

**Note:** from the presentation at MACE Annual Conference, we learned we need to be more aware of domestic violence.

### **The Nature and Dynamics of Domestic Violence**

People often think of domestic violence only in terms of the black eyes and bruises that can be seen. In reality, domestic violence is a pattern of assault and coercive behaviors that men/women use to control their intimate partners. People who have never experienced abuse often find it difficult to imagine why women don't leave and how the abuse can continue for years. There are several factors contributing to domestic violence, the media is only one of the many influences that can contribute to domestic violence.

Listening, informing and educating can lead to empowerment for a battered woman when the LIFE process of assistance is used. Through the process, victims gain knowledge, and knowledge is power. This process happens in degrees, but it does happen.

Sources: Hearth Fire Series #30

Battered women shelters

Books and reports written on domestic violence.

Videos

Community Education