

# **LE PEUR, PETIT CHASSEUR**

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**Q&A**

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### **1. Who can I turn to if I get into a tough situation?**

Any of us can get into a difficult situation during our lives. This may be due to family arguments, relationship conflicts, illness or for example the death of a close person. It is always important to remember that there are options to manage an intractable situation at first hand. Help can be sought from trusted dedicated phonelines. Trained experts will listen to the problem and suggest how to proceed. In acute cases, so-called crisis centres (usually open 24 hours a day) can be contacted without an appointment. Here, psychologists, psychiatrists, therapists or social workers help people in difficult situations. If we are completely paralyzed by the crisis situation, or even think acutely of suicide, we can call people like Childline who are here to help in any situation or to dial 999 in an emergency situation.

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### **2. What is a domestic violence?**

The concept of domestic violence includes all forms of violence (physical, sexual, psychological, and economic violence, or enforced isolation) that occurs between close loved ones - most often between partners or former partners. Domestic violence occurs to people from all educational backgrounds, social situations, classes, races or ethnic groups. These are mostly conscious acts that aim to gain power and control over the other partner, causing them fear and ultimately forcing them to behave in a certain way. That close interdependence with power and control distinguishes domestic violence from conflict.

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### **3. Where can people at risk of domestic violence find safe haven?**

Specialist safehouses are available for women who are victims of violence. Each country has various models of these safe spaces with support etc normally offered on site. In these facilities staff are often highly trained to assist the victim recover. Women are taught how to safety plan and minimize future risk of assault. The work with victims of violence is very specific and skilled and often involves children. Victims of domestic violence need to find a safe haven from the aggressor, but that does not just mean a „roof over their head. Therapeutic assistance and expert social advice are important parts of the service provision. Bear in mind, there are over 80 asylum homes for mothers with children mostly run by charities which are dedicated to multi-target groups of women with children.

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#### 4. What help is offered to children who have experienced domestic violence to deal with trauma?

Children who witness violence are at risk mentally and emotionally and many experiencing feelings of anger and fear without knowing how to deal with them. Children often feel guilty, and think they are responsible for the violence. Being present when one parent commits violence towards another parent tends to be a traumatic experience for life. The effect of the pattern of behaviour experienced tends to make these children more aggressive, or fearful. Children can suffer depression, psychosomatic difficulties or post-traumatic stress disorders. A violent parent is taught to place responsibility on others, to blame the failures on society. There can often be a transgenerational transmission of violence as children carry experienced patterns of behaviour into their future relationships. It is „natural“ for them to behave aggressively or tolerate aggressive behaviour. There is a correlation between child abuse and domestic violence: 50% of men who often attack their wives also often attack children. Around 90% of children know about the violence their mother is subjected to (though parents often think they have managed to hide violent attacks or injuries). To cope with the traumatic experience child witnesses of domestic violence are helped by specialist staff of asylum homes and, where appropriate counselling centres. Above all children need to be allowed to vent accumulated emotions in a safe environment and receiving atmosphere. They are assisted by child psychologists, therapists and art therapists. To map the experience of a child, professional help organisations can use a projective technique, called a scene test. The point of working with children is to develop creativity through various techniques (paintings, drawings, collages, clay work, dancing, games) and to release accumulated tensions.

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## Resources

### National Domestic Abuse Helpline

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

#### Call 999 from a mobile

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police.

Pressing 55 only works on mobiles and does not allow police to track your location.

#### Call 999 from a landline

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler.

If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.