

**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**  
**LD 4 Victimology/Crisis Intervention**

**Date Revised: 9/20/2019**

**Course Goal:** To teach the recruits the dynamics of domestic violence by explaining the cycle of violence. The recruits will be able to recognize the cycle of violence that occurs in domestic violence relationship. They will understand the importance of documenting the Cycle of Violence to ensure a felony filing and/or enable the court to utilize qualified experts to testify to the Cycle of Violence and the battered women’s syndrome.

**Learning Objectives:**

- Describe emotional and physical reactions or behaviors that may be exhibited by victims in crisis **[04.I.B]**
- Apply the guidelines for interviewing a victim **[04.II.B]**
- Domestic violence causes tremendous harm to victims and society. Each member in an abusive or violent household suffers physically and/or emotionally, and often violence is spread from one generation to the next. Current law affords peace officers greater opportunity to assist victims and provides protection and education to help stop the cycle of violence. **[25.II]**

**Session Time:** 2 Hours

**Resources:**

- Classroom with tables
- White board and Dry-erase markers (black, red, blue and green)

**Session Summary:** Recruit officers will recognize the Cycle of Violence and understand the importance of documenting the Cycle of Violence in domestic violence reports.

Outline	Instructor Notes
<p>I. Domestic Violence Dynamics</p> <p>A. Victimology/Power and Control (<b>Guest Speaker</b>)</p> <p>1. Nature, Extent and Impact of Domestic Violence <b>[25.II]</b></p> <p>a. Frequency of occurrence/escalating in nature and lethality</p> <p>1) Domestic violence is the number one cause of injury to women, more than rape, auto accidents and mugging combined in Los Angeles County (L. A. Times, September 20, 2019)</p> <p>2) 25-40% assaults and homicides are</p>	<p><b>Guest Speaker</b></p>

**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**  
**LD 4 Victimology/Crisis Intervention**

domestic violence

- 3) recurs and escalates in frequency and severity over time
- 4) without appropriate intervention will eventually result in serious injury or death
- 5) when a homicide occurs because of domestic violence, law enforcement will have responded a minimum of five times (National College of District Attorneys Association, 1994)

2. Impacts of Domestic Violence

a. Cycle of Violence

- 1) The cycle of violence is intergenerational. People learn by watching it in the family. When there are no negative ramifications, they may learn that violence is an acceptable and effective way to get what they want. Batterers want to control their domestic partners through fear. They do this by regularly abusing them physically, sexually, psychologically and economically. Power and control can be obtained through different behaviors that, when put together, can form a pattern or cycle of violence.
- 2) Discuss the importance of documenting the Cycle of Violence to ensure a felony filing and/or enable the court to utilize qualified experts to testify to the Cycle of Violence and the battered women's syndrome.
- 3) Normal Relationships
  - a) Romance
    - (1) Enjoy each other's company
    - (2) See the relationship in a positive light
  - b) Tension
    - (1) Things that were enjoyable, begin to cause tension
    - (2) Things that were thought of as cute begin to be irritating
  - c) Arguing

**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**  
**LD 4 Victimology/Crisis Intervention**

<ul style="list-style-type: none"><li>(1) To resolve the tension the parties argue</li><li>(2) The goal of the arguing is constructive criticism, compromise and conflict resolution. The partners share 50%-50% in the relationship</li><li>(3) No violence or threats of violence</li><li>d) After the arguing the relationship returns to the romance phase<ul style="list-style-type: none"><li>(1) Romance or loving care and concern are focused on the other party as part of the entire relationship. Which is unlike the battering relationship, where focus is on the batterer maintaining power and control</li><li>(2) Cycle begins again</li></ul></li><li>4) People have the right to argue in their own homes. Domestic disputes or family disputes are non-crime situations. Normal relationships do not require a Domestic Violence report when the parties argue. The appropriate response would be separate the parties, investigate, determine domestic dispute only, keep the peace, assist with conflict resolution, document on a “LOG ENTRY” only.</li><li>3. Battering Relationship (Cycle of Violence) <b>[4.I.B]</b><ul style="list-style-type: none"><li>a. Romance phase (use blue marker)<ul style="list-style-type: none"><li>1) Begins similarly to the normal relationship</li><li>2) Parties may be suffering from a crisis and may quickly bond with each other</li></ul></li><li>b. Tension building phase (use green marker)<ul style="list-style-type: none"><li>1) Verbal arguing</li><li>2) Batterer often uses intimidation and threats of reprisal against victim, children, and other family members</li><li>3) Batterer encourages partner’s dependence</li><li>4) Batterer is critical and difficult to please</li><li>5) Batterer may have low opinion of women</li></ul></li></ul></li></ul>	<p style="text-align: center;"><b>Learning Activity #1</b> <b>See attached sheet</b></p>
---	--

**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**  
**LD 4 Victimology/Crisis Intervention**

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>6) Batterer may be a wall puncher, shows anger by punching holes in walls, breaking objects, or hurting animals</li><li>7) Batterer is often afraid, jealous, or obsessed with controlling mate's activities</li><li>8) Derogatory, demeaning, degrading, demoralizing phrases used to devalue victim</li><li>9) Suspect attempts to objectify the victim – it is easier to hit an object than someone you are supposed to love</li><li>10) Sudden temperament or mood changes of abuser</li><li>11) Victim attempts to forestall impending explosion, by following all the rules and guidelines the suspect has established</li><li>12) Victim accepts the limitations and controls set by the batterer</li><li>13) Suspect begins to desensitize the victim, using low levels of violence<ul style="list-style-type: none"><li>a) Pinching, hair pulling arm twisting, hand squeezing</li><li>b) Accident on purpose behaviors</li></ul></li><li>14) Suspect may use aggressive sex to demonstrate superiority and control</li><li>15) This is the phase when police are generally called</li><li>c. Acute battering phase (use red marker)<ul style="list-style-type: none"><li>1) Police may be called again at this phase.</li><li>2) Violence is a tool used to feel powerful and have control over others</li><li>3) Shortest of the phases</li><li>4) Batterer believes he has the right to teach victim a lesson</li><li>5) May start with a minor assault and escalate into great bodily injury or murder</li><li>6) Trigger for violent outburst maybe an external event or batterer's own internal state</li><li>7) Batterer uses violence/aggression as a</li></ul></li></ul> |  |
|--|--|

**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**  
**LD 4 Victimology/Crisis Intervention**

<p>reaction to conflict and anger</p> <ul style="list-style-type: none"><li>8) Victim may be immobilized by fear</li></ul> <p>d. Remorseful phase (use blue marker)</p> <ul style="list-style-type: none"><li>1) This is the phase when the police usually arrive. The cycle increases in frequency and severity as the cycle repeats itself</li><li>2) Extremely kind, loving and contrite behavior portrayed by the batterer</li><li>3) Batterer believes the abuse won't happen again</li><li>4) Will apologize for the behavior but will not take responsibility, blames others (partner, boss, society)</li><li>5) May shower victim with elaborate gifts, flowers and candy to win the victim back</li><li>6) May be the only time the victim receives any loving attention from the batterer – including sexual gratification</li><li>7) May bring in outside support to keep partner in relationship (clergy, family members)</li><li>8) Victim may minimize the extent of the violence and injuries</li><li>9) Victim love the batterer and hopes that it will get better</li></ul> <p>e. Never returns to the Romance phase, returns to the Honeymoon phase, because a honeymoon has a specific beginning and an end.</p> <p>f. The Batterer may not be violent or aggressive outside the home, is often viewed as socially charming.</p> <p>g. Adapted from: "Who Can Be an Abuser" and "Common Characteristics of a Batterer", Alyce LaViolette, Alternative to Violence, The Nexus, April 29, 1996.</p> <p>B. Apply Guidelines for Interviewing Battered Victims <b>[4.II.B]</b></p> <ul style="list-style-type: none"><li>1. We are going to look at how to effectively interview battered victims.</li><li>2. Point out the importance of developing a strong line</li></ul>	
---	--

**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**  
**LD 4 Victimology/Crisis Intervention**

<p>of questioning to determine the elements of 13700 P.C., the crime, history of violence, and other information necessary for prosecution and writing a complete and accurate report.</p> <ol style="list-style-type: none"><li>3. Remind the class that victims of crimes will have various emotional, cognitive, behavioral and physical reactions to the crisis they are in.</li><li>4. Remind them of their classmates' reactions when they were victims of crime.</li><li>5. Have the students write down the following statements;<ol style="list-style-type: none"><li>a. "I'm concerned for your safety."</li><li>b. "I'm concerned for the safety of your children."</li><li>c. "You don't deserve to be treated like this."</li><li>d. "It will only get worse."</li><li>e. "We are here when you are ready to leave."</li></ol></li><li>6. The following are examples of questions that should be asked when interviewing battered victims. This not meant to be an exclusive list, and follow-up statements, such as: "tell me more", or Describe the situation" should be considered.<ol style="list-style-type: none"><li>a. Many times, in situations like these others have told me they have been hurt by someone close to them. Could this be happening to you? Are you being beaten?</li><li>b. I noticed you have several bruises. Please tell me how they happened. Did someone hit you?</li><li>c. Your partner seems very concerned and anxious. Was he/she responsible for your injuries?</li><li>d. Have there been times during your relationship when you have had physical fights?</li><li>e. You seem frightened of your partner. Has your partner ever hurt you?</li><li>f. Have you ever been in a relationship where you have been hit, punched, kicked or hurt in anyway? Are you in such a relationship now?</li><li>g. You mentioned your partner loses their temper with the children. Does your partner lose their</li></ol></li></ol>	
--	--

**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**  
**LD 4 Victimology/Crisis Intervention**

<p>temper with you? Does your partner become abusive when they lose their temper?</p> <ul style="list-style-type: none"><li>h. You said your partner uses drugs/alcohol. How does your partner act when drinking or on drugs?</li><li>i. Sometimes when people are overprotective and jealous, they react violently and use physical force. Is this happening in your situation?</li><li>j. Do you and your partner argue? What happens when you argue?</li><li>k. Is your partner jealous?</li><li>l. Does your partner call you names or put you down?</li><li>m. Does your partner lose their temper, throw things, or threaten you?</li><li>n. Does your partner destroy things you care about, i.e., family photographs, clothes, pets, etc.?</li><li>o. Does your partner threaten to hurt you when you disagree with them?</li><li>p. Do arguments sometimes end in pushing, shoving, or slapping?</li><li>q. Has your partner forced you to engage in sex that make you feel uncomfortable?</li><li>r. Does your partner watch you every move? Does your partner accuse you of having an affair?</li><li>s. Has your partner used a fist or weapon to hurt you?</li><li>t. Have you been injured, housebound, or hospitalized due to a fight with your partner?</li><li>u. Have you ever called the police?</li><li>v. What's your social life like? Do you have any friends?</li><li>w. Who controls the finances in our house?</li><li>x. Who makes the rules? What happens when you don't follow the rules?</li></ul> <p>7. Reinforce key learning points</p> <ul style="list-style-type: none"><li>a. Domestic violence causes tremendous harm to</li></ul>	
---	--

**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**  
**LD 4 Victimology/Crisis Intervention**

<p>victims and society.</p> <ul style="list-style-type: none"><li>b. Each member in the household suffers physically and/or emotionally, and often the violence is spread from one generation to the next.</li><li>c. Current law affords peace officers greater opportunities to assist victims and provide protection and education to help stop the cycle of violence.</li></ul>	
---	--



**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**  
**LD 4 Victimology/Crisis Intervention**

**Learning Activity # 1**  
**“Cycle of Violence” Board-work Exercise**

**BOARDWORK EXERCISE:** Cycle of Violence

**Procedures:** Prepare the board by drawing a circle representing the Normal Relationship, discuss the stages. Option - Draw the Cycle of Violence next to or superimpose the Cycle of Violence on top of the normal relationship. Use black for normal and colors for the cycle of violence.

**Purpose:** To teach the recruits the dynamics of domestic violence by explaining the cycle of violence. The recruits will be able to recognize the cycle of violence that occurs in domestic violence relationship. They will understand the importance of documenting the Cycle of Violence to ensure a felony filing and/or enable the court to utilize qualified experts to testify to the Cycle of Violence and the battered women’s syndrome.

**Resources needed:** Whiteboard, Dry-Erase Markers (Black, Red, Blue, and Green)

**Time required:** 45 minutes

**NORMAL RELATIONSHIPS**

**Romance**

Enjoy each other’s company  
See the relationship in a positive light

**Tension**

Things that were enjoyable, begin to cause tension  
Things that were thought of as cute begin to be irritating

**Arguing**

To resolve the tension the parties argue  
The goal of the arguing is constructive criticism, compromise and conflict resolution.  
The partners share 50%-50% in the relationship  
No violence or threats of violence

After the arguing the relationship returns to the romance phase

Romance or loving care and concern are focused on the other party as part of the entire relationship.

**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**  
**LD 4 Victimology/Crisis Intervention**

Which is unlike the battering relationship, where focus is on the batterer maintaining power and control  
cycle begins again

People have the right to argue in their own homes. Domestic disputes or family disputes are non-crime situations. Normal relationships do not require a Domestic Violence report when the parties argue. The appropriate response would be separate the parties, investigate, determine domestic dispute only, keep the peace, assist with conflict resolution, document on a “LOG ENTRY” only.

Describe emotional and physical reactions or behaviors that may be exhibited by victims in crisis.

**BATTERING RELATIONSHIP** (Cycle of Violence)

Romance phase (use blue marker)

Begins similarly to the normal relationship

Parties may be suffering from a crisis and may quickly bond with each other

**Tension building phase** (use green marker)

Verbal arguing:

Batterer:

- often uses intimidation and threats of reprisal against victim, children and other family members
- encourages partner’s dependence
- is critical and difficult to please
- may have low opinion of women
- may be a wall puncher, shows anger by punching holes in walls, breaking objects, or hurting animals
- is often afraid, jealous, or obsessed with controlling mate’s activities
- derogatory, demeaning, degrading, demoralizing phrases used to devalue victim
- suspect attempts to objectify the victim – it is easier to hit an object than someone you are supposed to love
- sudden temperament or mood changes of abuser

Victim:

- Victim attempts to forestall impending explosion, by following all the rules and guidelines the suspect has established.
- Victim accepts the limitations and controls set by the batterer

**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**

**LD 4 Victimology/Crisis Intervention**

Suspect begins to desensitize the victim, using low levels of violence

Pinching, hair pulling, arm twisting, hand squeezing

Accident on purpose behaviors

Suspect may use aggressive sex to demonstrate superiority and control

This is the phase when police are generally called.

**Acute battering phase** (use red marker)

- Police may be called again in this phase
- Violence is a tool used to feel powerful and have control over others
- Shortest of the phases
- Batterer believes he has the right to teach victim a lesson
- May start with a minor assault and escalate into great bodily injury or murder.
- Trigger for violent outburst maybe an external event or batterer's own internal state
- Batterer uses violence/aggression as a reaction to conflict and anger
- Victim may be immobilized by fear

**Remorseful phase** (use blue marker)

This is the phase when the police usually arrive. The cycle increases infrequency and severity as the cycle repeats itself.

- Extremely kind, loving and contrite behavior portrayed by the batterer
- Batterer believes the abuse won't happen again
- Will apologize for the behavior but will not take responsibility, blames others (partner, boss, society)
- May shower victim with elaborate gifts, flowers and candy to win the victim back
- May be the only time the victim receives any loving attention from the batterer – including sexual gratification
- May bring in outside support to keep partner in relationship (clergy, family members)
- Victim may minimize the extent of the violence and injuries
- Victim loves the batterer and hopes that it will get better

Never returns to the Romance phase, returns to the Honeymoon phase, because a honeymoon has a specific beginning and an end.

**Event 8- Family Violence**  
**Session 18 – Domestic Violence Dynamics**  
**Guest Speaker**  
**LD 4 Victimology/Crisis Intervention**

The Batterer may not be violent or aggressive outside the home, is often viewed as socially charming.

Adapted from: “Who Can Be an Abuser” and “Common Characteristics of a Batterer”, Alyce LaViolette, Alternatives to Violence, The Nexus, April 29, 1996.