

BEYOND THE CYCLE : CLINICAL INTERVENTIONS FOR VICTIMS OF DOMESTIC VIOLENCE

Conférences de l'Institut Universitaire de Psychothérapie : Actualités en psychothérapie 2025-26



Psych. Dolores Mosquera

Director of the Institute for the Study of Trauma and Personality Disorders, Spain

Webinaire le 24 février 2026 de 16h30 à 18h00

Auditoire Aloïse Corbaz – Nouvel hôpital – Bâtiment 60, rez – Salle 179

Site de Cery – 1008 Prilly

Entrée libre ou via Zoom :

<https://us02web.zoom.us/j/82548689098>

Meeting ID: 825 4868 9098

La présentation se fera en anglais

Many individuals find themselves repeatedly involved in harmful relationships where abuse and maltreatment occur. Despite the presence of clear risk, many struggle to set boundaries, leave the relationship, or protect themselves adequately. In some cases, the victim may be aware of the danger but feels powerless to act; in others, the ability to assess the risk is impaired altogether. This presentation explores the psychological dynamics that contribute to such patterns, including learned helplessness, guilt, and the internalization of invalidating messages from abusers. These responses are often shaped not only by the abuse itself but also by the victim's personal history, which may contain earlier vulnerabilities. A key focus will be the distinction between **responsibility and vulnerability**: while the perpetrator is solely responsible for the abuse, victims may have unresolved vulnerabilities that increase the risk of re-victimization. Strengthening internal resources is therefore critical. This includes psychoeducation about abusive dynamics and typical perpetrator strategies, as well as support in navigating the often-complex process of leaving an abusive relationship. Special attention will be given to **traumatic bonding**, including the idealization of the perpetrator and the addictive dynamics that complicate separation.

Dolores Mosquera is a psychologist specializing in complex trauma, personality disorders, and dissociation. She is the director of the Institute for the Study of Trauma and Personality Disorders in Spain. Dolores has extensive teaching internationally. She has published several books, book chapters and articles trauma-related disorders. Dolores received the David Servan-Schreiber award for outstanding contributions to the EMDR (Eye Movement Desensitization and Reprocessing) field in 2017, was made Fellow of the International Society for the Study of Trauma and Dissociation in 2018, for her contributions to the trauma and dissociation field, and received the MAM10 Prix David Servan-Schreiber award in 2021 to a foreign researcher who has made a notable international contribution, having advanced research in the field of EMDR. In 2022 Dolores received the award Professional of the Year in the category of Psychology for the trajectory and significant contributions in dignifying the profession (psychology).