Theories of Rape

- Intrapersonal Theory
  - Anger Rape
  - Power Rape
  - Sadistic Rape
  - Gang Rape
  - Date or acquaintance Rape

Theories of Rape - continued

- Interpersonal Theory
- Social Learning Theory
- Gender Bias Theory
Theories of Domestic Violence

- Neurobiologic theory
  - Role of serotonin (5-HT), corticotropin-releasing factor (CRF)
- Intrapersonal theory
  - Experience of previous abuse a strong predictor for violence
- Social learning theory
  - Family models, media models
- Gender bias theory
  - Socioeconomic factors

Theories of Sexual Abuse

- Intrapersonal Theory
  - Guidelines for perpetrator assessment:
    - Low self-esteem
    - Emotionally deprived as children
    - Lack impulse control
    - Rigid, overcontrolling, aggressive
- Family Systems Theory
  - Family system may be enmeshed, chaotic, with poor communication patterns

Phases of Response to Rape

- Anticipatory Phase
- Impact Phase
- Reconstitution Phase
- Resolution Phase
Responses to Rape

- A variety of factors contribute to the response.
- Depersonalization, denial are common defense mechanisms.
- Anxiety, agitation, nonpurposeful behaviors, shock, disbelief, fear are common emotional responses.
- The victim usually experiences extensive physical injuries.

Long-term Consequences

- Post-trauma depression which may develop into a major depressive disorder.
- Disruption in daily functioning.
- Flashbacks, violent dreams, preoccupation with thoughts of future danger.
- Social withdrawal, concerns about safety.
- Sexual problems.

Emotional Reactions of Child Victims

- Responsibility for adult behavior.
- Shame, guilt, secrecy.
- Powerlessness, repressed rage.
- Denial.
- Sexual acting-out behaviors.
- Running away from home (adolescents).
- Dissociative identity disorder.
Reactions of Adult Survivors

- Anxiety
- Depression
- Guilt
- Self-blame
- Inability to leave

Interview with Sara

Click here to view a featuring an interview with Sara, who suffers from post-traumatic stress disorder

Reactions of Adult Survivors - continued

- Feelings of worthlessness, repression, hate towards perpetrator
- Sexual difficulties, confusion about sexuality
- Self-mutilation
- Memory reconstruction
Rape

● A crime of violence
● There is no typical rape victim
● Violence may accompany marital rape
● The myth of male rape

People at Risk for Violence

● Sexual abuse
  – 90+% of rape victims are women
  – Not age related
  – 18-20% of rape victims are teens
  – 50% of victims raped by spouse, partner, relative, or friend
  – 50% of rapes on college campuses are date rapes
  – 80+% of sexual assault involves alcohol

People at Risk for Violence - continued

● Physical and emotional abuse
  – Domestic violence
  – Sibling abuse
  – Child abuse, child neglect
  – Shaken baby syndrome
  – Homicide (child, parent)
  – Partner abuse (heterosexual, homosexual)
  – Special populations (elders, pregnant women)
Abuse of a Child

Click here to view a video on child abuse.

People at Risk for Violence

- Child abuse
  - Parents who were abused as children
  - Adult relationship dysfunction
  - Poor self-esteem
  - Social isolation
  - Unrealistic expectations
  - Child with special needs

Nursing Process

- Physical Assessment
- Behavioral Assessment
- Affective Assessment
- Cognitive Assessment
- Sociocultural Assessment
## Interventions

- **Individual-Based:**
  - Assure safety, develop rapport, clarify presenting problems, identify victim’s strengths, abilities, coping skills, identify available support systems, suggest group therapy

- **Community-Based:**
  - Identify risk factors, implement crisis interventions

## Getting Help

Click [here](#) to view a video on child abuse and recovery

## Treatment of Families Experiencing Violence

- **Multidisciplinary Approach**
  - Assess physical safety first for both victim and abuser

- **Psychoeducation**
  - Focus on communication, anger management

- **Empowering the Victim**
  - Address self-esteem, anxiety, depression

- **Treating the Abuser**
  - Violence is a choice
Treatment Evaluation

- Short-term:
  - Identification of domestic violence
  - Family's ability to recognize the problem
  - Family's willingness to accept assistance
  - Removal of the victim from the situation
- Long-term:
  - Primary prevention
  - Secondary prevention

Spirituality

- Questions and struggles
- Connectedness
- Trusting relationships
- Self-forgiveness
- Healing

Roles of the Nurse

- Nurses are involved in:
  - Individual interventions for the victim
  - Family assessment, and family therapy
  - Community awareness and education
  - Prevention and public policy changes
Self-Awareness

- Reluctance to talk about abuse
- View of abuse as societal, legal, or health problem
- View of client

Self-Awareness - continued

- Personal feelings
- Personal history
- Resolve personal issues before assisting clients

Resources

- [http://www.dvinstitute.org](http://www.dvinstitute.org)
  The Institute on Domestic Violence in the African American Community focuses on the unique circumstances of African Americans related to domestic violence, intimate partner violence, child abuse, elder maltreatment, and community violence.
- [http://www.ncvoc.org](http://www.ncvoc.org)
  The site of the National Center for Victims of Crime offers a resource guide for victims of dating violence and other violence, as well as information on public policy issues. The resource library contains statistics, reports, studies, and articles, as well as helpful links.
Resources - continued

  On the Occupational Health and Safety Administration site, search for "workplace violence" to find information on workplace violence initiatives and prevention programs.

- http://www.usdoj.gov/ovw
  The Office on Violence Against Women (U.S. Department of Justice) provides federal leadership to reduce violence against women, and to administer justice and strengthen services for all victims of domestic violence, dating violence, sexual assault, and stalking.

http://www.osha.gov
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