

## What is intimate partner violence (IPV)?

IPV, also referred to as dating violence and domestic violence, refers to coercive and threatening behavior in an intimate relationship.

IPV can be experienced by everyone. Research has found that 33% women\*, 28% of men\*, and 45% of transgender individuals\*\* have experienced sexual violence, physical violence, or stalking by an intimate partner in their lifetime.

IPV does not look the same for everyone, but it is important to know some key signs or red flags. If you're unsure if your or someone's experience falls into this type of behavior, speak to a counselor.

\*Citation: Smith, S.G., Chen, J., Basile, K.C., Gilbert, L.K., Merrick, M.T., Patel, N., Walling, M., & Jain, A. (2017). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010–2012 State Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

\*\*Citation: Roch, A., Morton, J., & Richie, G. (2010). *Out of Sight? Out of Mind?: Transgender People's Experience of Domestic Abuse*. LGBTYouth Scotland & Equality Network.

If you or someone else is in immediate danger, call 911. You may also contact the National Domestic Violence Hotline at **1-800-799-7233**.

### Westlake Village

31416 Agoura Rd. #115  
Westlake Village, CA 91361  
(805) 493-3390

### Oxnard

220 Outlet Center Dr. #470  
Oxnard, CA 93030  
(805) 493-3059

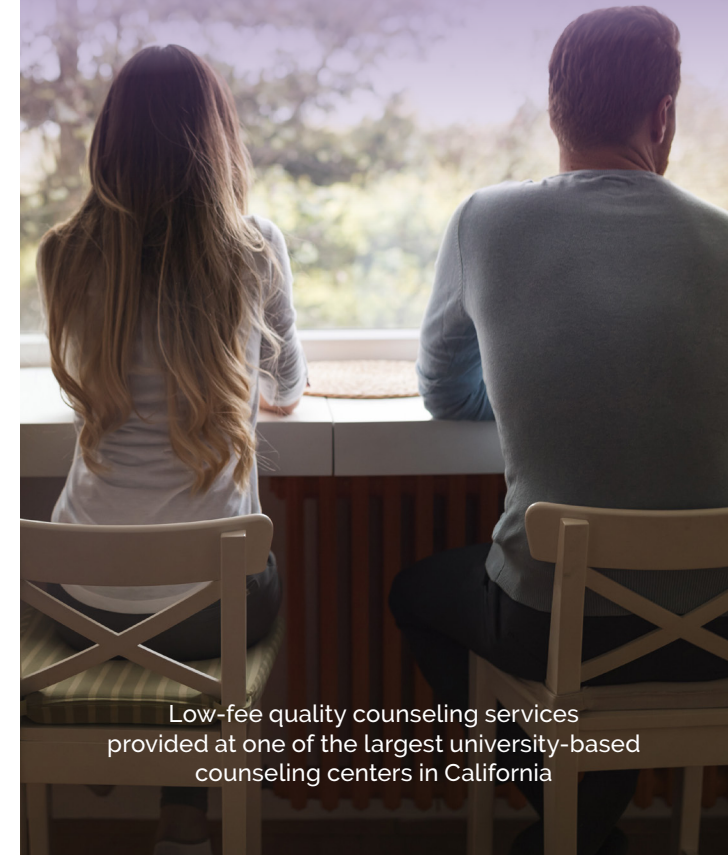
[clu counseling.org](http://clu counseling.org)

California Lutheran University  
COMMUNITY COUNSELING SERVICES

California Lutheran University

# Community Counseling Services

## Intimate Partner Violence Therapy Program



Low-fee quality counseling services  
provided at one of the largest university-based  
counseling centers in California

## Getting Started with Therapy

*We aim to provide a therapeutic relationship that supports you and your family's healing at a pace that is comfortable to you.*

After an initial phone consultation and in-person assessment process, we offer ongoing psychotherapy to individuals, couples, families, and children. Therapy is provided by graduate trainees pursuing their Master's or Doctoral degrees or accruing their hours for licensure. All therapists are supervised by licensed MFTs, LCSWs, and doctoral level psychologists. The IPV team utilizes a trauma-informed approach to support their clients.

Call the clinic that is closest to you to set-up an initial phone consultation. Please let the individual know that you are interested in working with the IPV team.

Community Counseling Services provides over 12,000 low-fee therapy appointments annually to over 1,000 individuals or families. Clients experience a safe and welcoming therapeutic space in our clinic.

## Red Flags

### Red Flags in a Relationship

- Feeling humiliated or punished
- Being forced to have sex
- Having no free access to finances
- Feeling isolated and not able to be with friends, family
- Being threatened or threatening your children, pets or property
- Being shoved, hit, or harmed
- Feeling scared to leave
- Feeling like you are "walking on eggshells"

If you are experiencing any of these, please reach out to speak to a counselor.

## IPV can place a powerful burden on children

### The following are common signs of children experiencing/witnessing IPV:

- Poor school performance
- Unexplained stomach aches and pains
- Aggressive behavior
- Self-harming behavior
- Fearful episodes
- Sleeping difficulties
- Falling back into younger styles of behaving (e.g., soiling the bed)

## Power and Control

Power and control are key components of an abusive situation. Usually, there is one individual who uses their power to control another person in the relationship. Here are common signs of this dynamic:

- 1. Coercion, Threats, and Intimidation:** Convincing you to do something you do not want to, threatening to leave or commit suicide, damaging property
- 2. Emotional Abuse:** Humiliating you, using put-downs, name calling, saying abuse did not happen, making you feel guilty
- 3. Isolation:** Controlling where you go, who you can see, what you can read
- 4. Economic Abuse:** Taking your money, giving allowances, putting your name as the payer for bills
- 5. Using Children:** Threatening to take children away, using them as messengers
- 6. Decision Making:** Making all the large decisions in the relationship and making you doubt your ability to make sound decisions