

Greg Walsh

Licensed Independent Clinical Social Worker

- **Greg provides mental health counseling for:** children, adolescents & adults. For more than 19 years, Greg has practiced in a variety of settings with diverse populations. He also does grief & loss work with clients of all ages.
- **Greg specializes in E.M.D.R.** (Eye Movement Desensitization Reprocessing) —which is particularly effective for clients who have experienced traumatic life events such as divorce, job loss, abuse: i.e. verbal, emotional, physical other volatile acts towards you that can be difficult to resolve on your own or move beyond. He also provides personal improvement & career enhancement work utilizing E.M.D.R.
- **Greg's clinical interests and competencies include:** conflict resolution, depression, anxiety, and related diagnoses, communication enhancement, parenting skills and chemical use/abuse issues.
- **Greg earned his Master's Degree in Clinical Psychology** from St. Mary's University of Minnesota.

Victoria Mental Health Services, Ltd



Victoria Mental Health

"Lasting Change"
Bulletins:
Breaking the Chains
of Violence
Greg Walsh, LICSW



Are you a Violence Survivor?

Have you experienced **Chronic Violence** - meaning that you have experienced abusive acts for a period of more than six months in duration for any of the following:
****please turn to page two – thank you.**

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Violence Survivor Checklist

Types of Violence

Barriers to Breaking the Chains of Violence / Next Steps

Check the item if you have experienced the following types of violence:

- Threats of physical harm have been made towards me by: (spouse, family member, other)
- I have suffered acts of physical harm toward myself—meaning I have been hit, punched, kicked, slapped or another individual has physically thrown objects to purposely hurt me.
- My (spouse, partner, other) has made berating remarks towards me which are mentally/emotionally hurtful to me, my self-esteem, self-image, self-worth, etc.
- I have been yelled at, swore at, or been spoken to in a tone of voice that was upsetting to me.
- I have been subjected to sexually degrading remarks or comments.
- Another individual (spouse, partner, acquaintance, other) has touched my body in a sexual way without my consent.
- An individual/s has purposely attempted to suppress my thoughts, ideas, values/convictions or beliefs. In other words, they purposely made an effort to silence my voice re: a topic/issue because they do not support that stance or strongly disagree with that viewpoint.

When asked, many people mention or think of physical violence first when questioned about different forms of violence. However, there are several different forms of violence that are equally destructive if not more so. The following are some of the most common defined types of violence.

Physical violence: Physical contact –i.e. hitting, punching, slapping, etc. It can also be manifested by **threatening** any of the above actions. Intimidating another by invading his/her personal space. Physical violence can also be exhibited by throwing objects, hitting walls, slamming doors, or breaking objects.

Violence of a mental/emotional nature: When an individual/group makes demeaning, derogatory, or condescending remarks. Often, the intent is to purposefully inflict emotional harm towards another. However, there are cases where the individual and/or people making the remarks are not aware of the fact that their remarks are truly destructive to others.

Verbal abuse—yelling, swearing, sarcasm, etc.

Abusive acts of a sexual nature: Such acts include rape, penetration, fondling, or caressing of another individual without their consent. For boys/men this is primarily in the genital area. For girls/women, this would include the chest and the genital area normally covered by a swimsuit. **Sexually degrading remarks** are included as a form of sexual abuse. Remarks can be made by another individual with /without the intent of propositioning another for some type of sexual arousal and/or enjoyment.

Violence of Oppression: This is where another silences one's values, convictions, spiritual beliefs, or ideas intentionally. This is an **abuse of power** by an individual or a group of people who oppress the ideas, or the content of values which an individual or group hold. The intent is to silence that individual and/or group's voice.

Shame or feelings of embarrassment: The individual may experience shame or even humiliation by confronting the person/people inflicting the volatile act because then the act is no longer a “secret” and others will know

Fear of judgment by others: Incidents of abuse in both Christian & secular settings often go unreported for fear that others will view them or the perpetrator/both in a negative manner. Unfortunately, inaction allows the abuse to continue.

Pride: Admitting the fact that a family member, friend or you yourself have committed some kind of abusive act/s can be terribly difficult to disclose.

Fear of retaliation by the perpetrator: Admittedly, if the violence is disclosed without taking careful precautions in executing the intervention, the outcome for the victim can become worse.

Lack of Emotional Strength: Many times the victim loves the perpetrator, wants them to get the help he/she needs, but personally lacks the emotional strength needed to do the confrontation.

What Can I Do? Next Steps:

- Call your community liaison officer (police)
- Contact the county Social Service agency to determine which abusive acts are reportable
- Take care of yourself by making an appointment with a trained clinician who can aid you in **reversing** the chains of violence.

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