

Domestic abuse isn't always physical. Coercive control 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. This controlling behaviour is designed to make a person dependent by isolating them from support, exploiting them, depriving them of independence and regulating their everyday behaviour.

In today's video, find out what practical steps you can take to support victims and survivors of abuse.

Join the conversation

Join our live masterclass today - [Understanding Coercive Control in a Spiritual Context](#) - a workshop that will help you to understand and identify coercive control, as well as how it impacts a victim.

Through the use of models, theories and legislation, participants will experience an interactive facilitation, with discussion and group work tasks.

[Get your free tickets now](#) and join the conversation.

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