



Breaking the Spirit: Fear, Violence and Trauma... Past, Present and Future.

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Family Services of Peel



FAMILY SERVICES of PEEL

Since 1971

Ontario
Trillium Foundation



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de l'Ontario

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Breaking the Spirit

- Taming the dog
- Carmen
- Women working without pay





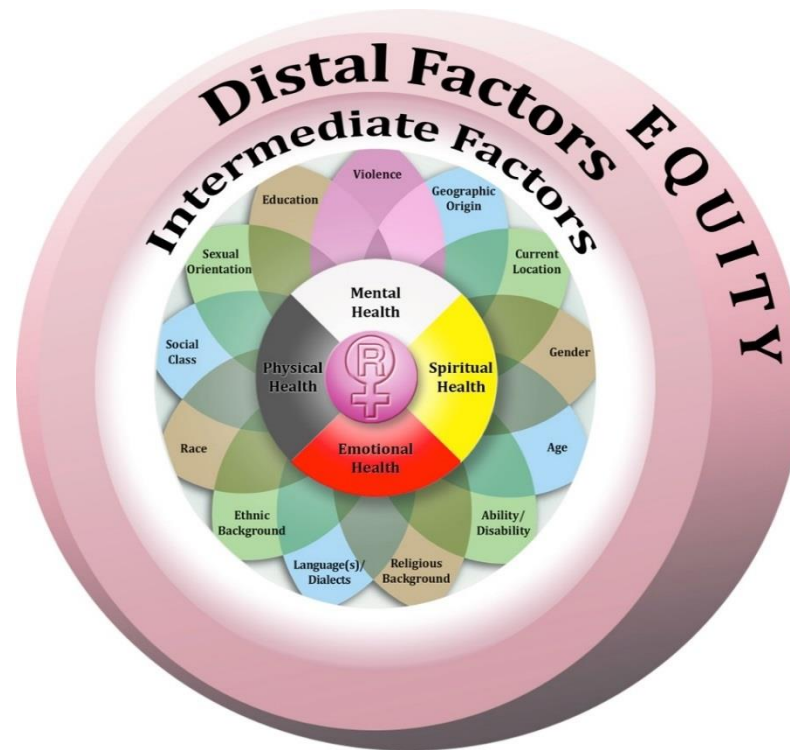
Peel Institute on Violence Prevention

Peel Institute on Violence Prevention was initiated in 2013. The Institute is an inter-disciplinary and inter-sectorial collaborative initiative among agencies in the Region of Peel, working toward the eradication of all forms of violence.

Objectives of the Institute:

- Engage in policy analysis and participatory action research on current responses to violence.
- Achieve equity in services for survivors of violence in the Region of Peel
- Enhance the capacities of community-based agencies by developing program evaluation tools that will measure access to seamless, interdisciplinary services and support.

Anti-Oppression, Anti-Racism Equity Framework



Root Causes of Fear, Violence and Trauma

- The Lost Crone and Matriarchy (500 years of witch hunting)
- Theology and relations to Patriarchy (the Inquisition)
- Colonialism and Racism
- Social Institutions (family, Church/temple) and Rule of Law
- Gender inequality – Gender differences/stereo types, gender roles and Power relations
- Racism and Class differences
- Natural Disasters and Man made Disasters such as war, conflicts



Patriarchy. 500 years of witch hunting

Galeano Eduardo: Memory of Fire, Trilogy of Genesis (The Inquisition)

By order of Satan (1682 –Remedios)

He makes the stones of the church vibrate.

“Satan dog” talk or I’ll piss on you! threatens inquisitor Jose Gonzales de la Cruz, parish priest of Remedios, as he knocks down and kicks the black woman Leonarda before the main altar. “If god wants to cleanse you, father Jose tell her “he will whiten your skin”

**All Europe is selling human flesh (1682
Accra)**

Germany The African Company

Portugal The Company of Guinea

England The Royal Africa Company

France The Company of Senegal

Holland The Company of the West Indies

**The slaves were the most lucrative of all
merchandise going to America**

Canada: Racism and Colonialism

“Take the Indian out of the child”

- A century-long government campaign to eradicate Aboriginal culture and language so that Aboriginals could be absorbed into mainstream society.
- Nearly 150,000 children went through 90 schools across the country, which were run by the Catholic, Anglican, Presbyterian and United churches from the late 1800s until the 1960s, when the government began running them itself. The last of the schools was shut down in the 1980s.

Fear

- The only emotion that controls men effectively is fear.
- Fear of God's imaginary hellfire. A good man is a fearing man.
- Children must have the "fear of God" put into them or they will grow up to be criminals or worse.
- Men control other men by fear.
- The ability to intimidate is their definition of power.
- Some men even try to control their own families by terrorizing wives and children.
- They use bullying and other methods they know will work to create fear.

Violence and Trauma...

In the Name of Religion/Faith

- **Islam Surah (4:34)** Men are the protectors and maintainers of women, because Allah has made one of them excel the other, and because they spend (to support them) from their means. Therefore the righteous women are devoutly obedient (to Allah and to their husbands), and guard in the husband's absence what Allah orders them to guard (e.g., their chastity, their husband's property). As to those women on whose part you see ill-conduct, admonish them (first), (next), refuse to share their beds, (and last) beat them (lightly, if it is useful); but if they obey you, seek not against them means (of annoyance). Surely, Allah is Ever Most High, Most Great.
- *Translation of the meaning of The Noble Qur'an in the English Language By Dr. Muhammad Taqi-ud-Din al Hilali and Dr. Muhammad Muhsin Khan*

Violence and Trauma...

In the Name of Religion/Faith

- **Christianity** “Women should remain silent in the churches. They are not allowed to speak, but must be in submission, as the law says. If they want to inquire about something, they should ask their own husbands at home; for it is disgraceful for a woman to speak in the church” (I Corinthians 15:9)
- *The Holy Bible, New International Version*

Violence and Trauma...

In the Name of Religion/Faith

- **Hinduism** “By a girl, by a young woman, or even by an aged one, nothing must be done independently, even in her own house. In childhood a female must be subject to her father, in youth to her husband, when her lord is dead to her sons; a woman must never be independent”. (Laws of Manu, V, 147-8).
- (<http://www.vgweb.org/manussa/BuddhaWomen.htm>)

Violence and Trauma...

In the Name of Religion/Faith

- **Buddhism** Book of the Disciples: Eight Garudhammas: (conditions in order to allow a woman to join the order as a bikkhuni): “A nun who has been ordained (even) for a century must greet respectfully, rise up from her seat, salute with joined palms, do proper homage to a monk ordained but that day.

A nun must not spend the rains in a residence where there is no monk”

- (<http://www.trinity.edu/rnadeau/asian%20religions/Lecture%20Notes/Mahayana%20Buddhism/Buddha%20Eight%20Special%20Rules.htm>)

Root Causes of Fear, Violence and Trauma

What is Trauma?

- “The word “trauma” is used to describe experiences or situations that are emotionally painful and distressing, and that overwhelm people’s ability to cope, leaving them powerless. Trauma has sometimes been defined in reference to circumstances that are outside the realm of normal human experience. Unfortunately, this definition doesn’t always hold true. For some groups of people, trauma can occur frequently and become part of the common human experience.
- In addition to terrifying events such as violence and assault, we suggest that relatively more subtle and insidious forms of trauma—such as discrimination, racism, oppression, and poverty—are pervasive and, when experienced chronically, have a cumulative impact that can be fundamentally life-altering.”
- <http://www.nonviolenceandsocialjustice.org/FAQs/What-is-Trauma/41/>
accessed March 2016

Violence and Trauma...

- Trauma is the result of terrifying events which disrupt a person's sense of predictability and safety in the world. In the field of mental health, "trauma" refers to an experience (single event or ongoing experience) that is emotionally painful, distressful, or shocking, and which often results in lasting mental and physical effects.
- Women who had been abused in their intimate partner relationships had more headaches, back pain, sexually transmitted diseases, urinary tract infections, appetite loss, abdominal pain and digestive problems, gynecological, chronic stress related, central nervous system and total health problems (Campbell et al, 2002).
- Around the world women and their families are experiencing violence and trauma in armed conflicts or displacement through natural disasters or war. The complexity of trauma originating from country of origin violence and disasters is particularly significant for Peel. Immigrants make up 43% of the Peel population and 60% of Peel's population now live in a household that is headed by an immigrant. Poverty complicates this picture as recent immigrants in Peel are more than three times as likely to live below the poverty level compared to the total population (23% vs. 8.7%). Susan Harris, CFSPD, 2016.

How this history is reflected in the organization of services today:

- Services are linear, crisis oriented and short-term
- Services are organized in silos without much coordination and communication among them
- Demographic characteristics of the population are poorly collected
- Services are still organized and delivered according to the average male, white, middle class individual

Strategies for Future:

To rescue women's intellectual gifts

- Mathematics (original meaning “mother wisdom”)
- Calendar (original “lunar” or “menstrual”)
- Dividing system of measurements
- Musical and poet forms
- We need to rediscover the symbols of matriarchy and the wisdom of the crone

Strategies for Future:

Women must say “no” more often

Women’s most feared power over men, is the power to say no.

- To refuse to take care of men.
- To refuse to service them sexually.
- To refuse to buy their products.
- To refuse to worship their God.
- To refuse to love them.
- Every rapist knows that sex can be forced, but no power in the world can force love from any woman who wishes to withhold it.
- Men may talk complacently of their conviction that God loves them; but in reality, what they need in their daily lives is the love of women. If it is denied, most men feel somehow incomplete as human beings. This is why nearly all the patriarchal rules for feminine behavior aim at immobilizing each woman in the service of a man, so she can have no economic, sexual, or intellectual freedom to say no.

Strategies for Future:

Men need to get involved

- Male identity in patriarchal society is in a state of crisis
- What does it mean to be a man?
- What are the expectations “we” have of men?
- Sexuality and male sexual assault survivors
- “Sexual identity questions and sexual dysfunction are commonly reported consequences of sexual assault for victimized men.”
(Tewksbury, 2007)
- The “talking cure”: frank disclosure
- Emotions that were once impossible to tolerate become tolerable

Strategies for Future:

Services need to be reorganized

- Collect demographic to develop services that respond to the needs of the racialized population of Peel.
- Establish system of services with strong communication and coordination strategies (referral loops)
- Understand and apply the Social Determinants of Health and Well-Being in the Organization of Services



Final Message

<https://www.youtube.com/watch?v=IGMW6YWjMxw>

The light of my eyes



Děkuji Diolch Mh'gōi Nandri Tānan
 Dank U хвала / hvala
Faleminderit Hvala Chnorakaloutoun
 Mahalo tesekkür ederim Choukrane
Blagodaria Shukran спасибо
Dakujem Terima Kasih Gràcies
Merci Tack Dankie Açık
 Tak Chi Meegwetch Thank You
 Gracias Αrigatō Danke תודה / todah
Kiitos Kop Khun dhanvavād köszönöm
Grazie
 A Dank Grazzi Multumesc Takk Paldies
감사합니다 (gamsahamnida)
Xièxiè Благодарам / blagodaram
Баярлалаа Dziękuję Obrigado
Ngiyabonga Дякую
ευχαριστώ

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