

What Is Battered Woman Syndrome?

**A comprehensive guide to the term
'battered woman syndrome'**

Battered woman syndrome is a gendered form of PTSD that often minimizes a victim's experiences.

Battered woman syndrome is listed as a subcategory under post-traumatic stress disorder in the DSM-V, the American Psychiatric Association's manual for diagnosing mental disorders, a gender-neutral, non-blaming term that many advocates say they prefer. While battered woman syndrome may still be diagnosed, it's more often than not called PTSD.

This toolkit will provide you with these insights and more. Inside you'll find:

- Helpful Articles
- Recommended Books
- Lists
- In-Depth Videos
- Survey Results
- Support Communities
- How to Find Help



There are hundreds of articles on [DomesticShelters.org](https://www.DomesticShelters.org) covering the many facets of domestic violence. Here are links to those that will help you understand the term 'battered woman syndrome.'

[What Is Battered Woman Syndrome?](#)

A comprehensive guide to the term 'battered woman syndrome'.

[How to End Your Victim Mindset](#)

An important step to healing your psyche after escaping domestic violence.

[Stages of Recovery After Trauma](#)

Every survivor's journey to healing is different and shouldn't be rushed.

[I Tried Trauma-Sensitive Yoga](#)

There's a yoga class that caters to survivors of all types of trauma.

[Putting Trauma Down in Words](#)

The ways journaling can help survivors.

[New Hope for PTSD](#)

Research suggests injection therapy improves symptoms of PTSD.

[Time Doesn't Heal All Wounds](#)

The battle scars domestic violence leaves behind.

[Would You Try Acupuncture After Trauma?](#)

FAQs about this alternative medicine that's been around for thousands of years.

[Are You Experiencing These Symptoms of PTSD?](#)

Symptoms of PTSD for domestic victim survivors.

[Stages of Recovery After Trauma](#)

Every survivor's journey to healing is different and shouldn't be rushed.

[The Biggest Barrier to Leaving](#)

Possible obstacles survivors can face when leaving an abuser.

[Don't Underestimate the Power of Support](#)

Connecting with other survivors after abuse can lessen PTSD, flashbacks and depression.

Does PTSD Look Different in Adults and Children?

Experiencing firsthand or just witnessing abuse, both adults and children are susceptible to PTSD.

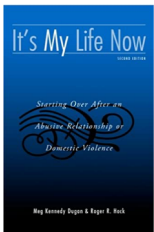
5 Meditations to Try

This power practice has the potential to calm and center survivors and victim advocates.

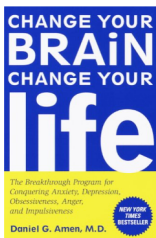


Reading books can be a helpful way to understand trauma and PTSD.

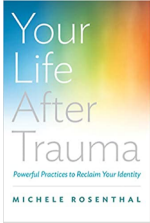
Here are our recommended reads:



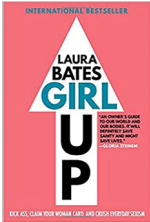
It's My Life Now: Starting Over After an Abusive Relationship or Domestic Violence. After finding a way out, a victim's difficulties are solved: life is good, they are safe, and recovery is swift. Not so fast. Survivors know that leaving does not end the nightmare. It is the beginning of an often difficult journey to healing and happiness. This book offers practical guidance, exercises, reassurance, and awareness that survivors of relationship abuse need to reclaim their lives.



Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness. The neuropsychiatrist author offers evidence that anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how structures in your brain work, and offers "brain prescriptions" or exercises that can help heal your brain and change your life with techniques for calming inner turmoil, curbing anger, fighting off negative thoughts, improving problem solving and more.



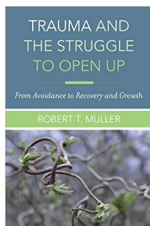
Your Life After Trauma: Powerful Practices to Reclaim Your Identity. Now a professional coach helping trauma victims rebuild their lives, Michele Rosenthal struggled with the effects of medically-induced post-traumatic stress disorder (PTSD) for over 25 years before reaching a full recovery. Today, she is 100% free of PTSD. She applies her personal experience and professional wisdom to offer readers an invaluable roadmap to overcoming their own trauma.



Girl Up: Kick Ass, Claim Your Woman Card, and Crush Everyday Sexism. Already an international bestseller, this empowering survival guide provides no-nonsense advice on sex, social media, mental health, and sexism that young women face in their everyday life from one of the emerging leaders in the feminist movement.



Growing Free: A Manual for Survivors of Domestic Violence. Battered women often don't recognize they are being victimized, may minimize the abuse and may make excuses for the abuser. The checklists, questionnaires, and personal stories in this book can provide the recognition needed to say, "This is wrong. It has to end." Plus lists of abusive behaviors, protection orders and other legal matters, safety planning and safe relationships in the future.



Trauma and the Struggle to Open Up: From Avoidance to Recovery and Growth. Winner, 2019 Written Media Award, International Society for the Study of Trauma & Dissociation. How to navigate the therapeutic relationship with trauma survivors, to help bring recovery and growth.



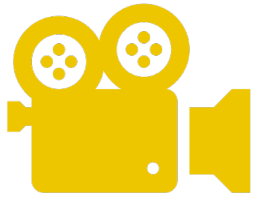
Dating After Trauma: How to find the love of your life after experiencing an abusive relationship, rape, or sexual abuse. The author discusses the common obstacles abuse victims have when trying to find love. Her story is based on her own personal struggle to overcome past trauma and find her soulmate. Through this insight, she provides a methodology for dating that builds trust and intimacy in a safe/healthy way, and helps you let go of your fear and date in a way that love becomes possible.



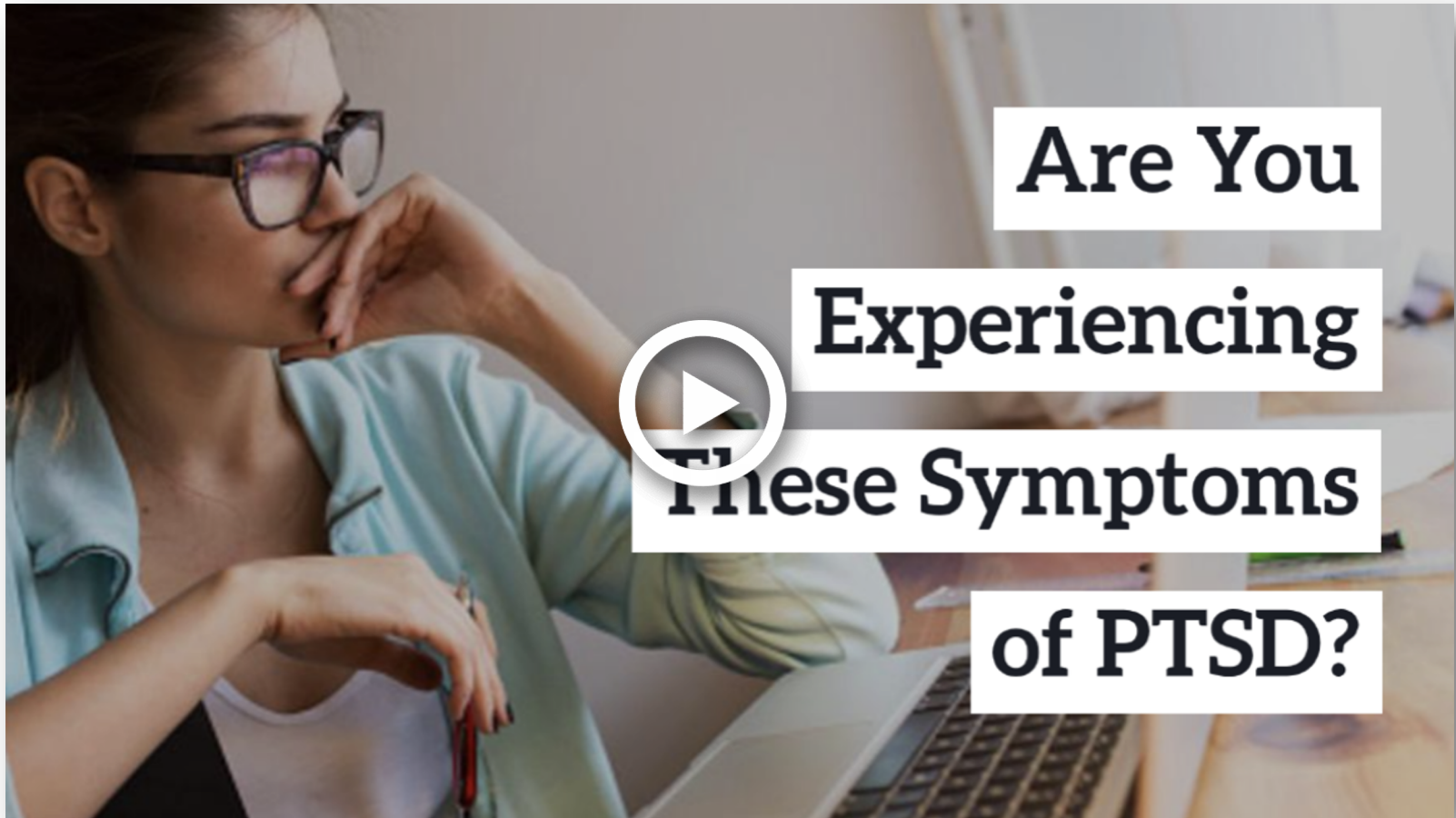
Sometimes lists are easier on the mind because they are uncluttered and to-the-point. If you'd rather read a few items versus articles or books, these lists are for you.

To view all list items at once, click the SEE ALL button located below the list text.

- [13 Signs of Trauma Bonding](#)
- [25 Risk Factors for Domestic Violence](#)
- [29 Self-Care Strategies](#)
- [22 Signs of PTSD](#)



Click video thumbnail to watch





A lot of lessons can be taken from people who have been through it before. Check out the following survey results to learn from the experiences of others.

- [How long did it take after abuse ended to feel like a strong, empowered survivor?](#)
- [Which of these at-home methods helped relieve your symptoms of trauma?](#)
- [Survivors: Did you feel like you had power to stop abuse?](#)
- [What barrier did you come up against when you thought about leaving your abuser?](#)



Online forums and chats can help you connect with others who are in or have faced similar situations, and find support and ideas from the survivor community.

[AfterSilence.org](https://www.aftersilence.org) aims to help victims become survivors and to communicate in the recovery of domestic and sexual violence. It offers an active message board and chat room for rape, sexual assault, sexual abuse, incest and molestation survivors. There are over 31,000 members and about 1,000,000 posts, including recent posts and many useful posts from days and months past.

[Pathways to Safety International](https://www.pathways.org/) If you're an American overseas, your situation is different than 99% of your fellow countryman, and this site will be a wonderful resource for you. Among the services is a 24-hour response to emails, as well as international phone options.

DomesticShelters.org Facebook Page offers one of the most active places where domestic violence survivors connect. You'll find conversation, past experiences and unvarnished stories, and occasionally advice from professionals who have joined in on a topic.

DomesticShelters.org Facebook Group is a private group designed to be a safe space for domestic abuse victims, survivors, advocates and others affected by abuse to support one another through meaningful dialogue and helpful insight.

Fort Refuge is a clever grassroots site run by survivors for fellow survivors as a safe place to come together and discuss their struggles and victories in healing from various types of abuse. Though the forum and chat do not boast the same numbers as some of the larger organizations, they are one of the more active conversation places on the internet currently. They also add new content to their site regularly.

Love is Respect - National Teen Dating Helpline focuses on teen relationships and can be accessed by phone, text or live chat. It offers real-time, one-on-one support by trained peer advocates who offer information and advocacy to those involved in dating abuse. They also offer support to parents, teachers, clergy, law enforcement, and service providers.

National Domestic Violence Hotline offers confidential, private, one-on-one chats with advocates every day 24/7.

OnYourMind.net is a safe and anonymous place for teens to get information and support from other teens in an online chat room, covering topics such as relationships, school, depression, stress, suicide, parents, cutting, identity and health.

Pandora's Aquarium is an online forum with around 2 million posts and over 70,000 members, and is run by Pandora's Project, which provides information, support and resources to rape and sexual abuse survivors and their friends and family.

When accessing hotlines, chats or forums from a computer, tablet, or smartphone, please remember to take the necessary precautions to keep your activities confidential from your abuser. Learn more about how to stay safe online [here](#).

Also, keep in mind that local shelters may offer in-person or virtual support groups. You can find shelters in your area at [DomesticShelters.org](https://www.DomesticShelters.org).



Another way to determine if you're experiencing abuse is to contact a trained domestic violence advocate near you or through a national service.

To search for domestic violence program staffed with trained advocates, visit [DomesticShelters.org](https://www.DomesticShelters.org) and type either your city and state, or ZIP code, into the search bar at the top of the page. A list of organizations and contact numbers near you will be displayed. To reach an advocate, reach out directly by calling the phone number listed. Most are open 24/7.

To speak to an advocate at the National Domestic Violence Hotline, also 24 hours a day, seven days a week, call 800-799-SAFE (7233) or visit [thehotline.org](https://www.thehotline.org) to chat online.

It's important to know that your call is confidential and you can choose to remain anonymous when speaking with an advocate. To know what to expect when calling, read [this article](#).