

# Breaking the Silence of Violence



Presented  
By The  
Chicago Metropolitan  
Battered Women's Network

A Handbook on Domestic Violence for  
Clergy, Religious Counselors, Lay Workers  
and Religious Community Professionals

Listen to my prayer, O God  
do not ignore my plea;  
hear me and answer me.  
My thoughts trouble me and I am distraught...  
My heart is in anguish within me;  
the terrors of death assail me.  
Fear and trembling have beset me;  
horror has overwhelmed me.  
I said, "Oh, that I had the wings of the dove!  
I would fly away and be at rest --  
I would flee far away and stay in the desert;  
I would hurry to my place of shelter,  
far from the tempest and storm."

Psalm 55:1-8  
New International Version

"What," someone will ask,  
"are these scars on your chest?"  
And s/he will answer, "I got them  
in the house of my lover(s)."

Zechariah 13:6

© 1984. Non-profit groups may quote and duplicate  
this handbook when they give credit to the authors.

Copyright 1984 The Interfaith Committee on Domestic  
Violence of the Chicago Metropolitan Battered Women's Network  
Rev. Deborah Fisher, Rev. Linda Fernandez,  
Joanne Halt M.A., Rev. Daryl Hanson

## **Why Should I Become Involved?**

*You are already involved! In your work as a spiritual leader in your congregation, synagogue, or community you have worked with the problem already. You are an important person in the lives of the people you touch. You are with them through the many steps, trials, and joys of their individual and family life. You offer to them individual care, marital help and assistance in family living. You are an important person to your people in their time of need.*

*Many victims of family violence (Domestic Violence) have strong religious convictions and turn to their church for support and counsel. It is important that as they turn to you, you are sensitive to the problem and can offer alternative solutions which are consistent with your religious beliefs. Not only is it important to end the suffering of the victims by helping them on an individual basis, but we need to see family violence as a problem of major proportions. You can help families before they are broken apart by violence. Please review some frightening facts about family violence:*

1. One-half of all married women suffer physical abuse from their husbands at least once in their marriage. (Walker, 1979)
2. Every eighteen seconds a woman is beaten. (According to FBI Uniform Crime Reports)
3. Pollster Louis Harris found that wife abuse was equally common among upper and lower income families, and slightly more prevalent among middle income families. He also found that approval for slapping one's spouse "on appropriate occasions" increased with income and education. In wealthy Montgomery County, Maryland, police receive as many domestic disturbance calls as were received in the same period in Harlem, New York. (Davidson, 1978)

4. One-fourth of all homicides in the U.S. are between family members and one-half of these are husband/wife killings. Forty percent of all police injuries and twenty percent of all police deaths on duty result from domestic disturbance calls. (*Police Magazine*, 1978)
5. Children frequently become accidental victims of wife assault when they attempt to stop a fight or protect their mother. Children who witness parental violence are more likely to become adult batterers themselves. (Fleming, 1979)
6. One to four million children are abused each year. Two thousand die each year from the abuse of a parent or caretaker.
7. Ten to twenty percent of American children are victims of sexual abuse by a parent or parent figure. Ninety percent of the victims are female, and ninety percent of the abusers are fathers or stepfathers. (Finklehor, 1979)
8. In a Massachusetts' study of abuse of the elderly living in private homes, eighty-six percent of the abusers were relatives, eighty percent of the victims were women, and forty percent of the abused had visible injuries. (Massachusetts, 1981)

*Please take time to read this pamphlet. There is an Article for Worship Folder or Newsletter for your use to show your people you care for them if they are caught in an abusive relationship. Use it as it will best serve your people. Let them know of your concern over family violence and of the help that is available to them from you and from various community agencies.*

*Finally, you have a special gift which you can bring to this problem of family violence; namely, your religious teachings and faith. You can bring those who abuse to repentance which leads to increased responsibility for changing abusive behavior, and then aid in the forgiveness which God offers. You can affirm the worth and lift the spirit of those 'beaten down'*

*(physically, emotionally, spiritually) by helping them to see that God does not will that they suffer abuse. In trying to understand their suffering many people in crisis carry a large burden of guilt. In acknowledging the complexity of family violence, you can be available to support those who suffer and to act as a sign of God's caring presence. You can bring them, once again, the God who loves and cares for them. Please pray that our family lives may exhibit the peace and the value of all family members which God wills for us.*

*God's Blessings,  
The Interfaith Committee  
On Domestic Violence*

### **Factors Contributing To Family Violence**

- Societal attitudes that condone violence
- Community tolerance of violence or oppression
- Learned aggression as a means of dealing with stress
- Common stress factors:
  - Geographic and/or social isolation of the family
  - Unemployment
  - Economic stresses
  - Medical problems or special needs in the family
  - Inadequate parenting skills
  - Pregnancy
- Rigid family structure and/or rigid sex roles that allow for the misuse of power (parents over children, husbands over wives)
- Lack of behavioral control due to alcohol/drug abuse

## ***Defining and Identifying Abuse***

*The Illinois Domestic Violence Act defines abuse as physical abuse, harassment, intimidation of a dependent, interference with personal liberty or willful deprivation but does not include reasonable direction of a minor child by a parent.*

### **Family Members Response to Abuse:**

- Deny its existence
- Minimize its extent
- Hope and/or believe it will not happen again

#### **Response caused by:**

- Fear
- Shame or embarrassment
- Guilt
- Despair

### **Types of Abuse:**

**Physical** (any aggressive action taken to harm the victim's body) includes:

- Pushing
- Choking
- Beating
- Kicking
- Punching
- Spitting
- Stabbing
- Burning
- Slapping
- Clubbing
- Shooting
- Pinching

**Psychological** (attempts to control victim without using physical means) includes:

- Threats (suicide, future violence, removing children or gaining custody of them)
- Degrading activities (forcing victim to eat off the floor, to commit prostitution)
- Controlling victim's activities (eating, sleeping, prohibiting friendships, denying or controlling access to money)
- Verbal attacks (name-calling, reviling, denial of another's thoughts or needs, destroying other's self-esteem)
- Intentional intimidation (speeding through traffic, playing with weapons)

**Sexual** (any forced sexual activities) includes:

- Attacks on genitals, buttocks, or breasts
- Attacks by physical violence or threats

**Property** includes:

- Attacks on pets
- Destroying prized possessions of the victim or for which the victim has some responsibility

## ***Effects of Family Violence***

### ***Effects on Adults:***

- Death by homicide (either perpetrator or victim)
- Death by suicide
- Disabling injuries
- Depression
  - Victim becomes immobilized due to constant fear
  - Aggressor may lose sense of self-worth or experience guilt over violent acts
- Difficulty in obtaining or maintaining employment
- Emotional abuse and deprivation
- Breakup of the family unit
- Legal litigation (divorce, criminal and/or civil suit)
- Social isolation (fear of violence being disclosed)
- Escalation of violence (unless someone helps)
- Recurrence of violent behavior with new partner
- Expansion of violence into community
- Alcohol and substance abuse

### ***Effects on Children (witnessing abuse between parents and/or being the object of abuse)***

- Death by homicide
- Death by suicide
- Emotional injuries (such as low self-esteem)
- Depression
- Aggressive behavior towards others
- Delinquency
- Poor school adjustment (educational and peer)
- Modeling behavior (learns victim or aggressor role)
- Runaway episodes
- Alcohol and substance abuse
- Early marriage
- Expansion of violence into the community
- Disabling injuries
- Continuation of violent behavior into their adult relationships or with their own children

## ***Why Does a Spouse Stay In a Violent Situation and Not Seek Help?***

### ***Situational Factors:***

- Economic dependence
- Fear of greater physical danger to themselves if leaving is attempted or of retaliation
- Fear of physical danger to the children if leaving is attempted
- Fear of emotional damage to children
- Fear of losing custody of children
- Lack of alternative housing or shelters
- Lack of job skills
- Lack of information regarding alternatives
- Fear of involvement in legal litigation
- Cultural and religious constraints
- Social isolation (lack of support from family, friends, and/or religious community)

### ***Emotional Factors:***

- Fear of loneliness
- Fear and uncertainty over making large life changes
- Insecurity over potential independence
- Insecurity over potential lack of emotional support
- Guilt about difficulties in the marriage and about failure of the marriage
- Concern over what others may think or say if they knew of violence (especially if over a long time)
- Acceptance of a stereotyped role
- Learned victim behavior
- Fear that the spouse is unable to survive alone
- Belief that they brought on the violence

## ***Characteristics of the Battering Spouse***

- Is heavily invested in control
- Felt insufficiently loved as a child
- Has low self-esteem and a negative self-image, regardless of income/educational level or achievement
- Unable to relate on an intimate basis, i.e., communicate and understand feelings, establish trust
- Sees violence as a problem solver and tension release
- May be mystified that the law should object ("after all, that is my spouse")
- May not feel guilty or ashamed, minimizes or denies the abuse
- Is often consumed by jealousy
- May feel oppressed by life's circumstances
- May have married too young and feels trapped
- Feels harassed and frustrated by spouse, job or both
- May have affairs
- May display addictive behaviors (alcohol, drugs, overeating, gambling)
- May have had few good experiences with persons of the opposite sex
- May have grown up in a violent household
- Puts blame on spouse and accepts little responsibility for own behavior
- Is extremely manipulative
- Has unrealistic expectations and makes continuous demands of partner
- If in counseling, is primarily interested in keeping partner in the relationship, not in changing self
- Will end counseling as soon as partner returns or a new relationship is established
- Without full therapy will repeat the violence since there is no basic change in functioning
- Usually is a male who believes in the patriarchal model (his word is law) and believes that the "ideal" woman should share his views

## ***Characteristics of the Battered Spouse***

- Shows signs of fear, depression and anxiety
- May have a strong need to be needed
- May cope by trying to placate and fulfill partner's demands
- Has low self-esteem and negative self-image due to the abuse, regardless of income/educational level
- Accepts total responsibility for the state of the relationship and may accept blame for the violence
- Copes by being submissive, but may show sporadic hostility or passive-aggressive behavior to partner
- Afraid of own expression of anger or assertion
- May feel hopeless about the relationship
- May display addictive behaviors (alcohol, drugs, overeating)
- Often is isolated, without a support system of friends
- May display passivity or learned helplessness
- May doubt own sanity
- Is more capable than self perceives
- Assumes responsibility for change in partner after the violent episode
- Usually is a female who accepts the stereotyped roles of dominance in men and submissiveness in women

## **Illinois Domestic Violence Act**

### **Public Act 82-621**

Illinois has a Strong Domestic Violence Act Which Unites

- Our communities
  - Our courts
    - And our law enforcement agencies

To Protect Our Families from the Violence in our Homes.

*"The people of Illinois can now seek protection under a law that recognizes domestic violence as a serious crime . . . Those abused by those they live with now have a system of legal right to turn to. It's about time."*

*James R. Thompson*  
*Governor of Illinois*

Your Members Have a Right to be Safe

The Illinois Domestic Violence Act:

- Clearly recognizes that beating another family member is a crime which will not be tolerated
- Protects families from further abuse
  - Police have the authority to arrest anyone who hits or seriously threatens another family member
  - A judge can issue an ORDER OF PROTECTION forbidding the violent party from continuing the abuse and temporarily barring the abuser from the house
  - Violation of these judicial orders is in itself a crime and can lead to arrest
- Assists the victim:
  - Law enforcement officers must use all reasonable means to prevent further abuse, including arranging to take the victim to a safe shelter or a medical facility if necessary, or accompanying the victim back to the house to pick up belongings
  - Victims must be informed in writing of their rights under the law, including the right to press criminal charges
  - The Order of Protection can be obtained in criminal or in civil court (in emergencies, procedures can be expedited and court fees waived for those without funds)

- Legal remedies are obtainable and effective; in addition to protecting the victim from abuse, an Order of Protection can require the offender to pay medical expenses, legal costs and support
- The victim need no longer fear being charged with desertion, for fleeing the house in self-defense, and can be awarded temporary custody of the children
- Provides treatment for the abuser:
  - Jail is not the only, or even a likely outcome if the abuser is arrested
  - The Order of Protection can require the abuser to be counseled while under court supervision, which can teach appropriate responses to anger and frustration (since violence is a learned behavior it can be unlearned)
  - Treatment can make possible a peaceful and loving family life for the abuser as well as for the victim and children
- Prevents violence today . . . .
  - and in generations to come:
  - Children learn to be violent by seeing violence and they may come to accept it as a part not only of family life but of life in the larger community as well
  - Through intervention **now** to stop violence within the home, children can learn that violence will not be tolerated by either the victim or the community, and that there are acceptable ways to deal with conflict (thus the cycle of violence can be shattered)

### **Religious Values and Abuse**

*The respect, mutuality and equality that spouses give to each other in marriage is destroyed by abuse. Thus, the sacredness and permanence of the marriage bond, which God wills, is broken. Both spouses are placed in a moral dilemma when violence occurs. A strong word by clergy that abuse ends intimacy and is never-justified in a marriage can be an effective deterrent. The victim will never forget the abuse suffered, but can move forward by forgiving the abuser. Such healing takes place in the victim's own time and with God's aid. You can assist by respecting the healing*

process, and by not placing unrealistic expectations on the victim. When the battered spouse no longer allows the experience to dominate his/her life, forgiveness occurs. The abuser needs to understand why anger turns to violence and to become responsible for changing the abusive behavior. Though genuinely contrite, the abuser most often needs assistance and treatment to change. It may be possible to salvage the relationship when both partners are willing to work on this goal in counseling. If this is not possible, divorce becomes the public and painful statement that violence has ended the relationship. Individual counseling which focuses both partners on the abuse and effects of the abuse is a recommended first step prior to attempting marital counseling. It is our hope, that with increased knowledge and sensitivity, clergy can intervene early and effectively to minister to victims of family violence.

### **Working with the Battered Spouse**

Remember That The Battered Spouse:

- Does not choose to be beaten
- Usually has few options
- Usually has tried multiple strategies for ending abuse
- Usually is isolated and may believe what the abuser has said is true (regarding own worth or competence)
- May provoke partner's anger, but anger does not justify abuse
- By seeing you is seeking help
- May display:
  - Extreme emotional reactivity
  - Suicidal tendencies
  - Anxiety, nervousness, depression
  - Crippling low self-esteem
  - Prescription drug abuse or alcohol abuse
  - Difficulty sleeping
  - Hypochondriacal complaints
- Usually will hide the injuries suffered
- Can be helped by you, by agencies specializing in family violence, and by private counselors

## Act So That The Battered Spouse May Have:

### **Protection**

- Police
- Shelters
- Local resources
- Family or friends

### **Medical Attention**

- Fire or rescue unit
- Family doctor or medical clinic
- Hospital emergency room
- (medical personnel are required by law to report all cases of possible abuse by Illinois Statute 206.3.1 & 3.2)

### **Legal Advice**

- Local Assistant State's Attorney
- Legal aid groups or private lawyer
- Agencies or shelters on domestic violence

### **Counseling**

- Ask for and obtain specific information about abuse ('has your partner hurt you?')
- Listen sensitively, away from all possible abusers (battered spouses have the experience that no one believes them or takes them seriously)
- Stress that the battered spouse is not all alone and that help is available
- Recognize and deal with extreme mental and physical exhaustion
- Take seriously and deal with the fear of being murdered or seriously hurt
- Recognize and deal with guilt and shame
- Validate the feelings of ambivalence and confusion
- Help the battered spouse in self-caring rather than feeling sorry for the abuser or rationalizing the violence
- Help in developing alternatives and exploring options

- Deal with feelings aroused by legal proceedings
- Support the abused in seeing the value of keeping the abuser responsible for his/her own behavior
- Help in developing self-worth and personal independence
- Recognize that recent evidence suggests that most battered spouses can end the abuse only by separation
- Bring a social-political-religious perspective to the assault to help the victim combat the myth that the victim is to blame for being beaten
- If marital counseling is attempted, it should be done only after both abused and abuser have dealt with their feelings about the abuse separately
- Refer to qualified agencies or counselors who can work with the victim individually or in group sessions

### ***Working With The Battering Spouse***

Remember That The Battering Spouse:

- Is usually not violent to those outside of the personal relationship
- Can be a good spouse and/or parent when not violent
- Desires to control and dominate
- May have learned violence from own abuse as a child
- Will try to minimize or deny the violent episodes
- Expresses emotions such as hurt, disappointment, or frustration as anger
- Is usually isolated and avoids self-disclosure
- Is excessively dependent
- Sees own life as being externally controlled by events or persons outside of him/herself
- Usually masks depression by violence and may be suicidal if spouse leaves
- May be an abuser of alcohol or drugs

Act So That The Battering Spouse May Have:

#### ***Restraints for Continued Violence (Homicidal, Suicidal)***

- Police assistance or arrest
- Substance abuse or psychiatric treatment

- Family or friends
- Local resources/counseling

### ***Medical Attention for Injuries from the Violence***

- Family doctor
- Medical clinic
- Hospital emergency room
- Fire or rescue unit

### ***Legal Advice***

- Private lawyer
- Legal aid groups
- Court appointed lawyer

### ***Counseling***

- Listen sensitively, but disapprove of any violent form of behavior
- Move to restrict any competitive actions
- Recognize and deal with shame and guilt
- Develop ways for abuser to release frustration and anger constructively (walks, exercise, etc.)
- Help bring a social-political-religious perspective to the assault to help the battering spouse to become responsible for own behavior
- Help the battering spouse develop new role models
- Help abuser to deal with feelings aroused by legal proceedings
- Decrease isolation and give larger support group
- Develop alternative behaviors to battering (empathy, problem-solving, walking away from situation)
- Help abuser accept responsibility for the abuse instead of blaming the other person
- Do not allow the battering spouse to think that the return of the victim is the end of the problem
- Work with battering spouse away from the victim to avoid all accusations and blaming
- Stress the fact that help is available
- Refer to qualified agencies or counselors who can work with the abuser individually or in group sessions
- If marital counseling is attempted, it should be only after both abused and abuser have dealt with their own feelings about the abuse separately

## **Child Abuse**

*Children living in homes where one parent batters the other are children at risk. They are at risk both emotionally and physically. If abuse between marital partners is uncovered, it is advisable to inquire about child abuse, and vice versa. Children who witness a parent being beaten or who are abused themselves by a parent/parent figure most often continue the cycle of violence in their own adult relationships and with their own children.*

### **Indicators of Child Abuse and Neglect**

#### **Physical Indicators**

- Physical abuse

Unexplained bruises and welts:

- On face and body
- In various stages of healing
- Clustered, forming regular patterns
- Reflecting shape of article used to inflict abuse, such as electric cord, belt buckle
- Regularly appear after an absence, weekend, or vacation

Unexplained burns

- Cigar and cigarette burns, especially on palms, back, soles of feet, buttocks
- Immersion burns (sock-like, glove-like)
- Patterned (like electric iron, etc.)

Unexplained fractures

- To skull, nose, facial structure
- In various stages of healing

Unexplained lacerations or abrasions

- To lips, mouth, eyes, or external genitalia

- Physical neglect

- Consistent hunger
- Consistent inappropriate dress
- Unattended physical problems or medical needs
- Consistent poor hygiene
- Abandonment
- Consistent lack of supervision (especially in dangerous activities)

- Sexual abuse
  - Pain or itching in genital area
  - Difficulty in walking or sitting
  - Bruises or bleeding in external genitalia
  - Venereal disease or pregnancy
- Emotional maltreatment
  - Speech disorders
  - Lags in physical development
  - Failure-to-thrive

***Behavioral Indicators:***

- Physical abuse
  - Wary of adult contact
  - Apprehensive when other children cry
  - Behavioral extremes (aggressiveness or withdrawal)
  - Frightened of parents
  - Reports injury by parents
- Physical neglect
  - Begging or stealing food
  - Extended stays at school, church, or community center (early arrival and late departure)
  - Constant fatigue, listlessness or falling asleep
  - Alcohol or substance abuse
  - Delinquency
  - States there is no caretaker
- Sexual abuse
  - Unwilling to change clothing when and where it is appropriate
  - Withdrawal, fantasy, or infantile behavior
  - Sophisticated, or unusual sexual behavior or knowledge
  - Poor peer relationships
  - Delinquent or run away
  - Reports sexual assault by caretaker
- Emotional maltreatment
  - Habit disorders (sucking, biting, rocking, etc.)
  - Conduct disorders (antisocial, destructive)

- Neurotic traits (sleep disorders, inhibition)
- Psychoneurotic reactions (hysteria, obsession, compulsion, phobias, hypochondria)
- Behavior extremes (compliant/passive or aggressive/demanding)
- Overly adaptive behavior (inappropriately adult or inappropriately infantile)
- Developmental lags (mental and emotional)
- Attempted suicide

*Most, some, or none of these symptoms may be present. Some can be signs of other difficulties or problems in children. They are simply warning signals that need to be explored.*

### **Why Don't Children Report Parental Sexual Abuse?**

- Fear of loss of parental love
- Fear of family separation and breakdown
- Fear that they will not be believed
- Fear that the non-molesting parent will take sides against them and/or kick them out of the family
- Fear of physical abuse, even if it's never been threatened
- Fear of foster placement
- Feelings of responsibility and guilt for not stopping it sooner
- The belief that what adults say and do is right, even though it's confusing
- Even when children know the adult is wrong, they feel this is the only form of love, affection and attention available to them
- Children are taught to obey their parents and not to tell them "No"
- Most victims do not want their parents imprisoned for incest--they just want it to stop

### **Why Do Adults Molest Their Children?**

- Wish for unconditional loving
- Anger at their spouse

- Sexually immature behavior and curiosity; lack of impulse control and low self-esteem
- Disillusionment and disappointment in their own childhood and adult lives
- Overwhelmed with being solely responsible for the care of their families
- Anxiety about the onset of middle age
- Inability to ask for and get nurturing and acceptance for themselves from other adults
- Feelings of insecurity, frustration, and isolation
- Many were abused physically and/or sexually as children, with no intervention
- They had few, if any, loving, tender adults in their lives as children
- They do not know how to parent appropriately
- Their marital relationship is poor, and roles and responsibilities within the family are blurred. Their own children represent all the love, acceptance and nurturing they feel they are unable to receive from their spouse

*It is uncertain what the long-term emotional effects of incest are, but we believe that if it is handled sensitively when reported to an adult, the child need not suffer permanent emotional damage. Counseling for the child and his/her parents is imperative.*

## **Recognizing Child Abuse**

### **Take Note of the Child Who:**

- Is frequently absent or late
- Arrives early and hangs around after the activity
- Is unkempt and/or inadequately dressed
- More than occasionally bears bruises, welts, and other injuries
- Is hyperactive, disruptive, and destructive in behavior
- Is withdrawn, shy, passive, uncommunicative
- Needs, but is not receiving medical attention
- Is undernourished
- Is always tired and tends to fall asleep

### ***Take Note of the Parent Who:***

- Becomes aggressive or abusive when approached with a view to discussing the child's apparent problems
- Doesn't show up for appointments, or is apathetic and unresponsive
- Shows signs of alcohol and/or substance abuse
- Shows little concern for the child or what the child is doing or failing to do
- Does not participate in any activities which involve his/her child
- Will not permit the child to participate in special activities or events
- Is not known to any of the other parents or children
- Has behavior which is observed by others to be strange, bizarre, irrational, or unusual or which is described by the child as unusual in any way

### ***Response to Child Abuse***

#### **Call**

- Do not let any more damage happen to the child
- Your State Department of Children and Family Services
  - Illinois: 800-25A-BUSE (800-252-2873)
  - The Child Sexual Abuse Treatment and Training Center of Illinois, Inc: 312-739-0491, which has provided much of the information on incest in this booklet

#### **Help**

- The children
  - To reenter a happy, nonabusive family life
  - To learn that their bodies are private, not to be intruded on by ANYONE
  - By believing the children
- The abuser
  - To seek help to stop the abuse
  - To seek help for understanding the cause

## **Article for Worship Folder or Newsletter**

We hear more and more today about a once hidden problem — family violence — the beating of a spouse, a child, or an elderly parent. Religious people (**substitute your own religious affiliation**) are not immune from family violence, since we have all fallen short of the glory of God. We may in fact misuse those closest to us precisely because they are the “loved ones” in our life. Family members are the handiest targets for taking out our frustrations. They often seem to fail us in our time of greatest need.

Stress is the common factor in abusive family relationships. Any change that calls for major readjustment is considered stressful. This includes positive events (such as the birth of a child) as well as negative events (such as the loss of a job or financial strain). We can add to the stress by our own worry about the situation, by negative thinking, or by the unrealistic demands we place on ourselves or others. If we don't know how to problem-solve so that unavoidable conflicts between family members get resolved, the chances increase that physical violence will occur.

Sometimes we try to control family members because we are afraid our own needs won't be met. God's plan for us is to develop and grow up with enough self-esteem and self-confidence so that we can be at ease with ourselves. If this happens we can satisfy our need for love, companionship, sexual fulfillment and security within our marriage, without placing unrealistic demands on ourself or our spouse. The children born to such a marriage can enjoy trust, security, and steady growth until they achieve independence.

The misuse of alcohol or drugs, as well as attitudes formed in the past from our former family life can also be factors which contribute to violence within our family. The results of such violence include: an end to intimacy and communication between spouses, depression, injury, runaway children, divorce, or even death.

If you or a loved one have been abused by a family member, or if you let your anger turn to violence, seek help today. Contact your pastor, or call a local social service agency specializing in domestic violence. (**Please include any names or telephone numbers of appropriate social service agencies.**)

## Bibliography

- "About Wife Abuse," Scriptographic Booklet, Channing L. Beta, Co., Inc., South Deerfield, MA, 1983.
- "The Battered Wife," Grapevine, Joint Strategy and Action Committee, Vol. 9, No. 1, June, 1977.
- Bowker, Lee H., "Battered Women and the Clergy: An Evaluation," The Journal of Pastoral Care, Vol. 36, No. 4, pp. 226-234, 1982.
- Bowker, Lee H., Beating Wife Beating, University of Wisconsin, Milwaukee, WI, 1981.
- Burgess, A. W., Groth, A. N., Holmstrom, L. L., and Sgroi, S. M., Sexual Assault of Children and Adolescents, Lexington Books, MA, 1978.
- Butler, Sandra, Conspiracy of Silence: The Trauma of Incest, New Glide Publications, San Francisco, 1978.
- Colorado Association for Aid to Battered Women, A Monograph on Services to Battered Women, Department of Health and Human Services, Washington, D. C., 1979.
- Davidson, T., Conjugal Crime, Hawthorne Books, Inc., New York, 1978.
- Dobash, R. E. and Dobash, R., Violence Against Wives, The Free Press, New York, 1979.
- Finklehor, David, Sexually Victimized Children, The Free Press, 1979.
- Fleming, Jennifer Baker, Stopping Wife Abuse, Anchor Books, Garden City, New York, 1979.
- Fortune, Marie M. and Hormann, Denise, Family Violence: A Workshop Manual for Clergy and Other Service Providers, National Clearinghouse on Domestic Violence, Rockville, MD, 1980.
- Fortune, Marie M. and Hormann, Denise, "Sexual Violence," Grapevine, Joint Strategy and Action Committee, Vol. 11, No. 3, September, 1979.
- Ganley, Ann, Participants Manual, Center for Women Policy Studies, Washington, D. C., 1981.
- Giaretto, H., "The Treatment of Father-Daughter Incest: A Psycho-Social Approach," Children Today, July-August, 1976.
- Groth, A. N., Men Who Rape, Plenum Press, New York, 1979.
- Haas, Richard, How Do You Answer That One?, National Technical Assistance Center on Family Violence, Ann Arbor, MI.
- Hilberman, Elaine, "Overview: The 'Wife-beater's Wife' Reconsidered," American Journal of Psychiatry, Vol. 137, No. 11, November, 1980.
- King County Rape Relief, "He Told Me Not To Tell," 305 South 43rd, Renton, WA, 98055.
- Lacey, Bobbi, Domestic Violence Services in Rural Communities: First Steps of Organization and Direct Services and Funding, Nebraska Task Force on Domestic Violence, Lincoln, NE, 1979.
- McBride, Susan Clark, "Highlight: The Most Common Form of Violence," Human Ecology, Lutheran General Medical Center, Park Ridge, IL, Vol. 12, No. 2, pp. 1-5, 1983.
- Massachusetts Coalition of Battered Women Service Groups, For Shelter and Beyond, Boston, 1981.
- Martin, D., Battered Wives, Glide Publications, San Francisco, 1976.
- Monfalcone, Wesley R., Coping With Abuse in the Family, Westminster Press, Philadelphia, 1980.
- Nichols, James M., "Wounded in the House of My Friends," The Lookout, Standard Publishing Co., 1981.
- Outcry, The Task Force on Battered Women, 1228 West Mitchell Street, Milwaukee, WI, 53204, (Monthly Newsletter).
- Peterson, Julie and Hutchinson, Lib, "Informal Support Networks: Help for Battered Women," Response to Violence in the Family, January-February, 1982.
- Pizzey, Erin, Scream Quietly or the Neighbors Will Hear, Penquin Books, 1974.
- Police Magazine, 801 Second Avenue, New York, Vol. 45, 1978.
- "Publication List," Center for Women Policy Studies, 2000 P Street, N.W. Suite 508, Washington, D. C., 20036.
- Response to Violence in the Family, Center for Women Policy Studies, 2000 P Street, N.W. Suite 508, Washington, D. C., 20036, (Monthly Newsletter).
- Roy, Maria, The Abusive Partner, VanReinhold Co., Inc., New York, 1982.
- Roy, Maria, ed., Battered Women: A Psychosociological Study of Domestic Violence, Van Nostrand Reinhold Co., New York, 1977.
- Steinmetz, Suzanne K. and Straus, Marray A., eds., Violence in the Family, Dodd, Mead, and Co., New York, 1974.
- Time, "Private Violence," and "Child Abuse: The Ultimate Betrayal," Vol. 122, No. 10, pp. 18-29, September 5, 1983.
- U. S. Department of Justice, Law Enforcement Assistance Administration, A Survey of Spouse Violence Against Women in Kentucky, conducted for Kentucky Commission on Women, Superintendent of Documents, U. S. Government Printing Office, Washington, D. C., 20402, 1979.
- Victimology: An International Journal, Vol. 2, Nos. 3-4, 1977-1978.
- Walker, Lenore E., The Battered Woman, Harper and Row, Inc., New York, 1979.

# FOR MORE INFORMATION

About how you can help stop abuse today, tomorrow and for generations to come . . .  
WRITE OR CALL:

## CHICAGO METROPOLITAN BATTERED WOMEN'S NETWORK

Loop Y. W. C. A. Women's Services  
C/O Y. W. C. A. 37 South Wabash Street, Chicago, IL 312-372-6600

## ILLINOIS COALITION AGAINST DOMESTIC VIOLENCE

931 South Fourth Street, Springfield, IL 62703 217-789-2830

ALTON: Oasis Women's Center	618-465-1978	DE KALB: Safe Passage	815-756-2228
AURORA: Mutual Ground	312-897-0080	DES PLAINES: Life Span	312-824-4454
BELLEVILLE: Call For Help -- THE B.R.I.D.G.E.E.	618-235-0892	ELGIN: Community Crisis Center	312-697-2380
BLOOMINGTON: Y.W.C.A. of McLean County -- Countering Domestic and Sexual Violence	800-322-5015 (office) 309-827-4005	EVANSTON: Evanston Y.W.C.A.	312-864-8780
CAIRO: Community Health Service Inc.	618-734-4357	FREEPORT: Y.W.C.A. of Freeport (night/weekend)	(office) 312-864-8445 (day) 815-235-9421
CANTON: Fulton County Women's Crisis Service	309-647-2466	GLEN ELLYN: Family Shelter Service	312-469-5650
CARBONDALE: Women's Center	618-529-2324	HAZEL CREST: South Suburban Family Shelter	312-335-4125
CENTRALIA: Women In Need, Inc.	618-533-7233	JOLIET: Groundwork	815-722-3344
CHARLESTON: Coalition Against Domestic Violence	217-345-4300	JOLIET: Joliet-Will County Community Action Agency (office)	815-727-8912
CHICAGO: (CENTRAL) Department of Human Services	312-744-5829	KANKAKEE: Kankakee County Coalition Against Domestic Violence	815-932-5800
Family Options	312-829-1402	LOMBARD: West Suburban Y.W.C.A.	312-629-0170
Loop Y.W.C.A. Women's Services (office)	312-372-6600	MLINE: Council On Children at Risk (office)	309-764-7017
Mujeres Latinas En Accion	312-226-1544	OAK PARK: Sarah's Inn	312-386-4225
Travelers' Aid Society (day)	312-435-4500	(office)	312-386-3305
(night/weekend)	312-686-7562	OLNEY: Stopping Woman Abuse Now	618-393-4371
United Charities (North)	312-461-0800	PEORIA: Tri-County Women Strength	309-674-4443
Chicago Abused Women Coalition	312-278-4566	QUINCY: Quincy Area Network Against Domestic Abuse	217-222-2873
Good Shepherd	312-935-3434	ROCHELLE: HOPE of Rochelle (referrals)	815-562-8890
Greenhouse	312-278-4566	ROCKFORD: WAVE/PHASE	815-962-6102
Sienna House	312-539-7795	ROSICLARE: Anna Bixby Women's Center	618-285-6629
Uptown Center Hull House		SPRINGFIELD: Sojourn Women's Center	217-544-2484
Family Violence Task (day)	312-561-3500	STERLING: Sterling-Rock Falls Y.W.C.A.-COVE	815-626-7277
Force (night/weekend)	312-769-0205	STREATOR: Against Domestic Violence	800-892-3375
(South)		SUMMIT: Constance Morris House DesPlaines Valley Community Center	312-485-5254
Family Rescue	312-375-8400	URBANA: A Woman's Place	217-384-4390
Rainbow House	312-521-4865	WAUKEGAN: A Safe Place	312-249-4450
Southwest Women Working Together	312-436-7678	WOODSTOCK: Turning Point	815-338-8080
CLAY CITY: Stopping Woman Abuse Now	618-676-1911	WORTH: Crisis Center For South Suburbia	312-974-1791
DANVILLE: A Women's Alternative Shelter	217-443-5566	(office)	312-974-1091
DECATUR: DOVE Domestic Violence Project	217-423-2238		