



CONTACT THE
FAMILY GUIDANCE
CENTER AT
828-322-1400

#17 Hwy 70 SE
HICKORY, NC 28602
FGCSERVICES.COM



Spotlight On Domestic Violence

*First Step Newsletter
A Program of
The Family Guidance Center*

THE MISSION OF FAMILY GUIDANCE CENTER'S FIRST STEP DOMESTIC VIOLENCE PROGRAM IS TO PROVIDE NEEDED SERVICES TO VICTIMS OF DOMESTIC VIOLENCE AND TO INCREASE THE COMMUNITY'S AWARENESS ABOUT THE PROBLEM.



Past Trauma Can Continue To Impact Survivors of DV

We all have memories, both positive and negative, from our past. Maybe you've even had experiences in the present that brought back overwhelming feelings from the past. For example, you may feel intensely sad and depressed on the anniversary of the death of a parent. When we are flooded with feelings that seem to come out of no where, it's important to identify and understand them.

This is especially true for survivors of domestic violence. While they have escaped a violent partner, they often experience traumatic stress afterward, including triggers that remind them of the past trauma. *A trigger can be a thought, a memory, a sound, or situation that causes feelings from the past trauma.* Triggers can create feelings of fear, anxiety, panic, uncontrollable crying, etc. Past trauma is powerful and the memory of it can cause a strong reaction or response in the present.

Examples of Triggers for Survivors

- ▽ Seeing a picture of a battered woman
- ▽ Sounds like yelling, screaming, door slamming, a gun shot
- ▽ The smell of alcohol or the smell of an abuser's cologne or perfume
- ▽ Seeing or hearing a couple argue
- ▽ Having someone, especially a male, get in your space or in your face
- ▽ Being touched or hugged

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Mark Your Calendar for Community Events



August 27 Gala
6:00 PM

A Black and White Affair

At Catawba Country Club
featuring

Baby Black

Sponsored by **EVERETT**
CHRYSLER GMC

Call 828 322 1400 for tickets

Look Inside for More Community Events!

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WHAT CAN SURVIVORS DO? It's not uncommon for survivors to have these triggers. In fact, triggers can cripple a survivor's life or impair their ability to fully function. However, they can effectively work through the triggers by talking with a counselor. Talking with a counselor is important for survivors to understand their triggers and learn new strategies for diminishing their power. First Step views this as a critical part of the healing process and provides counseling at no cost to victims. **Any victim or survivor can call First Step at 828-322-1400.**



Golfing for a Cause

September 16th
Family Guidance Center's
Golfing for A Cause
at
Catawba Springs
Teams of 4 Captains Choice
Entry Fee for Team: \$240
to register
Call 828 322 1400



**Appreciation from
Our Shelter
Women**

Recently, Hickory Fuel and their patrons and Massage Envy gave gift certificates for a massage to the women in our shelter. They were touched by the kindness.

One woman was so touched that tears welled up in her eyes. She couldn't believe that strangers would do this for her. She said this was the kindest thing that anybody had ever done for her.

Another woman said that receiving the gift certificate made her feel that she did matter. She also stated that it made her realize how supportive our town is. She plans to pay the kindness forward.

Shelter Needs

We are in desperate need for:

- ▽ Twin size sheet sets (new)
- ▽ pillows –standard size
- ▽ zippered cotton mattress protectors (twin and full)

First Step Staff Attends Training

Several staff members recently had an opportunity to attend a domestic violence conference that featured well-known author, Lundy Bancroft, as the keynote speaker. Bancroft has spent the last fifteen years of his career specializing in domestic abuse and the behavior of abusive men. He is the author of *Why Does He Do That? The Batterer as Parent, When Dad Hurts Mom*, and co-authored *Should I Stay or Should I Go?* He has great insight into the behavior of abusers and staff increased their knowledge.

Why Does He Abuse?

There are many myths about why men abuse. Victims often tell us that their abuser had a difficult childhood and was abused himself, some say that he must be mentally ill, and others say he was on drugs, otherwise he would never have done it. In reality, most abusers have an abusive mentality.

Research using psychological testing has shown that even physically violent abusers are usually psychologically normal, and that their abusive behavior comes primarily from their attitude and values, not their emotions.

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Why Does He Abuse?

Common beliefs that drive abusive behaviors include:

- ▽ Believes he has the right to control you, has the right to take power over your decisions and your life.
- ▽ Believes that his desires come ahead of yours, and that it is your job to keep doing more and more for him. He feels entitled.
- ▽ Believes he is better than you are. He lets you know, through his insulting words, demanding facial expressions, and superior know-it-all tone of voice, that he believes you are less than he is, that you are somehow beneath him.
- ▽ Believes you do not have the right to stand up to him. When you challenge or confront him on an issue that's important to you, he will punish you. Conflicts aren't resolved, they just escalate and become more and more hurtful.

Just know that you will not be able to change his attitudes and beliefs by doing better, working harder, and giving more, and making bigger sacrifices. It's about him, not you.

Source: *Should I Stay or Should I Go?* by Lundy Bancroft and JAC Patrissi. Pg. 84-91.

Thank You

Special thanks to Cornerstone Bakery and Papa John's for providing delicious snacks for the conference Family Guidance Center recently hosted. Everyone enjoyed them. Thank you for your kind generosity.

Farewell to

Helen

We're sad to be saying farewell to our long-time employee Helen Whisnant, Program Director of Consumer Credit Counseling Services Program. She successfully led the Program in developing and implementing services to help our county residents through the housing crisis and in preventing foreclosures. She will be leaving the agency on July 29th to pursue other interests. We will miss her. We wish her the best.



You Made A Difference

Many thanks to Bob Hall, Steve Fee, and the Knights of Columbus who worked so diligently on our entry-way porches, our sidewalks, and repairing our picnic table. Now the porches stairs are stable and safe for use. They even pressure washed them, making them look new again. These men have big hearts and we appreciate them.



You Can Make A Difference Too

"For it is in giving we receive." - Francis of Assisi

Domestic violence increases during the summer months. Your support is needed more than ever to help us meet the needs of victims. Please give a gift securely online by going to fgcservices.com and clicking on Donate. Gifts may also be sent to

Family Guidance Center, 17 Highway 70 S.E.

Hickory, NC 28602