

Wheel of Power & Control: Dynamics of Abusive Relationships



Abuse and control looks similar across all relationship types. Here are some of the dynamics of the abuse of power for control in unhealthy LGBTQ relationships.

Intimidation

Yelling or screaming; threatening to hurt you or themselves; inciting fear and reinforcing homophobia, biphobia, transphobia, etc.

Sexual Abuse

Pressuring, using drugs/alcohol, or other coercive methods to get intercourse; comparing to past partners; forced intercourse and/or rape.

Physical Abuse

Holding you so you can't leave; slamming you into a wall; hurting you where bruises don't show; grabbing; slapping; hitting; shoving; punching; kicking.

Threats

Saying they can't live without you; constantly threatening to find someone else; saying they will commit suicide if you break up; threatening to "out" you.

Domination

Treating you like a baby, property, or servant; making all the decisions; defining each partner's roles or duties; using privilege or ability to "pass" to put you in danger, cut off your access to resources, etc.

Humiliation

Name calling; constant criticism; gaslighting; humiliating you in public; questioning whether you're "really" your chosen identity; reinforcing internalized homophobia, etc.

Possessiveness

Jealousy; accusations of cheating; isolation from friends/family; saying no one else will want you because of your identity.

Minimization & Blame

No responsibility for actions; making light of abuse; blaming you; reinforcing same sex relationship myths of abuse (same sex partners incapable of abuse).

Resources

Rainbow Umbrella

Activity-based Youth Support Groups
(805) 644-LGBT (5428) www.rainbowumbrella.org

One Step a la Vez

Activity-based Youth Support Groups
(805) 625-7067 www.onestepalavez.org

Diversity Collective Ventura County

LGBTQ Community Resource Center
(805) 644-LGBT (5428)
www.diversitycollectivevc.org

The Pride Clinic - Santa Paula West

Hormone Replacement Therapy
(805) 229-0220
www.vcha.org/lgbt

PFLAG: Parents & Friends of Lesbians, Gays, LGBTQ+

National Family & Ally organization
(805) 330-1304

www.pflag.org/chapter/pflag-ventura

Trans Alliance Ventura

Support Groups for Trans and Gender Diverse People
(805) 330-1304
transallianceventura@gmail.com

HOPE Counseling, Inc.

Outpatient Mental Health Services
(805) 890-2289
www.counselinghope.info



COALITION
FOR FAMILY HARMONY

1030 North Ventura Road, Oxnard, CA 93030

Ph: 805.983.6014 Fax: 805.983.6240

M-F 8am-12pm 1-pm-5pm

admin@thecoalition.org

Se habla español



COALITION
FOR FAMILY HARMONY

LGBTQ+ Program

Support services for the LGBTQ+ Community.

- Free Individual and Group Counseling
- Emergency Shelter Services
- Crisis Counseling, Advocacy and 24-Hour Accompaniments
- LGBTQ Youth & Transgender Support Group
- Legal Clinic and Support

**You are not alone.
We are here for you.**

**24/7 Bilingual Crisis Hotline
1-800-300-2181**

The LGBTQ+ Program at the Coalition for Family Harmony is funded by CalOES VOCA '15 funds.

What is the LGBTQ+ Program?



LGBTQ+ communities are often excluded from conversations about sexual assault and intimate partner violence services and prevention. People identifying as LGBTQ+ may also face issues such as family rejection, homelessness, substance abuse, and depression, all factors that may increase risk of violence

Coalition provides nonjudgmental, affirming, survivor centered services that recognize the importance of providing safe treatment spaces for the LGBTQ+ community with clinicians that understand the importance of identity and are educated about the violence and vulnerabilities of people who are LGBTQ+.

Coalition LGBTQ+ Services:

- Bilingual walk-in crisis counseling;
- Free counseling sessions for LGBTQ+ individuals;
- Victim advocacy and resources;
- Emergency shelter and transitional housing program for survivors of domestic/intimate partner violence or sexual violence; or online romance scams;
- Transgender adult support group;
- LGBTQ+ youth and adult support groups;
- Legal clinic that provides guidance and consultation on matters in family law including restraining orders, child custody disputes and divorce.

For other services by the Coalition, please visit our website at: www.thecoalition.org

Self-Care is Important!



Recovery from trauma, stress, and anxiety can take a toll on your body, mind, and relationships. Managing a routine of self-care is important to reducing those symptoms.

If you find yourself stressed, anxious, or facing other symptoms of trauma, do something you enjoy or ask yourself these questions:

Have I eaten today?

Whenever possible, eat something nutritious like fruits and vegetables, a smoothie, or protein.

Have I gotten enough sleep?

Schedule in a 20 minute nap, plan to go to sleep earlier tonight, or sleep in.

Have I exercised recently?

Take a 20 min walk or practice light stretching to give your body a break from sitting or work.

Have I done anything to relax recently?

Try drinking a cup of tea, listening to your favorite music or taking five minutes to focus on your breathing.

Where can I go for social support?

Friends, family, and religious members are some options for support.

If you have feelings of hopelessness or feel you are in crisis, our 24-hour Bilingual hotline is there for you:

1-800-300-2181

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What can counseling or support groups do for me?

Crisis, trauma, and general counseling sessions in a confidential, nonjudgmental space can help you develop coping skills, safety planning, and helping you gain the tools to overcome the challenges of everyday life whether large or small.

Professionally facilitated support groups can help you connect to others in a safe space where the LGBTQ+ community can share experiences to support one another.