

# PROVIDER GUIDE: INTIMATE PARTNER VIOLENCE (IPV) BASICS

This guide is designed to help health and human service professionals provide support and safety planning to individuals experiencing intimate partner violence.

## TERMINOLOGY

Domestic violence (DV) is a pattern of abusive behaviors used by one person in a relationship to obtain power and control over another. DV is an umbrella term that can refer to this abusive dynamic in current or former dating or intimate relationships as well as family relationships. Intimate partner violence (IPV) is this abusive dynamic between current or former dating or intimate relationships.



## REMEMBER IPV DYNAMICS

- Abuse is a pattern of power and control
- Abuse is not just physical; it can include a range of controlling behaviors
- Abuse can affect clients and their children in different ways
- Abusive partners can also be nice and charming
- Leaving is difficult and can be dangerous
- The client may be dealing with different systems with differing goals and expectations at the same time (family court, DHS, health care provider, etc.)



## THINGS TO KEEP IN MIND

### Stages of Change

Your client may not be ready to take action. Meet them where they are and provide options accordingly. Let the client take the lead.

### Safety

Consider your client's physical, social, and emotional safety. Provide options based on the client's level of readiness and build on what they are already doing to stay safe.

### Confidentiality

Be clear about what you can and cannot keep confidential. Be careful about what information you share with whom.

### Empowerment

Provide options and choices instead of advice/judgment. Your client knows their situation better than you do.

### Accountability

Remember that your client does not have control over their abusive partner's behavior.

### Trust your instincts

If you sense that a situation is dangerous, then it probably is. Seek support through supervision or the domestic violence hotline.



## USE TRAUMA-INFORMED PRACTICES

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- Be aware of the effects of trauma on your clients and their children
- Let your client know what is going to happen next (i.e. avoid surprises and other possible triggers)
- Remember it isn't your role or responsibility to rescue the client
- You don't need to be an expert to be helpful and empathetic
- You can ask for support through supervision, domestic violence hotline, etc.
- You need to take care of yourself too. IPV is common and it can be triggering



## USEFUL QUESTIONS TO ASK THE CLIENT

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### ① What would you like to do?

It is important to return as much control to the client as possible because their partner is taking control away from them. The client should lead any planning.

### ② How can I help you?

Be clear about what you can and cannot do. Do not make empty promises and be clear about boundaries.

### ③ Would you like to talk to a domestic violence advocate about your options?

Let your client know that there are IPV specific legal and counseling services that are completely confidential (see resources).



## ASSESSING FOR DANGER

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**All abusive behaviors should be taken seriously. But certain abusive behaviors can indicate a higher level of danger for serious or lethal abuse.**

Learn more about these red flags at: [dangerassessment.org](https://dangerassessment.org).

If your client shares they have experienced any of the following red flags, please contact the DV hotline for immediate support with safety planning and referrals:

- Strangulation/choking
- Threats with gun/weapon
- Violation of a Protection from Abuse Order (PFA)
- Extreme stalking
- Rape



## RESOURCES

### IPV

#### Philadelphia Domestic Violence Hotline

1 (866) 723-3014

*Confidential help 24/7 with interpretation available.*

#### Congreso de Latinos Unidos Latina Domestic Violence Program

(215) 763-8870 ext. 1353

congreso.net

*Free counseling for adults who have experienced IPV and children who have witnessed IPV.*

#### Lutheran Settlement House Bilingual Domestic Violence Program

(215) 426-8610 ext. 1278

lutheransettlement.org

*Free counseling for adults and teens who have experienced IPV and children who have witnessed IPV.*

#### Women In Transition

(215) 751-1111

helpwomen.org

*Free counseling for adults who have experienced IPV and/or substance use issues.*

#### myPlan App

myplanapp.org

*A free, mobile app to help with safety decisions for individuals experiencing abuse in an intimate relationship, and/or helps working with someone experiencing abuse. It is private, secure, personalized, & backed by research.*

### LEGAL

#### Philadelphia Legal Assistance

(215) 981-3838

philalegal.org

*Free legal advice and representation for survivors of IPV in domestic relations matters, including child custody and protection from abuse.*

#### Women Against Abuse Legal Center

(215) 686-7082

womenagainstabuse.org

*Free legal advocacy and representation for relationship violence-related legal matters, including PFA orders, child custody, and child support.*

### RAPE/SEXUAL ASSAULT

#### WOAR Philadelphia Center Against Sexual Violence

(215) 985-3333

woar.org

*Confidential help 24/7 with interpretation available, trauma therapy for survivors of sexual assault and trafficking.*

#### Philadelphia Sexual Assault Response Center

(215) 800-1589

drexel.edu/cnhp/practices/psarc/

*Forensic medical assessment and evaluation of sexual assault victims who are age 16 and older, available 24/7.*

### PARTNERS ACTING ABUSIVELY

#### Courdea (formerly Menenergy)

(215) 242-2235

courdea.org

*Therapy and treatment for people who have acted harmfully in relationships.*

#### Joseph J. Peters Institute (JJPI): Safety and Responsibility Services

(215) 665-8670 ext. 5105

jjpi.phmc.org

*Therapy for individuals who have sexual behavior problems and/or have been charged or convicted of sexual offenses. Therapy for individuals who have a history of perpetrating relational violence.*

### VETERANS

#### Crescenz Veterans Affairs Medical Center IPV Assistance Program

(215) 823-4458

socialwork.va.gov/IPV/Index.asp

*Connection to the IPV Assistance Program Coordinator.*

### HUMAN TRAFFICKING

#### Dawn's Place

(215) 849-2396

ahomefordawn.org

*Residential services and on-site case management and therapy for survivors of sex trafficking.*

#### Salvation Army New Day to Stop Trafficking

(267) 838-5866

easternusa.salvationarmy.org

*Confidential support and technical assistance available 24/7. Connection to services for individuals experiencing trafficking or exploitation by the commercial sex industry. Translation services available.*

### CULTURALLY SPECIFIC SERVICES

#### African Family Health Organization (AFAHO)

(215) 546-1232

afaho.org

*Services tailored to the needs of African immigrant and refugee survivors of domestic violence or IPV.*

#### Dinah

(215) 645-2142

dinahphilly.org

*Safety planning, advocacy, and legal services tailored to the needs of Jewish survivors of IPV in the Greater Philadelphia area.*

#### SEAMAAC

(215) 467-0690

seamaac.org

*Services tailored to the needs of Asian immigrant and refugee survivors of domestic violence or IPV.*