



Hidden Hurts, Silent Strengths

Understanding Harm, Supporting Healing

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Why We're Here

Domestic violence is often seen as a private matter, but its impact reaches homes, workplaces, schools, churches, and communities. Hidden hurts can live behind bright smiles.

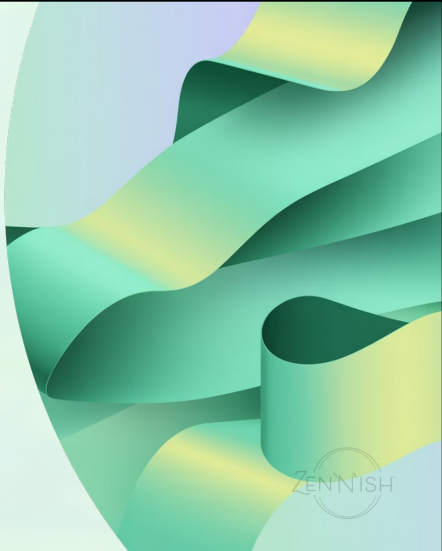
Our goal today is to **recognize**, to **understand**, and to become a safer community for those who may never say the words out loud.



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National Snapshot
Every statistic is someone's story.

- More than 12 million people are affected each year in the U.S.
- Nearly 3 in 10 women and 1 in 10 men experience severe partner abuse with lasting impact.
- Children exposed face significantly higher risk of PTSD and academic decline.



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South Carolina Snapshot

55	22,212	19,254
People killed	Crisis calls	People accessed
by a household member in 2023	made last year	shelter or supportive services

Behind each number is a neighbor, coworker, student, or family member.

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The Many Faces of Abuse

Domestic violence is **not** always visible.



Physical

force, restraint, intimidation



Emotional/Verbal

humiliation, gaslighting, fear



Financial

restriction, dependence, sabotage



Sexual

coercion or disregard for consent



Digital

monitoring, surveillance, control

Abuse is not about anger- **it is about power and control.**



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Why People Don't "Just Leave"

Leaving is not simple;
it is often the most dangerous part.

- Fear of retaliation or escalation
- Financial dependence or housing insecurity
- Concern for children and family stability
- Shame, isolation, or spiritual pressure
- Trauma bonding and hope for change



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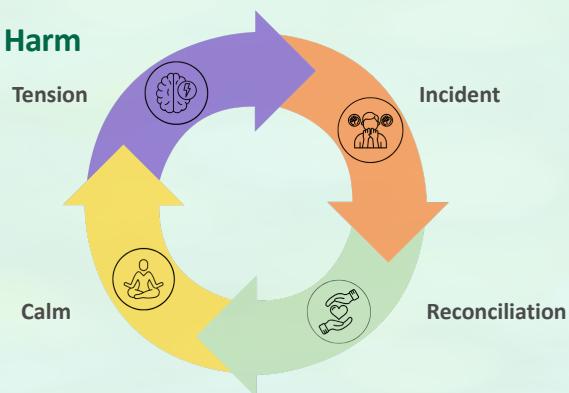
Shifting the Question

When we **stop** asking
 "Why didn't they leave?"
 and begin asking
 "**What made it unsafe to go?**"
 We move from judgment to compassion.



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The Cycle of Harm



This is not "a rough patch." It is a repeatable pattern of control.



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Men Can Be Victims Too

Domestic violence does not discriminate. Men experience abuse as well, though often in silence. Shame and stigma reduce reporting.

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How to Support Safely

Start with belief, not pressure	Ask: "How can I support your safety?"	Avoid ultimatums
Help someone access options, not demands	Support is resourcing - not rescuing	

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Resources

National

National Domestic Violence Hotline

1-800-799-SAFE (7233)

Text Support

"START" to 88788

Online Chat

thehotline.org (live chat option)



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South Carolina

SCCADVASA

sccadvasa.org

24/7 Domestic Violence Hotline

(local shelters network)

Rape Crisis Center Services

Available statewide

Resources are a lifeline, not a last resort.



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Hope & Restoration

Safety is possible. Healing is possible.

You are not what happened to you — you are who you are becoming.

Hope does not erase the harm, but it restores dignity, voice, and belonging.



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Grounding Reflections

"The Lord is a refuge for the oppressed, a stronghold in times of trouble."

— Psalm 9:9

"Speak up for those who cannot speak for themselves..."

— Proverbs 31:8

May awareness become safety, and safety become healing.



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Thank you!

 **Zennish.org**

 **Connections@zennish.org**

 **1.877.Zen.n.ish**

**Scan QR Code for Domestic
Violence Resources**





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