



OPTIMYSTIC BIKERS AGAINST ABUSE
088-292-NPO
www.optimystic.za.net
info@optimystic.za.net
071 427 0187

ADDRESSING INTERPERSONAL (DOMESTIC) VIOLENCE AND ABUSE FROM A HUMAN RIGHTS PERSPECTIVE

EDUCATION

Education (both public and of clinical practitioners, law enforcement, social services and the judiciary), prevention, early identification and intervention, as well as effective trauma treatment are all necessary to break the cycle of violence.

To really create a change, we need to intensify educational efforts, expand the availability of trauma-informed care (treating a whole person, taking into account past trauma and the resulting coping mechanisms when attempting to understand behaviours and treat survivors).

One illustration of why trauma-informed care is so important is when a rape survivor speaks unemotionally or matter-of-factly about their experience. Often this is perceived as proof that the survivor is lying, when in reality it is often the case that the survivor is coping with their experience by detaching.

Generally there is little understanding of the ramifications of trauma. The result of this lack of understanding goes beyond an empathy gap or the lack of appropriate response for victims of trauma, and often results in judgmental attitudes and even re-victimization of those who have survived trauma.

This results in victim blaming behaviour (Why were you dressed like that? Why were you there? Why didn't you just leave? etc.)

Whilst we know that training in trauma-informed care is necessary for health-care providers and law enforcement, we realise that we are a long way off from this and so it is our aim to educate, advocate around issues of trauma informed care and the provision of holistic, multi-disciplinary approaches to dealing with trauma.

To this end we are in the process of partnering with other organisations and service providers to provide training courses and open discussions around the need for trauma informed approaches to these complex social problems.