



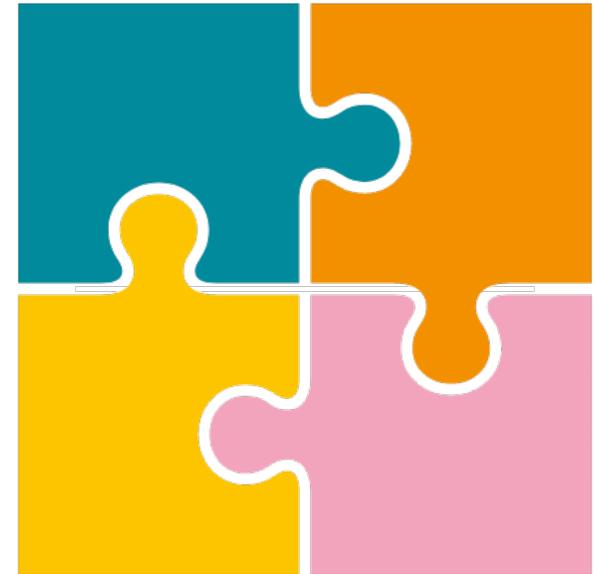
# Formulation and Trauma informed approaches to understanding Intimate Partner Violence

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# Formulation: Putting it all together

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- Formulation is key to understanding an individual's difficulties and problematic/harmful behaviour, including IPV
- A formulation describes someone's difficulties and attempts to explain these in terms of a range of factors that contribute to the development and maintenance of the problems
- It can help us to guide management strategies and interventions
- A formulation is like a thumbnail sketch of a person, our best understanding at that point in time of how the person developed these problems, how they affect them now, what triggers them and what implications this has for how we should work with them



# Trauma and perpetration of IPV

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- There is a strong link between childhood trauma and victimisation and general criminality and violence
- General trauma symptoms have been found to be more prevalent in IPV perpetrators than control subjects
- There is some evidence that being a victim of or witnessing family violence as a child or adolescent is associated with an increased risk of IPV as an adult

# Trauma informed care

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Understanding the impacts of trauma  
and aiming to avoid re-traumatizing

# Trauma informed care

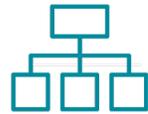
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Safety



Trust & Transparency



Choice



Collaboration



Empowerment

# Summary

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A formulation can help us to gather and integrate information to help us understand the perpetration of IPV

There are links between experiencing trauma and perpetrating IPV

Trauma informed care involves understanding the impacts of trauma and aiming to avoid re-traumatizing

There are 5 principles to trauma informed care:

- Safety
- Trustworthiness and Transparency
- Choice
- Collaboration
- Empowerment

# Helplines

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Find help and support at:

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

## Chadwick Lodge & Eaglestone View medium and low secure services in Milton Keynes

The medium and low secure services provide specialist treatment programmes for patients who have been detained under the Mental Health Act 1983 (amended 2007) and have a history of offending behaviour.

- Eclectic model of care
- Personality Disorder & Mental Illness trauma pathways for male patients
- Full secure pathway



For further information about this service or to make a referral, please contact Sophia Jaques on 07387417022 or email [sophia.jaques@elysiumhealthcare.co.uk](mailto:sophia.jaques@elysiumhealthcare.co.uk).