



**ACHRH**  
Empowering Communities  
through Knowledge & Research

**ACHRH**  
**Newsletter**

**November**  
**2014**

IN THIS ISSUE

**Welcome to first ACHRH newsletter!**

ACHRH hosted a formal dinner on Wednesday 29 October at The Lyceum Club, to celebrate the second birthday of the ACHRH, and the team which makes up the board.



This was a wonderful celebration of our second birthday, and a formal celebration and recognition of Ted Baillieu's massive contribution to multiculturalism.

The Former Victorian Premier, Ted Baillieu and his wife Robyn as well as Mr Baillieu's former adviser Nitin Gupta were the Guests of Honour. Other notable guests included Bhakta Das from ISKCON and Jennie Russell, the immediate past president of National Council of Women Victoria, and Dr Nicole Yap, President of Chinese Medical Association.

We also celebrated the Hindu festival of Diwali, which marks the triumph of good over evil by lighting candles. The Hon. Ted Baillieu's support for the campaign against dowry in Victoria and Australia was also highlighted.

You can read Dr O'Connor's reminiscences of the evening on Page 3.



**Manjula O'Connor**

**The Cycle of Abuse**

An article by Dr Manjula O'Connor, her findings regarding the stages and cycle of Domestic Violence echo previous research.

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**Victorian Forced Marriage Network**

ACHRH recently joined the Victorian Forced Marriage Network, which has been organised by the Red Cross. You can read more about this initiative below.

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# The Cycle of Abuse

by Dr Manjula O'Connor

After seeing many hundreds of cases of domestic violence I have found the same cycle of pattern of abuse as identified by a Psychologist Lenore Walker in 1999 in the United States. She said there was a consistent pattern of behaviour in the perpetrators and victims of domestic violence and she called it the "cycle of abuse". I have seen the same pattern in my patients where the abuse is perpetrated by the spouse. But when it is perpetrated by the in-laws then the torture seems to be more continuous.

There are 4 stages in the cycle of abuse. Each stage of the cycle can last from a few minutes to a number of months.

Within an abusive relationship, the following stages can often be pin-pointed:

## TENSION BUILDING PHASE

**Tension starts and builds steadily.** For example over everyday life issues like conflict over children, marital issues, misunderstandings, or family conflicts over mother-in-law or other extended family members create a fear laden atmosphere. Financial problems, unemployment or catastrophic events, like floods, rape can be some other events that start the buildup of pressure

Abuser starts to get angry and communication breaks down. Victim feels the need to apologise and make the abuser feel in control and in-charge of the relationship. There is evidence to show that murders and physical injury happens when the perpetrators feel they are not seen to be powerful enough over the victim. Then he or she will hit her, make the victim feel afraid. The tension keeps rising, and it becomes too much to bear. As a result victim feels uneasy and fearful for her or his life and has to watch every move.

## INCIDENT PHASE

Means an event of abuse has taken place. Any type of abuse can occur. Physical attack means hitting, pulling, pushing, bashing against a brick wall. Emotional or Verbal abuses like you are good for nothing, useless, or criticising parents, or type of clothing or Jealousy associated with abuse and violence. It can be demands for money and gifts before, during or after marriage, dowry. Even Disconnecting from ones family, friends and social contacts.

It can be Sexual abuse means demands for sex in aggressive or unloving or uncaring manner. It may be demands for unwanted sexual practices.

## HONEYMOON OR RECONCILIATION PHASE

**Some perpetrators go to the honeymoon phase or making up phase sometimes hours or days or months after.**

- Abuser apologizes for abuse, some beg forgiveness or show sorrows
- Abuser may promise it will never happen again
- Blames victim for provoking the abuse or denies abuse occurred

- Minimizing, denying or claiming the abuse wasn't as bad as victim claims

## CALM PHASE

**The honeymoon phase is followed by calm period.** Abuses slow down or stop for a period of time

- Abuser acts like the abuse never happened
- Promises made during honeymoon stage may be met
- Abuser may give gifts to victim
- Victim believes or wants to believe the abuse is over or the abuser will change

But when the cycle starts all over again, and the cycle is repeated that is called domestic violence.

It is important to recognize the cycle of violence and know that is a sign you need to act.

It can be a call to the police, friends, family, domestic violence crisis line, or your GP. See the list of contacts on Page 5.

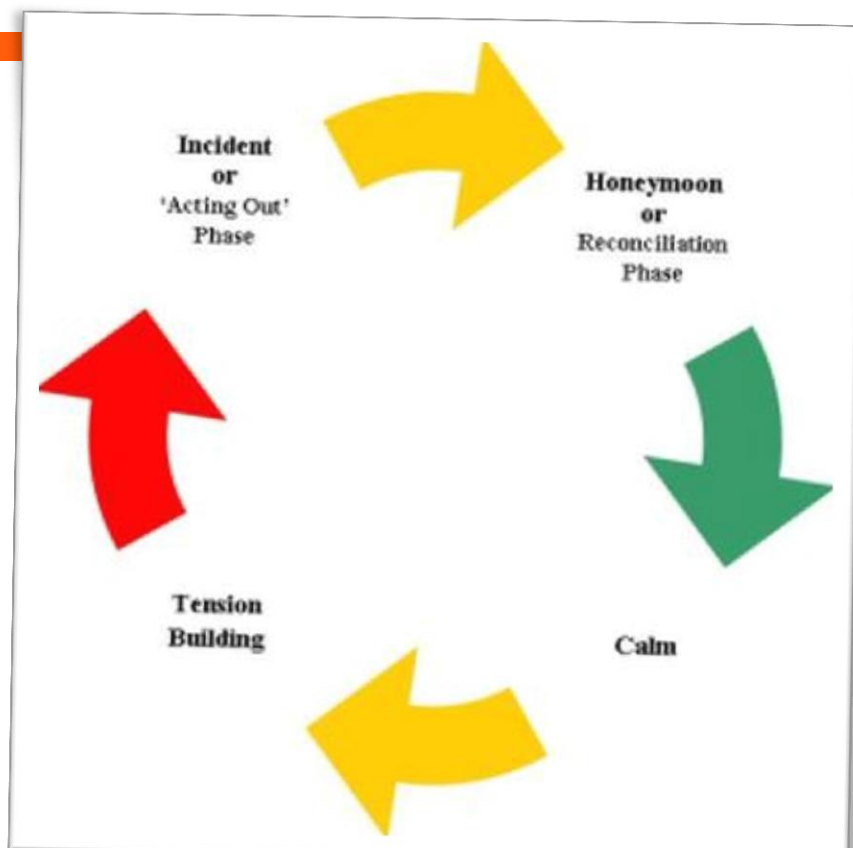


Figure 1 Hidden Hurt – The Cycle of Abuse  
<[http://www.hiddenhurt.co.uk/cycle\\_of\\_abuse.html](http://www.hiddenhurt.co.uk/cycle_of_abuse.html)>

# Victorian Forced Marriage Network

by Gauri Kapoor

ACHRH recently joined the Victorian Forced Marriage Network which has been organised by the Red Cross. The network is a newly formed group of NGOs which meets every three months. It acts as a clearing house encouraging better understanding of the role of civil society organisations in combating forced marriage. The group is open to anybody interested in combating this problem. Members are invited to recommend NGOs who can make a positive contribution. Working/reference groups devoted to different methods of action on forced marriage will be organised with three key areas of focus: *Community Education + awareness raising, Development of Framework for service response and Advocacy + Research.*

The Red Cross has worked closely with the Australian Federal Police (AFP) on the issue of forced marriage which is a form of family

violence. This is a relatively new area of focus. Forced marriage legislation only came into effect last year (2013). A key issue is the reluctance of victims to report their families to the authorities. Some victims come from cultures where there is a distrust of police. Also, some people do not have a clear understanding of what forced marriage is.

It is essential that victims of forced marriage have access to counselling. Setting up a half-way house where victims can go from time to time is something ought to be considered. There is however the question of what if any and where funding for a refuge could come from. The network will discuss further what the best service response models are. Without adequate support, girls who are victims of forced marriage could be forced to return to their families. A foster care arrangement would be a more low cost option and would afford more security. This

option is however not always suitable as some people have particular needs that need to be accommodated. For example, the AFP helped a young Muslim girl enter a foster home. She however was unable to successfully settle into the home given her special religious requirements which were not fulfilled in that home. Consideration should also be given to those who do not want to leave their family home. For some young women, their identity is very much tied to being a part of their family.

## Support Us

ACHRH is an NGO and as such relies heavily and extensively on the mission partners and the wider community for support. If you would like to support us and get involved in any way then please do contact us, either via the website:

<http://www.achrh.org/>

Or Facebook.

# Farewell dinner for Ted & Robyn Baillieu

by Dr Manjula O'Connor

ACHRH hosted a formal dinner on Wednesday 29 October at The Lyceum Club. The Club has been a part of the Melbourne establishment for over 100 years. It is situated in the Paris end of the city.

Former Victorian Premier, Ted Baillieu and his wife Robyn as well as Mr Baillieu's former adviser Nitin Gupta were the Guests of Honour. Other notable guests included Bhakta Das from ISKCON and Jennie Russell, the immediate past president of National Council of Women Victoria.

The three Founding Directors of ACHRH, Dr Manjula O'Connor, Dr Jonathan Harrison and Viv Prasad welcomed the Guests of Honour. Other Board Directors present included ACHRH Chairman and former UN Official Professor Ian Howie, VMC Commissioner Marion Lau, Victorian Principal Solicitor Molina Asthana, Alisha Watford, Kate Grimme and Gauri Kapoor.

It was a quadruple celebration for ACHRH. It celebrated the Hindu festival of Diwali which marks the triumph of good over evil by lighting candles.

In addition, ACHRH has its 2<sup>ND</sup> birthday this year. The NGO was formed in September 2012.

*ACHRH paid special tribute to Ted Baillieu for his outstanding and generous contribution to public life in Victoria and in particular for his support for the Indian Community. We bid him farewell and wish him the best of luck as he retires from political life.*

*ACHRH also honoured former advisor to the Premier and Minister of Multiculturalism, Nitin Gupta.*







Dr Manjula O'Connor, the Executive Director of ACHRH gave a presentation which discussed the Baillieu Government's efforts to bring the issue of domestic violence to the centre stage. Particularly important was the launch of **Victoria's Action Plan to Address Violence against Women and Children in 2012.**

Dr O'Connor emphasized the key point was that Government acting alone will not produce the changes needed. The whole community must be involved. **Everyone has a responsibility to act.**

ACHRH's mission is to promote human rights for all. Its primary focus is to combat domestic violence and support new migrants in their transition to life in Australia. ACHRH has so far held 15 public events and given countless interviews to raise awareness of its work. There has been extensive media coverage including in local Indian newspapers, ABC TV and radio, SBS TV and radio, The Age, The Australian, Indian Magazine Caravan, Singapore TV Community TV channel 31 and Punjabi and Hindi radio stations.

ACHRH has prepared a brochure titled "Say No to Domestic Violence ". It has been circulated to thousands of people through the Santa Banta Indian newspaper.

In its 2 years of existence, it is estimated that ACHRH has reached out to at least 30,000 members of the Indian community in Victoria.

Mr Baillieu acknowledged the excellent work of ACHRH and promised to provide continued support for ACHRH's campaign against dowry related violence

Roshni Sharma, a successful businesswoman in the Indian Community, praised Mr Baillieu for his support on several key policies and actions. Some examples include:

- getting Hindi language included in the Australian national curriculum
- delivering over two million dollars in funding to Indian temples in Victoria
- standing in support of Indian students when they were being attacked in Melbourne
- taking super trade missions to India
- providing a bus stop outside the Durga temple

Ms Sharma especially thanked Mr Baillieu for his direct and robust engagement with the local Indian community, and in particular his engagement with youth and women. She also thanked him for tabling a petition in Victorian parliament that seeks to define dowry as an economic offence.

Mr Baillieu also played an important part in lobbying for and supporting the funding application for a new Hare Krishna temple. ISCKON recently received a state government grant for half a million dollars.

In his speech, Mr Baillieu made special mention of Nitin Gupta for his role in making him a part of the greater Indian family in Victoria. Thank you to Nitin for his invaluable contribution in making Mr. Baillieu an important part of the Indian community in Victoria.





**ACHRH**

Australasian Centre for  
Human Rights & Health

## WHERE TO GO FOR HELP

- **POLICE IN EMERGENCY -- 000**
- **YOUR GP -- they are helpful, easy to reach, they will refer you to the right place.**
- **NATIONAL SEXUAL ASSAULT, DOMESTIC AND FAMILY VIOLENCE COUNSELLING SERVICE -- 1800 RESPECT**
- **INTOUCH MULTICULTURAL CENTER AGAINST FAMILY VIOLENCE -- 1800 755 988**
- **WOMENS DOMESTIC VIOLENCE CRISIS SERVICE (WDVCS) -- 24 Hour state wide line 1800 015 188**
- **MEN'S 24 HOUR REFERRAL SERVICE -- 1800 065 973 (FREE CALL VICTORIA ONLY)**
- **VICTORIA IMMIGRANT AND REFUGEE WOMEN'S COALITION -- 03 9654 1243**  
virwc@virwc.org.au, www.virwc.org.au
- **AUSTRALIA INDIA SOCIETY OF VICTORIA -- www.aisv.org.au**
- **DR MANJULA O'CONNOR, FOUNDING DIRECTOR ACHRH -- 03 9654 5600**  
manjula@achrh.org

### WHY GET HELP?

- ❖ Domestic Violence damages our culture
- ❖ Domestic violence breaks our homes
- ❖ Domestic Violence causes:
  - Anxiety,
  - Depression,
  - Suicide,
  - Homicide in women, men and children

### WHAT CAN YOU DO?

- ❖ Support those who may be victims
- ❖ Encourage victims to seek help and become survivors
- ❖ Encourage perpetrators to seek help
- ❖ **DO NOT BE SILENT ON DOMESTIC VIOLENCE**

*Say No to Domestic Violence*