

Abuse in Families or Marriage Resources

National Domestic Violence Hotline: www.thehotline.org or 1-800-799-7233 (1-800-787-3224 for TTY)

Call for assistance in developing a safety plan. Staffed 24 hours a day, 365 days a year.

Family Renewal Shelter < www.domesticviolencehelp.com or 1-253-475-9010 (24 hour crisis line) or 1-888-550-3915 (toll free): A Christian resource that provides help and assistance developing a safety plan.

For an example of safety planning see

www.theraveproject.com/index.php/resources/resource_content/personalized_safety_plan or
www.overcomingpowerlessness.com/safety_plan.htm

To find professional Christian counselors experienced in domestic violence, call Focus on the Family Counselors,

1-800-232-6459 (toll free), visit <http://family.custhelp.com/app/home> (find a counselor), or go to the American Association of Christian Counselor at **AACC.net**

Support Resources

Document the Abuse, www.documenttheabuse.com Assists women who fear for their safety in developing an Evidentiary Abuse Affidavit (EAA) that combines video taping of the victim's actual words attesting to the abuse, coupled with creative witnessed and notarized legal documents that successfully satisfy legal hurdles often faced in these intimate partner violence and stalking cases. The victim then has documented "testimony" to be used to press charges if she goes missing or something happens to her.

Family Renewal Shelter, www.familyrenewalshelter.com A program based in Tacoma, WA, offering healing hope and new life to victims of domestic violence.

Women's Law, www.womenslaw.org Offers state-specific legal information and resources for survivors of domestic violence, including information on how long to gather evidence of abuse and prepare for court.

VINE (Victim Information and Notification Everyday), www.vinelink.com Allows crime victims to obtain timely and reliable information about criminal cases and the custody status of offenders. It offers the ability to search for an offender by name or ID number and then register to be alerted if the offender has been released or has escaped. Available 24 hours a day in 47 states.

LightHouse Network, www.lighthouse-network.org or 1-877-562-2565 Assists individuals and their loved ones in finding effective treatment for drug, alcohol, psychological, or emotional struggles. Available 24 hours a day, 7 days a week.

Educational Resources

www.leslievernick.com/the-emotionally-destructive-marriage Free resource page with a short video clips, podcasts, & other articles.

www.bradhambrick.com/selfcenteredspouse Visit to read a great series of blogs by Brad Hambrick on the chronically self-centered spouse.

www.cryingoutforjustice.wordpress.com a blog that addresses the needs of the evangelical church to recognize and validate the reality of abuse in the Christian home.

Humanity Against Local Terrorism (HALT), www.haltnow.ca Dedicated to finding solutions bullying, domestic violence, and terrorism.

NO SAFE PLACE, www.pbs.org/kued/nosafeplace Documentary offering a thoughtful examination of the origins of violence against women, looking at the biological, sociological, cultural, and historical factors involved.

FOCUS Ministries, www.focusministries.org Offers hope, encouragement, support, education, spiritual direction, and assistance to teens, women, and families who experience domestic violence, destructive relationships, separation, or divorce. They also have a ministry specific to pastor's wives.

MEN Stopping violence, www.menstoppingviolence.org Works locally, nationally and internationally to dismantle belief systems, social structures, and institutional practices that oppress women and children, and dehumanize men themselves.

Futures Without Violence www.futureswithoutviolence.org Works to prevent and end violence against women and children around the world.

MenEngage Global Alliance www.menengage.org Decided to engaging men and boys to end violence against women, and to questioning or challenging violent versions of manhood.

Safety Net Project, <http://nnedv.org/projects/safetynet.html> Educates victims of stalking, domestic and sexual violence, their advocates, and the general public on strategic ways to use technology to help escape abusive relationships and situations. The Safety Net Project also trains police officers and prosecutor how to identify and hold perpetrators accountable for misusing technology.

God's Protection of Women: When the Abuse Is Worse The Divorce (Grand Rapids, MI: RBC Ministries, 2005), FREE download, <http://web001.rbc.org/pdf/discovery-series/gods-protection-of-women.pdf>

When Love Goes Wrong: What to Do When You Can't Do Anything Right; Strategies for Women with Controlling Partners by Ann Jones and Susan Schechter (New York: HarperPerennial, 1993) this book gives specific steps in developing a safety plan, how to protect your children, finding a safe place to stay if you plan to stay if you plan to leave, and dealing with the police and legal system.

A Cry for Justice: How the Evil of Domestic Abuse Hides in Your Church by Jeff Cripes and Anna Wood (Calvary Press, 2012) this book is for church leaders to understand the church's role in wisely handling cases of marital and other kinds of abuse.

When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse by Lundy Bancroft (New York: Berkley, 2005) This book is an important resource in understanding the impact of destructive marriages on children and how to help them through it.

Mending the Soul: Understanding and Healing Abuse by Steven R. Tracy (Grand Rapids, MI: Zondervan, 2005) This book is a significant resource for those who have been victims of abuse and injustice at the hands of others, especially those who were family members. Tracy validates the long-term effects of abuse on one's personhood and provides a sound and biblical way for healing the wounds of the soul.

Other Resources

Restore Relationships Counseling, www.restorerelationships.org Located in McKinney, TX.

Face to Face www.facetofacesurgery.org or 1-800-842-4546 Provides free plastic and reconstructive surgery for domestic violence victims who have injuries to face, head, or neck.

Give back a Smile 1-800-773-4277 Provides free repair of front teeth damaged by a violent partner or spouse.

Give Her Wings, www.giveherwings.com a fund-raising ministry for mothers who have left abusive situations.

Treatment Groups for Abusive Spouses

Domestic Abuse Intervention Programs, www.theduluthmodel.org or 1-218-722-2781 Offers an ever-evolving way to thinking about how a community works together to end domestic violence.

Changing Men, Changing Lives, www.ChangingMenChangingLives.org A Christian version of the Domestic Abuse Intervention Program.

RAVEN, www.ravenstl.org St. Louis program providing high quality domestic violence intervention and prevention services to those at risk to commit violence.

Emerge, www.emergedv.com Boston program seeking to educate individual abusers, prevent young people from learning to accept violence in their relationships, improve institutional responses to domestic violence, and increase public awareness about the causes and solutions to partner violence.

Manalive www.mavcenter.org California program committed to helping men age 16 and older stop violence to themselves, their intimate partners, their families, and their communities.

Menergy, www.menergy.org Philadelphia program for people who have been abusive to their intimate partners.

Five Common Mistakes People Helpers Make from Leslie Vernick

www.leslievernick.com/the-emotionally-destructive-marriage

Free download.

1. **Wrong Diagnosis or Implementing the Wrong Plan** If the couple are getting sicker and sicker time to reevaluate the situation. Traditional marriage counseling or coaching is impotent in a domestic abuse situation. Joint counseling is never appropriate is safety is a concern.
2. **Encouraging the wife to Try Harder** It doesn't work because it colludes with the husband's delusion that he is entitled to a fantasy wife, foster the lie that she is responsible for his moods, attitudes, emotions, and behavior. A wife is usually the first to seek help. If the husband is there it is usually to see what she is saying about him; not because he sees himself as part of the problem. When we focus on her wrong doings it reinforces her husband's misbelief that if only she would change, he would be fine and everything would be better.
3. **Not Prioritizing Safely and Sanity** We the helpers and our client may be so anxious for restoration and reconciliation we collude to collapse the required steps necessary for genuine healing to take place.

The first two stages last a minimum of six months, at times longer, even with weekly care.

4. **Becoming a Benevolent Rescuer** At times as helpers we fear for a women's safety and sanity. She seems stuck. Don't make the mistake of taking charge and telling her what she must do. Our role is to teach her to make wise choices. If she has been married to a controlling man, she has been robbed of her decision-making freedom, and naturally can't make decisions on her own.
5. **Not Insisting on the Fruits of Repentance Before Initiation Reconciliation** When we see a husband own his problems and want to change we must remember change of the heart is a long way from the change of habits. We want to see evidence of repentance in actions and actions over time and don't want this couple to fall back into repeating their old destructive history, this will happen is new habits aren't in place.
6. **There is no quick fix.**