

## DOMESTIC ABUSE & CHRONIC PAIN FACT SHEET

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This Domestic Abuse fact sheet is a supplement to our [Airing Pain programme “Domestic Violence and Chronic Pain”](#) and our [special edition of Pain Press](#). It includes information and resources for healthcare professionals, those who have experienced or are experiencing abuse and anyone supporting those with an experience of abuse.

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### For Healthcare Professionals

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#### Information and guidelines

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**NHS Scotland’s brief guide to intimate partner violence and abuse**

[http://www.healthscotland.scot/media/1166/brief-guide-to-intimate-partner-violence\\_5466.pdf](http://www.healthscotland.scot/media/1166/brief-guide-to-intimate-partner-violence_5466.pdf)

**Department of Health Domestic Abuse Guidance**

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/597435/DomesticAbuseGuidance.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/597435/DomesticAbuseGuidance.pdf)

**Domestic Violence Support - British Medical Association**

Report for doctors:

<https://www.bma.org.uk/media/1793/bma-domestic-abuse-report-2014.pdf>

BMA Website:

<https://www.bma.org.uk/advice-and-support/ethics/safeguarding/domestic-abuse>

**What is PTSD?**

<https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd>

**Type 2 or Complex PTSD:**

<https://www.ptsduk.org/what-is-ptsd/c-ptsd-pdsd-and-type-2-ptsd-explained/>

**National Institute for Health and Care Excellence (NICE) Guidelines for PTSD**

<https://www.nice.org.uk/guidance/ng116/resources/posttraumatic-stress-disorder-pdf-66141601777861>

### **Supporting people who experience intimate partner violence**

<https://eprints.whiterose.ac.uk/142378/3/domestic%20violence%20nursing%20standard%20paper%20FINAL.pdf>

### **Trauma-informed Care for Chronic Pain Management**

Video on A Trauma Informed Approach to Chronic Pain

[https://www.youtube.com/watch?v=pGaeA4735rc&ab\\_channel=PAINWeek](https://www.youtube.com/watch?v=pGaeA4735rc&ab_channel=PAINWeek)

<https://www.practicalpainmanagement.com/treatments/psychological/optimizing-care-using-trauma-informed-approach>

<https://traumainformedoregon.org/chronic-pain-and-disability-trauma-informed-care-in-pain-management/>

## **Training**

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### **Against Violence & Abuse's (AVA) Online Training Courses and Webinars:**

<http://www.elearning.avaproject.org.uk/course/index.php?categoryid=4>

### **Identification and Referral to Improve Safety (IRIS) intervention training**

Website:

<https://irisi.org/>

IRIS Information Sheet:

[https://pdfhost.io/v/n85PxItbI\\_Blue\\_Simple\\_University\\_General\\_Newsletter.pdf](https://pdfhost.io/v/n85PxItbI_Blue_Simple_University_General_Newsletter.pdf)

Guidance for General Practice Teams – Responding to domestic abuse during telephone and video consultations:

<https://irisi.org/wp-content/uploads/2020/06/IRISi-COVID-19-Doc-and-info-sheets-11.pdf>

### **Domestic Abuse, Stalking and Honour Based Violence (DASH 2009) Risk Identification, Assessment and Management Model**

Website:

<https://www.dashriskchecklist.co.uk/>

Training:

<https://www.dashriskchecklist.co.uk/training/>

DASH Reference Guide and Checklist:

<https://www.dashriskchecklist.co.uk/wp-content/uploads/2016/09/DASH-2009-2016-with-quick-reference-guidance.pdf>

**Assessing for Technology Abuse**

<https://www.refuge.org.uk/wp-content/uploads/2020/01/Assessing-for-technology-abuse-and-privacy-concerns.pdf>

## Research: chronic pain, domestic abuse and healthcare

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1. [Chronic Pain Syndromes and Violence Against Women](#)
2. [Pathways of Chronic Pain in Survivors of Intimate Partner Violence](#)
3. [Abuse-related injury and symptoms of posttraumatic stress disorder as mechanisms of chronic pain in survivors of intimate partner violence](#)
4. [The Effect of Intimate Partner Violence on the Physical Health and Health-Related Behaviors of Women](#)
5. [Central Nervous System Sensitisation and Domestic Abuse History](#) (currently in press)
6. [Domestic abuse awareness and recognition among primary healthcare professionals and abused women: a qualitative investigation](#)
7. What victims want: [Medical Management of Intimate Partner Violence Considering the Stages of Change: Precontemplation and Contemplation](#)
8. [Patterns and Predictors of Service Use Among Women Who Have Separated from an Abusive Partner](#) (includes barriers to seeking help)

## Books

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*Coercive Control: How Men Entrap Women in Personal Life (Interpersonal Violence)* by Evan Stark

*Domestic Violence in Health Contexts: A Guide for Healthcare Professions* by Dr. Parveen Ali & Dr. Julie McGarry

*Lost Voices: Women, Chronic Pain, and Abuse* by Dr. Nellie A Radomsky

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## For those experiencing abuse

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### Understanding Abuse

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#### Recognising Abuse:

<https://www.refuge.org.uk/get-help-now/recognising-abuse/>

#### Keeping Safe:

<https://www.refuge.org.uk/get-help-now/support-for-women/keeping-safe/>

#### Domestic Abuse Survivor Handbook

<https://www.womensaid.org.uk/the-survivors-handbook/>

#### Surviving Domestic Abuse Leaflet

[https://www.victimsupport.org.uk/sites/default/files/DA Live Chat Service leaflet.pdf](https://www.victimsupport.org.uk/sites/default/files/DA_Live_Chat_Service_leaflet.pdf)

#### Why leaving abusive relationships can be tough

<https://www.psychologytoday.com/us/blog/love-lies-and-conflict/202001/8-reasons-women-stay-in-abusive-relationships>

<https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/women-leave/#1510676908911-b8a32b5f-9977>

Real stories of women and why they couldn't leave: <https://healthtalk.org/womens-experiences-domestic-violence-and-abuse/why-women-couldnt-just-leave-a-violent-or-abusive-partner->

#### Ways abusers manipulate those they abuse

<https://www.psychologytoday.com/us/blog/communication-success/201908/8-ways-gaslighters-manipulate-and-control-relationships>

#### Mind, Post-traumatic stress disorder (PDF)

<https://www.mind.org.uk/media-a/2950/ptsd-2018.pdf>

#### Mind, Post-traumatic stress disorder

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd/complex-ptsd/>

#### Coping and your 'Window of Tolerance'

<https://theawarenesscentre.com/coping-with-trauma/>

**Kath Twigg's Exercises for Adopting Healthier Life Patterns**

<https://www.kathtwigg.co.uk/exercises>

**Resource for abuse perpetrators to stop/contain abuse**

<https://respectphoneline.org.uk/resources/resources-for-perpetrators/>

**Your rights & options**

<https://www.nationaldahelpline.org.uk/Your-rights-and-options>

## Seeking Help

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**Pharmacies offering Safe Spaces**

<https://uksaysnomore.org/safespaces/>

**Zero Tolerance**

[www.zerotolerance.org.uk](http://www.zerotolerance.org.uk)

**NHS Greater Glasgow & Clyde, How can the Pain Management Service help you? (PDF)**

<https://www.nhsggc.org.uk/media/259486/leaflet-how-can-the-glasgow-pain-service-help-you.pdf>

**Scottish Government, Important advice for people with chronic pain (PDF)**

<https://www.gov.scot/binaries/content/documents/govscot/publications/advice-and-guidance/2020/03/coronavirus-covid-19-tailored-advice-for-those-who-live-with-specific-medical-conditions/documents/chronic-pain/chronic-pain/govscot%3Adocument/Patient%2BInformation%2BLeaflet%2B-%2Bfor%2Bpeople%2Bwith%2Bchronic%2Bpain%2B-non-shielding%2B061120.pdf>

**NHS Greater Glasgow & Clyde, Pain Services**

<https://www.nhsggc.org.uk/your-health/health-services/chronic-pain/information-and-resources-for-patients/>

**Heads Up – Mental Health Organisation**

<http://www.headsup.scot/>

**Mind – Mental Health Charity**

<https://www.mind.org.uk/>

**Scottish Women's Aid**

<https://womensaid.scot/>

**Rape Crisis Scotland**

<https://www.rapecrisisscotland.org.uk/>

**Rape & Sexual Abuse Service Highland**

<https://www.rasash.org.uk/>

**Refuge**

<https://www.refuge.org.uk/>

**Refuge, Support for men**

<https://www.refuge.org.uk/get-help-now/help-for-men/>

**Scottish Women's Rights Centre**

<https://www.scottishwomensrightscentre.org.uk/>

## **Books**

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*Power And Control* by Sandra Horley

*Recover and Rebuild Domestic Violence Workbook: Moving On from Partner Abuse* by Dr. Stacie Freudenberg

*The Hall of Mirrors* by Kath Twigg

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