

A Treatment Plan for
Victims
in an
Abusive/Violent Relationship

The Escape Cycle

From

**Intimate Partner
Violence**

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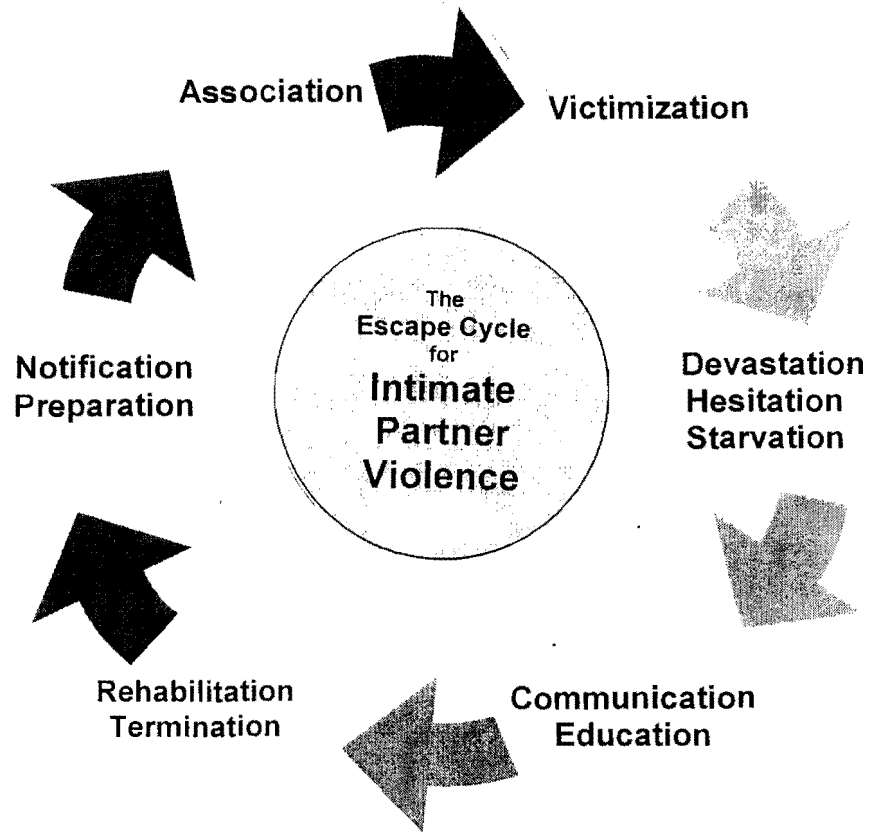
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The victims **Escape Cycle** is a treatment plan **from** future violent relationships



Victimization



Being abused emotionally, physically, or sexually

Devastation



Being hurt or seriously injured, homeless, residing in a shelter, loss of children, loss of assets, feelings of grief, fear, depression, and anger.

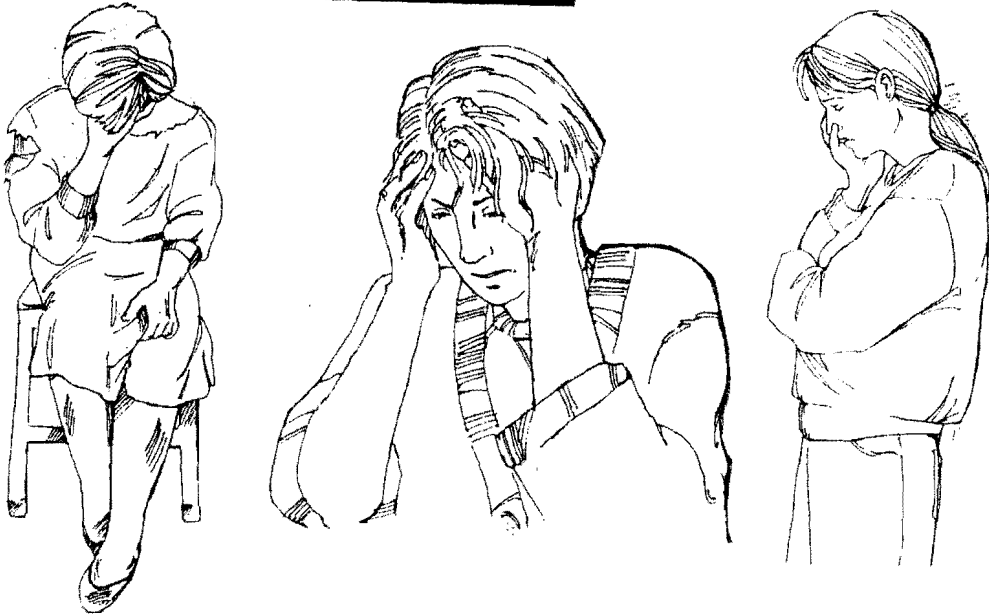
Statistics indicate same sex relationships have the same frequency of domestic violence as opposite sex relationships. Use he or she as it applies in your situation.

Hesitation



Being reluctant and afraid to return to the batterer/abuser.

Starvation



Feeling alone, isolated, and abandoned.
Wanting to be loved and helped by someone.

Communication



Being available to talk with someone about help and treatment.

Education



Knowing the warning signs of abuse and how to be safe.

Rehabilitation



Being available and attending counseling/therapy, victims support group.



Termination

Deciding not to be a victim again.



Notification

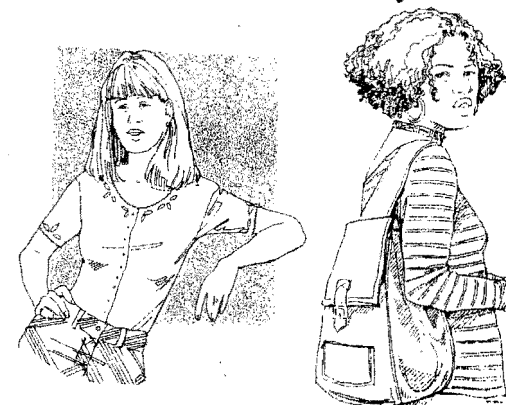
Safety notification levels when breaking-up.

- Level # 1 - **In-Person Notification** - He has never exhibited any violence or abuse
- Level # 2 - **Telephone Notification** - He has never exhibited any violence or abuse but may become verbally abusive
- Level # 3 - **E-Mail/Text/Postal Notification** - He has a history of verbal and emotional abuse but has never exhibited any violence or physical abuse
- Level # 4 - **Court Restraining Order Notification** - He has exhibited violence and physical abuse



Preparation

Ready to use the learned techniques and methods to build a safe and healthy relationship.



Association

Meeting new friends & being comfortable
dating non-abusive/non-violent partners.



Illustrations by Channing Bete Company
National Teen Dating Abuse Helpline: 1-866-331-9474
Domestic Violence Hotline: 1-800-799 - (SAFE) 7233
Batterers Group Helpline: 213-351-0359