

# TBI AND DOMESTIC VIOLENCE

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Strategies for Empowering and Helping Survivors

# Take Care of Yourself

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# Let's Get Grounded

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# Learning Space Norms

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Respectful, Cooperative, Collaborative, Supportive, and Patient Environment

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Confidentiality is honored

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Resilience is celebrated

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Power and permission to take care of ourselves

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Practice question sensitivity

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Generosity in sharing ideas

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Listening is active

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When you hear "Traumatic Brain Injury" or "TBI" what comes to mind?



# Objectives

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Explain the intersection of domestic violence and traumatic brain injury (TBI).



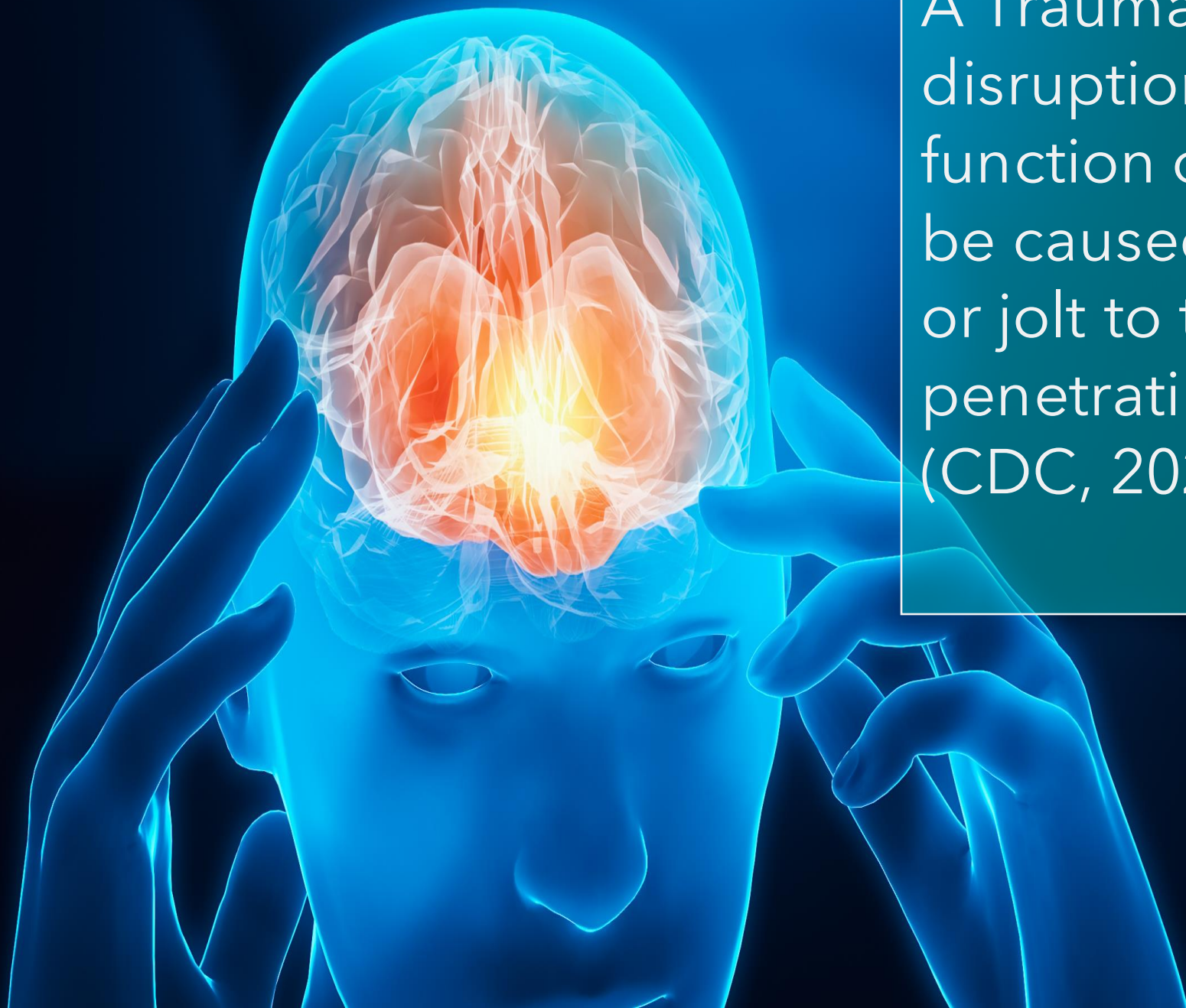
Methods to ask domestic violence survivors about brain injury



Identify ways to connect survivors with local TBI providers and resources.



Learn methods to provide TBI-informed services and supports to survivors.



A Traumatic Brain Injury is "a disruption in the normal function of the brain that can be caused by a bump, blow, or jolt to the head, or penetrating head injury."  
(CDC, 2020)



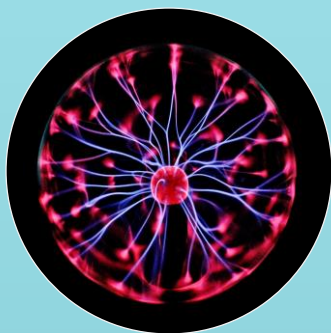
## Defining Domestic Violence

A **pattern of coercive behavior** used by one person to **gain and maintain power and control** over another in an intimate or familial relationship.



# A Few Key Points

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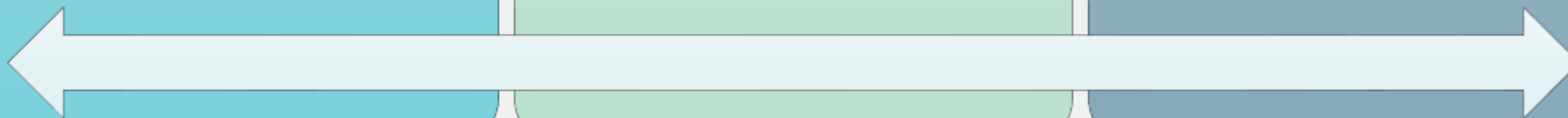
Abusers are responsible for their choices.



Ending a relationship is not always safe or desired.



Survivors are the experts of their situation.



“It has now been estimated that the number of women who have experienced TBI secondary to domestic violence is 11–12 times greater than the number of TBIs experienced by military personnel and athletes combined.”

## Poll Question

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Is a  
concussion a  
type of  
traumatic  
brain injury?







yes.

Concussions are  
the most common  
type of TBI!

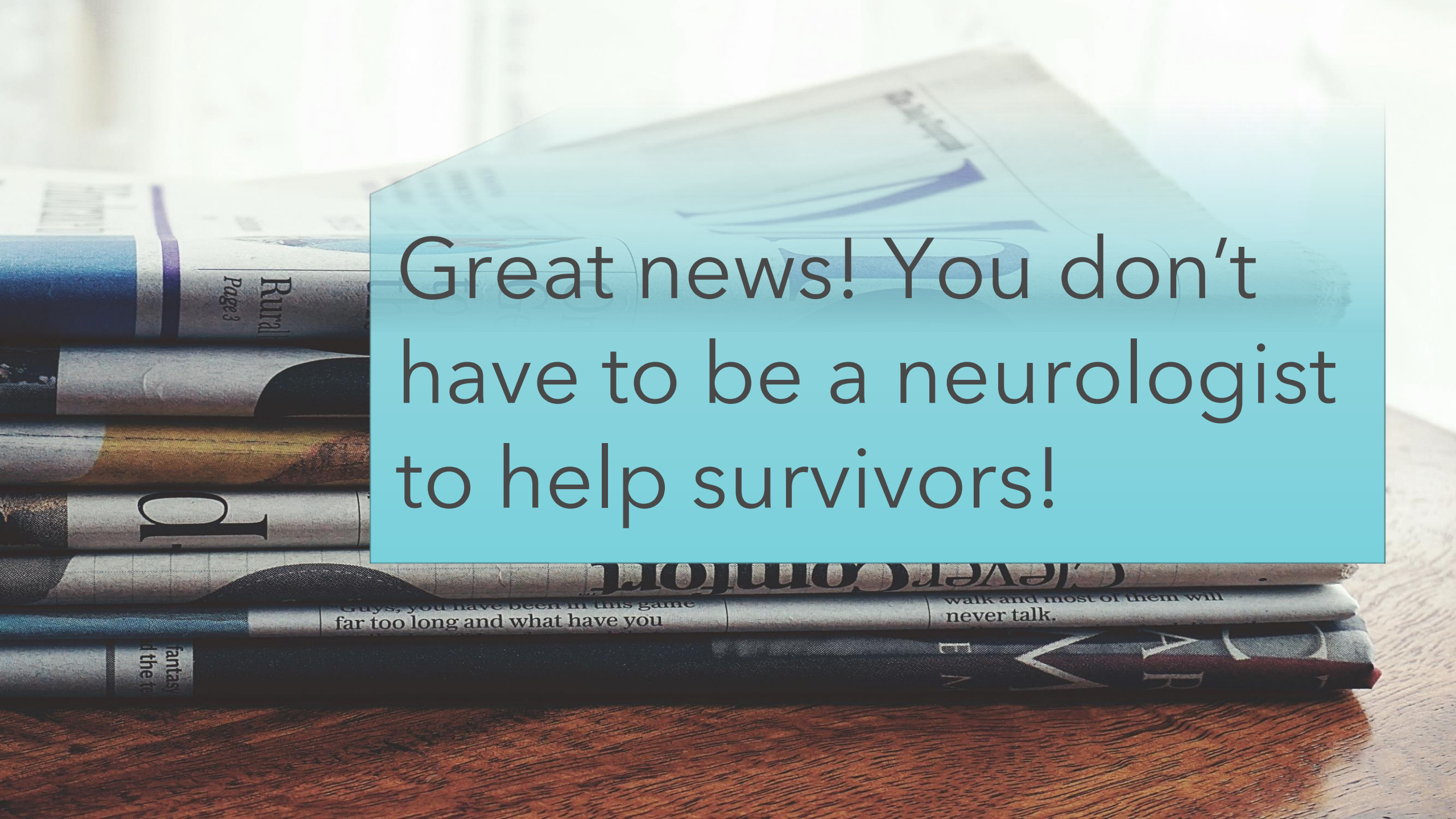
## True or False

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In order for someone to have a brain injury, they must have lost consciousness.

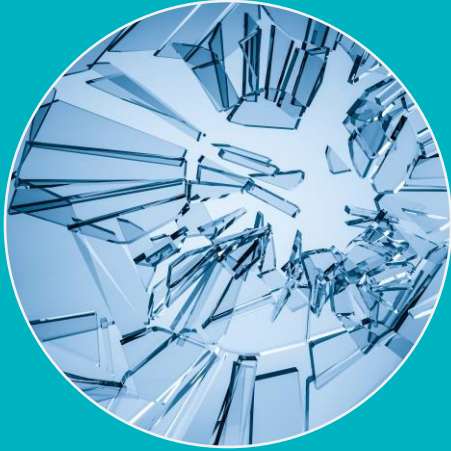




A stack of books is shown on a wooden surface. The books have various spines, some with text like 'Rural', 'Page 3', 'd', 'Clever Comfort', 'Guys, you have been in this game far too long and what have you', 'walk and most of them will never talk.', 'fantasy', and 'd the te'. A semi-transparent blue rectangle is overlaid on the right side of the image, containing the text 'Great news! You don't have to be a neurologist to help survivors!'.

Great news! You don't  
have to be a neurologist  
to help survivors!





Not just  
where the  
impact  
occurs



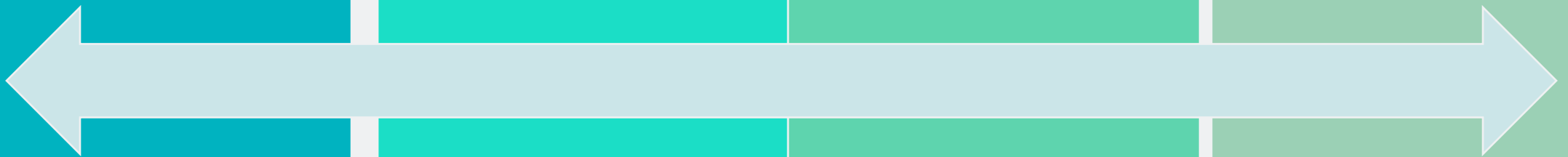
Have long  
term effects



Effects can  
mimic other  
conditions




Often  
unidentified





How might an  
abusive person  
cause a TBI?



Hitting a survivor in  
the head with an  
object, hand, or fist

Pushing a  
survivor's  
head into  
a wall, car,  
furniture,  
or other  
object

Shaking a  
survivor

Hurting a survivor's  
jaw, teeth, eyes, and  
ears



# Strangulation

Not always associated with physical abuse

Other injuries are more significant

No loss of consciousness

First responders/advocates don't always ask



# People with a TBI may have:

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Difficulty concentrating



Poor memory



Communication problems



Compromised executive functioning



Trouble processing information



Personality changes



# Remember!

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**PTSD and TBI can create conflicting symptoms that mimic severe mental health disorders, such as bipolar and depression.**

**Survivors are at high risk for misdiagnosis as PTSD and TBI often co-occur.**



Is this something you  
think you may have  
seen when working  
with survivors?



brainline.org



How might an abusive person use the effects of a TBI against a survivor?



# Take a Break!

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# Box Breathing

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About Brain  
Injury



LET'S  
TALK





# Talking about Brain Injury

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Generate  
referrals

Helps with  
case  
management

# Talk to DV Survivors About Brain Injury



# Asking about Brain Injury with Survivors

Normalize the conversation.

Reach out to your DV program to talk about how to ask.

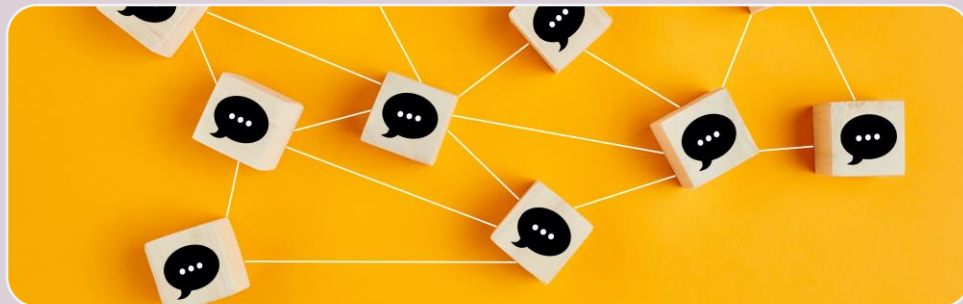
Express concerns without judgment.

Use language that feels comfortable for you.



# Following Up A Conversation

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Your conversation can help reveal survivors' needs beyond a TBI.



Learning about local TBI resources helps everyone.

The background of the slide is a dense, chaotic web of multi-colored ropes. The ropes are in various colors including blue, green, yellow, orange, red, and purple, and are twisted together in a complex, tangled pattern that fills the entire frame.

## Breakout Session

What  
providers/organizations  
in your region might be  
able to help a survivor  
with a brain injury?

## Helpful Resources

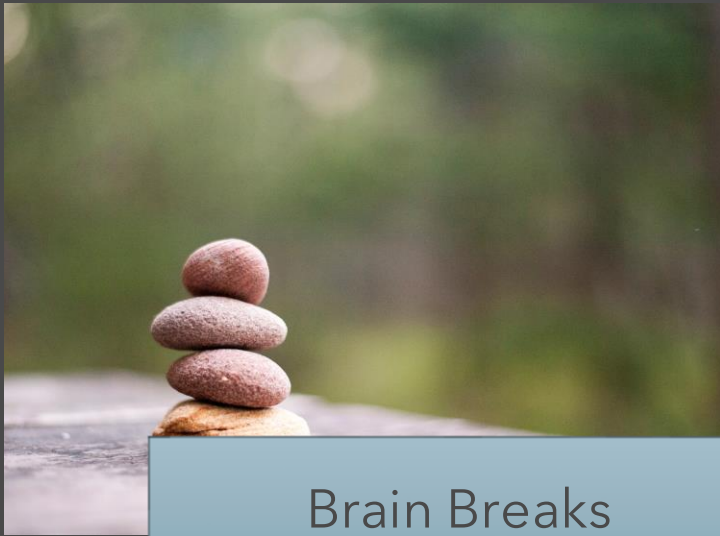


Brain Injury Association of PA's Resource  
Line

Concussion Concierge

Local Domestic Violence Programs





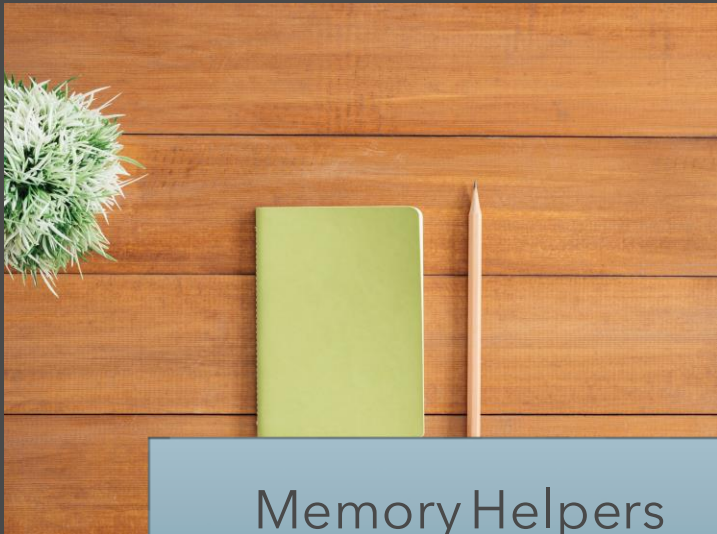
Brain Breaks



Encourage rest



Give choices



Memory Helpers



Ongoing Conversations

A person is seen from behind, sitting on a grassy hill and looking out over a body of water at sunset. The person is wearing a light-colored, long-sleeved top. The background is a soft-focus landscape with mountains in the distance and a calm body of water in the foreground. The sky is filled with warm, golden light from the setting sun.

# Brain Breaks


After a brain injury



# Small Group Work: Idea Generating







What are some ways that you can incorporate what we talked about into your work?



Questions?



# How Can I Help?

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