



# **Battered Women's Protective Strategies: Stronger Than You Know (Interpersonal Violence)**

*Sherry Hamby*

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*Battered Women's Protective Strategies: Stronger Than You Know* challenges the pervasive stereotypes that depict battered women as passive and shows how to use the strength of battered women to create better and more nuanced research and intervention. Through an alternative strengths-based framework, Hamby deftly illustrates how battered women are in fact not passive and in denial but are active and diligent in protecting themselves and their loved ones. In addition to the traditional risks of being battered, many women who experience abuse face the risk of homelessness or the threat of losing custody of their children in a divorce battle. Understanding the full range of risks is necessary to understanding the complex problem of battering, and in this book, quantitative, qualitative, and clinical data reveal a wide range of protective strategies: immediate defensive responses in the moments following an attack, protecting children and other loved ones, reaching out for social support, turning to religious and spiritual resources, and engaging formal helpseeking. Using an approach called Multiple Criteria Decision Making, this book outlines a procedure for comprehensive risk assessment, safety planning, and risk management. Many, many strategies are still largely invisible to providers and researchers, and the steps that women take that receive very little attention or acknowledgement in the domestic violence field. The author identifies the vital role that researchers can play by simply acknowledging the variety of approaches that battered women employ. In this book's two new studies, survivors of domestic violence identify 133 different protective strategies in open-ended questions. These and other insights from survivor testimony make this volume the largest and most comprehensive review of battered women's strengths to date.

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