



North American Association of Christians in Social Work
A Vital Christian Presence in Social Work

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CREATING AND SUSTAINING RADIANT RELATIONSHIPS

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**Presented at:
NACSW Convention 2012
October, 2012
St. Louis, MO**

Creating and Sustaining Radiant Relationships

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Today's Agenda

- Share the presentation on creating and sustaining radiant relationships.
- Introduce Stand Up Guys and Safe Journey
- Share the results of our first community wide Faith and Family workshop in September 2011

Introduction

- Buffalo Road Incident: October 2004
- Westside Drive Incident: February 2011

My Starting Point

- Hebrews 1:3 “The Son is the radiance of God’s glory and the exact representation of his being, sustaining all things by his powerful word”.
- Key concept that can be generalized to all relationships is that of Radiance.

Relationship Trust Questions

1. Take a minute and skim over the relationship trust questions (Taken from Sharon Hart Morris, Haven of Safety Marriage, 2008)
2. Now add up your scores.

High Safe Haven = Mostly 4's and 5's

Medium Safe Haven = Mostly 3's, 4's and 5's

Low Safe Haven = Mostly 3's and below

So how does one establish relationship TRUST?

- By practicing Terrifying Closeness
- By maintaining Reverence/Respect
- By providing an Unswerving/Unwavering loyalty.
- By ensuring Safety

Relationship trust safety statement:

I am certain that my partner will not intentionally harm me.

Research Results on IPV in the Religious Community: Baptist N=127 and United Methodist N=47 (Skiff, 2009)

1. IPV (psychological aggression, physical assault, injury and sexual coercion) is present in both church groups
2. The majority of that violence occurs in what the field refers to as minor violence, not severe violence.
3. The results support the notion that men and women both perpetrate IPV and are victimized by IPV at varying rates.
4. These results support the notion that religious beliefs may be a moderating factor in at least reducing severe levels of IPV.
5. Any rate of violence of any type is still too high and reduces, erodes, and destroys relationship trust.

So how does one establish relationship trust?

Finally by being Teachable

- I Timothy 3:16-17 “All scripture is God Breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work”.
- How can you change to be more trustworthy, and to make your relationship more of a safe haven?

Emotional Availability Questions

1. Take a minute and skim over the emotional availability questions (Taken from Sharon Hart Morris, Haven of Safety Marriage, 2008)

2. Now add up your scores.

High Safe Haven = Mostly 4's and 5's

Medium Safe Haven = Mostly 3's, 4's and 5's

Low Safe Haven = Mostly 3's and below

Women's Experience of Battering Results (Skiff, 2009)

- A score of 20 or greater on the WEB classifies respondents as experiencing severe emotional abuse.
- UM females reported the highest score (15.9) and the UM males reported the lowest (14.4). BC females WEB scores (15.7) are slightly higher than BC males (15).
- However, a frequency analysis of respondents by denomination and gender identified that 10% of the UM males, 13.2% of the BC males, 14.8% of the UM females and 15.5% of the BC females acknowledged severe emotional abuse.

Examples

1. I try not to rock the boat because I am afraid of what he/she does to me.
2. I feel like I am programmed to react a certain way to him/her.
3. I feel owned and controlled by him/her.

Two keys to emotional availability

- “God did not create our bodies to carry what our emotions were meant to express”. (Jan Frank, 1987, A Door of Hope)
- God gave us negative emotions for positive reasons. (Skiff)

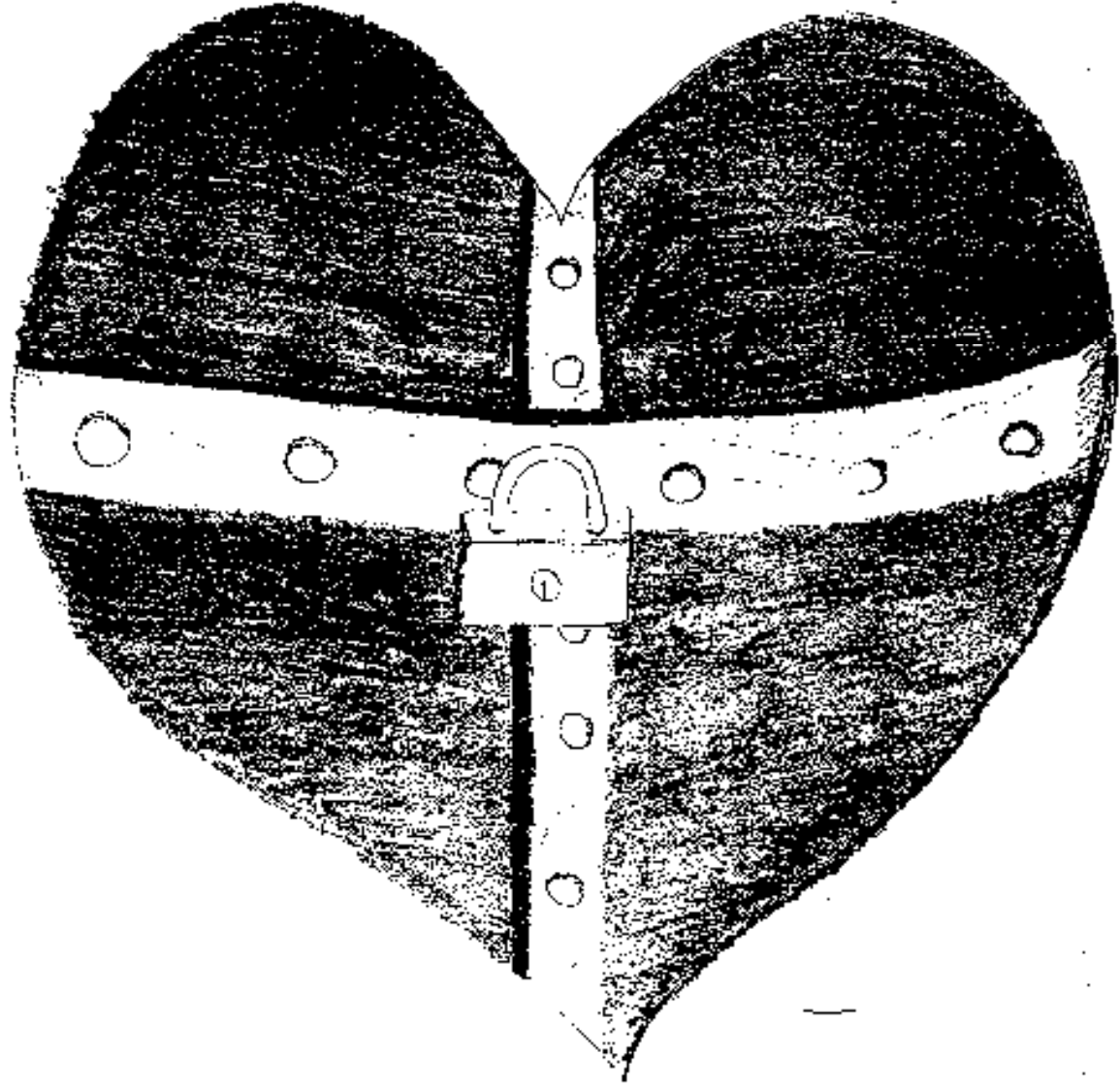
Examples

1. When you lose someone or something that you care about you are going to grieve.
2. When an injustice occurs you are supposed to get angry.
3. When your life is threatened you are going to experience fear.
4. When you do something that is wrong you should experience true guilt.

So what happens if we keep our emotions locked up inside?

- Those emotions eventually find their way out in unhealthy ways such as anger, anxiety, aggression and violence.
- Our relationships lose radiance and hearts can get hard.

MY HEART ... REMEMBER '92



Responsiveness Questions

1. Take a minute and skim over the responsiveness questions (Taken from Sharon Hart Morris, Haven of Safety Marriage, 2008)
2. Now add up your scores.

High Safe Haven = Mostly 4's and 5's

Medium Safe Haven = Mostly 3's, 4's and 5's

Low Safe Haven = Mostly 3's and below

God, Where is Love?(Claire W., 1989)

“When we respond to our partner in a negative way, when we ignore, ridicule, judge or dismiss our partner, all helpful communication comes to an end. We promote distance instead of intimacy and anger instead of love”
(p. 43).

- Our goal is to encourage and facilitate communication, not to shut it down.

Prevalence of Victimization (Skiff 2009)

1. Minor Psychological Aggression

BC Male	71.7%	UM Male	65%
BC Female	68.7%	UM Female	82.6%

My partner shouted or yelled at me.

My partner insulted or swore at me

My partner stomped out of the room.

Prevalence of Victimization (Skiff, 2009)

2. Severe Psychological Aggression

BC Male 14.9%

UM Male 15%

BC Female 3%

UM Female 12.9%

My partner called me fat or ugly.

My partner destroyed something that belonged to me.

My partner threatened to hit or throw something.

Communication Cycles (Olsen, Defrain and Skogrand, 2011)

Negative communication cycle starts with avoidance and quickly leads to anger, anxiety and aggression. This results in relationship distance.

Positive communication cycle starts with assertiveness, which leads to self confidence and ultimately produces intimacy and love.

Perhaps the most important response is forgiveness.

According to David Seamonds (Healing for Damaged Human Emotions, 1991), the majority of our relational difficulties stem from:

1. The failure to ask for and to receive forgiveness.
2. The failure to give or grant forgiveness.

Forgiveness does not mean

- I automatically take the perpetrator back.
- That because the perpetrator found salvation they are now cured.

So how are you doing at creating and sustaining radiant relationships?

- Hebrews 1:3 “The Son is the radiance of God’s glory and the exact representation of his being, sustaining all things by his powerful word”.
- Radiance of relationship trust.
- Radiance of emotional availability.
- Radiance of responsiveness.

The Message of Stand-up Guys and Safe Journey: Its Not Okay

http://www.youtube.com/watch?v=poRjb4m8RXk&feature=player_detailpage

Engaging Men and Women To Prevent Gender Based Violence

- Introducing Stand Up Guys and Safe Journey
- Peter K. Navratil, LCSW-R, CASAC Co-Executive Director, Stand Up Guys
- Jack Brennick. MS. Ed., LMHC, Co-Founder/Board Member
- Allison O'Malley, Co-Executive Director, Safe Journey

Men and Women as Allies

- On July 1st, 2012 ***Stand Up Guys and Safe Journey*** ***have joined forces*** to prevent gender-based crimes including sexual assault and domestic violence. The scope of the organization's services includes primary prevention education aimed at adults and youth and direct intervention services to domestic violence victims. The new organization, which has yet to be named, brings women and men together as allies to address gender-based violence which has traditionally been viewed as a woman's issue.

So Who are Stand Up Guys?

Stand Up Guys are well intended men everywhere who recognize that the women in their lives;

*Mothers, Daughters, Sisters, Wives,
Colleagues, Partners and Friends:*

- Deserve to live life free from the fear of Sexual and Physical Violence, and
- Deserve to be treated with Dignity, Respect and Equality!

Understand the Key Elements of Intervention

- Victim/Survivor Safety
- Offender Accountability
- Bystander (Upstander) **Intervention**
- Primary Prevention

Stand Up Guys Pledge

- ***I pledge*** to treat all women in my life with dignity, respect & equality.
- ***I pledge*** to take the time to listen to the women in my life and acknowledge that their perspective is valuable and is equally important as mine.
- ***I pledge*** to have the courage to speak out about sexist values, attitudes and beliefs that perpetuate violence against women.
- ***I pledge*** to never commit, condone or remain silent about violence against women, sexual assault or domestic violence.
- ***I pledge*** to learn, practice and teach non-violent methods to resolve conflict.

About Safe Journey

- Non-residential resource & support center
 - Opened in 1998, based in Fairport
 - Post-crisis, emphasis on rebuilding lives
 - Focus on looking forward, creating a new life
 - Serve primarily suburban women
 - Any woman is eligible for services
 - No pre-qualification required

About Safe Journey

- Mission:
 - To support today's survivors of domestic violence as they transition to lives free from abuse and to prevent domestic violence in future generations through outreach and education.

About Safe Journey

- Approach to care
 - Needs of victims vary
 - Most do not seek shelter, use other options.
 - Most try to handle it as a “private matter”.
 - Most are unaware of legitimate danger.
 - Majority of DV programs provide crisis intervention only, but do NOT promote permanent change.

Safe Journey Programs

- Survivor Transition Program
 - Short-term Individual counseling
 - Trauma-informed, solutions focused
 - Community resource coordination
 - Support groups
 - Life skills training & mentoring
 - Parenting support
 - Financial counseling, individual
 - Legal coaching & court accompaniment

Safe Journey Programs

- Furniture Program
 - Provides gently used household goods (furniture, linens, kitchen items, etc...) at no cost to survivors
 - Volunteers deliver and set-up requested items in client's home
 - Onsite, safety planning offered

Safe Journey Programs

- Education/Prevention Program
 - Community Awareness
 - DV 101
 - Programs/Workshops for Faith Communities
 - Teen Dating Violence Prevention
 - Safe Dates
10 week, evidence-based curriculum
 - 3-hour Self-Defense & Dating Violence Prevention Course
 - 2-3 Hour Healthy Relationship Programs

Contact Safe Journey

- Web: www.safejourney.org
- Email: safejourney@frontiernet.net
- Phone: 585.425.1580

- Client* Hours:
 - Monday – Wednesday: 9:00am – 5:00 PM
 - Thursday: 9:00am – 5:00PM

**New client intake appointments scheduled*

Faith and Family Workshop I: September 2011 The Role of Faith in Overcoming Domestic Violence

- Brought together 80 Churches and Community Organizations for one afternoon and evening to address Intimate Partner Violence in the religious community.
- This represented over 150 community leaders.
- The event was sponsored by Safe Journey, Stand up Guys, the University of Rochester's Laboratory for Interpersonal Violence and Victimization, North Eastern Seminary, Roberts Wesleyan College Department of Social Work and Love Ministries.

Workshop Sessions

- An Inter-Faith Clergy panel with questions being asked by the survivors of IPV addressing such issues as:
- What do religious texts, rituals and traditions ask of followers who are being abused?
- What can the faith community do to support families facing domestic violence?
- How can the faith community engage in domestic violence prevention?

Breakout sessions included:

1. Supporting domestic violence victims and their children and working with perpetrators.
2. Domestic violence screening, safety planning, making referrals and NY State Law.
3. Creating and sustaining radiant relationships.

Faith and Family Workshop II

- Coming soon in September 2013
- Questions?