

# ALLOW ME TO SPEAK

STORIES OF COURAGE AMONG IMMIGRANT LATINA SURVIVORS OF INTIMATE PARTNER VIOLENCE

Examined IPV and help seeking among Latina immigrant women, based on Chicana and Mujerista epistemology.



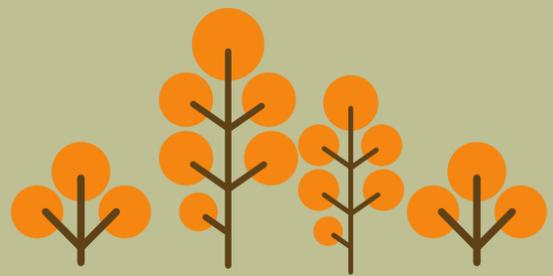
Participants were asked the reasons to keep moving on despite the many adversities they faced and when help seeking was not as easy. One of the most powerful reasons to keep moving on was the participants' children.

formal interviews, with self-identified Spanish-speaking, first generation immigrant Latinas, living in eastern Iowa who had experienced emotional, verbal, or sexual abuse from their intimate partners.

Women expressed healing through sharing their experience and empowering other women to know they are not alone.



Findings show that Latina immigrant survivors resist by finding strength in their faith, reclaiming spaces of peace for their children, and expressing solidarity toward other battered women.



Despite their great struggles and the barriers they encountered, women revealed a help seeking behaviors, and also of survival

## Implications

- Strategies for Social Work interaction must respect the collectivist identity of Latinas and protect the confidentiality and their right to choose their own way to survive, heal, and thrive.
- To oppose IPV, culturally congruent social marketing should be used
- Promote the protection of women and children as part of the community's responsibility
- Future studies are needed that focus on use of mental health services and specialized resources to respond to IPV

Participants demonstrate that despite the multiple struggles affecting help seeking, they are still strong and are working hard to move ahead (luchando) for themselves, their children, and their communities.