

Coercive Control

How to recognize and respond



1 in 2 women and
2 in 5 men have
experienced intimate
partner violence in
their lifetime

Why are we here?



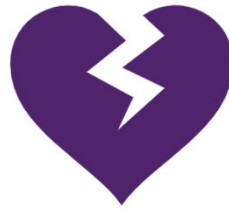
Domestic Violence is

Domestic Violence is an intentional pattern of coercive control

Domestic Violence is an intentional pattern of coercive control used by one partner over the other in an intimate relationship.



Physical



Emotional



Financial



Verbal

**Focusing
on
Coercive
Control**



Photo by Elena Taranenko on Unsplash

Coercive control

Coercive control **is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse**

Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse **that is used to harm, punish, or frighten their victim.**

No Fear



No Control

Abuse is not caused by

The victim's behavior

Abuse is not caused by

~~The victim's behavior~~

Alcohol or drugs

Abuse is not caused by

~~The victim's behavior~~

~~Alcohol or drugs~~

Stress

Abuse is not caused by

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~~Stress~~

Mental illness

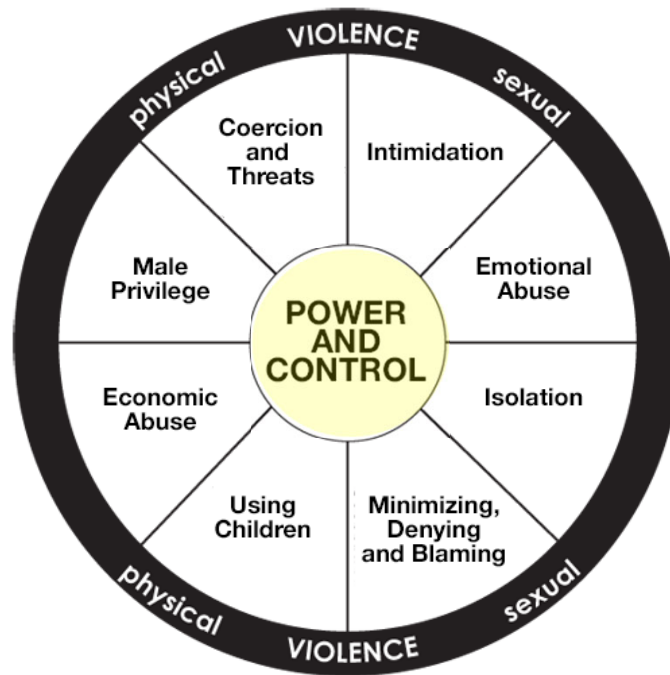
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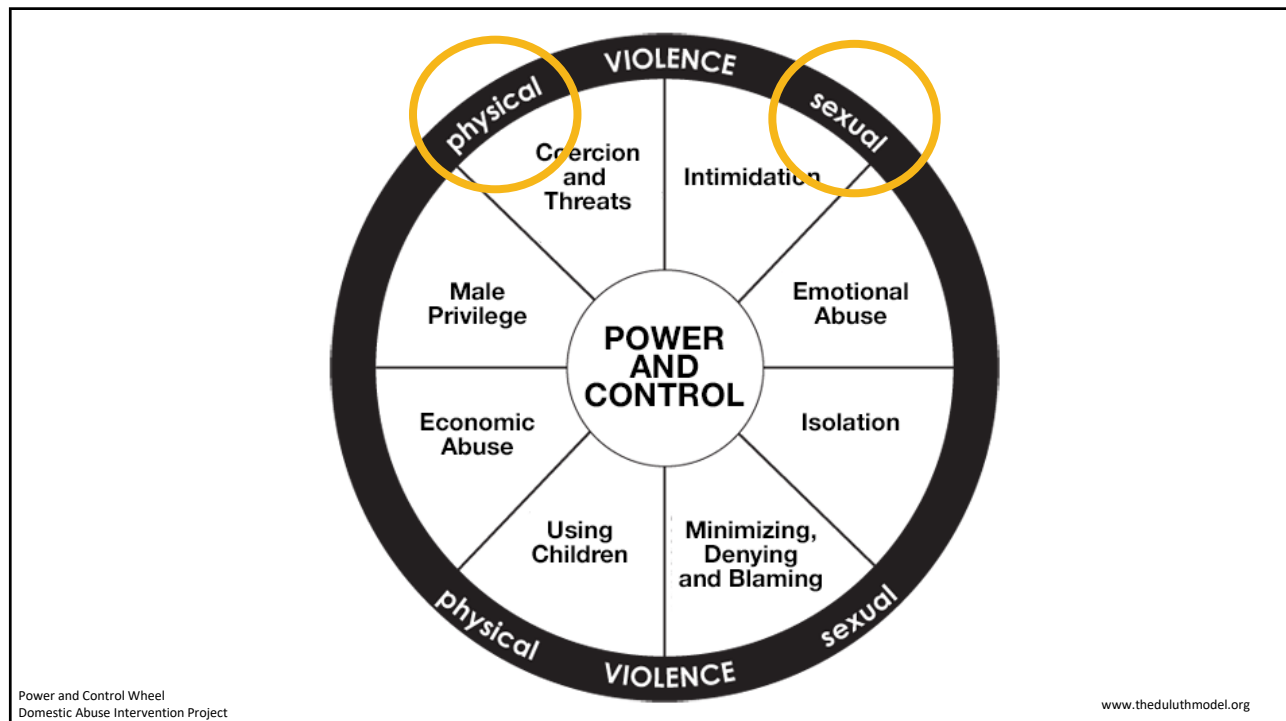
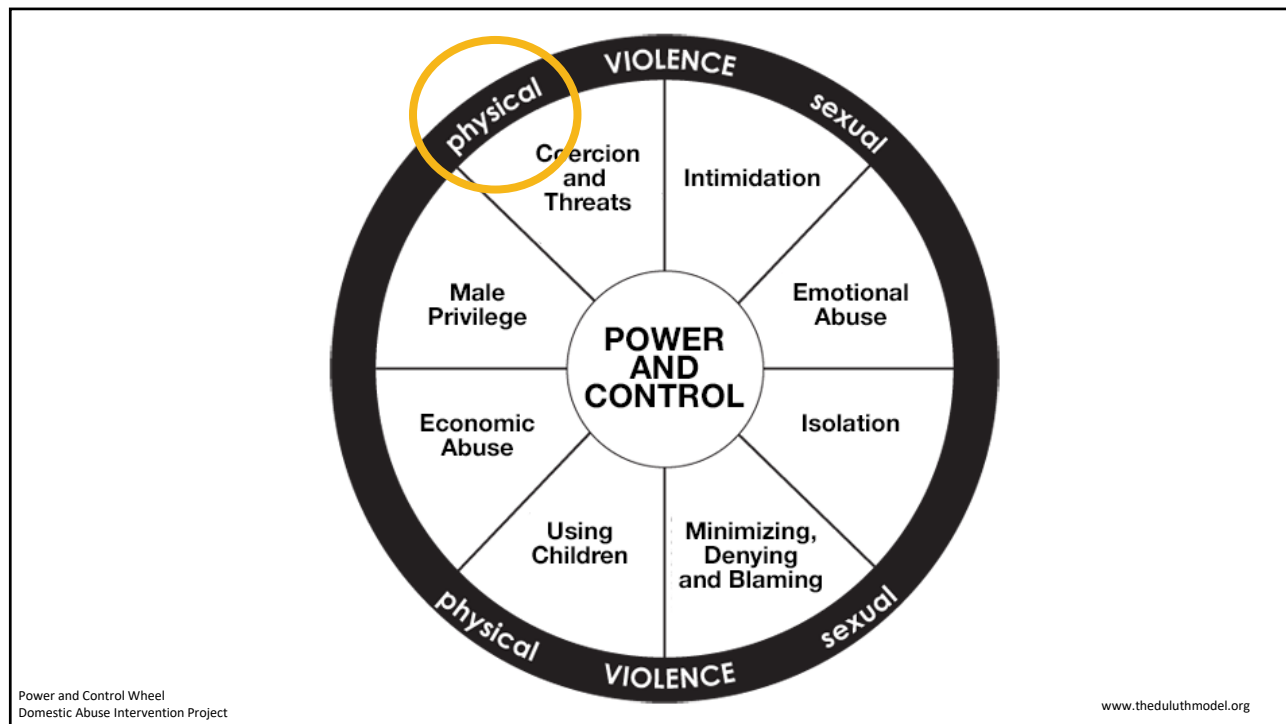
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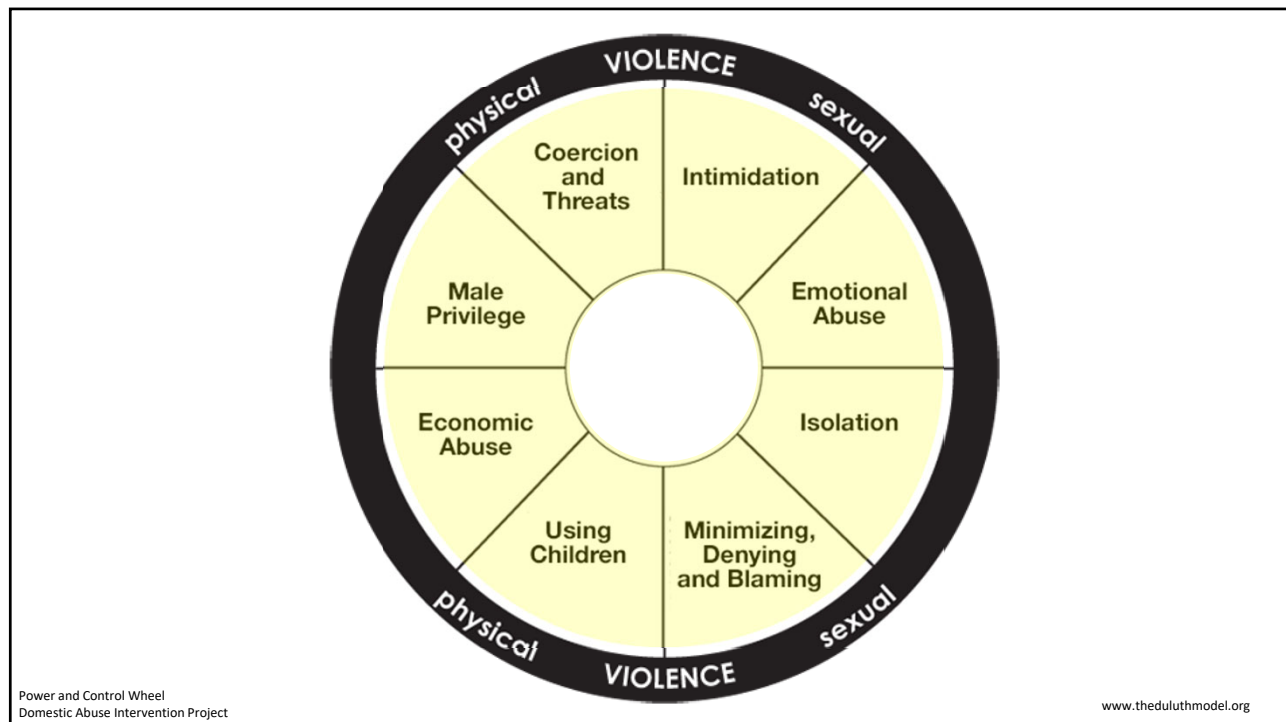
~~Mental illness~~



Power and Control Wheel
Domestic Abuse Intervention Project

www.theduluthmodel.org





Other tactics

Mental Health Coercion

Abusive tactics targeted towards a partner's mental health as part of a broader pattern of abuse and control



Mental Health Coercion

Mechanisms of Control



Gaslighting;
telling them
they're 'crazy'

Gaslighting

When the abuser tries to make you doubt your reality or tries to convince you abuse isn't happening or isn't nearly as bad as you believe it to be.

Mental Health Coercion Mechanisms of Control



Gaslighting;
telling them
they're 'crazy'



Controlling
access to
treatment



Diagnosing
their 'problems',
undermining
sanity

Mental Health Coercion Mechanisms of Control



Disrupting sleep
patterns



Using mental health
against them in
court proceedings

Substance Use Coercion

Mechanisms of Control



Sabotaging
recovery efforts;
treatment
interference



Using
substance
abuse history
as a threat

An abuser may try to control their partner's reproductive health.



What does reproductive coercion look like?

Birth control sabotage

Controlling access to care

Pregnancy pressure

Sexual pressure

Manipulation and deception



Coercive control may not look violent or abusive.



Over 50% of seeking help for mental health,



Over 50% of seeking help for mental health, and **over 60%** seeking help for substance use



Over 50% of seeking help for mental health, and **over 60%** seeking help for substance use said their partner tried to interfere with their treatment.



Recognizing coercion can be challenging.

How to document coercive control

Keep a log or journal of abusive events

Talk to a trusted support person

Take photos of any damage (i.e. destroyed property)

Record incidents like phone calls, background audio, and images

Take screenshots of threatening text or social media messages

Resources



<https://dcadv.org/get-help/mental-health-support.html>