



Success After Abuse: Empowering Women to Assert Themselves After Leaving an Abusive Situation

Diane Dye Hansen | Chief Inspiration Officer | Communication Consultant | What Works Coaching

Pleasure to meet you.



- 20 years of experience in marketing and communication
- BA Business Administration, Cal State San Bernardino, Master of Communication Management (December 2017) University of Southern California
- Communication consultant for the State of Nevada, Division of Public and Behavioral Health and Department of Health and Human Services
- Communication consultant for Vitality Unlimited, a network of substance abuse and behavioral health centers throughout Nevada
- Chief Inspiration Officer of What Works Coaching, providing powerful outside perspective to individuals and business in crisis or transition

My story as a survivor of abuse.



My story as a survivor of abuse.





Does this number have any significance to you?

20

(NCADV.org, 2017)

How about this one?

20,000

(NCADV.org, 2017)

Standing up for ourselves and those we help.



Some ways under-developed communication skills can affect success

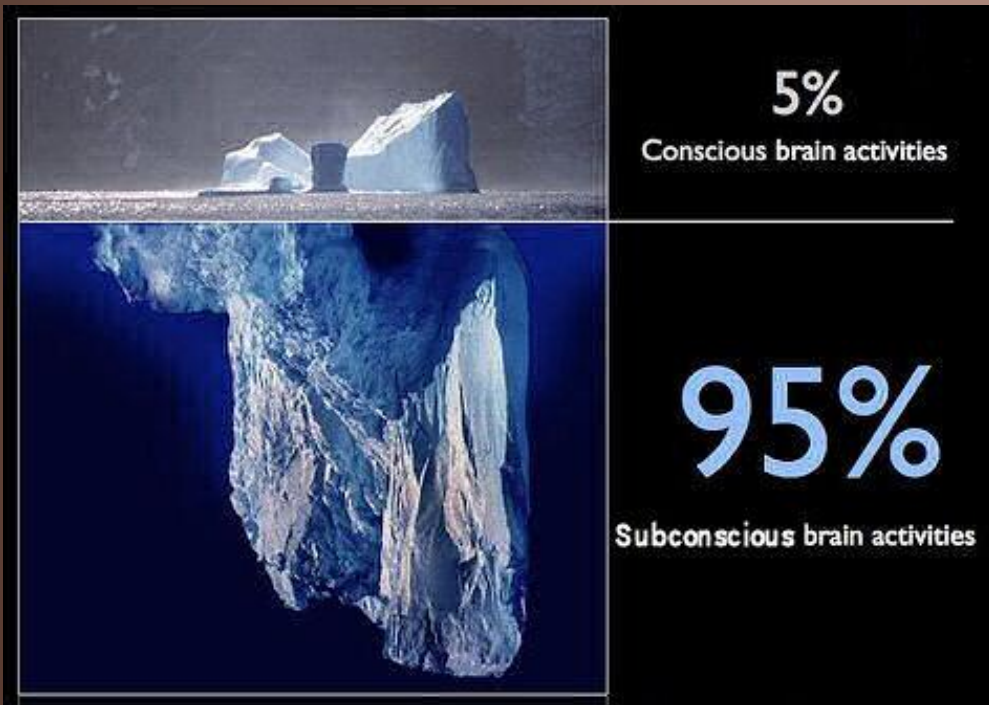
- **Futility/foreshortened future**

- Difficulty with seeking and keeping a job
- Difficulty with seeking and keeping relationships
- Difficulty parenting
- Financial difficulties
- Lack of education or educational difficulties
- Lack of motivation, inability to visualize a better future
- No expectations for life or persistent self doubt



(SAMHSA, 2014)
(Kunseler, et. al., 2016)

The CAN Model – Consciousness, Acceptance, Noticing



- Consciousness counteracts DENIAL – **Don't Even Notice I Am Lying**
- Acceptance doesn't mean you like it. It means accepting what happened so you can move on. It also means accepting yourself, where you are, how you are, and where you are at in your recovery from abuse.
- Noticing the points of reaction is the key to growing consciousness and responding versus reacting to life situations.

The CAN Model - Consciousness



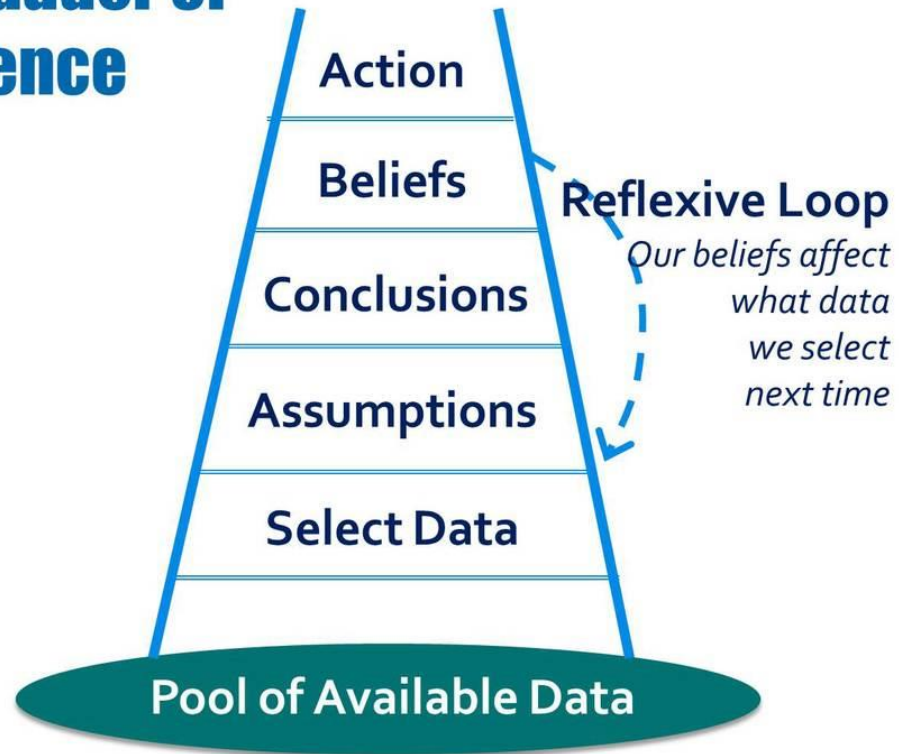
He's gone. Why does it feel like he isn't?

The abuse continues after its over.

(Simmel, Postmus, & Lee, 2016)

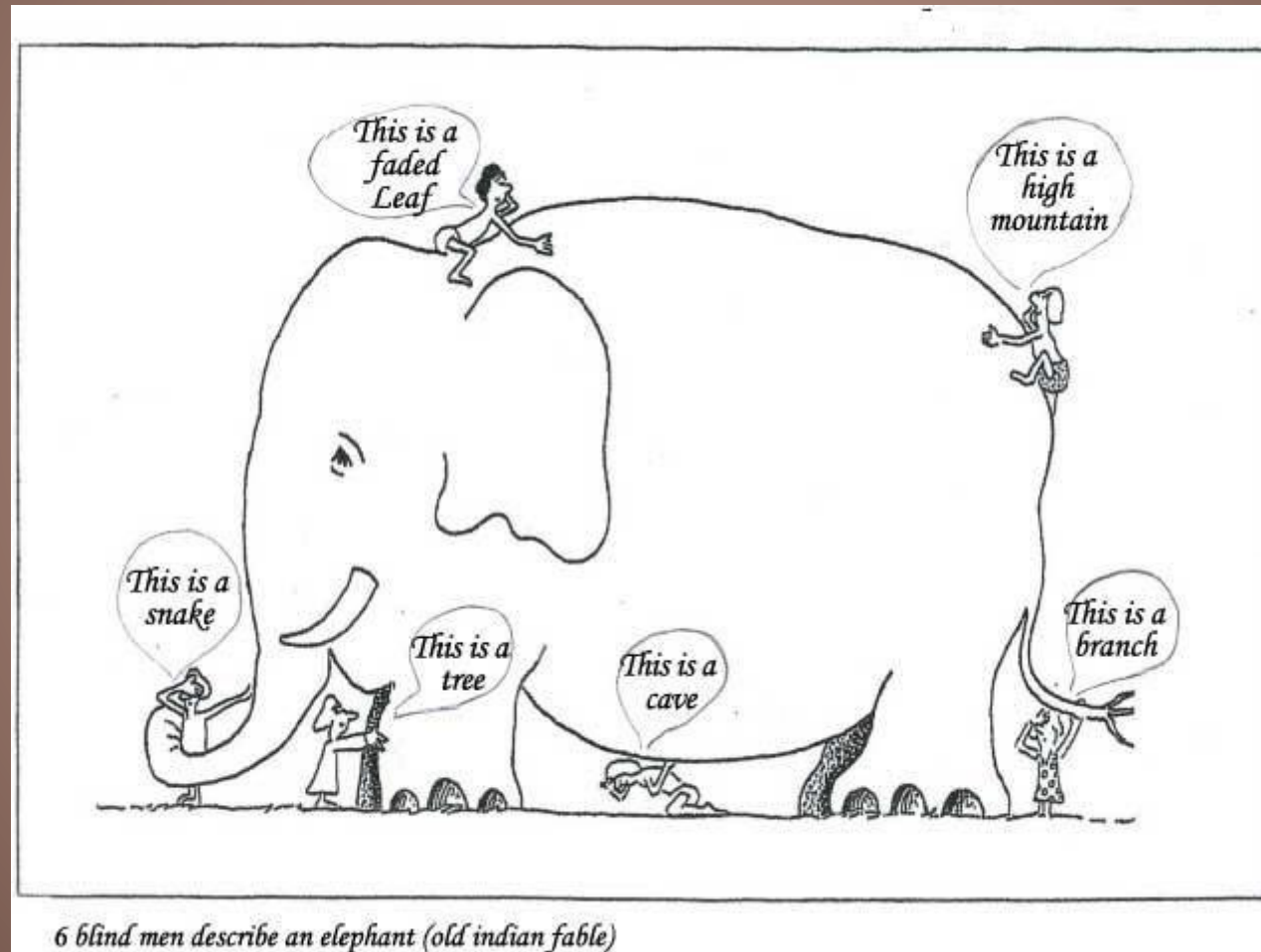
The CAN Model - Consciousness

The Ladder of Inference



(Senge, 2006)

The CAN Model - Consciousness



(Sengue, 2006)

The CAN Model - Acceptance

Memory Recall is Different Between Abused Women and Those Who Were Not



(Tani, Peterson, & Smorti, 2016)

The CAN Model - Acceptance

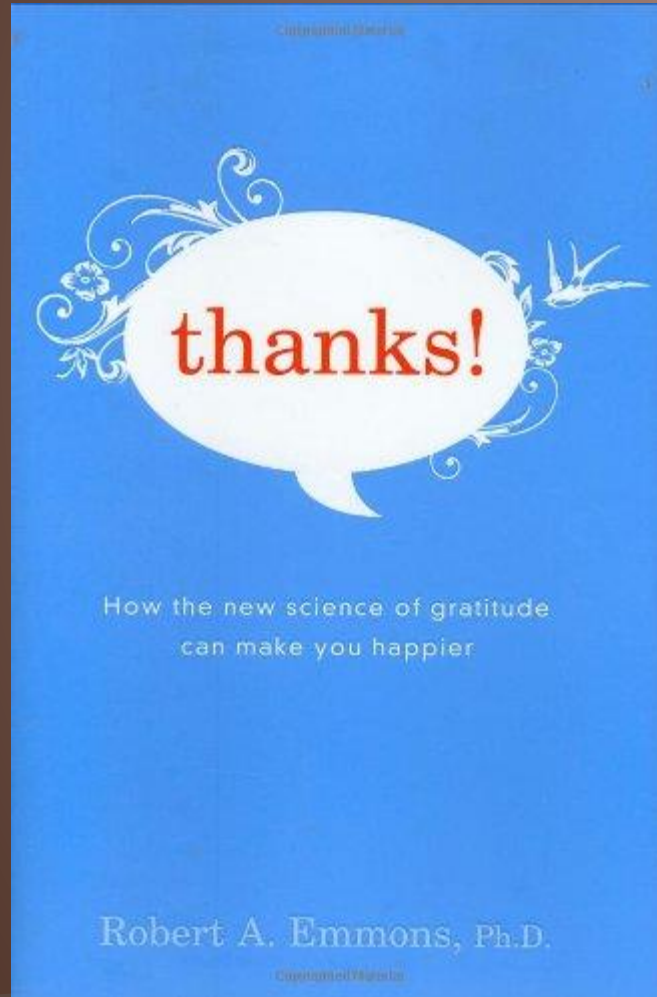


Accepting means you allow yourself to feel whatever it is you are feeling at that moment. It is part of the oneness of the Now. You can't argue with what is. Well, you can, but if you do, you suffer.

— Eckhart Tolle —

AZ QUOTES

The CAN Model - Acceptance



- Gratitude promotes acceptance of the reality of the situation.
- Even in traumatic situations, gratitude can increase acceptance of an event as one that created resiliency, strength, and the ability to help others.
- Acceptance, gained through gratitude, was proven to improve mood, motivation, and the creation of more recallable positive experiences.

(Emmons, 2007)

The CAN Model - Noticing

Desired Outcome: She notices its happening and course corrects.

- Self Management Interventions
 - Self-Monitoring
 - “I noticed I did that... thought that...”
 - Self-Evaluation
 - “When I did that... thought that... I responded/reacted... and instead I...”
 - Self-Instruction
 - “I am actively watching what successful people do and I’m copying that...”
 - Goal Setting
 - “I have specific things I want to achieve...” (SMART Goals)
 - Strategy Instruction
 - “I have been taught this exercise and I can teach others how to do it too...”



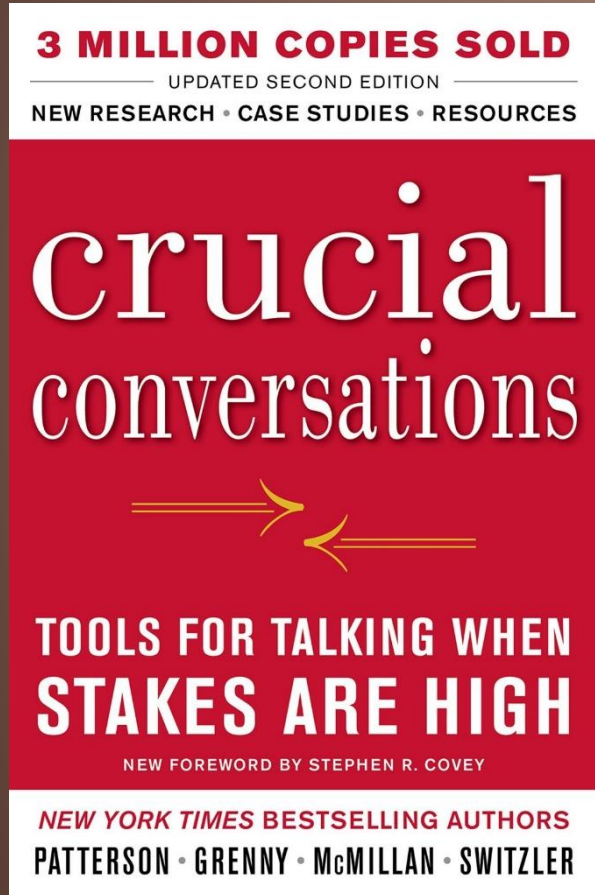
(Bruhn, McDaniel, & Kreigh, 2015)

Putting it into practice: Assertion



**Conversation and connection is the next
battle ground for abuse thrivers.**

Putting it into practice: Assertion



- When faced with an uncomfortable conversation, she will:
 - Avoid it.
 - Face it and handle it poorly.
 - Face it and handle it well.
- Its often not what you say but how you say it.
- With a framework for phrasing, abuse thrivers can become more comfortable with communicating
- Remember, its hard to argue with feelings.
 - When you (action)... I imagined (thought)... and I feel (feeling).
Followed by request or check for truth

(Patterson, et. al., 2013)

Pleasure instructing you today.

You can reach me at:

Diane Dye Hansen
Chief Inspiration Officer
What Works Coaching
111 W. Proctor Street, Suite 11
Carson City, NV 89703
Phone: 775-400-6174
Email: diane@whatworkscoaching.com

Facebook and Instagram: /whatworkscoaching

Twitter: @whatworkscoach

LinkedIn: /in/whatworkscoaching





References

- Alsaker, K., Moen, B. E., Baste, V., & Morken, T. (2016). How has living with intimate partner violence affected the work situation? A qualitative study among abused women in Norway. *Journal of Family Violence*, 31(4), 479-487. doi:10.1007/s10896-016-9806-2
- Bruhn, A., McDaniel, S., & Kreigh, C. (2015). Self-Monitoring Interventions for Students with Behavior Problems: A Systematic Review of Current Research. *Behavioral Disorders*, 40(2), 102-121. Retrieved from <http://www.jstor.org.libproxy2.usc.edu/stable/43740439>
- Center for Substance Abuse Treatment (US). Trauma-Informed Care in Behavioral Health Services. Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 2014. (Treatment Improvement Protocol (TIP) Series, No. 57.) Chapter 3, Understanding the Impact of Trauma. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK207191/>
- Kaye-Tzadok, A., & Davidson-Arad, B. (2017;2016;). The contribution of cognitive strategies to the resilience of women survivors of childhood sexual abuse and non-abused women. *Violence Against Women*, 23(8), 993-1015. doi:10.1177/1077801216652506
- Kunseler, F. C., Oosterman, M., H M de Moor, Verhage, M. L., & Schuengel, C. (2016). Weakened resilience in parenting self-efficacy in pregnant women who were abused in childhood: An experimental test: E0141801. *PLoS One*, 11(2) doi:10.1371/journal.pone.0141801

References

- National Coalition Against Domestic Violence. (2017). *National Statistics*. Retrieved July 20, 2017 from <http://ncadv.org/learn-more/statistics>
- Patterson, K., 1946. (2012;2011;2013;). *Crucial conversations: Tools for talking when stakes are high* (2nd ed.). New York: McGraw-Hill.
- Senge, P. M. (2006). *The fifth discipline: The art and practice of the learning organization*. New York: Currency/Doubleday.
- Simmel, C., Postmus, J. L., & Lee, I. (2016). Revictimized adult women: Perceptions of mental health functioning and associated services. *Journal of Family Violence*, 31(6), 679-688. doi:10.1007/s10896-015-9796-5
- Tani, F., Peterson, C., & Smorti, M. (2016). The words of violence: Autobiographical narratives of abused women. *Journal of Family Violence*, 31(7), 885-896. doi:10.1007/s10896-016-9824-0