



Intimate Partner Violence (IPV): Psychological/Emotional Abuse

" Women often fall victim to Psychological/Emotional IPV, yet it is difficult to notice which makes it challenging to treat and learn about, but that does not discredit the severity of it. "

Definition & Characteristics

DEFINITION: Emotional abuse and behavior that can be offensive and degrading in its nature leading to harm toward a partner.



KEY CHARACTERISTICS:

- Threats
- Ridicule
- Withholding Affection
- Jealousy Control
- Threat of Abandonment
- Purposefully Ignoring
- Withholding Information



Victims report emotional abuse having greater detrimental than any physical abuse.

Risk Factors



There are many risk factors of IPV but that does not mean if you have one of these factors then you will fall victim to IPV. The factors below increase the likelihood of IPV.

- Being a woman
- Being part of a lower socioeconomic class
- Being part of a minority group

Effects

The effects of emotional/ psychological IPV are associated with adverse mental and physical health. The effects below are listed

- Depression
- Anxiety
- PTSD
- Low self-esteem
- Learned helplessness
- Resentment to abusers
- Substance Use Disorder
- Harmed relationships

Prevention



There are many ways for you, family, friends, and clinicians to help during and after IPV.

Steps You Can Take:

1. Attend Forgiveness Therapy
2. Find an Advocacy Group
3. Reach out to Family, Friends, & Healthcare Providers
4. Use resources such as hotlines to find people who can assist you

5 Steps Others Can Take To Help:

1. Listen
2. Inquire
3. Validate
4. Enhance Safety
5. Support

