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HS-207 Trauma, Sexual Abuse and Recovery
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Reaction Paper

I have been asked to write a reaction paper based on a topic we have learned in class thus far. I have chosen the topic of Domestic Abuse. Domestic abuse is a pattern of abusive behavior in any relationship that is used by one partner to gain or to continue to have control over the other partner. There are many types of abuse that can also be domestic violence they include; physical abuse, sexual abuse, emotional abuse, economic abuse, physiological abuse, threats, stalking, and cyberstalking.

Domestic abuse and the correlation to substance abuse is very near and dear to my heart, as I am a recovering addict who was in a very abusive relationship for eight years. Drinking and doing drugs is what got me through that horrific time in my life. When we have had trauma in our life we avoid and numb ourselves. “We avoid activities, places, thoughts or feelings that remind us of the trauma.” sometimes we have the “inability to remember certain aspects of the trauma.” A lot of times there’s a “loss of interest in activities and life in general.” We “feel detached from others and emotionally numb.” (Greene, 2020)

The Power and Control Wheel tells us that “physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem.” (Power and Control Wheel) That is how everyone knew that I was being abused, the bruises, I couldn't go anywhere, I couldn't have any friends, I wasn't allowed to talk to anyone or have any money or anything. The power and

control wheel is a helpful diagram, it helps you to understand the overall patterns of abusive and violent behaviors.

A current real world event happened right in Dexter, Maine when Jefferey Cookson killed long time ex girlfriend Mindy Gould and the young baby she was babysitting Trevon Cunningham. Mr.Cookson was drinking and on drugs at the time of the double homicide. This was classic domestic violence. Mr.Cookson was jealous because Mindy had broken up with him and was moving on with her life. Cookson used classic Domestic violence threats and intimidation. He had put her through isolation in the past and through tons of emotional abuse. This is current because Trevon's grandparents participate heavily in the domestic violence project and help women who are in current situations.

In conclusion Domestic violence and substance abuse a lot of times go hand in hand. Domestic violence is physical, emotional, sexual, economical abuse. The abuser likes to gain power and control over the victim. The power and control wheel is a very helpful tool when trying to break everything down. The power and Control Wheel tells us in the first paragraph that "Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances." (Power and Control Wheel) This quote sums up Mindy's life, Jeff Cookson when they were together didn't physically abuse her, it was mostly mental and emotional abuse, but the one or two times he did hit her he instilled serious fear in her, and for a long time he had complete control of her until he murdered her. Domestic violence is very serious and it is no game, mixed with substance abuse/use is very dangerous and can be deadly.