

What is Domestic Violence?

From an on-line article "How Can Someone Identify and Respond to Verbal Abuse?"

It has been called wife beating, battering, family violence, domestic abuse. All refer to abuse by one person of another in an intimate relationship. Domestic violence is not limited to physical battering. An abuser often wears down his/her partner by unrelenting criticism and fault finding. Verbal abuse usually escalates over time. An abuser often projects his/her own failures and faults onto the victim. Often an abuser will make the victim financially dependent by insisting on controlling all the family finances.

How can someone identify and respond to verbal abuse? Verbal abuse is difficult to identify and regrettably can be a common type of abuse in some marriages. The use of words to punish is a very covert attempt to control and regardless of how loving your spouse may appear to be, verbal abuse is wrong and can be just as harmful as physical abuse. Many experts believe that emotional/verbal abuse may have longer lasting effects than physical abuse. When a person hears over and over that she/he is stupid, worthless or ugly, he/she may internalize these things and let them become a part of his/her self-image.

Physical abuse is easily identified. There is no doubt, once you have been hit, that you have been abused. You don't second guess yourself because the bruises and scars are visible evidence that abuse has taken place. Verbal abuse is different. The damage is internal, there are no physical bruises or scars, just a wounded spirit and sense of self-esteem.

Some common signs of verbal abuse:

- Being called names by your spouse. Any negative form of name calling is unacceptable. If you feel that it is a put down, then it most likely is. If your spouse is constantly criticizing you, "for your own good," be careful. This is the most insidious form of verbal abuse.
- Using words to shame. Critical, sarcastic, mocking words meant to put you down either alone or in front of other people.
- Yelling, swearing and screaming. The "walking on egg shells" syndrome because you are living with someone who goes verbally ballistic for very little cause.
- Using threats to intimidate. No threat should be taken lightly, even if your spouse tells you they are only joking, especially if it causes you to change behaviors or to feel on guard in the relationship.
- Blaming the victim. Your spouse blows his/her top then blames you for their actions and behavior.

- Your feelings are dismissed. Your spouse refuses to discuss issues that upset you.
- You often wonder why you feel so bad. You bury your feelings, walk on egg shells and work so hard at keeping the peace that every day becomes an emotional chore. You feel depressed and have even wondered if you are crazy.
- Manipulating your actions. The persistent and intense use of threatening words to get your to do something or act in a way you find uncomfortable.

From a Family Advocacy perspective, emotional/verbal abuse is a pattern of behavior. If any of the above signs occur on an isolated occasion, that is bad behavior, but not necessarily spouse abuse/domestic violence. The key is what the person is willing to do to modify their bad behavior. In a healthy relationship couples treat each other with respect, even if they do not always agree. There is no room for verbal/emotional abuse in a respectful relationship.

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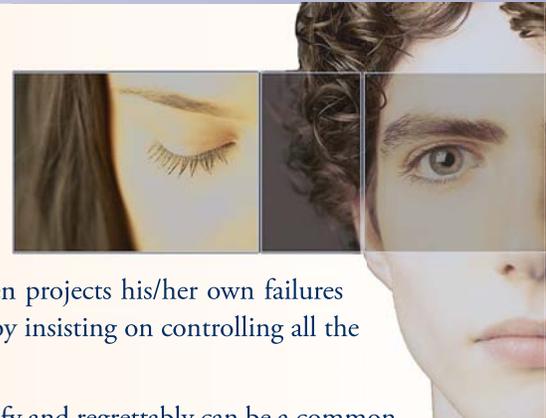


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OCTOBER 2012 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 One Voice for Family Members 11:30 am-1 pm Effective Resume Writing, 1-4 pm	3 Art of Money Manag. 11:30 am-12:30 pm IA/Spouse Brief 12-4 pm	4 Playgroup @ GF 10-11 am	5	6
IA Indoctrination, October 1-5, 8 am-4 pm						
7	8 CLOSED	9 Marriage is a Work of Heart, 4-5:30 pm	10 Personal Communication 8:30-10 am	11 Playgroup @ GF 10-11 am	12	13
Career Options & Navy Skills Eval. Prog. October 10 & 11, 8 am-4 pm						
14	15	16	17	18 Playgroup @ GF 10-11 am	19	20
Transition Assistance Program (TAP) for Retirees, October 15-19, 8 am-4 pm						
21	22	23 One Voice for Leadership and Helping Professionals 11:30 am-1 pm	24 Understanding Stress 11:30 am-12:30 pm Scream Free Parenting, 12-1:30 pm	25 Infant Massage @ Glen Forrest, 9-9:45 am Myers Briggs Type Indicator (MBTI) Class 8 am-Noon Playgroup @ GF 10-11 am Anger Management (Session 1 of 3), 2-4 pm	26	27
28	29	30	31 Budgeting for Baby 10 am-12 pm Holiday Finances 11:30 am-12:30 pm Scream Free Parenting, 12-1:30 pm			
				Anger Management <i>continued sessions</i> November 1 & 8 2-4 pm	Scream Free Parenting <i>continued sessions</i> November 7 & 14 12-1:30 pm	

Hours of Operation: Mon.-Thur. 7:30 am - 4:30 pm/ Fri. 7:30 am - 4 pm

2 Reservations are Necessary! (301) 342-4911

The FFSC is always looking for a few good volunteers!



PROGRAMS FOR EDUCATION AND TRAINING

FLEET AND FAMILY SUPPORT CENTER

HOURS OF OPERATION

Mon.-Thur. 7:30 a.m.-4:30 p.m.

Fri. 7:30 a.m.-4 p.m. Closed October 8

Reservations are Necessary 301-342-4911

THE FFSC IS ALWAYS LOOKING FOR A FEW GOOD VOLUNTEERS.

If interested please give us a call.

AWARENESS CLASS OFFERINGS

One Voice for Family Members

October 2, 11:30 a.m.-1 p.m.

at the Glen Forrest Community Center

Are you in a healthy relationship? Are you concerned about whether your friend/neighbor/family member may be in an abusive relationship? Come and learn about how you can help/get help.

One Voice for Leadership and Helping Professionals

October 23, 11:30 a.m.-1 p.m.

Come learn about signs of dangerous relationships and what can you do to help. Prevention resources will also be discussed.

CAREER DEVELOPMENT

Effective Resume Writing, *October 2, 1-4 p.m.*

This program offers many different trends and techniques for writing the best resume possible. Don't get passed over because your resume lacks keywords or isn't in the preferred format. Seating is limited.

DEPLOYMENT PROGRAMS

IA Indoctrination, *October 1-5, 8 a.m.-4 p.m.*

Individuals that have been selected for Individual Augmentee (IA) are strongly encouraged to report to Fleet and Family Support Center on TAD orders for this week long process. Various presenters will take care of all of your IA needs through this one stop shop. Spouses are encouraged to attend on Wednesday 12:30 to 4:30 p.m. to hear recently returned IA's experiences and important information for family support issues. All members must pre-register NLT the Friday prior to the class start date.

IA/Spouse Brief, *October 3, 12-4 p.m.*

Spouses are encouraged to attend on Wednesday 12:30 to 4:30 p.m. to hear recently returned IA's experiences and important information for family support issues.



FINANCIAL MANAGEMENT PROGRAMS

Art of Money Management

October 3, 11:30 a.m.-12:30 p.m.

Do you want to get control of your financial life? This single-session workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short and long-term financial goals.

Holiday Finances, *October 31, 11:30 a.m.-12:30 p.m.*

This class is designed to help service members and family plan for increased holiday expenses and will explore strategies to avoid overspending that leads to accumulating excessive debt. These money management tips can apply year-round as well as to special occasions for which one may do additional spending.

LIFE SKILLS EDUCATION PROGRAMS

Marriage is a Work of Heart, *October 9, 4-5:30 p.m.*

The goal of this class is to provide couples with new ideas and tools to help them continue to build together the marriage they envisioned. Join us and practice Speaker Listener Technique to enhance communication even on the toughest issues.

Personal Communication, *October 10, 8:30-10 a.m.*

This class provides information on different communication styles and ways to develop more effective speaking and listening skills. Participants will practice insightful, productive and rewarding ways to interact with people.

Understanding Stress, *October 24, 11:30 a.m.-12:30 p.m.*

Stress is a part of life. In this class you will understand how your beliefs and thought process has an impact on how you deal with stress. Participants will walk away with specific actions to manage stress that they can incorporate into their life immediately.

Anger Management (3 Sessions)

October 25 and November 1 & 8, 2-4 p.m.

Anger is a basic emotion. Join this 6 session workshop if you would like a better understanding of anger and would like to learn how to skillfully express and manage your anger in an effective way.

PROGRAMS FOR PARENTS & CAREGIVERS

Playgroup @ Glen Forrest Community Center

October 4, 11, 18, & 25, 10-11 a.m.

Moms, dads, and caregivers are invited to bring their children for playtime at the Glen Forrest Community Center.



If your spouse verbally abuses you and dismisses your feelings, you will begin to see yourself and your needs as unimportant, of little consequence and irrelevant. When you finally recognize and come to terms with the idea that you are being verbally abused you need to also become focused on getting help. Here are some steps you can take.

- Abuse is never justified so you should never feel that it is your fault.
- Let the abuser know how hurtful their words are and discuss with them the fact that it is unacceptable to you. Set boundaries on what you will and will not accept from your abuser.
- Seek counseling, either together or separately. If you seek individual counseling you may chose to elect a Family Advocacy Restricted Report so you can consider all your options, gain support, while deciding what to do.
- Surround yourself with a support system of family and friends. Discuss with them what is happening and how you are feeling.

- If the verbal abuse escalates to physical abuse, leave. Your personal safety is far more important than the relationship.
- Do not engage in conflict with your abuser. If your spouse becomes angry stay calm, walk away and don't give him/her what they want . . . a reaction from you.
- Take back your power. If you react to the abuser, you are rewarding them. Don't allow the abuser to have control over how you feel.
- Leave the marriage. If setting boundaries, getting therapy and refusing to respond to the abuse doesn't work, they it is time to consider divorce. If you make this decision, (and only you can make this decision, not FAP, your mother, your friend, your command etc) hire an attorney familiar with domestic violence, stay in close contact with your support system and focus on learning good coping skills.

If you have questions or would like more information, please contact the Family Advocacy Program at 301-342-4911.

Scream Free Parenting

October 24, 31 and November 7 & 14, 12-1:30 p.m.

Are you a screamer? Or do you employ the "Silent Treatment?" Are you looking for ways to better connect with your children? Come join us for a 4 week class designed to equip you for your most important job . . . PARENTING! Scream Free Parenting can be used with children of all ages.

Budgeting for Baby @ Bldg. 401

October 31, 10 a.m.-12 p.m.

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.

Infant Massage Instruction at Glen Forrest Community Center, October 25, 9-9:45 a.m.

Learn the benefits of touching and massaging your baby. Infant Massage enhances bonding and can also deepen attachment with parents and siblings. POC Lolita Tyler-Lockett, RNC-OB, CIME.

General Military Training

The FFSC will bring seminars and workshops to your Command. Call the FFSC at 301-342-4911 for more info.

School Transitions – Deployment Support – Home School Linkage – Special Education Navigation Post Secondary Support – Command/School Communications Partnerships in Education

The School Liaison Officer (SLO) helps prepare students, parents, schools and Navy leaders to respond to moves and deployment issues concerning school-age children and youth. SLOs help Navy families be the best advocates for their child's education. Parents and community members with questions on school-age military/DoD child education may contact Dawn Simpson, School Liaison Officer, NAS Pax River at dawn.simpson@navy.mil or 301-757-1871.

TRANSITION ASSISTANCE PROGRAM (TAP)

Career Options and Navy Skills Evaluation Program (CONSEP) 2ND Term Sailor, October 10 & 11, 8 a.m.-4 p.m.

This program is designed for the sailor in his/her second term enlistment. It is a lifecycle approach to transition education; a mid-career success workshop. Participants will be given the opportunity to perform a personal career assessment in order to make decisions about future goals. The program will be led by the Command Career Counselors, the Transition Assistance Manager and the Personal Finance Manager.

Transition Assistance Program (TAP) for Retirees

Location: Fleet & Family Support Center Bldg. 2090

October 15-19, 8 a.m.-4 p.m.

This scheduled TAP course is for retiring military members. It is a joint venture by the FFSC and the Departments of Defense, Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans' benefits. Please see your Career Counselor to sign up. Seating is limited.

All classes/seminars are held at the FFSC unless otherwise noted.
Workshops and seminars are open to active duty and retired military personnel and their family members. The facilitators are from the FFSC Staff or from professional organizations and are not permitted to solicit or promote their business.
Sexual Assault Prevention and Response (SAPR) Sexual Assault Response Coordinator is available for General Audience Training, Supervisor's Training, and Commander's Training. Please contact Gloria Arteaga @ 301-342-4911.

Clinical Counseling Services

FFSC Clinical Counseling services can directly improve the quality of life of service members and their family members by addressing the stressors facing today's military. Stress can be caused by such things, as family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors, and other difficulties. If you would like to make an appointment with a counselor, please call (202) 685-6019.

