The intake form is just a brief form to get some initial information on the woman. Counseling during that first day should be very nondirective, yet very supportive by allowing the woman to talk as much or little as she desires - mainly providing a good listener.

On day two the contract should be discussed. This would be a contract covering two weeks, and is mainly aimed at setting behavioral goals and objectives for the woman during her stay. Obviously, revisions would be necessary, and are expected. The contracts will be individually tailored to meet the needs of the particular woman. These contracts would be useful by including small tasks at which she should be successful.

The woman should have the contract and its purpose explained to them; that it is reversible and that they will certainly not be sent away at the end of the time period if she has not met her goals. The women are generally in need of some direction; the contract is designed to provide a basis from which to start for developing their self-esteem and confidence. It is a joint project between the battered woman, the center, and consequently involving the other residents at the center. The contract's primary goal is to assist the woman out of her depressed non-functioning state and into a state of confidence, self-control,

and direction. Those of course are not expected to occur within the woman within a two week period.

Formal counseling will be provided for each resident. The counseling will either be from a professional staff member, or from an outside referral. Counseling, after the first two days will begin to be directed toward her feelings of separation (numbness) and the fear she experienced, or still is experiencing. The woman's feelings about the involvement of her children and her own guilt surrounding that should be examined. Later, counseling should afford the woman the opportunity to express and deal with her anger. Most of the women need to experience the anger they have had to keep hidden.

A very essential part of the center would be the therapeutic day care. The children have been affected by their parents violent relation such that they very likely will be having adjustment problems. These problems will inevitably flare up during their stay at the center. Since the woman need this time for herself, a program for the children would be a necessity. An extremely helpful addition would be to have a male staff member for the day care. The children would benefit greatly from experiencing a male who could be very gentle and understanding.

In-service training should be provided at the center by trained professional staff in such areas as parenting skills, assertiveness, nutrition, and in any other basic skill as the needs become identified. The women frequently need, and are willing to accept parenthood

training, especially in view of their decision to leave their husband and become a single parent. The children, as well as the mothers, are often found to be in poor nutritional condition.

A final comment regarding the safety of the center and its residents is important. Inevitably an irate husband will come to the center at which time the police will need to be called. Due to the attitude surrounding domestic violence, police support as well as any public support will not come naturally. Therefore, community awareness and education cannot be overemphasized.

Community Awareness

Community awareness and education is extremely important when considering the many misconceptions held by the public. Due to the sensitive nature of the battering problem, people may view the center as an invasion of the sanctity of their home. Therefore, when approaching the community it must be done carefully and with diplomacy. Gaining the support of some older more established and respected groups in the community would help the credibility of the center's program.

When speaking to groups be prepared to provide statistics. The local, state, and national statistics would all be helpful. People apparently are curious to see how their locality compares with the national trends. They also want statistics because they do not believe that their area has such a problem.

Care must be taken not to appear too radical by declaring that the

family must at all times be separated. Divorce, depending upon the audience, may still be very unacceptable as an alternative. To then suggest such an alternative would be a direct insult to the audience. People are also often afraid of the liberating affect it may have on their women.

Approaching the situation as a problem of violence in the home which affects all members of the family may be a more appropriate direction to take. Stress that all the members of the family need help in getting out of the destructive relationship. Acknowledge that husband and child battering does exist and is also a serious problem.

Many social service agencies and police departments have periodic in-service training sessions at which attendance is mandatory or strongly encouraged. The individuals planning these trainings are often glad to find someone willing to come speak. Although the audience might not be a willing one at the onset, it will be a captive one. When discussing the center with these groups it would be good to give some background information regarding battering and the misconceptions involved. Also, it would be helpful to not only point out what they need to do to help the center, but rather emphasize the center is there to meet their needs also. Establishing a reciprocal relationship would be extremely helpful. An additional approach would be to ask their suggestions as to how both groups, as helping services, could better meet the needs of the battered woman.

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