



Domestic Violence Prevalence.

It is a very unfortunate reality of life that domestic violence exists, in which someone who has an immediate personal relationship with you makes you feel emotions such as being afraid, powerless or unsafe through their actions. These actions can be through verbal, sexual and physical abuse, however, they can also be the result of emotional and psychological pain.

Understanding Domestic Violence.

Huntingdale Psychology, Counselling and Clinical Hypnotherapy's Psychologist, Colin Longworth, understands the complex and debilitating effect of domestic disputes. Colin is also passionate and experienced in helping victims better their life when suffering from domestic violence.

Anyone can experience the unpleasant consequences of having to experience domestic violence with high levels of prevalence across different age groups, lengths of relationships, and types of relationships. I.E. this can occur across both opposite and same-sex relationships and it is not always women who are the recipients of this type of behaviour.

This youtube clip of Archie Roach singing his song "[Walking into Doors](#)" is what it's all about.

Contrary to many peoples beliefs, there are different variations of domestic violence that may occur, defined as a pattern of actions used to control or dominate an intimate partner intentionally. The following distinctions of a domestic violence are summarised:

- Physical abuse: Involving the use of force against the victim, resulting in injuries, with all degrees of physical abuse severity being classified as domestic abuse, regardless of how bad the injury may be or often it occurs.
- Emotional abuse: Emotional abuse occurs when the abuser diminishes the victim's self-worth by consistent insults, humiliation, and personal criticism. This is most common among people involved in relationships, and often is characterized by public humiliation and attacks which can lead to severely diminished self-esteem of the victim.
- Sexual abuse: individuals can become a victim of sexual abuse when the abuser sexually assaults, rapes or harasses them. Including, when someone you know has



forced their way to make sexual contact with you, or when you are forced not to use contraceptive measures during intercourse.

Huntingdale Psychology, Counselling and Clinical Hypnotherapy's Assistance

If you would like to seek assistance from our qualified and dedicated psychologist who has experience in the area of domestic conflict, please call *Huntingdale Psychology, Counselling and Clinical Hypnotherapy's* on 1300 50 67 68 to speak with our friendly team.

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<https://www.liferesolutions.com.au/huntingdale/domestic-violence-help/>