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In This Issue

Emotionally Abusive Relationship

- What is Emotional Abuse?
- Types of Emotional Abuse
- Signs of Emotional Abuse
- What now?
- What if I have a child?

Advantage EAP expands hours in the New River Valley!!!

As of May 5th, 2010, Advantage EAP has additional hours in Radford at 22 Montgomery Street. Call 1-800-699-9396

Online Resources may be found at the bottom of this newsletter.

Emotionally Abusive Relationships



Emotionally abusive relationships may be hard to recognize. Physical signs of emotional abuse are hard to distinguish, but often times the symptoms and signs manifest themselves in a number of behaviors. Emotional abuse can, and does, happen in all types of families, regardless of their background. Unfortunately, emotional abuse may be part of a vicious cycle that is hard to break. This newsletter offers an explanation on what emotional abuse is, the types of emotional abuse, the signs, and what can be done about it.

What is emotional abuse?¹

Emotional abuse is typically any behavior that is used to try and control or overpower another person through the use of fear, humiliation, intimidation, guilt, coercion, manipulation, etc. Emotional abuse is not physical, but rather verbal abuse and criticism, which can be either very obvious or very subtle. Emotional abuse tends to wear away at the victim's self-confidence, sense of self-worth, self-concept and even trust in their own perceptions.

Types of Emotional Abuse:

There are multiple forms of emotional abuse which can be very overt in nature, or be hinted at in a more restrained form. These include, but are not limited to:

- Aggression
- Constant Chaos
- Denying
- Dominating
- Emotional Blackmail
- Invalidation
- Unpredictable Responses
- Verbal Assaults

- Rejecting and/or Neglecting

Signs of Emotional Abuse²

The following may be signs that you or a loved one are in an emotionally abusive relationship:

- Constant insults or ridicule
- Telling what you can and can't do
- Financial control
- Making false accusations
- Keeping you from seeing and/or talking with family and friends
- Extreme jealousy
- Possessiveness or controlling behavior
- Big mood swings
- Explosive tempers
- Past History of emotional abuse
- Using threats to intimidate
- Making you think your feelings don't matter
- Blaming the victim



It is important to note that not all these signs will be in every emotionally abusive relationship

What now?³

Often those in emotionally abusive relationships don't know where to turn or what do to help their situation. The following offers some tips that may be helpful way to fight the verbal abuse:

- Abuse, no matter what kind, is never okay and you should never feel at fault
- Let the abuser know that the words hurt and discuss that it is unacceptable to you. Establish boundaries.
- Surround yourself with a positive support system. Discuss what is going on and how you feel.
- Do not engage in conflict with the abuser. Stay calm or walk away.
- Don't let the abuser have control over how you feel.
- **Seek counseling**

What if I have a child?²

Emotionally abusive relationships can be particularly hard for those with children. This abuse can have a lasting impact on the child. They may also grow up thinking that this emotional abuse is acceptable or normal, which may lead them to follow the same cycle they witnessed growing up. It's important

Locations:

2727 Electric Road, Ste 100
Roanoke, VA 24018

200 Professional Park Drive
Unit 1
Blacksburg, VA 24060

Alleghany Regional Hospital
1 ARH Lane, Room 529
Low Moor, VA 24457

22 Montgomery Street
Radford, VA 24141

Contact Us:

Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call
RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned

to get help, not only for you, but your children as well!

Tips for help:

- Make a safety plan and follow it whenever possible. Have a code word to let them know they should leave and get help.
- Make sure the child knows the abuse is not their fault and that emotional abuse is never okay.
- Check Virginia's laws regarding custody if you plan to leave.

Each situation is different, and as a parent you know what's best for your child. Contacting your EAP is one source that can help you figure out various options available to you and your family.

Advantage EAP is a benefit provided by your employer. The counselors with Advantage EAP have the training and experience to help with these issues, both for you and your family

Please contact your Advantage EAP at:

(540) 989-6605 or 800-699-9396

Or visit our website at: www.psychhealthroanoke.com

Or our Blog at: <http://psychhealthroanoke.blogspot.com/>

Resources from this newsletter:

- 1) <http://eqi.org/eabuse1.htm#Introduction>
- 2) <http://www.thesafespace.org/stay-safe/need-help/am-i-in-an-abusive-relationship/?gclid=CIzM6PGBBy6lCFYNd5Qod7W0YwQ>
- 3) http://divorcesupport.about.com/od/abuserelationships/f/verba_abuse.htm