

# Domestic Violence

## Why Men Stay

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# Outline

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- Growing Up: Lifestages; Brain Structure; Trauma; ACES; Identity, Masculinity
- Why They Stay: Defense Mechanisms; Culture; Coping Mechanisms
- How to Treat Men in DV Relationships: Protective Factors; Strategies; Skills/Homework



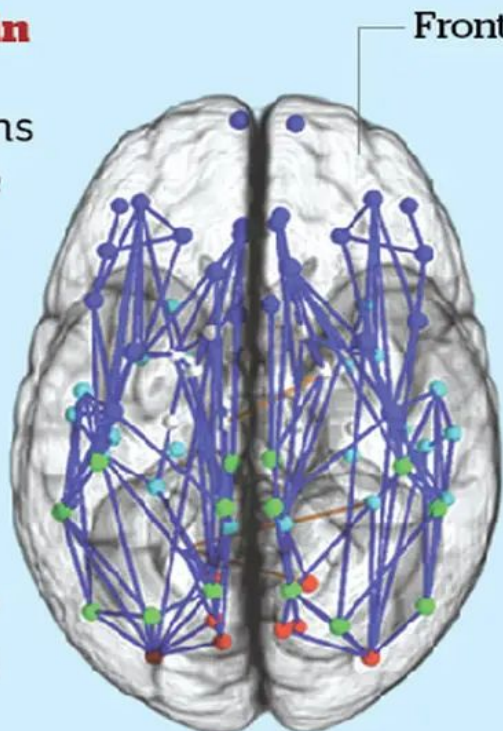
Stage	Age	Psychosocial Issue	Relational Focus	Central Question: How can I...	Associated Virtue
Infancy	0-1	TRUST- Mistrust	Mother & other caregiver(s)	Be secure?	Hope: Trust & Optimism
Early Childhood	2-3	AUTONOMY- Doubt, Shame	Parents	Be independent?	Will: Use & exercise freedom & self-restraint
Childhood (play)	4-6	INITIATIVE- Guilt	Basic Family	Be powerful?	Purpose & Direction: Ability to initiate own activities; pursue goals
Childhood (school)	7-12	INDUSTRY- Inferiority	Neighborhood; school	Be good?	Competence in intellectual, social & physical skills
Adolescence	3-19	IDENTITY- Role Confusion	Peer groups	Fit into the adult world? Who am I?	Fidelity & an integrated image of oneself as a unique person
Young Adulthood	19-35	INTIMACY- Isolation	Partners in friendship; the other	Love?	Love: Mutuality, finding & losing self in the other; career commitments
Adulthood	35-55	GENERATIVITY- Stagnation	Divided labor & shared household	Fashion a "gift"?	Care: Solicitude, guidance & teaching a new generation
Maturity	55+	EGO INTEGRITY- Despair	"Humankind"	Receive a "gift"?	Wisdom: Sense of fulfillment & satisfaction with one's life

# The male and female brain

A new way of showing the connectivity of the brain – called “connectome” maps – reveals significant differences between men and women

## Typical male brain (top view)

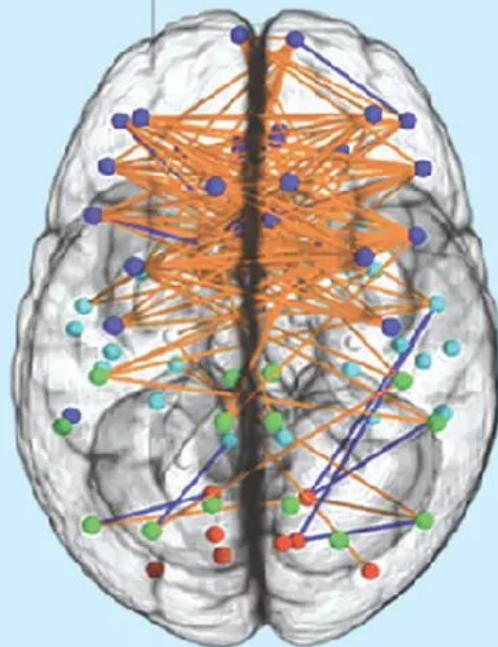
Most connections run between the front and back parts of the same brain hemisphere, which could account for the better spatial skills and motor (muscle) control in men



Frontal lobes

## Typical female brain (top view)

Many more neural connections go from side to side across the left and right hemispheres of the brain. Scientists say this could account for women's better verbal skills and intuitive abilities



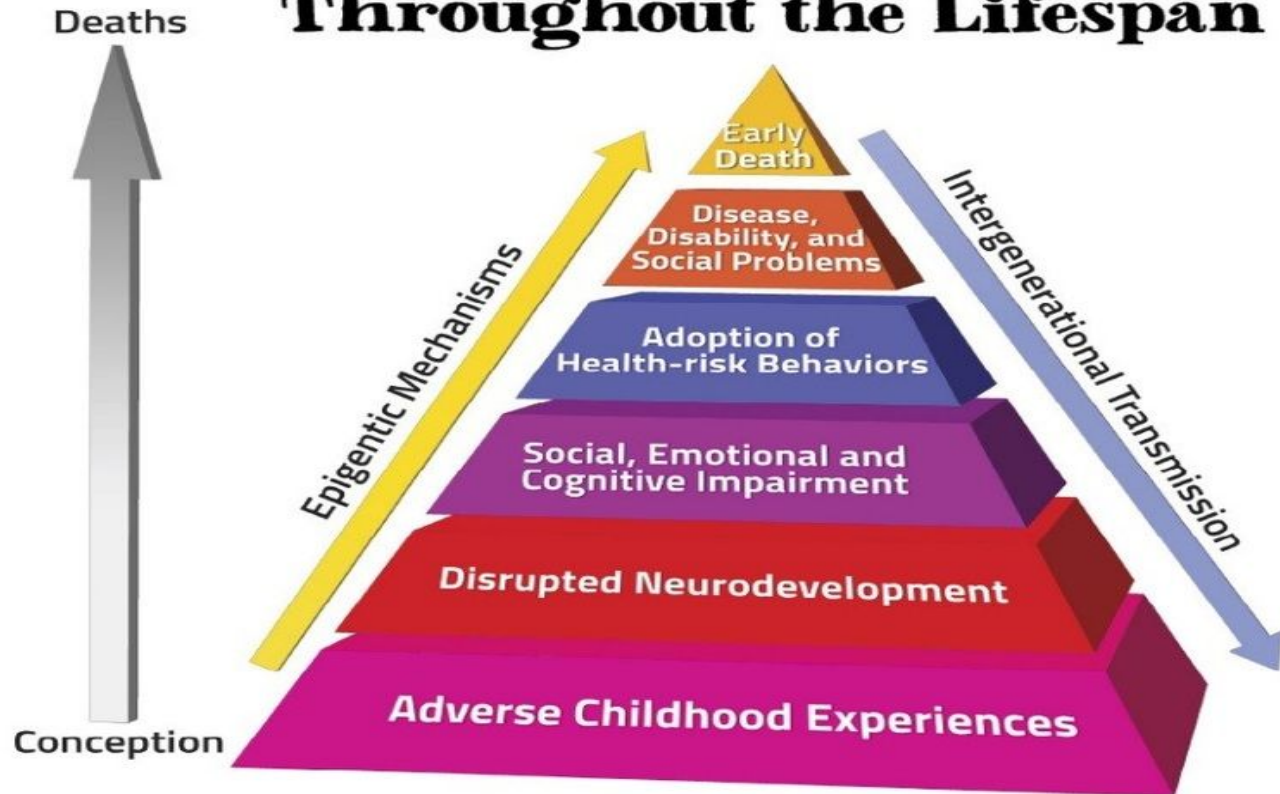
# Trauma

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Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being. (SAMHSA-Trauma and Justice Strategic Initiative)



# Mechanisms by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



# Identity

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- In men's lives, identity is defined by his view of self, his status in the world, independence and autonomy
- When males are removed from a position and status of power, they feel a deepened sense of worthlessness
- Men's place in life is important to them; Job status; Power over others
- Men who are retired (aged 45-64) have the highest rate of suicide from 1999-2016 (U.S. Centers for Disease Control)
  - Older males tend to die on their first attempt
  - They tend to plan better and are more determined in their behavior

# Masculinity in the “Me Too” Movement

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- Societal Normative “Real Men” Traits; “Toxic Masculinity”:
  - Strong, No signs of Weakness, Does not ask for Help, “Walks it off”, Not talking or showing signs of emotion/pain, Stoic, Financially Solvent, Bullying, Working/Not the Primary Caregiver etc..
- Changing/Adopting the New Idea of Masculinity:
  - Sharing/Showing Emotions, Can be either the Financial Provider or the Caregiver (or both), Seeks Understanding, Flexible, Caring, Empathy, etc..



# Why Men Stay

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Choosing to leave or stay with an abusive partner is an individual and personal decision. The decision is based upon many different issues and should never be taken lightly.

Many people, including victims of Domestic Violence resort to defense mechanisms when faced with difficult situations; which may include:

- Minimizing-Downplaying the importance or severity
- Denial-Refusing to admit or pretending it is not happening
- Rationalization-Finding reasonable explanations for the behavior (stress)
- Drug/Alcohol Use-Numbing the physical and emotional pain
- Self-Blame-Making excuses for the abuser

# Core Beliefs

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- Believing their only role is “Provider”
- Fear of Failure
- Minimization of fears
- Need to be “Tough”
- Self Sacrifice, “It’s the right thing to do”
- Fear of loss (Children)
- Promises of Reform
- Guilt
- Lack of Self-Esteem

Men who are in relationships also have trouble seeing that they are being abused, because they are conditioned from the time they are little boys to be tough, to minimize their fears, and to play a role that is based on a false construct of self-sacrifice as the “right thing to do.”

# Values

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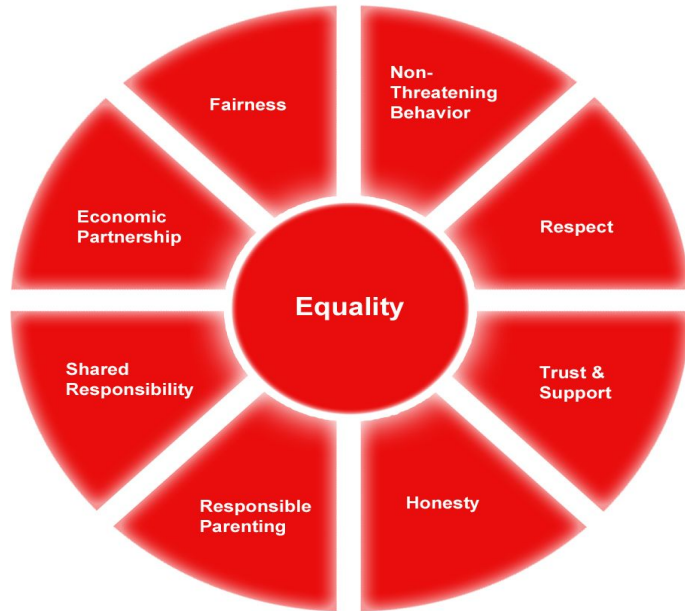
- Love
- Sex-Role Conditioning
- Societal Acceptance (Think TV)
- Economic Dependence
- Religious Beliefs
- Cultural or Ethnic Background
- Stigma of a Broken Home
- Satisfaction w/Relationship  
(between batterings)



A healthy relationship requires respect, power sharing, gender equality and fairness. An emotionally abused person experiences none of this! No one deserves to be abused and no one has the right to abuse another. These are non-negotiable human rights.

# How to Treat Men in DV Relationships

## Healthy Relationship Wheel



# Protective Factors

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1. Assessment and care for physical and mental health issues
2. Social connectedness
3. Sense of purpose or meaning
4. Resilience during transitions

# 6 Key Principles of a Trauma Informed Approach

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice and Choice
6. Cultural, Historical, and Gender Issues



# Reduce Stigma- One Step in Creating Safety

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*One hopeful sign of progress is the recent openness of high profile men in popular culture and sports who have raised up their own mental health issues, including:*

- Cleveland Cavaliers player [Kevin Love Discusses Panic Attack, MH Issues](#)
- NHL's Corey Hirsch says [You Are Not Alone](#),
- NBA player [DeMar DeRozan opens up about his battles with depression](#)
- [Prince Harry Says He Sought Counseling Over His Mother's Death](#)
- [David Beckham reveals his battle with obsessive disorder](#)

“Who do you look up to or aspire to be and why?”

# Trustworthiness and Transparency

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## 1. Embrace Authenticity

- a. Don't be something that you are not

## 2. Invest in the client/therapist relationship

- a. Be on time, Be prepared, Do your Homework, Rely on your Notes, Don't cancel if it all possible

## 3. Follow Through

- a. Do not promise what you cannot deliver; regardless the significance

## 4. Be Present

- a. Turn away from your computer, phone, screens, paper and provide good eye contact and salient body language and verbal cues

# Peer Support

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- Men need Men to show them it is OK to be open, raw and completely honest
- Help provide ideas about where men can find support with peers
  - Online Support groups (Found through googling or Psychology Today)
  - Trauma and PTSD Support Groups
  - Men's Support Group at VFWs
  - Trauma Survivors Network (peer support groups)
- Peers, Co-Workers, Friends to confide in
- Create a Peer Support Group for Men at your Practice
- Provide a Mentoring Program for Men by previous DV Survivors who are willing to share and be there for support



# Empowerment; Voice and Choice

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1. Help Client Be Open to New and Different Possibilities
2. Focus on Who your Client is as a Person
3. Run your Own Race (Allow the Client to Lead)
4. Remind Your Client to Trust themselves and their Decisions
5. Network- Don't compete / collaborate
6. Love what you do (Help them rediscover their desires)
7. Hold Yourself With Grace (help your Client focus on their beliefs/morals)
8. Embrace Imperfect Moments (Celebrate the smallest of 'Wins')

# Cultural, Historical, and Gender Issues

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## 1. Patriarchy

- a system of society or government in which the father or eldest male is head of the family and descent is traced through the male line.
- "the thematic relationships of the ballad are worked out according to the conventional archetypes of the patriarchy"

## 2. Genealogy

- Our ancestors and lines of descent

## 3. Gender Inequality

- Expectations of Men vs. Women



# Skill Building : Resiliency



# Skill Building

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- Find your sense of Purpose: Worksheet: Values/Beliefs
- Build Positive Beliefs in your Abilities:
  - Remind yourself of “Wins”
- Develop a Strong Social Network:
  - Create a small index card to carry in your wallet of the top 5 people you can call when you need support
- Embrace Change: Worksheet: Stages of Change
- Be Optimistic:
  - Create a calendar entry daily on the top 3 things that made you smile/happy in that day.

# Skill Building Continued

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- Nurture Yourself: What self-care are you doing: Handout: 50 Ways to Take a Break
- Develop Problem Solving Skills: Worksheet: Problem Solving
- Establish Goals
- Take Action to Solve Problems: Brainstorm Worksheet
- Keep ACTIVELY Working on these Skills

# Additional DV Worksheets

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- Cycle of Violence
- The Cycle of Violence
- Healthy Love vs. Unhealthy Love
- Loneliness
- Obstacles
- Negative Relationship
- Karpman Drama

Wrap - Up

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QUESTIONS?