

1. Record Nr.	UNINA9910463695003321
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Titolo	Invisible chains : overcoming coercive control in your intimate relationship // Lisa Aronson Fontes, PhD
Pubbl/distr/stampa	New York, New York ; ; London, [England] : , : The Guilford Press, , 2015 ©2015
ISBN	1-4625-2066-9 1-4625-2074-X 1-4625-2024-3 1-4625-2036-7
Descrizione fisica	1 online resource (220 pages)
Disciplina	158.2/4
Soggetti	Dominance (Psychology) Control (Psychology) Interpersonal relations Intimate partner violence Intimidation Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Praise for Invisible Chains; Half Title Page; Also by Lisa Aronson Fontes; Title Page; Copyright; Dedication; Contents; About This Book; How to Use This Book; Who I Am and Why I Wrote This Book; Part I. What Is Coercive Control?; 1. Introduction to Coercive Control; The Continuum of Coercive Control; Coercive Control in Context; 2. Controlling Behaviors; Isolating; Cutting Off Contacts; Cutting Off Access to Employment and Money; Ruining Her Reputation and Relationships; Isolating through Technology; Isolating Immigrant Women; The Special Isolation of Military Families Coercive Entrapment Resisting Isolation; Micromanaging Everyday Life and Setting Rules; Stalking and Monitoring; Abusing Physically and Sexually; Threatening and Punishing; Guns and Other Weapons; Manipulating; Lying; Withholding and the Silent Treatment; Mind Games

and Gaslighting; Manipulating through Status and Special Skills; Belittling and Degrading; More Than Just Insults; Degrading through Sex; Extreme Degradation; Controlling a Woman through Her Children; Distancing a Mother from Her Children; Undermining Her Parenting; Threatening Her Children; Part II. Why Coercive Control Happens 3. Why Some Men Control Their Partners in This Way Children Learn Their Gender Roles; Boys Learn to Control and Abuse; This Moment in History; Men's Struggles Influence Their Behavior; Trauma; Alcohol, Drugs, and Mental Illness; Why Some Men Won't Let Go; 4. Why Some Women Get and Stay Involved; All Women Are Vulnerable; Trapped by Romance, Love, and Confused Feelings; Trapped by Gender Expectations; Trapped by Caretaking; Trapped by Circumstances; Trapped by Violence and Threats; Managing the Unmanageable; Resisting Every Day: Control in the Context of Being Controlled Part III. Coercive Control in Specific Populations 5. Different Gender Arrangements and Coercive Control; LGBT People Facing Coercive Control; Women Using Coercive Control with Their Male Partners; 6. Teenage Victims of Coercive Control; Teenagers' Vulnerabilities; Isolation, Stalking, and Possessiveness; Image Management; Physical Abuse and Domination; Drinking and Drugs; Sexual Pressure; Cell Phones and Computers; Teens with Older Partners; Pregnant and Mothering Teens; LGBT Teens; Young People Helping Each Other; For Adults Who Care about Teens; Part IV. Ending Coercive Control 7. Are You Being Victimized? Assessing the Relationship; Controlling Relationship Assessment; Assessing Lethality: Risk of Death; Assessing Your Coping Strategies; Final Thoughts on Assessing Your Relationship; Reaching a Decision; 8. Are You Staying? Expecting Change?; Staying in the Relationship; If a Controlling Person Wants to Change; How Do You Know If a Controlling or Abusive Person Has Changed?; When a Controlling Man Stops Being Physically Violent; 9. Ending the Relationship; Seek Support; Domestic Violence Agencies; Therapy or Counseling; Medical Help; Police and Advocates How Will the Abuser Respond If You End the Relationship?

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## Sommario/riassunto

When you are showered with attention, it can feel incredibly romantic and can blind you to hints of problems ahead. But what happens when attentiveness becomes domination? In some relationships, the desire to control leads to jealousy, gaslighting, threats, micromanaging--even physical violence. If you or someone you care about are trapped in a web of coercive control, this book provides answers, hope, and a way out.

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