



Women's Mental Health Series

Week 3:

Abuse and Trauma in Women

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Learning Objectives:

By the end of the training, participants will be able to

1. Develop a working understanding of abuse and trauma
2. Examine the impact of abuse and trauma on women's mental health
3. Explore treatment options for abuse and trauma

OBJECTIVE 1:

Develop a working understanding
of abuse and trauma

Poll Question 1:

As per the World Health Organization, what is the prevalence rate of physical or sexual violence against women across the world (2013 report)?

1:6 3:4 1:3

“The United Nations defines violence against women as ‘any act of gender-based violence that results in, or is likely to result in, physical, sexual, or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.’”

-World Health Organization

Abuse by Definition:

- Intimate Partner Violence
- Sexual Violence
- Sexual Abuse
- Sexual Molestation



PREVALENCE →

1 in 3 women

throughout the world will experience physical and/or sexual violence by a partner or sexual violence by a non-partner



1 IN 6 WOMEN



1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime (14.8% completed, 2.8% attempted).

OBJECTIVE 2:

Examine the impact of abuse and trauma on women's mental health

TRAUMA BY DEFINITION

“Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional, or spiritual well-being.”

-SAMHSA (2014)

HEALTH IMPACT: Women exposed to intimate partner violence are →

Mental Health

TWICE 
as likely to experience depression

ALMOST TWICE 
as likely to have alcohol use disorders

Sexual and Reproductive Health

16% 
more likely to have a low birth-weight baby

1.5 TIMES 
more likely to acquire HIV and 1.5 times more likely to contract syphilis infection, chlamydia or gonorrhoea

Death and Injury

42% 
of women who have experienced physical or sexual violence at the hands of a partner have experienced injuries as a result

38% 
of all murders of women globally were reported as being committed by their intimate partners

Post-Traumatic Stress Disorder (PTSD)



Avoid Thinking of the Trauma



Avoid Talking of the Trauma



Easily Frightened



Negative Mood



Negative Thinking



Always on Guard



Avoiding Places



Avoiding Activities



Flashbacks



Cannot Concentrate



Aggressive Behavior



Loss of Interest



Feeling Guilt or Shame



Substance Abuse



Sleeping Difficulty



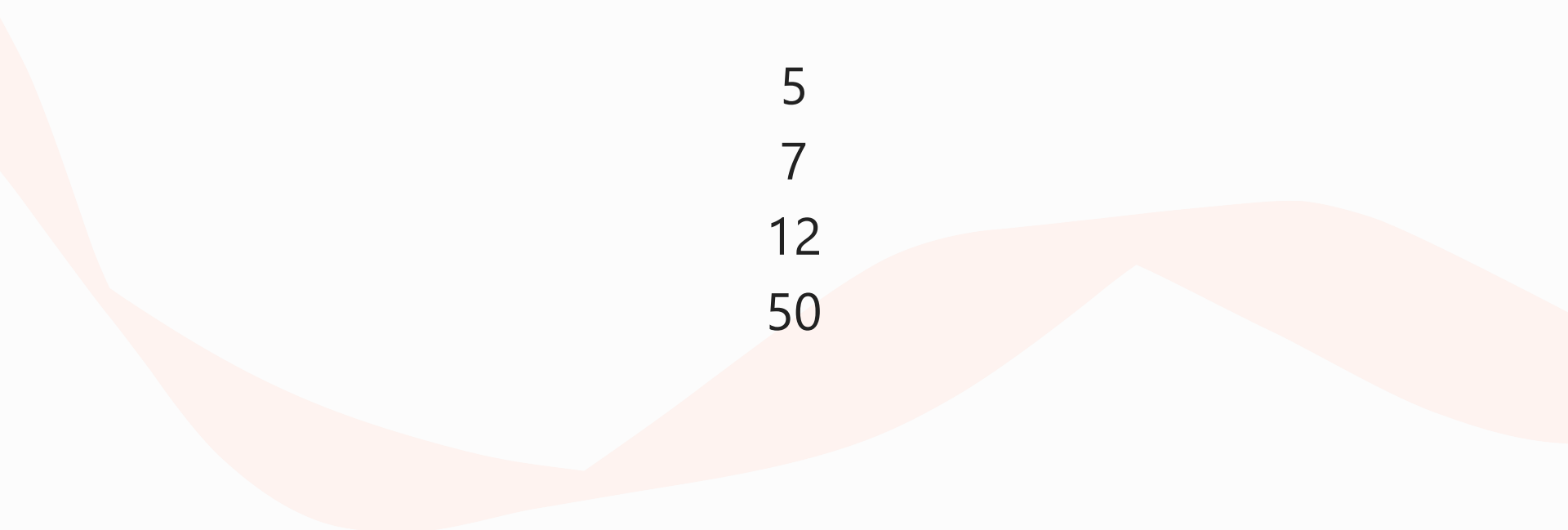
Bad Dreams

OBJECTIVE 3:

Explore treatment options
for abuse and trauma

Poll Question 2:

On average, a victim of domestic violence attempts to leave _____ times before finally leaving for good.



5
7
12
50

GUIDELINES FOR HEALTH SECTOR RESPONSE →

WHO's new clinical and policy guidelines on the health sector response to partner and sexual violence against women emphasize the urgent need to integrate these issues into clinical training for health care providers. WHO has identified the key elements of a health sector response to violence against women which have informed the following recommendations:



Women-centred care:

Health-care providers should, at a minimum, offer first-line support when women disclose violence (empathetic listening, non-judgmental attitude, privacy, confidentiality, link to other services).



Training of health-care providers on intimate partner violence and sexual violence:

Training at pre-qualification level in first-line support for women who have experienced intimate partner violence and sexual assault should be given to healthcare providers.



Identification and care for survivors of intimate partner violence:

Health-care providers should ask about exposure to intimate partner violence when assessing conditions that may be caused or complicated by intimate partner violence, in order to improve diagnosis/identification and subsequent care.



Health-care policy and provision:

Care for women experiencing intimate partner violence and sexual assault should, as much as possible, be integrated into existing health services rather than as a stand-alone service.



Clinical care for survivors of sexual violence:

Offer comprehensive care including first-line support, emergency contraception, STI and HIV prophylaxis by any perpetrator and take a complete history, recording events to determine what interventions are appropriate.



Mandatory reporting of intimate partner violence:

Mandatory reporting to the police by the health-care provider is not recommended. Health-care providers should offer to report the incident if the woman chooses.

PTSD Treatments and Therapies



Psychotherapy



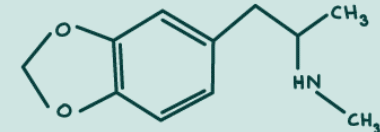
**Alternative treatments
(yoga and acupuncture)**



Virtual reality exposure



Medication



MDMA-assisted therapy

verywell

Q & A

Resources

Monnat, S.M., Chandler, R.F. (2015). [Long term physical health consequences of adverse childhood experiences](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4617302/). *Sociology Quarterly*; 56(4): 723–752.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4617302/>

Smith, S.G., Chen, J., Basile, K.C., Gilbert, L.K., Merrick, M.T., Patel, N., et al. (2017). [The National Intimate Partner and Sexual Violence Survey: 2010–2012 State Report](https://www.cdc.gov/violenceprevention/pdf/nisvs-statereportbook.pdf). Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.
<https://www.cdc.gov/violenceprevention/pdf/nisvs-statereportbook.pdf>

Substance Abuse and Mental Health Services Administration (SAMHSA). (2014). [SAMHSA's concept of trauma and guidance for a trauma-informed approach](https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf). HHS Publication No. SMA 14-4884. Rockville, MD: SAMHSA. https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf

U.S. Department of Veterans Affairs. (2015). [Military Sexual Trauma](https://www.ptsd.va.gov/understand/awareness/ptsd_treatment_works.asp?utm_source=Google&utm_medium=GS3Fem&utm_campaign=NCPTSD).
https://www.ptsd.va.gov/understand/awareness/ptsd_treatment_works.asp?utm_source=Google&utm_medium=GS3Fem&utm_campaign=NCPTSD

World Health Organization (2013). **Global and regional estimates of violence against women**

. <https://www.who.int/publications/i/item/9789241564625>

TRAINING OPPORTUNITIES

Preceptorships

An intensive clinical training program offered to healthcare providers in Florida who have an interest in learning more about the diagnosis and management of HIV/AIDS, opportunistic infections, and co-morbid conditions. Each preceptorship is structured to meet the unique needs of the individual participant based on his or her previous experience, geographic location, and time available. Experience 4 to 240 hours of clinical training at adult, pediatric, obstetric, and/or family practice clinics where care is provided to HIV-infected patients. All training provided is consistent with current guidelines from the Department of Health and Human Services or other nationally recognized guidelines when available.

Clinical Consultation

Individual and group clinical consultations are offered. Individual clinical case consultation is provided on the diagnosis, prevention, and treatment of HIV/AIDS and related conditions. These consultations take place by telephone, email or face-to-face meetings. Group clinical consultation with case-based discussions include information on pharmacology, clinical antiretroviral therapy updates, drug-drug interactions, and antiretroviral resistance.

FOR MORE INFORMATION, PLEASE VISIT:
<http://hivaidsinstitute.med.miami.edu/partners/se-aetc>

National HIV/AIDS Clinicians' Consultation Center UCSF – San Francisco General Hospital

Warmline

National HIV/AIDS Telephone Consultation Service
Consultation on all aspects of HIV testing and clinical care
Monday - Friday
9 am – 8 pm EST
Voicemail 24 hours a day, 7 days a week

PEPline

National Clinicians' Post-Exposure Prophylaxis Hotline
Recommendations on managing occupational exposures to HIV and hepatitis B & C
9 am - 2 am EST, 7 days a week

Perinatal HIV Hotline

National Perinatal HIV Consultation & Referral Service
Advice on testing and care of HIV-infected pregnant women and their infants
Referral to HIV specialists and regional resources
24 hours a day, 7 days a week

HRSA AIDS ETC Program & Community Based Programs, HIV/AIDS Bureau
& Centers for Disease Control and Prevention (CDC)
www.nccc.ucsf.edu

Need Additional Information?

Contact the South FL SE AIDS Education and Training Center

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Thank you!