

women's support project

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RESOURCE LIST: DOMESTIC ABUSE



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WORKING AGAINST VIOLENCE AGAINST WOMEN AND CHILDREN

NATIONAL STRATEGY TO ADDRESS DOMESTIC ABUSE IN SCOTLAND (Scottish Government)

“Domestic Abuse (as gender-based abuse) can be perpetrated by partners or ex-partners and can include physical abuse (assault and physical attack involving a range of behaviour), sexual abuse (acts which degrade and humiliate women and are perpetrated against their will, including rape) and mental and emotional abuse (such as threats, verbal abuse, racial abuse, withholding money and other types of controlling behaviour such as isolation from family or friends).”

[http://: www.scotland.gov.uk/Publications](http://www.scotland.gov.uk/Publications)

Credits

Front Cover: **Coercive Control** By Evan Stark, Pub. Oxford University Press, New York, 2007. Cover Design: Sheilah Barrett.

Page 12: **‘Trouble’**

Written by a 14 year old boy supported by South Ayrshire Women’s Aid.

Domestic Abuse

The resources listed here are recommended resources on the effects and impact of domestic abuse on women and children. Also included are materials on self-help and support and theory and practice.

The Women's Support Project provides a telephone support and information service on violence against women. We also offer direct support to women who have experienced male violence, or whose children have been sexually abused. We have a resource library that is available to those affected by violence, as well as to members of community groups, professionals, students and researchers.

The resource library includes information on:

- Child sexual abuse and incest
- Support for women whose children have been sexually abused
- Sexual abuse of boys/information for male survivors of childhood abuse
- Rape/sexual violence
- Sexual harassment
- Prostitution, pornography and other forms of commercial sexual exploitation
- Self-confidence and self-esteem
- Self-injury
- Overcoming the effects of violence and abuse

Further information on resources available can be found on our website www.womenssupportproject.co.uk

There is no membership fee for the resource library. The usual loan period is four weeks for books and one week for a video or DVD, although this may be extended on request.

We are not able to offer a drop-in service, so please contact us to arrange to visit. We can also post out materials, although we may have to make a charge for postage, depending on the circumstances.

We are happy to provide information on helpful materials, and on suppliers, for those wishing to purchase materials.

For further information, or to arrange a visit, see back page for contact details.

Theory and Practice

Domestic violence action for change

By Gill Hague & Ellen Malos

Pub. New Clarion Press, Cheltenham, 1998

Written in close co-operation with the Women's Aid movement, it analyses the nature and causes of domestic violence, improving police response, family and housing law, child protection issues, multi-agency initiatives and abusers programmes.

From homebreakers to jailbreakers

Southall Black Sisters

Edit By Rabila Gupta

Pub. Zed Books, London, 2003

With a foreword from Baroness Helena Kennedy this is the story of Southall Black Sisters an organisation set up in 1979 to meet the needs of Asian and Afro-Caribbean women suffering domestic abuse. Apart from providing support and welfare services they have been involved campaigns to highlight the need for changes in the social, political, economic and cultural constrictions of women using the service. Included are chapters on: forced marriage, domestic violence and black women, mental illness and domestic violence, immigration and domestic violence.

Good practice guidelines

For workers supporting women who are living with abusive partners

Produced by Glasgow Violence Against Women Partnership in association with Greater Glasgow Training Consortium, 2006

This publication was developed by the GVAWP and the GGTC as part of their work on improving service responses to women who are living with domestic abuse. It is aimed at workers who are engaged in providing direct services to women or who may be supporting women who are living with an abusive partner.

Home Truths About Domestic Violence

Feminist influences on policy and practice a reader

Edit By Jalna Hanmer and Catherine Itzin with Sheila Quaid and Debra Wrigglesworth

Pub. Routledge, London, 2000

This reader looks at the nature of and the effects of domestic violence upon women children, social policy and the feminist viewpoint, interventions with men, and current initiatives.

Is anyone listening?

Accountability and women survivors of domestic violence

By Gill Hague, Audrey Mullender and Rosemary Aris

Pub. Routledge, London, 2003

Draws on the experience of services users and provides thinking about abused women's participation in policy and service development. It discusses empowerment issues and the women's movement against gender violence. It includes many practical ideas involving abused women in the improvement of both policy and practice and gives examples of inspiring innovative projects.

Rethinking domestic violence

The social work and probation response

By Audrey Mullender

Pub. Routledge, London, 1996

Explodes the myths concerning causes of domestic violence and explores how the responses of social workers and probation officers to the women, children and men involved need to be far better coordinated and more effective. The book goes on to explore the opportunities and challenges of social work and probation practice and policy-making.

Strengthening diversity

Good practice in delivering domestic violence services to black women and children

Dhanwant K Rai and Ravi K Thiara

Pub. Women's Aid Federation, 1999

A good practice guide designed to enable the development of appropriate refuge and support services for black women and children experiencing domestic abuse.

Struggle to survive

Challenges for delivering services on mental health, substance misuse and domestic violence

By Jackie Barron

Pub. Women's Aid Federation England, 2004

A survey focusing on existing service provision for women who are experiencing domestic violence and also have mental health and/or substance use issues. "Struggle to Survive" identifies some of the gaps in existing services and highlights the resources needed to improve services in the future. It also looks at the difficulties faced by women seeking help for substance misuse and mental health issues.

The hidden struggle

Statutory and voluntary responses to violence against women

By Amina Mama

Pub. Whiting and Birch, London, 1996

An introductory section provides an international perspective on violence against black and third world women and the response of agencies. It then reports on research undertaken among women in black communities in London to identify the prevalence of violence and the effectiveness of the response of statutory and voluntary agencies. Issues of housing and tenancy status, women and the law and women and the police response are considered. A detailed analysis of the contrasting policies in two London boroughs is provided. The role of the voluntary sector, the refuge movement and approaches to challenging racism in this sector are considered.

Women at risk

Domestic violence and women's health

By Evan Stark and Anne Flitcraft

Pub. Sage, USA, 1996

Explores the theoretical perspectives of this dramatic expression of male domination, together with health consequences for women and clinical interventions. The authors found that the traditional resources women turn to for help reinforce male domination: the medical, psychiatric and behavioural problems presented by battered women arise because male strategies of coercion, isolation and control converge with discriminatory structures and institutional practices to make it extremely difficult, sometimes impossible, for women to escape from abusive relationships.

The Impact On Women

Coercive control

By Evan Stark

Pub. Oxford University Press, New York, 2007

Evan Stark shows in terrifying detail how men can use coercive control to extend their dominance over time and through social space in ways that subvert women's autonomy, isolate them, and infiltrate the most intimate corners in their lives. Against this backdrop, he analyses the cases of three women tried for crimes committed in the context of abuse, showing that their reactions are only intelligible when they are reframed as victims of coercive control rather than as "battered wives". This is the first book to show that most abused women who

seek help do so because their rights and liberties have been jeopardised, not because they have been injured. Elevating coercive control from a second-class offence to a human rights violation, Stark explains why law, policy, and advocacy must shift its focus to emphasise how coercive control jeopardises women's freedom in everyday life.

Mothering through domestic violence

By Lorraine Radford and Marianne Hester

Pub. Jessica Kingsley Publishers, London, 2006

Research into children and domestic violence in recent years has emphasised the importance of giving positive support to a non-abusive parent for effective child protection. But what exactly does positive support involve? Based on findings from six primary research studies carried out by the authors themselves, as well as other published research, this book reveals how undermining mothering - specifically, family courts and social work agencies blaming mothers for their own victimisation - plays a key role in locking women into abusive relationships and exacerbating the damage done by domestic violence. It explores the principle message drawn from the research: that the needs of individual victims should inform risk assessment and safety planning by welfare practitioners.

Provoked

By Kiranjit Ahluwalia and Rabila Gupta

Pub. HarperCollins, India, 2007

Kirnanjit Ahluwalia was sentenced to life imprisonment for killing her abusive husband. For ten years, she suffered domestic abuse of profound severity, including physical violence, food deprivation, and marital rape. This book is her story, and how a group of women got together to petition against the sentence, and ultimately succeeded in helping her.

Trauma and recovery

From domestic abuse to political terror

By Judith Lewis Herman

Pub. Pandora Books, London, 1994

Divided into two parts: "Traumatic Disorders" and "Stages of Recovery", the author draws on the links between survivors of hostage crisis and survivors of domestic violence and shows how differently media and society perceive each of the "victims". Stages in recovery are explored, from the healing relationship and its importance, through safety issues to remembrance and mourning, and finally reconnection and commonality.

Why does he do that?

Inside the minds of angry and controlling men

By Lundy Bancroft

Pub. Berkley Books, New York, 2002

Gives an excellent insight into the behaviour of abusive men. It is a useful resource both for women who are experiencing or have experienced abuse and for those working with abusers. The author identifies types of abusive men, addressing different styles, from the physical batterer to the strictly verbal abuser. He dispels the myths surrounding abuse, exposing common excuses used by abusers, such as having experienced an abusive childhood or substance addiction. He also gives answers to commonly asked questions, such as what warning signs of abuse to look for early in a relationship; what is and isn't abusive behaviour; how to know if a woman and her children are in danger; and how to tell when a man is really changing.

The Impact On Children

Children living with domestic violence

Putting men's abuse of women on the childcare agenda

Ed. Audrey Mullender & Rebecca Morley

Pub. Whiting & Birch, London, 1994

Begins by providing children's accounts of living with violence against their mothers. It goes on to look at links between violence against women and child abuse, the impact of the 1989 Children's Act on contact visits and in one chapter makes a very good assessment of mothers' and children's rights in relation to contact and abusive men.

Children living with domestic violence

Towards a framework for assessment and intervention

By Martin C. Calder with Dr Gordon T Harold and Emma L. Howarth

Pub. Russell House Publishing, Dorset, 2006

This accessible book attempts to guide professionals on how to draw on the best of theory, research and practice and apply it in a coherent way to work with women and children living with domestic violence.

Children's perspectives on domestic violence

By Audrey Mullendar, Gill Hague, Umme F Imam, Liz Kelly, Ellen Malos and Linda Regan

Pub. Sage Publications, London, 2002

Drawing on research designed to hear the voices of children and young people, this important book examines children's experiences and perspectives on living with domestic violence. The authors explore: the effect of domestic violence on children, what children say would help them most in coping with domestic violence, the advice children would offer other children who find themselves in similar circumstances, their mothers and the helping professions. This accessible book written for students, their teachers, researchers and all those working with children across social work, health, child psychology and psychiatry, the law and education and provide a vital insight into children's own perspectives on domestic violence.

The hidden victims: children and domestic violence

Pub. NCH, England, 1994

This is a study of 108 women from various NCH Family Centres throughout Britain. The study arose from the need for childcare practitioners to have a better understanding of the experience of families living with domestic violence.

It hurts me too: children's experiences of domestic violence and refuge life

By Alex Saunders

Pub. WAFE, NISW, CHILDLINE, 1995

Based on interviews with young people who spent part of their childhood in a refuge. Also included is information on phone calls made to Childline by children living in violent homes and work with children in Women's Aid refuges. The book ends with recommendations for policy and practice in education, social services, health, housing and the law.

Understanding what children say

Children's experiences of domestic violence, parental substance misuse and parental health problems

By Sarah Gorin

Pub. National Children's Bureau, London, 2004

This literature review examines what children say about living in families where there is domestic violence, parental substance misuse or parental health problems. It examines research undertaken in the UK from 1990 to 2003, to provide us with a better understanding of the range of children's experiences. It

describes the key themes in children's experiences, how children feel and the difficulties they experience at home, where their coping strategies are, and the support they would like to receive.

Childhood experiences of domestic violence

By Caroline McGee

Pub. Jessica Kingsley, London, 2000

Based on first hand accounts of children and their mothers regarding their experiences of both domestic violence and support services. This book explores, the types of violence experienced by mothers and witnessed by children, the types of abuse children are subjected to, children's understanding of domestic violence, the barriers for children and mothers seeking help, children and mothers' views of how best to protect children and their perception of the support services.

Domestic violence and child protection

Directions for good practice

Edit by Cathy Humphreys & Nicky Stanley

Pub. Jessica Kingsley, London, 2006

Leading international practitioners and researchers outline the essential safety considerations for children, adult victims and child protection workers, and offer examples of good practice in prevention, intervention and recovery.

Making an impact

Children and domestic violence

A Reader

By Marianne Hester, Chris Pearson & Nicola Harwin

Pub. Jessica Kingsley Publishers, London, 2000

Focuses on the children who experience domestic abuse and lays guidelines for how best to support and protect them. Divided into three parts: Part 1 Children and domestic violence, Part 2 The legal context and Part 3 Practice interventions, social work, and child protection

Challenging practice

By Catherine Humphreys

Pub. The Policy Press, Bristol, 2000

This report is important reading for practitioners, policy makers and managers in social services, and their equivalents in a range of other agencies involved in

child protection. It is also valuable reading for social work academics and students interested in the area of domestic violence.

The batterer as parent

Addressing the impact of domestic violence on family dynamics

By Lundy Bancroft and Jay G. Silverman

Pub. Sage Publications, USA, 2002

Shows how partner abuse affects each relationship in a family, and explains how children's emotional recovery is inextricably linked to the healing and empowerment of their mothers. The authors cover the important but often overlooked area of the post-separation parenting behaviours of men who batter, including their use of custody litigation as a tool of abuse. Readers also are guided in evaluating change in the parenting of men who batter, assessing risk to children from unsupervised contact, and supporting the emotional recovery of children. Although the book is written primarily for professionals, its accessible style makes it engaging and useful for abused mothers and anyone else wishing to assist children exposed to battering and where there are contact issues.

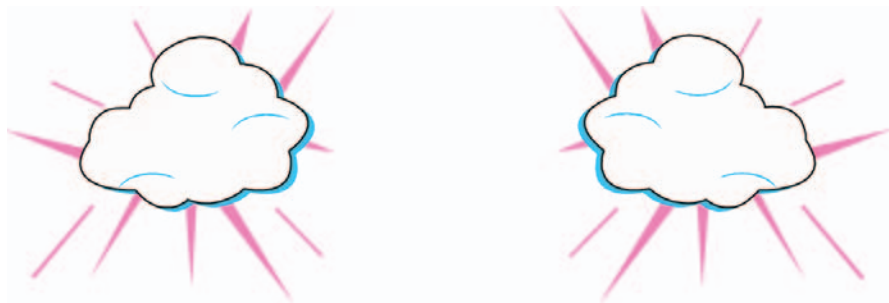
Unreasonable fears?

Child contact in the context of domestic violence

By Lorraine Radford & Sarah Sayer

Pub. WAFE, Bristol, 1999

This is the report of a survey on child contact and domestic violence, major questions raised by this survey include: how far the family courts consider the needs, wishes and safety of children when deciding to grant contact or residence to a violent parent.



TROUBLE

**The trouble with trouble
is that it just causes more trouble
and then the first bit of trouble
gets hid and the new bits are
what everybody goes on about
and the thing that caused all the
trouble in the first place gets
ignored as usual**

P
age 14

Materials For Working With Children

All children should be safe.

By Women's Aid Federation England

Pub. Women's Aid Federation England, 1994, Bristol

This workbook was developed to help children who live in refuges to understand the violence that occurred at home. It helps children to talk about and explore their feelings, such as anger, fear, guilt, hurt, confusion.

Healthy relationships: a curriculum pack for 7-11 year olds and teacher's workbook

Compiled by Avril McPherson

Pub North Ayrshire Women's Aid, 2001

A pack for teachers, which includes a teacher's workbook. Contents include children's experiences of domestic abuse. Includes learning materials, teaching strategies, information on disclosure and support mechanisms for teachers.

Healthy relationships for teens

An activity pack for young people

Compiled by Avril McPherson

Pub. North Ayrshire Women's Aid, 2002

This pack is aimed at teenagers and includes materials on self esteem, relationships, gender issues and domestic abuse.

Hitting and hurting, living in a violent family

By Fran Pickering

Pub. The Children's Society, London, 2000.

A book for primary school children to help children explore their feelings. Also includes guidance notes for adults.

I wish the hitting would stop.

Pub. Red Flag Green Flag Resources, USA, 1987

Example of a 'workbook', which can be used with young children living in violent homes. Includes questions for the child to answer.

My colouring book of the refuge

Pub. WAFE, Bristol

Example of children's book exploring life in the refuge.

Something is wrong at my house

A book about parents fighting.

By Diane Davis

Pub. Parenting Press Inc., USA, 1984

This book is for children to read or hear and is based on a true story of a boy who sees his parents fighting.

Working with children in Scottish Women's Aid

Pub. Scottish Women's Aid

This pack is intended for children's workers in Women's Aid but would be useful for anyone working directly with children affected by domestic abuse.

Talking about domestic abuse

A photo activity workbook to develop communication between mothers and young people

By Cathy Humphreys, Ravi K. Thiara, Agnes Skamballis and Audrey Mullendar

Pub Jessica Kingsley Publishers, London, 2006

A photocopiable activity workbook for use with children from 9 years to adolescence whose families have experienced domestic abuse, to help and support them in recovery and moving on.

Talking to my mum

A picture workbook for workers, mothers and children affected by domestic abuse

By Cathy Humphreys, Ravi K. Thiara, Agnes Skamballis and Audrey Mullendar

Pub Jessica Kingsley Publishers, London, 2006

An activity workbook for use with children from 9 years to adolescence whose families have experienced domestic abuse, to help and support them in recovery and moving on.

Self Help And Support

Breaking through

Women surviving male violence.

Pub. Women's Aid Federation Ltd, England, 1989

An excellent book by a group who have experienced male violence themselves, either as children or as adult women. Looks at the effects of violence, what causes violence, going for help, new relationships with men, what we can do for ourselves.

Dragon Slippers

This is what an abusive relationship looks like

By Rosalind Penfold

Pub. Grove Press, Black Cat, UK, 2006

A very good book in comic strip style that will help the reader to understand the complexities of domestic violence, based on one woman's experience.

Getting free

You can end abuse and take back your life

By Ginny NicCarthy

Pub. The Seal Press, USA, 1997

This is a handbook for women still in, or attempting to recover from an abusive relationship. Provides a step-by-step guide to regaining self-esteem and confidence in coping alone. It is very well written and easy to understand and is highly recommended for women trying to get free and for those wishing to help them.

In love & in danger, a teen's guide to breaking free of abusive relationships

By Barrie Levy

Pub. Seal Press, USA, 1993

A useful informative book for young people which contains information on what is domestic violence, what you can do if you are being abused, what you can do if a friend is being abused and healing from abuse.

Supporting women after domestic violence

Loss, trauma and recovery

By Hilary Abrahams

Pub. Jessica Kingsley, London, 2007

Offers accessible advice on how to enable women who have experienced domestic violence to embark on a journey of recovery. Drawn from theory, original research and the personal experiences of women who have been abused helping them to explore the practical and emotional support they need when engaging in the process of recovery.

You can be free, an easy to read handbook for abused women.

By Ginny NicCarthy and Sue Davidson

Pub. The Seal Press, USA, 1989

An excellent handbook, based on the book "Getting Free". Looks at ways of overcoming the effects of physical sexual and emotional abuse. Suggestions for getting help and self-help.

Overcoming the effects of violence and abuse

Overcoming anxiety

A self-help guide using cognitive behavioural techniques

By Helen Kennerly

Pub. Robinson, London, 1997

A self-help book that includes an introduction to the nature of anxiety and stress. Contains a complete self-help programme. Can be used by those affected, family and friends and health professionals.

Overcoming low self-esteem

A self-help guide using cognitive behavioural techniques

By Melanie Fennell

Pub. Robinson, London, 1999

Intended for people who suffer from low self-esteem and for those who help them: their friends, families, psychologists, counsellors and doctors. It aims to help the reader understand how they came to think badly of themselves and change their negative view for one that is more positive and self-accepting.

Overcoming traumatic stress

A self-help guide using cognitive behavioural techniques

By Claudia Herbert and Ann Whetmore

Pub. Robinson, London, 1999

Provides practical advice to help overcome the effects of traumatic stress.

Overcoming panic

A self-help guide using cognitive behavioural techniques

By Derrick Silove and Vijaya Manicavasagar

Pub. Robinson, London, 1997

A self-help manual with a step-by-step management programme for overcoming and preventing panic attacks and associated agoraphobia.

Managing anger

Positive strategies for dealing with difficult emotions

By Gael Lindenfield

Pub. Thorsons, London, 1993

Explains the effects of anger on bodies and minds and suggests strategies for preventing the build-up of frustration, and how to keep calm when faced with violent outbursts.

The PTSD Workbook

By Mary-Beth Williams and Solili Poijula

Pub. New Harbinger, USA, 2002

Two psychologists gather together techniques and interventions used by PTSD experts from around the world to offer trauma survivors the most effective tools available to conquer their most distressing trauma-related symptoms. Readers determine the type of trauma they experienced, identify their symptoms, and learn the most effective techniques and interventions they can use to overcome them.

DVDs/Videos

Behind closed doors

Produced by National Children's Homes, 1997

Running time 15 minutes

Designed to raise awareness of domestic abuse and the impact this can have on women and their children, to encourage young people to think about both the effects domestic abuse can have on women and children and about the issues that underlie domestic abuse.

Home truths: young people's experience of domestic violence

Produced by Leeds Animation Workshop, 1999

Running time 12 minutes

A short animated film. Five young people tell of their experiences of domestic violence. They explain how living with violence affects them.

Let Me Tell You

Produced by Scottish Women's Aid, 2006

Running Time 17 minutes

Raises awareness of the issues that women and children experiencing domestic abuse face when trying to access support from agencies.

Listen louder

Young people against domestic abuse supporting each other

Produced by Scottish Women's Aid

Running Time 5 minutes

A short film of young people expressing their feelings through writing and images

Love, Honour and Disobey

Produced by Faction Films, 2005

Running Time 61 mins

Tells the story of domestic violence in Britain's black and minority communities.

DVD pack of Stimulus Scenes for use in domestic abuse training

Produced by DVPP, SACRO and CHANGE, 2005

Produced to support skilled trainers in introducing various aspects of domestic abuse to their trainees. The scenarios depicted show the diverse and wide-ranging nature of domestic abuse and highlight the potential impact upon survivors and their families.

Useful National Helplines, Contacts and Websites

Childline

Freephone 0800 11 11

www.childline.org.uk

For children and young people in the UK - to talk about any problem.

Rape Crisis Scotland

National Helpline

Freephone 08088 01 03 02

www.rapecrisisscotland.org.uk

Information and support to anyone aged 13 and over who has experienced sexual violence. Also provides support to family, friends and workers of survivors to help them in their supportive role.

Scottish Child Law Centre

Freephone for under 18's

0800 328 8970

www.sclc.org.uk

Free legal advice for under 18's about any aspect of the law relating to children and young people.

Scottish Domestic Abuse Helpline

Freephone 0800 027 1234

Information and support to those affected by domestic abuse.

Victim Support Scotland

Scottish Helpline

0845 6039 213 (Local Rate)

www.victimsupportscotland.org.uk

Provides victims with free and confidential emotional and practical assistance and information about the criminal justice system.

Family Law Association

Tel: 01224 593100

Email: enquiries@fla-scotland.co.uk

Provides a point of reference for the public and for other organisations on family law issues.

Scottish Women's Aid

2nd Floor, 132 Rose St

Edinburgh

EH2 3JD

Tel: 0131 226 6606

Email: info@scottishwomensaid.org.uk

Provides information and training about domestic abuse including housing and legal information and also provides contact details for local Women's Aid groups.

Zero Tolerance Charitable Trust

11 Maritime St

Edinburgh

EH6 6SB

Email: zerotolerance@btconnect.com

www.zerotolerance.org.uk

An organisation promoting innovative policy and practice that tackle the root causes of male violence against women and children.

How to contact the Women's Support Project

Our telephone line (0141 552 2221) is normally open from 10.00am–4.30pm, on Monday, Tuesday, Thursday and Friday, and from 2.00pm–4.30pm on Wednesday. Our minicom (0141 552 9979) allows deaf people to access our information service. See below for email and website details.

We are not able to offer a drop in service. If you would like to visit the Project, whether for support or to access the Resource Library, please write, email or phone to ask for an appointment. Our office at 31 Stockwell Street is wheelchair accessible by lift. If you require an interpreter and would like us to arrange this, please let us know when you ask for an appointment.

Copies of the Project's policies, including confidentiality, complaints, child protection and equal opportunities, are available on request. If you would like to be added to our mailing list for information on events and training, then please get in touch.

For further information on the resource library, or to arrange a visit, please ask for Isabell Robertson.

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