

Complex Trauma and Intimate Partner Violence

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Abstract : The purpose of this paper is to examine the impact of IPV on the family and how to best provide services for this population who suffer in silence from PTSD, medical and mental health issues and living in fear of their partner who is causing them harm. Although this is a societal issue, those in the underserved communities face even greater implications due to lack of education, language barriers, housing and financial insecurity, and overall fear of systems that seem to punish and re-traumatize them when seeking help. This paper examines the systems that treat the underserved and fail them due to their lack of knowledge, implicit biases, and failure to provide adequate time and patience to observe and provide what the family needs when they come to service providers seeking assistance and support. The methodology used examines a qualitative and quantitative study of homeless women and their families seeking safe shelter away from their partners who are causing harm. The study examines ways in which they became known to the system by way of medical, mental health, substance abuse or child welfare authorities. Found that due to the myriad of families facing countless needs, research has found that using trained therapists along with promising practice and/or evidence-based practice models best supports the needs of the families while addressing their trauma and meeting their concrete needs. The implications are that we need more trained clinicians who are sympathetic to this population and are willing to maintain up to date information to help them best serve their community and provide the best possible care. The findings give insight into how this study can be examined on a broader scale and give policy implications of how to serve best all people who are exposed to IPV, trauma, and PTSD and feel as if they are overlooked by society. There are greater implications for needed research to better support all people who live in fear of the people who harm them and best practice, support and outreach that can give best practice care to those who are in need at the most vulnerable times of their lives.

Keywords : trauma, PTSD, IPV, EBP

Conference Title : ICTTP 2025 : International Conference on Trauma: Theory and Practice

Conference Location : Vancouver, Canada

Conference Dates : September 23-24, 2025