

THE GLENDON  
ASSOCIATION

# Understanding and Preventing Violence



Presented by Lisa Firestone, Ph.D.



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# In this Webinar we will answer the questions:

- What causes violence?
- How can we understand violence?
- What are the risk factors for violence?
- What can you do to prevent violence?







# Definition of Violence

According to the World Health Organization violence is:

“The intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community that either results or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation.”





# Youth Violence Statistics

- The U.S. has the fourth highest rate of youth firearm homicides in the world.
- American children are more at risk from firearms than the children of any other industrialized nation.
- Violence associated with gangs is more lethal now than ever because of the increased use of firearms.
- In 2006, more than 720,000 young people were treated in emergency rooms for injuries sustained from violence.
- Persons under the age of 25 accounted for 52% of those arrested for murder in 2006.
- Homicide is the 2<sup>nd</sup> leading cause of death for young people ages 10-24 years old.
- An estimated 30% of 6<sup>th</sup>-10<sup>th</sup> graders in the U.S. were either a bully, a target of bullying, or both





# Youth Violence Statistics

- Research demonstrates that exposure to violence can have serious negative effects on children's development. Witnessing violence between one's parents or caretakers is the strongest risk factor for transmitting violent behavior from one generation to the next.
- Studies suggest that at least 3.3 million children witness domestic violence each year.
- Annually, an estimated 1.3 million children and adolescents are injured as a result of serious neglect
- Annually, an estimated 166,000 children and adolescents are injured as a result of sexual abuse.
- An estimated 226,000 children are injured as a result of emotional abuse every year.
- Each year an estimated 299,000 children and adolescents are injured as a result of physical abuse.





Children who experience child abuse & neglect are 59% more likely to be arrested as a juvenile, and 30% more likely to commit violent crime.



**67% of violent crimes in the US  
involve alcohol or drugs.**





# Domestic and Sexual Violence Statistics

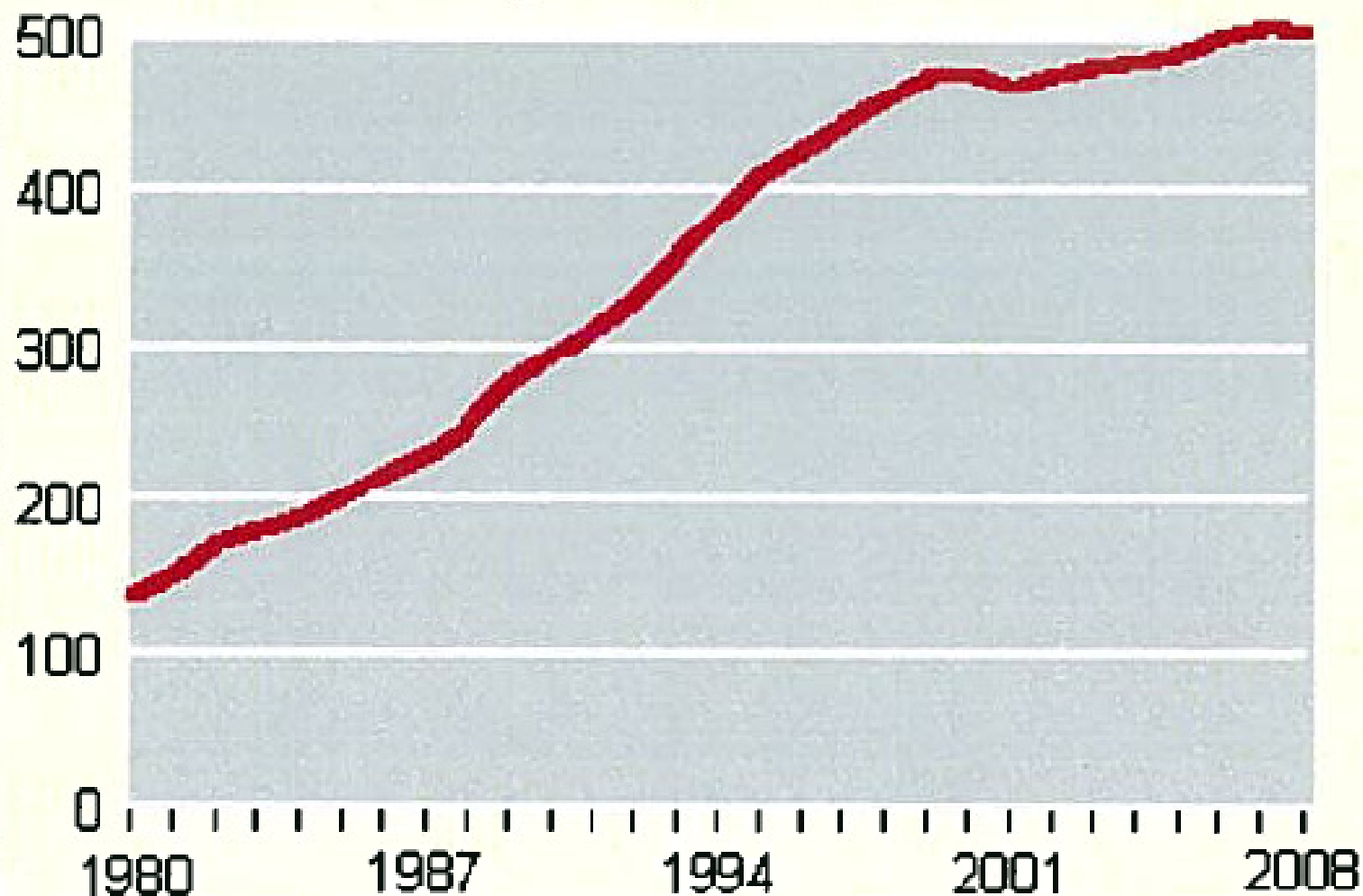
- Nearly 25% of women have been raped and/or physically assaulted by an intimate partner during their lives.
- 25%-45% of all women who are battered are battered during pregnancy.
- 1 in 5 high school girls has been physically or sexually abused by a dating partner
- Almost one-third of female homicide victims that are reported in police records are killed by an intimate partner.





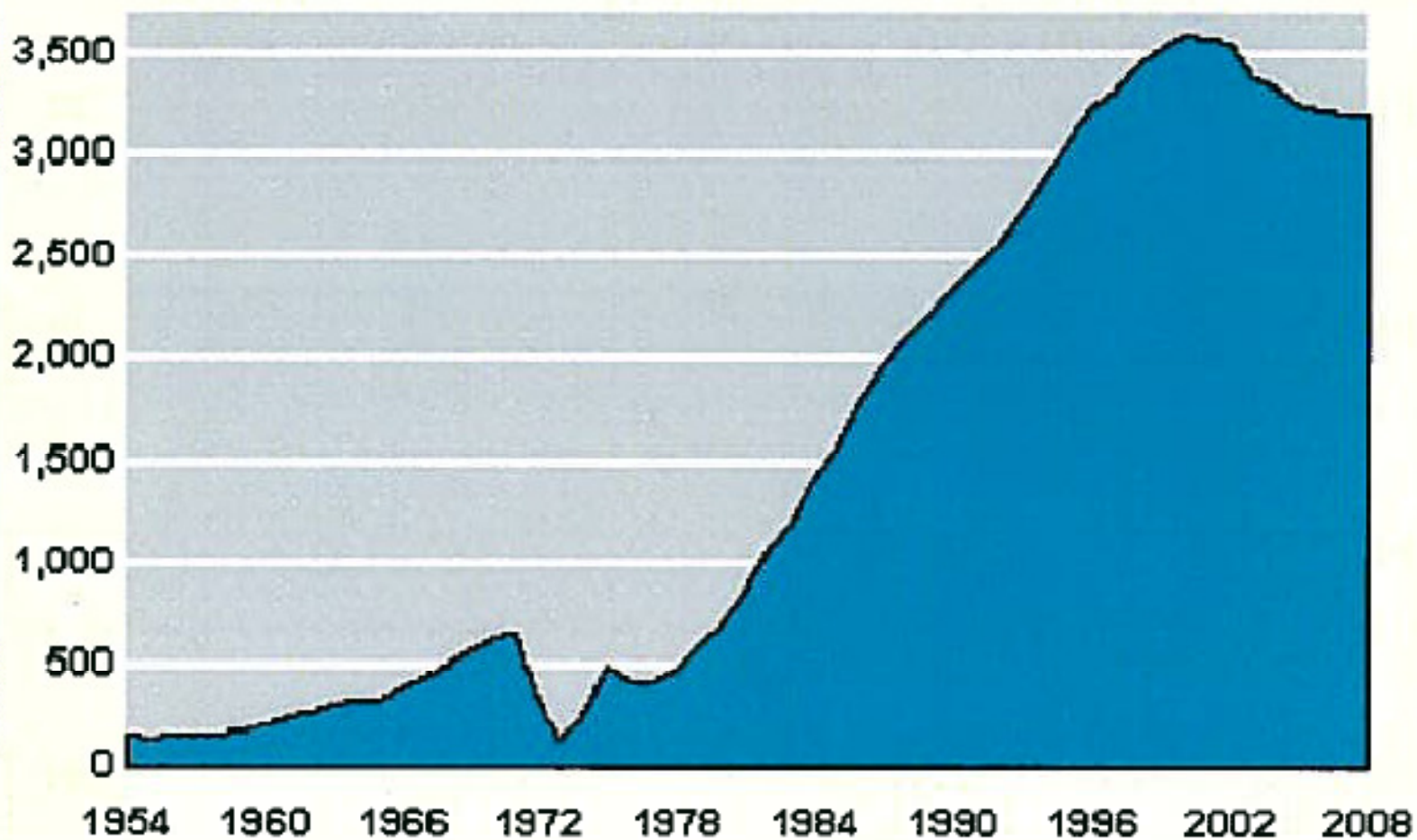
## Imprisonment rate, 1980-2008

Number of offenders per 100,000 population





## Prisoners on death row, 1954-2008





## **Poll #1**

How many of you have been  
personally impacted by violence?





# Our Approach to Understanding Violence

**Each person is divided:**

**One part wants to live and is goal directed and life affirming.**

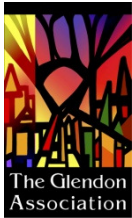
**And one part is self-critical, self-hating and hostile and cynical toward others. At its extreme could lead to suicide or violence.**

**Real Self - Positive**



**Anti-Self – Critical/ Other-Critical**





# Definition of the Voice

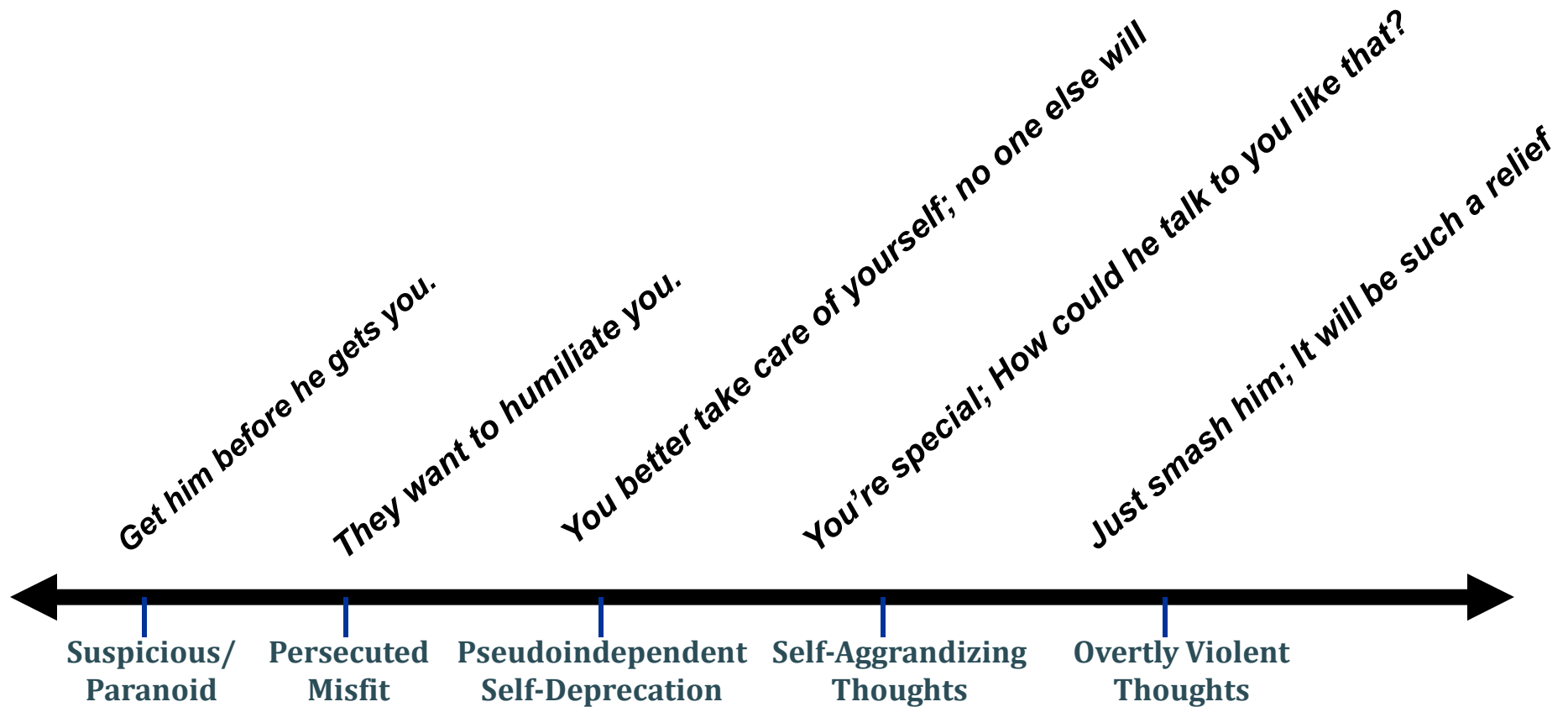
The critical inner voice refers to a well-integrated pattern of destructive thoughts toward our selves and others. The “voices” that make up this internalized dialogue are at the root of much of our maladaptive behavior. This internal enemy fosters inwardness, distrust, paranoia, self-criticism, self-denial, addictions and a retreat from goal-directed activities. The critical inner voice effects every aspect of our lives: our self-esteem and confidence, our personal and intimate relationships and our likelihood of engaging in **destructive behavior**.





# Our Approach to Understanding Violence

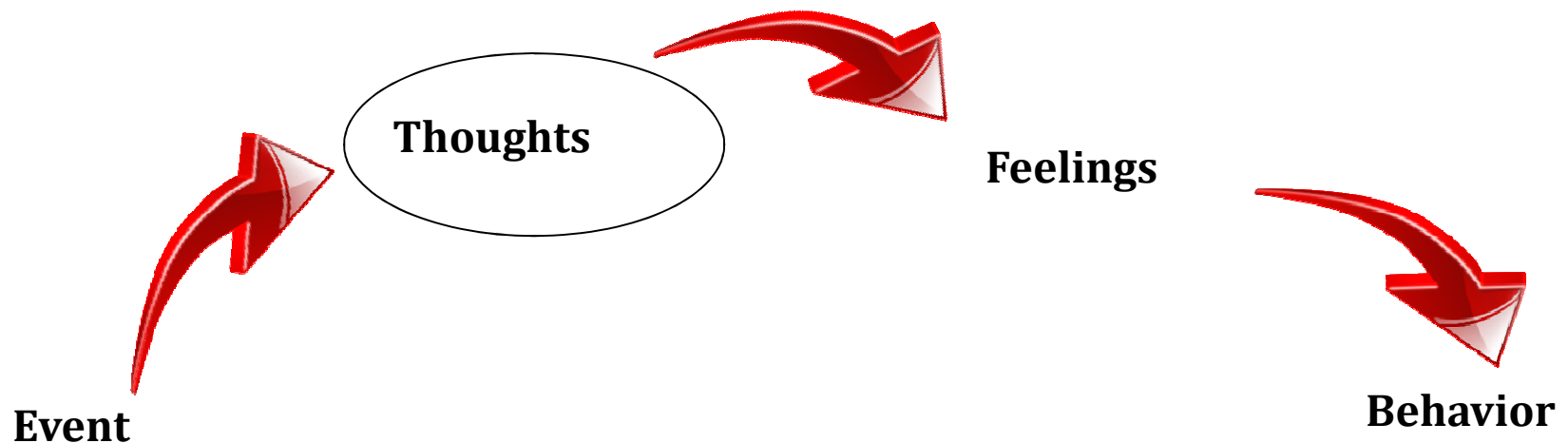
The negative thoughts that lead to violence





# Our Approach to Understanding Violence

**There is a relationship between how a person is thinking and how he or she is likely to behave.**







## **Poll #2**

How many of you are familiar with  
Attachment Theory?



# Patterns of Attachment

## Category of Attachment

- ❖ Secure
- ❖ Insecure – avoidant
- ❖ Insecure- anxious/ambivalent
- ❖ Insecure - disorganized

## Parental Interactive Pattern

- ❖ Emotionally available, perceptive, responsive
- ❖ Emotionally unavailable, imperceptive, unresponsive and rejecting
- ❖ Inconsistently available, perceptive and responsive and intrusive
- ❖ Frightening, frightened, disorienting, alarming





# Attachment Figures

- Low Risk Non-Clinical Populations

- Secure 55-65%
- Ambivalent 5-15%
- Avoidant 20-30%
- Disorganized 20-40%

- (Given a Best Fit Alternative)



- High Risk, Parentally maltreated

- Disorganized 80%



# What causes insecure attachment?

- Unresolved trauma/loss in the life of the parents statistically predict attachment style far more than
  - Maternal Sensitivity
  - Child Temperament
  - Social Status
  - Culture







# Transgenerational Passage of Disorganization

- Implicit memory of terrifying experiences may create:
  - Impulsive behaviors
  - Distorted perceptions
  - Rigid thoughts and impaired decision making patterns
  - Difficulty tolerating a range of emotions





# **“Type D” Attachment Disorganized/Disoriented**

- Predicts later chronic disturbances of:
  - affect regulation
  - stress management
  - hostile-aggressive behavior





# Abuse and Neglect

- Expose the immature infant to threatening experiences
- Deprive the developing brain/mind/body of interpersonal experiences necessary for developing a conscience





## **Poll #3**

How many of you are familiar with  
Dr. Dan Siegel's work in  
Interpersonal Neurobiology?

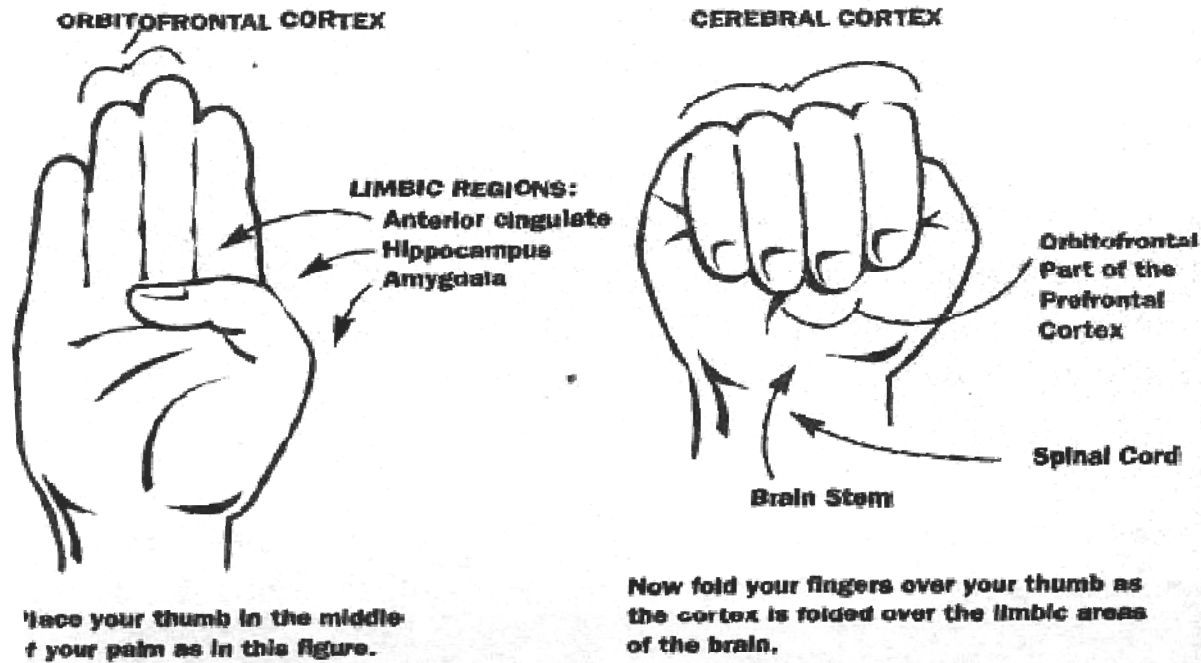




# The Brain in the Palm of Your Hand



Daniel Siegel, M.D. – Interpersonal Neurobiology





# The Low Road: An Example of Dis-Integration

- ❑ Temporarily Disengaging the Prefrontal Cortex
- ❑ Dissolves the nine functions of the PFC





# 9 Important Functions of the Pre-Frontal Cortex

1. Body Regulation
2. Attunement
3. Emotional Balance
4. Response Flexibility
5. Empathy
6. Self-Knowing Awareness (Insight)
7. Fear Modulation
8. Intuition
9. Morality





# Emotional Regulation

“Experiences in infancy which result in the child’s *inability to regulate strong emotions* are too often the overlooked source of violence in children and adults.”

(Brazelton, 1997)





## **Poll #4**

Do you believe all violent  
individuals lack a conscience?



# Types of Aggression: Affective-Impulsive



- Reactive Violence
- Affective-reactive rage
- Abuse
- Heightened Affect
- High Arousal
- Biased toward seeing anger in faces
- Dissociation under stress
- Increased skin reactivity
- Increased heart-rate





# Types of Aggression: Predatory-Stalking

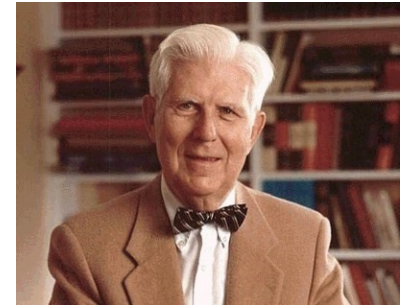


## Psychopathy

- Predatory Violence
- Proactive rage
- Neglect
- Flattened Affect
- Low Arousal
- Difficulty in recognizing fear, sadness or disgust in faces
- Dissociation
- Decreased skin reactivity
- Decreased heart-rate



# Thoughts to Actions Quote



A. Beck and Pretzer (2005) stated the hypothesis of thoughts influence on behavior in this way:

*Our seminal insight was the observation that the content of individuals' thoughts influences their emotional and behavioral response.... Thoughts of being wronged or mistreated produce anger and an impulse to retaliate. (p. 68) ...When the adversary is demonized (viewed as different, alien, subhuman, and evil), this intensifies the sense that violence is justified and reduces inhibitions about violence and killing. (p. 72) ...The greater the extent to which additional cognitions legitimize a violent response, the greater the likelihood of violence. (p. 71)*



# Firestone Assessment of Violent Thoughts (FAVT)

## Level 1: Paranoid/ Suspicious

“They are out to get you.”

You can never trust a woman (man).

You can't trust anyone.





# Firestone Assessment of Violent Thoughts (FAVT)

## Level 2: Persecuted Misfit

“They are going to make a fool of you.”

How can they talk to you like that?

They’re just doing this to make you get upset.





# Firestone Assessment of Violent Thoughts (FAVT)

## Level 3: Self-Depreciating/Pseudo-Independent

“You have to take care of yourself.”

Nobody understands you.

They shouldn’t have done that to you. They knew better.





# Firestone Assessment of Violent Thoughts (FAVT)

## Level 4: Overtly Aggressive

“Violence is the ticket.”

Look at all these people here that you could hurt and blow away.

You’re somebody if you have a gun. You have control. You get respect.

Sometime it feels so good just to explode.







# Firestone Assessment of Violent Thoughts (FAVT)

## Level 5: Self-Aggrandizing

“You are #1.”

You deserve better than this!

You can do anything you set your mind to.

You’re strong. You don’t really need them in your life.





## **Poll #5**

Do you believe violent  
individuals can change?



Violent individuals can be treated.  
Effective programs reduce re-offending by 80%,  
making our society safer for all of us





# Effective Treatment Programs Include:

Education

Job Training

Cognitive Therapy Techniques

Intensive Individualized Therapy

Breaking the Punishment Cycle

Emotional Regulation Skills

**Treating prisoners humanely as  
worthwhile individuals**





## **Poll #6**

Do you believe it is ever acceptable/  
appropriate to be violent?



# What you need to know about violent behavior

It's normal to feel angry or frustrated when you've been let down or betrayed. But anger and frustration don't justify violent action. Anger is a strong emotion that can be difficult to keep in check, but the right response is always stay cool. Anger is part of life, but you can free yourself from the cycle of violence by learning to talk about your feelings.







## **Poll #7**

Is there anyone you know who you  
worry about being violent?



# What should I look for?

## Risk Factors

- Loss of temper on a regular basis
- Unable to control behavior
- Feeling constantly disrespected
- Failing to acknowledge the feelings or rights of others
- Increased emotional distress and agitation
- Feeling that violence is an acceptable solution
- Thinking a person needs to be tough to get respect
- Expression of violence in writings & drawings



# What should I look for?

## Risk Factors

- Increase in use of drugs or alcohol
- Making and/or announcing detailed plans for hurting others
- Enjoying hurting animals
- Knowing peers affiliated with gangs
- History of early aggressive behavior
- Antisocial beliefs and attitudes
- Carrying a weapon
- Frequent physical fighting





# Standing Up to Violence

One way to escape being a victim is to change your outlook from one of *helplessness* to one of *confidence*. Each time you practice an assertive response, fearful and helpless thoughts are replaced by strong and confident ones.

- Take a deep breath and let the air out slowly
- Sit or stand tall, with your head up
- Keep your hands at your sides rather than on your hips or across your chest
- Have a relaxed and purposeful facial expression, not angry or laughing
- Maintain eye contact
- Speak with a calm voice, loud enough to be heard clearly
- Use non-provocative words and avoid name-calling or making threats
- Avoid finger pointing or other threatening gestures
- Reply briefly and directly
- Avoid bringing up past grudges or making generalizations (You always...)





# Bullying

Victim

Bully

Bystander





# Preventing Violence

Violence is a learned behavior. Like all learned behaviors, it can be changed. This isn't easy as there is no simple single solution. The best you can do is learn to recognize the warning signs and get help when you see them in your friends or yourself.







Approach violence as an issue involving all ages and socioeconomic, racial and ethnic backgrounds. Question your own attitudes. View yourself and others as empowered bystanders who can confront abusive peers. When you think someone is a victim of violence, reach out.

**Don't look the other way!**





# Preventing Violence

When you recognize warning signs in someone else, there are things you can do.

- Direct questions should be asked regarding the individual's history of violent behavior, current thinking, current feelings and plans regarding violence.
- If possible, without putting yourself in danger, remove the person from the situation that's setting him or her off.
- Tell someone you trust and respect about your concerns and ask for help. This could be a family member, counselor, teacher, coach, clergy member, law enforcement or friend.
- Ask an experienced professional for help. The most important thing to remember is don't go it alone.
- Be safe. Don't spend time alone with people who show warning signs.



# Anger

## Dealing with your anger:

- Learn to talk about your feelings—if you're afraid to talk or if you can't find the right words to describe what you're going through, find a trusted friend or family member to help you one-on-one.
- Express yourself calmly– express criticism, disappointment, anger or displeasure without losing your temper or fighting. Ask yourself if your response is safe and reasonable.
- Listen to others– listen carefully and respond without getting upset when someone gives you negative feedback. Ask yourself if you can really see the other person's point of view.
- Negotiate– work out your problems with someone else by looking at alternative solutions and compromises.

**Stop– consider the consequences. Think before you act.**



## **Poll #8**

Do you feel you could use some of these suggestions to help prevent violence?



# Resources

APA Help Center

[www.apahelpcenter.org/](http://www.apahelpcenter.org/)  
[www.centrodeapoyoapa.org/](http://www.centrodeapoyoapa.org/)

Centers for Disease Control &  
Prevention

[www.cdc.gov](http://www.cdc.gov)  
[www.cdc.gov/spanish/](http://www.cdc.gov/spanish/)

National Crime Prevention Center

[www.ncpc.org](http://www.ncpc.org)

National Sexual Violence  
Resource Center

[www.nsvrc.org](http://www.nsvrc.org)

Nat'l Youth Violence Prevention  
Resource Center

[www.safeyouth.org](http://www.safeyouth.org)

SafeState

[www.safestate.org](http://www.safestate.org)

Stop Bullying Now Campaign

[www.stopbullyingnow.org](http://www.stopbullyingnow.org)

Eyes on Bullying

[www.eyesonbullying.org](http://www.eyesonbullying.org)

National Domestic  
Violence Hotline

800-799-SAFE (7233)

TTY: 800-787-3224

[www.ndvh.org](http://www.ndvh.org)

Boys Town Hotline  
800-448-3000 (24/7)

TTY: 800-448-1833

[www.boystown.org](http://www.boystown.org)

Covenant House Nineline

800-999-9999 (24/7)

TTY: 1-800-999-9915

[www.covenanthouse.org](http://www.covenanthouse.org)

National Center for  
Victims of Crime

800-394-2255

TTY: 800-211-7996

[www.ncvc.org](http://www.ncvc.org)

Melissa Institute

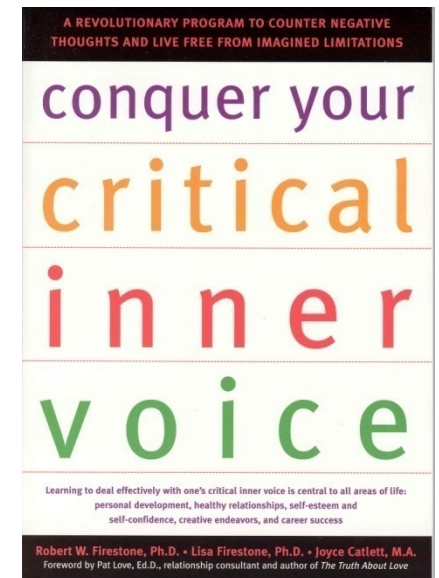
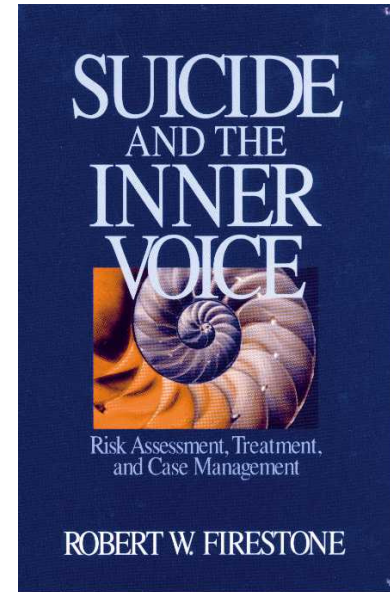
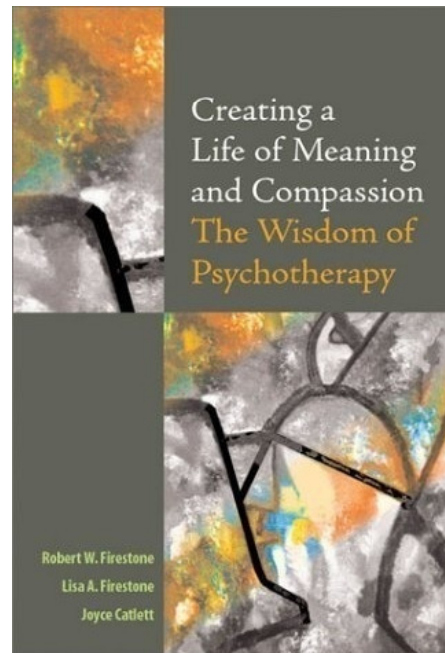
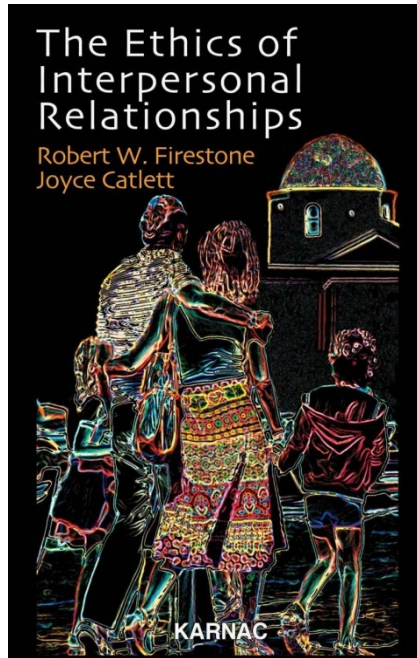
[http://www.melissainstitute.org/  
index.html](http://www.melissainstitute.org/index.html)

**The Glendon Association  
Violence & Suicide Prevention Alliance**

Santa Barbara, California  
800.663.5281 - [www.glendon.org](http://www.glendon.org)



# Resources: Books



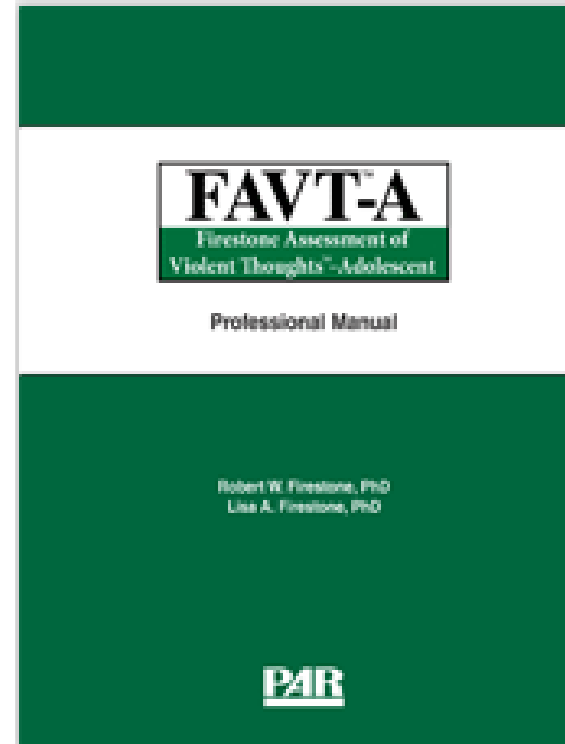
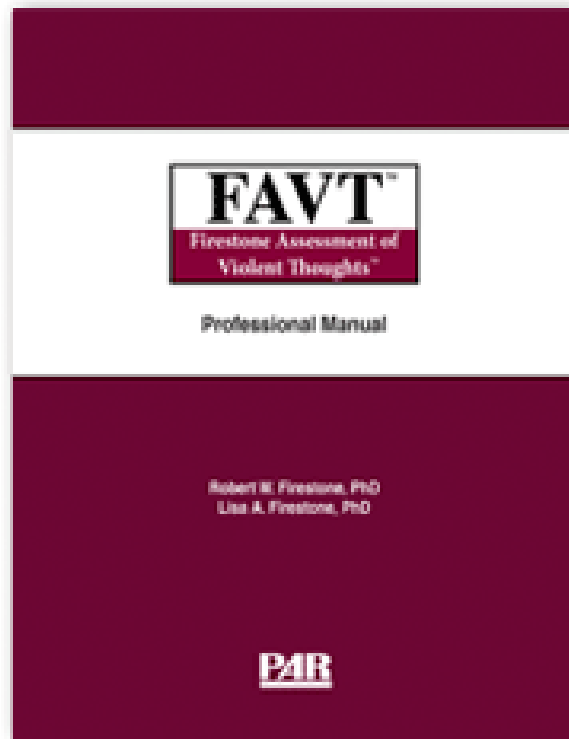
Visit [www.psychalive.org](http://www.psychalive.org) for resource links





# Assessment Instruments

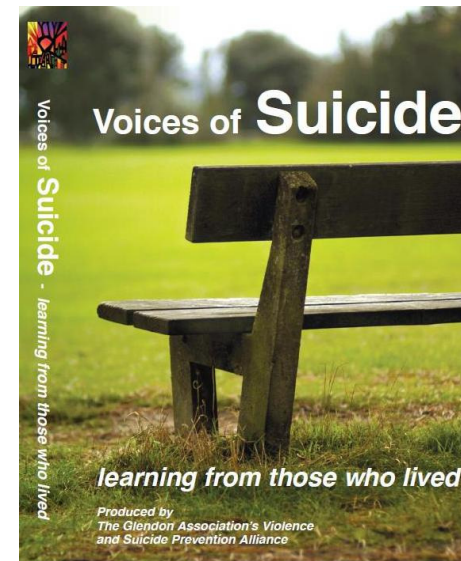
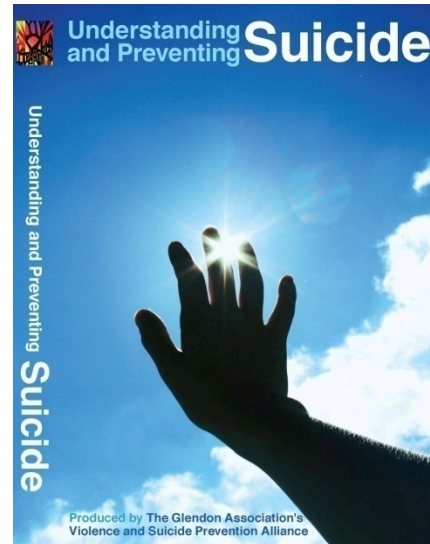
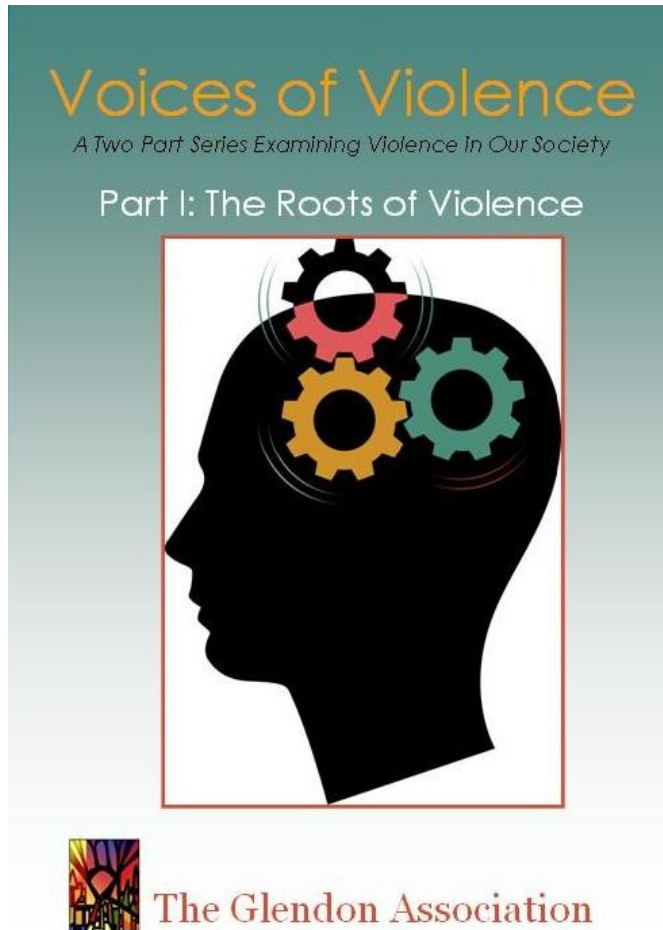
## FAVT and FAVT-A



Visit [www.psychalive.org](http://www.psychalive.org) for resource links



# Resources: Films



**Coming Soon:**  
**Voices of Violence Part II: Effective Treatment  
of Violent Individuals**

Visit [www.psychalive.org](http://www.psychalive.org) for resource links



# Upcoming Webinars

## Featuring Dr. Dan Siegel



**Relationships and the Roots of Resilience (CE)**

**Tuesday, May 24, 2011**

**4:00 PM - 5:30 PM PDT**

**Learn more or register here**

**<https://www1.gotomeeting.com/island/webinar/registration.tmpl?id=423942361>**



**Mindsight: Learning a New Science of Personal Transformation**

**Tuesday, June 14, 2011**

**11:00 AM - 12:00 PM PDT**

**Learn more or register here**

**<https://www1.gotomeeting.com/island/webinar/registration.tmpl?id=220778937>**

Visit [www.psychalive.org](http://www.psychalive.org) for more information or to register for additional webinars.



# Upcoming Webinars

## Featuring Dr. Pat Love



**Love in the Time of Twitter: Relationships and the New Social Media (CE)**

**Tuesday, August 9, 2011**

**4:00 PM - 5:30 PM PDT**

Learn more or register here -

<https://www1.gotomeeting.com/island/webinar/registration.tmpl?id=527970448>



**Love in the Time of Twitter: Keeping Relationships Strong in the Age of Social Media**

**Tuesday, September 20, 2011**

**11:00 AM - 12:00 PM PDT**

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# Upcoming Webinars on Suicide Prevention



**Suicide: What Therapists Need to Know (CE)**

**Tuesday, September 6, 2011**

**11:00 AM - 12:30 PM PDT**

Contact [jina@glendon.org](mailto:jina@glendon.org) to learn more or register



**Understanding and Preventing Suicide**

**Tuesday, September 27, 2011**

**11:00 AM - 12:00 PM PDT**

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# Upcoming Webinars

## Featuring Dr Donald Meichenbaum



**Road Map to Resilience : Ways to Bolster  
Resilience and Well-being**

**Monday, November 14, 2011**

**11:00 AM - 12:00 PM PDT**

**Learn more or register here**

**[https://www1.gotomeeting.com/island/webinar/  
registration.tmpl?id=665896897](https://www1.gotomeeting.com/island/webinar/registration.tmpl?id=665896897)**



**Treatment of Individuals with PTSD, Complex PTSD  
and Comorbid Disorders: A Life-Span Approach (CE)**

**Tuesday, November 15, 2011**

**11:00 AM - 12:30 PM PDT**

**[https://www1.gotomeeting.com/island/webinar/  
registration.tmpl?id=360061009](https://www1.gotomeeting.com/island/webinar/registration.tmpl?id=360061009)**

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# Upcoming Webinars on Overcoming Depression



**Innovative Approach to Treating Depression (CE)**

**Tuesday, October 11, 2011**

**11:00 AM - 12:30 PM PDT**

Contact [jina@glendon.org](mailto:jina@glendon.org) to learn more or register



**The Critical Inner Voice That Causes Depression**

**Tuesday, December 6, 2011**

**11:00 AM - 12:00 PM PDT**

Contact [jina@glendon.org](mailto:jina@glendon.org) to learn more or register

Visit [www.psychalive.org](http://www.psychalive.org) for more information or to register for additional webinars.



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- ❖ A recording of this webinar will also be available online. Those unable to attend this live webinar may view the recording and complete the evaluation form to receive 1.5 CE Units for \$25. A link to this recording will be sent to you as soon as it's available.