

Pegco Inc
2395 Palm Dr
Port Orange FL 32128
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FL Provider #FBN2613

ROSTER

Program Title: **DOMESTIC VIOLENCE (1 HR)**

Date: _____ Facility Name: _____

********PLEASE PRINT CLEARLY********

CERTIFICATES CAN NOW BE EMAILED IF WE CAN READ THE EMAIL ADDRESS

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DOMESTIC VIOLENCE AGENDA

- 1. The Domestic Violence Series**
- 2. Domestic Violence Series #1 Fear**
- 3. Domestic Violence Series #2 Unworthy**
- 4. Domestic Violence Series #3 Denial**
- 5. Domestic Violence Series #4 The Secret**
- 6. Domestic violence Series #5 Awareness**
- 7. Domestic Violence Series #6 Emergence**
- 8. Domestic Violence Series #7 Introspecting**
- 9. Domestic Violence Poem**
- 10. What Everyone Needs to Know**
- 11. Statistics for Volusia & Flagler Counties**

OBJECTIVES

- 1. Understand how iniquity and inroad behavior cast upon a person can weaken their self-esteem.**
- 2. Describe how the words, tone of voice, manipulation, and mind games can devalue a person's self-worth.**
- 3. Give examples of how derail is an act of self-betrayal.**
- 4. Describe how keeping the secret of a person's relationship can be terrifying.**
- 5. Understand how a person becomes aware and realizes they can break the cycle of abuse.**
- 6. Describe the process of emergence from an abusive relationship.**
- 7. List the steps a person would take towards self reflection/Introspection.**
- 8. Give examples of various types of domestic violence.**
- 9. List several emotional disorders related to Domestic Violence.**
- 10. Compare statistics of Domestic Violence in Volusia County to those of Flagler County, Florida**

THE DOMESTIC VIOLENCE SERIES

**A series of Nine Original Oil Paintings and Limited
Edition Prints by**

Melod

**depicting the emotional phases a woman endures
when in
and coming out of an abusive relationship.**

**The content and concepts contained herein are
Adult in Nature. This site contains images and
information which may offend some viewers and
readers. The content may cause uncomfortable
feelings. Domestic violence is not a pretty subject.
Most often, people wish not to think about such
issues. This site is intended to educate. This Series is
blunt and disturbing. It is reality. It is truth.**

**Please, read this site. Study the images and
attempt to understand the feelings embedded in
each painting. Perhaps if enlightened on this social
epidemic, YOU can make a difference in the life of
someone... or even your own.**

The iniquity and inroad behavior cast upon her body and soul has weakened her self-esteem and created self doubts. These feelings have become so strong that she remains in the abusive situation. Her ultimate fear is of her abuser. Yet, she is just as petrified of the thought of leaving. Why? Why doesn't she just leave? Why does she stay? Why doesn't she see that she has within her the strength to face her situation and to triumph over it?

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FEAR IS WHAT SHE LIVES IN



FEAR

**THE FIRST IN THIS SERIES. THE DARKEST HOUR.
THE MOST TROUBLING MEMORIES.
FEAR. HOPELESSNESS. DESPAIR.
THESE FEELINGS ARE ALL EXPRESSED IN THIS PAINTING.**

She wants to hide. She wants to wish the world away. She feels alone. Afraid. Depressed. She is convinced that she has nowhere else to go. She tells herself that no one else could possibly want her.

UNWORTHY IS HOW SHE FEELS



UNWORTHY

**ISOLATION. DESOLATION. VICTIMIZATION.
MOST ASSUREDLY NOT WORTHY.**

**HIS FIST; A CONSTANT REMINDER NOT TO BETRAY HIM.
SHE DARES NOT VIOLATE HIS DEMANDS! AND SO - SHE
CONFORMS.**

He beats her down, in more ways than one. His words, his tone of voice, his demeanor. Manipulation. Control. Mind games. These all play a part in devaluing her self worth. His looks, actions and gestures. He makes her feel bad about herself. He calls her names and thrives on making her believe she's unworthy. He tells her that it is her fault that he loses his temper. He humiliates her, and attempts to make her feel guilty for not being what he wants her to be. He controls what she

does, who she sees, all avenues of communicating, what she reads and where she goes. He may use jealousy to justify his actions. He may even express remorse and sorrow for his actions after, only to repeat his abusive behavior all too soon. The cycle continues.

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DENIAL IS HOW SHE SURVIVES



DENIAL

**JUSTIFICATION. CONFUSION. DECEPTION. SELF-
BETRAYAL.**

Denial brings much confusion to the abused woman, an enervation of mind greater than any fatigue. It is an extremely misunderstood time and is the most criticized phase of her abuse. Denial is an act of self-betrayal. Denial lulls it's victim into a false security while the hard truth is like a slap in the face. Denial ensures her day to day survival.

Her dilemma is common. If she is honest with herself, she will recognize that she already knows the truth about her situation. Soon, she will come to realize and acknowledge that deep down, she knows what is best for her and her children. But instead of facing reality, she chooses to hide the truth from herself and others. The very truth that would set her free. It is safer that way. Or, at least, that is exactly what she has come to

believe. An abused woman becomes very good at fooling herself. She minimizes the abuse and makes excuses for her abuser's behavior. It is best described as survival. As victims, we believe that bringing attention to this dysfunction, would only bring about more abuse. This fear engulfs us. It becomes the major player in this game of power and control. It is this fear, which causes us to stay. Denial feeds on this! If a victim of domestic violence can bring herself to finally face, recognize and admit the truth, she would give herself the gift of courage which will in turn enable change.

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THE SECRET IS WHAT SHE KEEPS



THE SECRET

**THE POINT OF BREAKDOWN. DOES SHE TELL SOMEONE?
DOES SHE KEEP IT TO HERSELF? THE SECRET MUST BE KEPT!
SHE WEEPS ALONE.**

Telling someone about her situation takes a tremendous amount of courage. For the abused woman, confiding in someone and examining the truth about her relationship is terrifying! She is afraid of what may happen to her when he finds out that she has told someone. She is afraid of letting go of familiar ways, no matter how unhealthy they are. She is afraid to look at truth! She is afraid of her uncertain future. She knows there is no turning back after the secret is out. Now she must continue to look at the truth and make efforts to stop the

violence. She will need help. She will need counseling and direction. She will need education and encouragement.

Soon she will come to realize that by recognizing the truth about her abusive situation she will be able to surrender the limitations that have chastened her for so long. Letting go of people in her life who have been abusive to her will open doors for healthier people to come in. Letting go of false beliefs about herself will allow her to truly know her real self. When seen in this light, letting go can be an extremely positive thing. It can be incredibly rewarding and immensely satisfying.

There is a gift of wisdom that comes with pain. We may not understand the gift until long after the pain has subsided, but we have received it nevertheless.

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AWARENESS IS EMPOWERING



AWARENESS

An awareness has now come upon her.

She realizes that her abuse affects not only her, but her children as well.

How could such innocence deserve this life?

She will be held accountable.

She knows now. She believes now! ABUSE IS a violation against the human soul itself. Death is more humane! She realizes that she doesn't have to stand by and allow it to happen ! She realizes that it is hurting her children. She no longer can deny its existence. . That may be what her mother and mother before her did, but she now realizes that SHE CAN BREAK THE CYCLE! And she can begin right here, right now. She can become the first woman in her family to put an end to abuse! She can break the cycle by vowing never to allow anyone to abuse her again and by educating herself and her

children on its devilment. She does this for herself! She does this for her children! She does this for all future generations to come!

Strength, courage and confidence are gained by every experience in which you really stop to look fear in the face.

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EMERGENCE LIBERATES



EMERGENCE

The most dangerous time for a victim is usually when she terminates the relationship

Undoubtedly the hardest step to take.

It takes strength to leave an abusive relationship. However, walking away from abuse not only takes strength but gives strength. The abuser has been expending her energy day in and day out, week after week. Getting out from under the tyranny,

criticism and rejection, she feels a tremendous burden lifted! She is emerging from a horrible past into a bright new future. She must proceed with caution though. Statistically, women who leave their abuser are at a 75% greater risk of being killed by their abuser. Yet, it is the only way to stop the enablement!

As you look closely at this painting, notice the images of ghost. It is as if the painful memories are being left behind in the darkness of despair. These images seem to be leaving her soul as she leaves the abusive relationship.

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INTROSPECTING HEALS



**INTROSPECTING
SELF ANALYSIS. DISCOVERY.
SOUL SEARCHING. COMMITMENT.
CHANGE.**

Gaining insight into her particular pattern and making the connections between her past and present help her to understand herself and her motives. However, because the unconscious drive to repeat the past is so compelling, one cannot expect themselves to change overnight. She will need to remain strong in order to brace against old patterns as they reappear.

Breaking the cycle of abuse is a lifelong journey. She need

not expect perfection too soon. Many mistakes will be made along this journey. But if she is truly committed to not being abused and not being abusive, she can be the person who breaks the cycle of abuse in her family!

“It starts with self-reflection. Introspection. In order for a victim to recover, she must look in the mirror! This is a new beginning. A time of self discovery. A renovation of her soul. A time to reach out for knowledge, and to use that knowledge in a productive manner. A time for the rebirth of a new woman! A healthy, happy and joyous woman! A time to rejoice this new life we now lead. It continues with forgiveness of both yourself and others. We are all fallible human beings. Intolerance of our own frailties leads to stress, tension, and low self-esteem. Intolerance of others leads to blame and anger. Learn to forgive and let go.

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Domestic Violence Fear Poem

**It still comes to me; Fear. That which engulfed my very existence. For so long.
A raw sensation deep within my gut, one that I could not too soon forget.
Now and again in some quiet moments, right in the middle of this
"safe" new life I now live.**

I remember.

**I remember the rain. The quivering, and the pain.
Running, running, but never reaching what I could not see.
Carrying within me a burning heart, that which yearned for tranquility. Yet not
understanding what was exactly so very wrong.
For better or worse, until death do us part. How could I have ever known.
Without a crime I was convicted. Convicted to a life of physical and emotional
havoc and chaos.**

The cycle would always come around of course.

To the roses and the wine. Oh, and of course there were the apologies.

The promises and the tears.

**A man so full of pride, how it moved me so to know that he could cry.
But oh God, how I learned to hate roses. I learned to mistrust the words "I'm sorry!
For what meaning did they actually have? I will tell you what meaning!
A trophy and a speech. A celebration of a behavior that was so barbarous and cruel.
Somewhere along the line everything within me came to a halt. I just stopped.
I had become nothing.**

Surely within my own eyes, not worthy of even living.

Silently I screamed for someone to hear me. I prayed for a lifeline. Plain and simple.

In the corridors of my mind; memories of longing to escape, wanting to run.

To run to an end.

The end.

The end of the violence that was so much a part of our everyday lives.

To find a place of peace for my tired heart, my worn soul.

How my mind used to race with madness. It had to be me. What was I doing?

Or was it, what I was NOT doing? Crazy. Turbulent. Uneasy.

**A never ending cycle. Up and down. Up and down. Endless nights lying in the
darkness.**

**A darkness that coveted my body, hiding the fresh bruises, whether in or outside of my
body.**

**Like a thick warm blanket on a cold winters night. The darkness seemed to warm my
aching soul. Briefly taking away my pain.**

YOU.

WHAT EVERYONE NEEDS TO KNOW ABOUT DOMESTIC VIOLENCE.

In spite of the attention paid to domestic violence in recent years, the research endeavor is still quite young. So much remains unknown. You may find yourself asking questions such as; Just what is domestic violence? Is it gender based? Does it attack certain social or economic classes? Why would someone take it? Why doesn't the victim just leave?

WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a crime. It refers specifically to violence of any sort within a home, by and to persons living together. By Florida Statute, persons defined as "Family or Household Member" are divided into six areas. They are: spouses, ex-spouses, related through blood or marriage, lived together in the past as if a family, have a child together even if they never lived together, a child battering a parent. The term Domestic Violence has been used to describe a wide range of acts, including physical assault, emotional abuse, psychological

Victims of Domestic Violence share a common thread of physical, emotional and behavioral traits.

These may include blaming herself for the violence, exhibiting low self esteem (which is magnified by the abuser's confirmation that she is "worthless"). She may fear leaving or staying. She probably minimizes or denies that a problem exists. She is often isolated from family, friends, or any support systems. She may indeed exhibit unpredictable behavior, (stemming from the unpredictable behavior of her abuser). She may feel shame and guilt. She often characterizes herself as a traditionalist in the home. She probably accepts responsibility for the abuser's actions, and believes she deserves the punishment she receives. She may use sexual relations as a way to establish intimacy. She often believes she can change the abuser's behavior. She often believes she can help herself without outside intervention. She often believes she can help herself without outside intervention.

Growing up in a violent home has a devastating effect on children.

Children in homes where domestic violence occurs suffer from physical, emotional, behavioral and

abuse, battering, stalking, murder, rape, sexual assault and sexual harassment. Violence is perhaps better described as any aggressive behavior that adversely and disproportionately affects a person.

Assault - a threat by word or act to do violence, with the ability to do the violence, creating imminent fear in the victim.

Aggravated Assault- an assault with a deadly weapon without the intent to kill.

Battery - to threaten, attempt or actually inflict physical harm on a person. Touching or striking a victim against their will or causing great bodily harm, permanent disability or disfigurement. Throwing objects at another person. Pushing, grabbing, shoving, slapping, kicking, biting, hitting or choking.

Sexual Battery - Carnal knowledge of a female forcibly and against her will. Sexual penetration of any type including vaginal, anal or oral penetration whether by penis, fingers or objects against her will.

Sexual Abuse- includes

developmental disorders. **Physically**, these children may suffer from eating disorders, digestive problems, bed wetting, headaches and insomnia.

Emotional disorders such as irritability, depression, anxiety, fear, guilt, low self esteem, denial, self-blame, nightmares, extreme anger, withdrawal, uncommunicative, indifferent or impassive. **Behavioral disorders** may include the fact that they startle easily, cry excessively and or act aggressively. The child may be verbally abusive defiant, destructive, clinging, or whining. Also may act out violently, hurting siblings, peers, animals. May lie, steal, or become self-abusive. May model behavior of same sex parent, may give way to peer pressure easily, prone to substance abuse, promiscuity, self-mutilation, runaway or either protective or abusive of mom.

Developmental disorders include failure to thrive, poor verbal skills, quiet, poor cognitive skills, poor motor skills, having a fear of change or new things, and people,. May have bad grades or fail in school, learning disabilities, poor peer relationships, few or no friends. May demonstrate immaturity, truancy and stay away from home.

Domestic violence knows no gender, economic or social level, race

demanding or with-holding sex or the act of forcing sexual acts not accepted by the victim.

Emotional and Psychological Abuse- refers to the types of behaviors involving psychological and emotional assaults. These include but are not limited to verbal attacks such as ridicule, verbal harassment, and name calling. These assaults are designed to make the victim believe he/she is not worthwhile in order to keep him/her under the control of the abuser.

Isolation is used to separate the victim from his/her social support structure. The abuser possibly denies the victim access to finances and other resources, thus limiting his/her independence. The abuser may demonstrate extreme jealousy or possessiveness, such as controlling with whom victim has contact. Included as well are verbal threats of abuse, harm, or torture directed at the victim, his/her family, children or friends. Damage or destruction of the victim's property.

Stalking - To willfully, maliciously, and repeatedly follow or harasses another.

nor religion. It is happening to someone you know right now! Maybe your neighbor? Your sister?. Your mother? Your Aunt? Your friend?. You co-worker? Your Doctor? Your Hairdresser? The Teller at your bank? Maybe you.

THIS IS TRUTH.

Includes repeated harassing phone calls. Aggravated Stalking- stalking with a credible threat to place the victim in fear of death or bodily harm; or if there is an injunction and misdemeanor and stalking occurs. Includes threatening his/her family.

False Imprisonment - forcibly or by threat or secretly confining, abducting, imprisoning, or restraining another person without authority and against his/her will.

Kidnapping - forcibly or by threat or secretly confining, abducting, imprisoning or restraining another person against his/her will and without lawful authority with the intent to: hold for ransom or reward or as a shield or hostage, commit or facilitate the commission of any felony, inflict bodily harm upon or terrorize the victim or another person.

Domestic Violence is a law enforcement issue, not a civil issue. Domestic violence is a crime and is never justified as a result of a victim's behavior.



Requests for Domestic Violence Injunctions

COUNTY	2005	2004	2000
Volusia	2,034	2,203	1,917
Flagler	364	255	153

Source: 7th Judicial Circuit

Domestic Violence Incidents

<i>Volusia County</i>	<i>2005</i>	<i>2004</i>	<i>2000</i>
Reports	3,856	3,988	4,383
Arrests	1,964	1,961	2,787
<i>Flagler County</i>	<i>2005</i>	<i>2004</i>	<i>2000</i>
Reports	689	596	235
Arrests	291	236	97

Sources: Domestic Abuse Council, Family Life Center

DOMESTIC VIOLENCE EXAM

NAME: _____ DATE: _____

1. In the FEAR section, what are the two behaviors cast upon the person's body and soul that weakens their self-esteem and creates self doubt. _____

2. In the UNWORTHY section, give three examples of how a man can beat a woman down. _____

3. Which section in the series is the extremely misunderstood time and dis the most criticized phase of the abuse? _____

4. Which section in the series discussed letting go of false beliefs about herself will allow her to truly know her real self? _____

5. Which section in the series discussed her realizing that she can break the cycle of abuse? _____

6. Statistically, women who leave their abuser are at what percentage of risk of being killed by their abuser? _____

7. What is another term for self-reflection? _____

8. Give three examples of domestic violence? _____

9. What was the total number of request for Domestic Violence Injunctions in Volusia County in 2005? _____

10. What were the number of Domestic Violence Incidents in Volusia County in 2005? _____

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PROGRAM EVALUATION

COURSE TITLE: DOMESTIC VIOLENCE 08 (1HR)

DATE: _____ LOCATION: _____

*Please evaluate by circling the appropriate rating:
5-Excellent 4-Above average 3-Average 2-Fair 1-Poor*

- | | |
|---|----------------------|
| 1. Overall quality of the program | 5 4 3 2 1 |
| 2. Overall content of the program | |
| a. content can improve my ability to perform my job | 5 4 3 2 1 |
| b. content reflected knowledge level and needs of learner | 5 4 3 2 1 |
| c. the material was current | 5 4 3 2 1 |
| 3. Achieved stated objectives | |
| a. total number of objectives in program _____ | |
| b. circle the number of met objectives | 1 2 3 4 5 6 7 8 9 10 |
| c. the test material reflected the objectives listed | 5 4 3 2 1 |
| 4. Overall organization of the program | |
| a. material was organized to facilitate learning | 5 4 3 2 1 |
| b. material covered was adequate and accurate | 5 4 3 2 1 |

What did you like best about the program?

Your suggestions for improving this program.

Any topic ideas for future in-service programs

THANK YOU FOR USING PEGCO INC. WE APPRECIATE YOU.