

Useful techniques defeat spouse abuse

Chaplain Brian Mead

Fort Gordon Family Life chaplain

The phone rings at the military police desk. "How can I help you?"

(Voice sobbing) My spouse just beat me up and I need help...please help me!

Proverbs 15:1—"A gentle answer turns away wrath, but harsh words stir up anger."

Proverbs 29:11—"A fool gives full vent to anger, but a wise person quietly holds it back."

A few years back my commander was gracious enough to send me to a Family Wellness Training event. In that training, the founder of the program, George Dobb, passed on what I feel is the best technique in handling a domestic situation before it turns into spouse abuse. For lack of a better name, I call it the Escalation Deflection Technique. Below are the key points to this technique. This technique is best taught in a training session or event with a skilled trainer that can point out the key elements, but I give it to you in hopes that it will help couples in conflict.

Think back to what gets you into an argument that goes out of control. The first thing I want you to focus on is the energy level. So, the first key factor is:

Key Factor #1—Recognize when the energy is becoming

extreme and the conflict is heading for meltdown.

Once we recognize this, we must engage the EDT. Doing this will lower the energy, but you must also honor the energy as well. The calm discussion started low but a building process occurred until the act of violence is unleashed.

These next key factors must happen spontaneously and subtly:

Key Factor #2—Match the person's energy

Key Factor #3—Avoid/break eye contact

Key Factor #4—Get alongside—move to aggressor's side

Key Factor #5—Note speed/pace

Key Factor #6—Use their tone, volume, speed to reflect words and feeling

Key Factor #7—Focus energy away from you to a point 2-3 feet in front of both of you

O.k., I know that is a lot, so let me break down the basics for you. Once you recognize the discussion is getting out of control, you must match your partner's energy. This honors the person's energy and creates a tension for change, but don't stop there.

You then want to break eye contact with the person that is getting heated. Eye contact is aggression. Now, move from in front of the person to their

side. This must be done slowly and very subtly. If your partner moves back to the face-to-face position, move again to their side. This creates a nonverbal posture of teamwork on the problem and it has been proven that people are not likely to strike someone who is next to them as opposed to in front of them. Focus your eye contact on a point in front of both of you. Talk to that point while watching your partner out of the corner of your eye. The problem of this heated discussion is now in front of you and everything you do must be directed to that point. You are no longer arguing, but reflecting the energy of your partner. Lower your head position to a slightly bowing position.

Keep pace and speed with your partner. If they get loud, you match but at a level that is one energy level less. Example: Partner (yelling), "I hate it when you just go out with your friends and don't tell me...this totally infuriates me!!!!!" You, in near same energy level pointing to that point on the floor, but speaking in a more controlled voice, "Wow, it really upsets you when I hang out with my friends and don't tell you." This is not the time for de-

fense or rebuttal. You may think that, but that will only add fuel to the roaring fire. Quench that fire first and you can move on to resolve the problem down the road.

The keys in the EDT are: (1) You have to recognize when the discussion is melting down—this should be evident for you know your partner better than anyone else. (2) It is critical that you make movements subtle and that you match the energy at one level lower than it is. Be calm...breathe...break eye contact...move to side. (3) Look at and direct the focus away from you to a remote point...you are now a team addressing the concern.

If after trying this you don't sense the energy coming down...it is best to call a "Time Out" and move apart to separate areas to calm yourselves down.

Remember, the number one predictor of divorce in a marriage relationship is how the couple handles conflict.

If you can handle it well, you are better equipped to have deeper marital satisfaction and you will give your children a gift of a model for an effective marriage.

May God bless you as you work daily on your relationships.

Musicians needed

Fort Gordon congregations are in need of musicians, choir leaders, etc. Regular volunteers are always needed, and qualified professionals are encouraged to bid for contracted positions. If you are interested in volunteering or bidding as a contractor, see one of the pastors of the congregation you are interested in serving, or call Chaplain (Maj.) Robert Lyons, at (706) 791-5750.



Estate claims

Col. Talford Mindingall of the Dwight D. Eisenhower Army Medical Center at Fort Gordon has been appointed the Summary Court Martial Officer to secure and dispose of the personal effects of Spc. Cheryl Harper, Company A, DDEAMC, who died Aug. 8 in Augusta, Ga. Personnel having claims against or indebtedness to the estate are advised to contact Mindingall at (706) 814-4761.

Dear Chaplain:

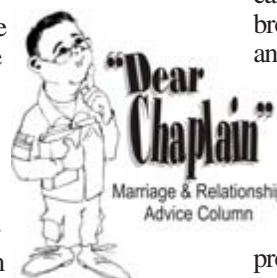
I hate my husband! Don't get me wrong, I am just over-stressed with the kids and this man doesn't help at all. He comes home after working a long military day that starts early in the morning and ends late and does nothing but sit and watch television or play stupid video games. I have run after three kids (4, 3, 1) all day long and I am losing my mind. I ask for help, but he says he worked all day and is too tired to help. Too tired? I'm the one up all night and busy all day. These are his kids too! Any and all help is appreciated!

Signed—"Frazzled Mom"

Dear "Frazzled":

First, "Thanks" for being a wife to a warrior and also a full-time mom. Your job is difficult, hard, never-ending, and often thankless. Domestic support is one of those very touchy areas in a relationship.

From the sound of your question, I am thinking that your hubby



came from a very traditional Family—one where the man went out and brought home the financial support and where the woman stayed home and took care of home and children. That may not be the case, but it seems by his answer to your request for help that he feels that since you stay home all day, it is your responsibility to care for the kids. Here are my suggestions:

1. Have a heart-to-heart talk with hubby, but this is how I want you to talk to him. First, start out appreciating him for all he does do for the Family. You can start with telling him he is a good provider and a cherished husband. Yes, you need to let go of your hate for him right now and replace it with love. Next, talk about the stress you feel being a full time mom.

This is not a gripe session, but a chance to elicit help during your day. If you make it a, "you never help" talk, you will never get help. Gently say, "We both work very hard and we hardly have any time for each other...would you mind helping out once each week with the kids for me?"

Thank him for whatever response he gives, but always restate your request for help. I know you want more than one day each week, but start with one and work from there.

2. A big, one word solution for you...Structure.

As mom, you need to get structured with your children and fast. Their formative years are rapidly coming to a close and without structure in their life, you will move from "frazzled" to "frustrated" as more and more stress comes into your life. If you ever watched the show "Nanny 911" or "Super Nanny," she basically has the same game plan for each out of control Family. Structure their day and be consistent with discipline. That is easy to say, harder to do, but for your peace of mind, you must.

The more you structure now, the better your life will be. Your older two should understand this and you can use a chart to track their good behavior. Have fun with it and may God bless your Family and you as you create a peaceful home.

If you have a relationship question for the chaplain, e-mail "Dear Chaplain" at: Brian.L.Mead@gordon.army.mil. Put relationship/advice column in the subject line. Include name and contact phone number. Your name will not appear in the column to protect your confidentiality.

If you would like an appointment to see Chaplain Mead, call (706) 791-1732.



If you are interested in giving your time and efforts to any of the following volunteer opportunities in the Central Savannah River Area, contact Alia Naffouj at alia.naffouj1@us.army.mil. Provide your name, rank, organization, work and home telephone numbers. If your class is interested in accepting the cause as a community relations project, provide the complete names and rank of each volunteer with a designated point of contact and contact information. For more information, call (706) 791-1871.

2ND ANNUAL BOSHEARS MEMORIAL GROUND LOOP ROAD RACE

The Boys & Girls Clubs of Augusta is looking for volunteers for the 2nd Annual Boshears Memorial Ground Loop Road Race on Saturday, October 18 as part of the Boshears SkyFest. The event requires a lot of volunteers to help make the event run smoothly, and we respectfully request volunteers again this year. Volunteers may wear whatever is comfortable for the weather. Water and donuts will be provided the morning prior to the events start. The volunteers will serve in various roles from providing water to runners as they pass a station, to directing runners along the race route, to course setup and clean up. Every volunteer receives free admission to the Boshears SkyFest that day (Saturday, Oct. 18.).

SOUTHEASTERN FIREFIGHTERS BURN FOUNDATION

A Benefit Concert for the Southeastern Firefighters Burn Foundation is looking for volunteers Oct. 18 at the Augusta Green Jackets Stadium. Volunteers will be needed from 3 to 11p.m.

MEMORY WALK

Georgia Chapter of the Alzheimer's Association is looking for 35 volunteers to help in their Memory Walk from 6:30 a.m. to 1 p.m. Nov. 1. Volunteers will unload walk equipment from truck (heaviest will be table and chairs), set up walk site and tear down walk site to reload truck, be positioned around the walk site with refreshments, and will have assigned stations for opening and closing ceremonies.

CHARLIE NORWOOD VA MEDICAL CENTER

Charlie Norwood VA Medical Center, Uptown Division in Augusta, is looking for 24 volunteers to escort veterans at the Center's Veterans Day Ceremony on Monday Nov. 10. Volunteers will be needed from 9:30 to 11:30 a.m.

NATIONAL VETERANS HISTORY PROJECT:

This Library of Congress project is aimed at collecting oral history interviews, memoirs, letters, diaries, photographs, and other original materials from veterans of World Wars I and II, and the Korean, Vietnam, and Persian Gulf Wars and the Afghanistan and Iraq conflicts (2001-present). Those U.S. citizen civilians who were actively involved in supporting war efforts (such as war industry workers, United Service Organizations workers, flight instructors, medical volunteers, etc.) are also encouraged to contribute their personal narratives. Currently, the Au-

gusta Historical Society and its volunteers are interviewing World War II veterans in the Central Savannah River Area as part of this project. If you are a history buff and are interested in first-hand accounts of this war, you are needed to help interview these veterans. You will be given a 30 to 40-minute briefing that will teach you the skills you need to do the job. If that's not your forte, volunteers are also needed to download the interview tapes from the video camera to a DVD. For more information or to volunteer, contact Fred Gehle at (706) 738-8242 or Doug Hastings at (706) 832-6483.

HOSPICE VOLUNTEERS

Odyssey Health Care is a hospice organization who is looking for volunteers to assist with administration duties (file and answer phones) and patient support volunteers (read, watch movies, write letters and provide companionship). Completion of basic Hospice training is required and provided.

DECEMBER DASH

Southeastern Natural Sciences Academy is in need of volunteers for their December Dash 10K 6:45 to 11 a.m. Dec. 6 at Phinzy Swamp Nature Park. Volunteers will be registering runners, calling time, tallying finishing times and helping direct traffic on the race course.

LIGHTS FOR LYDIA

"Lights for Lydia" is honoring women facing cancer with a fundraiser 9 a.m. - 3 p.m. Nov. 15. They are in need of volunteers to fill sand bags and to assemble luminary kits.

RIVERS ALIVE CLEANUP

On Oct. 18 come out and help clean-up the waterways in the CSRA. Rivers Alive Cleanup Day is looking for 50+ volunteers to pick up trash and debris along the Augusta Canal waterway. Clean-up is from 9 a.m. to 1p.m. at Lake Olmstead Park.

ROARING THUNDER 2008

Roaring Thunder 2008 is looking for 65 volunteers on Saturday Nov. 1 at the DDEAMC Fisher House from 11 a.m. to 4 p.m.

PARKINSON'S WALK

This year's 2008 Parkinson Walk will be held on Saturday Nov. 8 and they are looking for 15 to 20 volunteers to help. Volunteers are needed from 7 a.m. to noon.

Chapel Call

Collective Protestant Services

Sunday Worship

9:00 a.m. – Liturgical Service, Bicentennial Chapel
9:30 a.m. – Contemporary Worship Service, Friendship Chapel
10:30 a.m. – Eisenhower Army Medical Center Chapel
Noon – Faith Gospel Service, Good Shepherd Chapel
11:00 a.m. – Bicentennial Chapel
11:00 a.m. – Friendship Chapel

Catholic Services

Daily, Mon – Fri, 11:45 a.m., EAMC Chapel
Daily, Mon, Wed, Thurs. 11:30 a.m., Good Shepherd Chapel
Saturday, 3:30 p.m., Confessions, Good Shepherd Chapel
Saturday, 5:00 p.m., Vigil Mass, Good Shepherd Chapel

Sunday Masses

8:30 a.m., Good Shepherd Chapel
10:00 a.m., Good Shepherd Chapel
11:45 a.m., EAMC Chapel

Jewish Activities

Holy Day, Sabbath and Daily
Services available off post
Jonathan Shoenholz, (706) 787-1353

Islamic Services

Jumah (Friday) Prayer Services, Islamic Activities Center, Building 38804 Academic Drive
Oct-Apr, 12:45-1:30; and Apr-Oct, 1:15-1:45
Retired CPO Marshall Abuvi - (706) 772-4303 (Leave message)

Denominational Services

LDS Service – Sunday 1:30-4:30 p.m., Friendship Chapel
LDS Representative is Ralph Wright - (706) 364-6297
Wiccan Service – Sunday 2 - 5 p.m. at Rel Support Ofc. (706) 868-8781

Religious Education

Children & Youth Classes
Sunday, 9:30 a.m. Protestant Sunday School, Religious Ed Ctr
Sunday, 11:30 a.m., Confraternity of Christian Doctrine and Sacramental Preparation, Religious Ed Ctr (Sep-May)
Wednesday, 7:00 p.m., Faith Gospel Classes, Religious Ed Ctr
Youth Groups and Other RE Programs, Randy Dillard – (706) 791-4703

Adult Bible Studies

Sunday 9:30 a.m., Protestant Adult Studies, Religious Ed Ctr
Sunday 11:30 a.m., Catholic "God and Coffee", Family Life Ctr
Sunday 11:30 a.m., RCIA at Rel Support Office, (706) 791-4703
Tuesday Noon, EAMC Bible Study, Din Facility, 3rd floor
Tuesday 7:00 p.m., Prot Women of the Chapel, Bicentennial
Tuesday 7:00 p.m., Little Rock Study, Good Shepherd Chapel
Thursday 9:30 a.m., Prot. Women of the Chapel, Bicentennial
Wednesday 11:30 a.m., Post-wide Luncheon, Bicentennial
Wednesday 7:30 p.m., Discipleship Training, Friendship Chapel
Wednesday 7:00 p.m., Faith Gospel Svc at Rel. Ed. Ctr.
Wednesday 7:00 p.m., LDS FHE, Rel Support Ofc. (706) 364-6297
Tuesday Noon., 513th at Motor Pool Conf. Rm.
Tuesday 11:30 a.m., 116th MI GP Conf. Rm., Bldg 21719
Tuesday 11:30, 35th Sig. Bde. Bible Study, Bicentennial Chapel