A Treatment Plan for Victims in an Abusive/Violent Relationship

The Escape Cycle From Intimate Partner Violence

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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.