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Crisis Intervention

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Domestic violence is an essential social issue in many households across the country. The term "domestic violence" also refers to abuse committed by spouses and partners, often involving battering, family violence, and intimate partner violence (Kelly et al., 2008). It is also not simply just physical. In other words, it refers to any behavior meant to control another person, such as verbal assaults, intimidation, and other techniques. Partners in a relationship can suffer from this regardless of whether married, living together, or dating. Also, everyone is vulnerable to domestic violence, regardless of socioeconomic, racial, or educational background. This paper is my reaction to the short film *Purgatory* (2021) directed by Jack Stockley. The paper is also focused on domestic violence against women and how I would respond as a therapist.

According to the Bureau of Justice Statistics, there were more than 470 domestic violence crimes in 2010 (Morgan, 2018). *Purgatory* (2021) short film directed by Jack Stockley, describes a woman stuck in a controlling and abusive relationship. While urinating, Lilith finds out she is bleeding after using the toilet. She notified her husband that she should go to the doctor to be checked. However, her husband, who had previously provided her love and care, now seems dismissive and arrogant when she asks to see a doctor. He does not want her to see a doctor because he is raping her.

Lilith is well dressed after receiving delivery of a package. She looks happy, confident, and attractive, but he is visibly furious. Condescendingly, he challenges her to explain her behavior and says he hopes she didn't look like that when the delivery arrived. Despite Adam's charisma and "love" for his wife, he wants her to look unattractive. According to him, she is always causing problems and is nothing but drama. That is a sign of victim-blaming. Domestic

abuse is not merely about being punched or beaten, it could also involve verbal abuse. Her husband is very controlling and untrustworthy.

Lilith discusses her mother's intention to visit them, but her husband is furious and denies her request, but rather insists on visiting his own mother. He then smashes up the delightful food she made and throws it toward her and around the room. After that, he asks her to clean it up as if she had made the mess. In this scene, he demonstrates an aggregate act but does not physically attack her, yet shows he could've hit or slapped her. This is a sign of abuse because he wanted to isolate her from her family and loved ones in order to have power and control over her life. Part of his tactics for isolating her is by keeping her far from her family members.

In addition, Adam begins to show care and cherish Lilith while also trying to forcefully convince her to drink the wine after putting a drug in it. He later treats her with disgust and judgment as she seems intoxicated while getting into bed. Lilith thinks about taking her medication, revealing it to be sleeping pills, but Adam discourages her because she has too much alcohol to mix with them as if she had been willing to drink the alcohol. Adam appears to be concerned she won't rest well. However, she falls into a deep restless night. He begins to take advantage of her unconscious body and brutally rapes her. This shows he wants complete control of her body, even during intercourse. After she wakes up with Adam beside the bed with a mug of tea, he asks if she remembers anything from last night, and she replies no. As she uses the bathroom for a second time, Lilith looks pale, ill, exhausted, and disorientated as she sits on the toilet. There she finds out that there's more blood in her urine than before. She bursts into tears from her hurt.

After she gathers herself, she gets up, looks into the mirror, and says, "Today is going to be a good day." But unfortunately, her abusive husband will not allow her to have what she

wishes as long as he has a hold on her. Sadly, Lilith is unaware that her husband is abusing her. So, although she feels something is wrong, she can not fix it. She is probably too naive or afraid to run away and find help.

Many women who fall in love marry their partners, break up, and get a divorce. But some, unfortunately, get stuck or trapped in an abusive relationship. Therefore they are less likely to leave. Furthermore, some studies demonstrate that women cannot break free from abusive partners despite suffering from unhealthy relationships (O'Campo et al., 2016). There are numerous reasons why women stay in abusive relationships, including abusive family backgrounds, social pressure, and personality disorders.

I believe Lilith stays with her abuser hoping that he would change. Also, Lilith chooses only to see the positive traits in Adam. She thinks he is a beloved and reliable partner. However, Adam feels guilty and tries to apologize and comfort Lilith, which is why she still hopes for the better. Also another reason Lilith can not leave the relationship is perhaps because she has no financial independence or friends to run to.

As a therapist for such a patient, I would intervene by first setting goals for the clients in order to manage her current challenges. Following this, it is necessary to conduct self-evaluation to overcome the trauma. Therefore, in the beginning phases of the treatment, the first step is to stabilize her in the abusive environment and make her feel secure. In such a case, it is evident that her mental processes can be negatively affected by her husband. This is why I would help her mainly by eliminating negative behaviors and thoughts, such as overthinking and being aggressive toward others. The following other examples of negative behaviors: suicidal thoughts, isolation, and anger.

Furthermore, I would use evidence-based cognitive therapy to assist in her healing from having suffered rape, sexual assault, and other forms of trauma. For example, I would have Lilith talk or write about her traumatic experiences and the effect of such incidents on her life. It is possible to reduce guilt, depression, and other negative characteristics in the victim when such information is provided. Additionally, the victim's noted experiences would be read aloud during treatment sessions in order to challenge the distorted cognitions that lead to guilt, depression, and anger.

## References

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