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| Reflective Analysis of Coercive Control |



This tool can be used alongside the DASH (Domestic Abuse Stalking and Harassment) form to identify elements of coercive and/or controlling behaviour in the relationship in order to assess this dynamic more fully.

**Controlling behaviour** **is** A range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

**Coercive behaviour is** An act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim. Coercive control involves repeated, ongoing, intentional tactics which are used to limit the liberty of the victim. Those tactics may or may not necessarily be physical. They can be sexual, economic, psychological, legal, institutional, or all of these. By deploying these tactics the abuser can create a world where the victim is constantly monitored or criticised and every move and action checked. Victims often describe coercive control as not being ‘allowed’, or having to ask permission, to do everyday things; and being in constant fear of not meeting the abusers expectations or complying with their demands. The term walking on eggshells is often used.

Controlling and coercive behaviours can occur in any relationship regardless of age, gender, sexuality, and disability. This can include but is not limited to: partner to partner, parent to child, child to parent and friendships. There may also be circumstances where a person is experiencing control and coercion by more than one individual.

BEFORE COMPLETING THIS ANALYSIS WITH THE PERSON – please consider the potential risks that this could increase, either by the other person being present or being made aware of the concern. Some discussion with appropriate management may be beneficial, for example within a safeguarding strategy meeting.

This analysis refers to the relationship and interactions between:

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| Person being assessed | Individual(s) causing concern | Relationship(s) to person |
|  |  |  |

Worker completing this analysis:

Date(s) of discussion:

The below statements can be asked to the person, it would be best practice to see the person on their own during this discussion to enable the most open and honest discussion. If the person would like support with the conversation, consider offering them support either from a trusted family member or friend, or consider referring for advocacy support.

This tool is to be used in a reflective manner and there may be additional factors to consider than those listed below and/or some might not be applicable, each case must be considered by its own individual circumstances using professional judgement.

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| **Tool for Identification of Coercive Control** | | | | | | |
| **Restricting Freedom** | **Always** | **To some extent** | | **Never** | | **Comments** |
| The other person isolated me from family and friends |  |  | |  | |  |
| The other person told me what to wear |  |  | |  | |  |
| I was not allowed to go out without permission |  |  | |  | |  |
| I was not allowed to use the car |  |  | |  | |  |
| Medical care was denied to me or my dependents |  |  | |  | |  |
| I had to account for my time when I had been out |  |  | |  | |  |
| The other person was jealous about who I spoke to when I was out |  |  | |  | |  |
| I was accused of having affairs |  |  | |  | |  |
| I was deprived of basic needs/food/sleep |  |  | |  | |  |
| My phone location was tracked to monitor my whereabouts |  |  | |  | |  |
| My messages, e mails and social media account were monitored |  |  | |  | |  |
| Other> |  |  | |  | |  |
| **Observations that could indicate an absence of controlling behaviours** | | | **Observations that could indicate a presence of controlling behaviours** | | | |
| **Emotional Abuse** | **Always** | **To some extent** | | **Never** | | **Comments** |
| I was belittled and abused in front of others |  |  | |  | |  |
| I was insulted in front of others |  |  | |  | |  |
| I was insulted about my appearance |  |  | |  | |  |
| I was called names and sworn at |  |  | |  | |  |
| There are rules which I have to follow |  |  | |  | |  |
| The other person has withdrawn affection |  |  | |  | |  |
| The other person threatened to find me if I left |  |  | |  | |  |
| The other person did not let me tend to my dependents |  |  | |  | |  |
| I was told I was stupid or crazy |  |  | |  | |  |
| The other person instructed others to abuse me |  |  | |  | |  |
| Other > |  |  | |  | |  |
| **Observations that could indicate an absence of emotional abuse** | | | **Observations that could indicate a presence of**  **emotional abuse** | | | |
| **Intimidation and threats** | **Always** | **To some extent** | | **Never** | | **Comments** |
| I have been physically abused by the other person |  |  | |  | |  |
| Threats of physical abuse to control me have been used |  |  | |  | |  |
| The other person changed their mood towards me |  |  | |  | |  |
| Mine or my dependents possessions have been destroyed |  |  | |  | |  |
| The other person has made threats to harm/harm has occurred to me or my dependents |  |  | |  | |  |
| The other person has threatened to or ruined planned events |  |  | |  | |  |
| The other person has threatened to take the dependents away |  |  | |  | |  |
| The other has made threats to kill me in a way which made me believe it |  |  | |  | |  |
| The other person has raped me |  |  | |  | |  |
| The other person has humiliated sexually |  |  | |  | |  |
| The family pet has been abused by the other person |  |  | |  | |  |
| The car was driven in a reckless manner by the other person |  |  | |  | |  |
| The other person blamed me for making her angry |  |  | |  | |  |
| Other> |  |  | |  | |  |
| **Observations that could indicate an absence of intimidation or threats** | | | **Observations that could indicate a presence of intimidation or threats** | | | |
| **Economic Abuse** | **Always** | | **To some extent** | | **Never** | **Comments** |
| The other person denied me money |  | |  | |  |  |
| I was not allowed to spend money on myself or the children |  | |  | |  |  |
| I had to account for everything I spent |  | |  | |  |  |
| I had to ask for basic necessities |  | |  | |  |  |
| The other person spent money on themselves only |  | |  | |  |  |
| I was kept in the dark as to our finances |  | |  | |  |  |
| The other person went through my wallet for money |  | |  | |  |  |
| Other> |  | |  | |  |  |
| **Observations that could indicate an absence of economic abuse** | | | **Observations that could indicate a presence of economic abuse** | | | |

**Conclusion**

**Actions to consider following this analysis:**

* Discuss with the person whether they would like to report the concerns to the police – coercive control is a criminal offence (see further information here: <https://www.cps.gov.uk/legal-guidance/controlling-or-coercive-behaviour-intimate-or-family-relationship>)
* Safeguarding referral – consideration of whether the person can take action to protect themselves
* MARAC referral form to be completed with DASH assessment included available on Box here: <https://centralbedfordshire.box.com/s/ygf4tb9sjx7zmowkyyrmdr3bw9nqvk5h>
* If already open to S42 enquiry – include this information within the safeguarding risk assessment and protection plan
* Escalate concerns to manager/supervisor
* Complete a mental capacity assessment in relation to relationships
* Consideration of signposting to support – e.g. counselling, Freedom Project (to understand more about control and coercion)
* Consider if a legal planning meeting is required