



**Message from Merle Hoffman,  
President and Founder of Choices**

*October is Domestic Violence Awareness Month. It's a month to wear purple and let people know why you're wearing it. We here at Choices encourage you to wear purple all month and especially on Oct. 20, Domestic Violence Awareness Day. Domestic violence and intimate partner violence impact people*

*from all walks of life and backgrounds. It is of epidemic proportions, emotionally and physically traumatizing millions, especially women. Choices takes intimate partner violence and abuse very seriously. When patients come for any of our testings, treatments and procedures, our professional Social Workers are able to screen for possible problems – emotional as well as physical – that interfere with living healthy and enjoyable lives. Identifying and addressing these problems – whether partner abuse, substance abuse or the anxieties of everyday life – are an integral part of health care at Choices.*

**Dr. Patricia Schneider, Choices' Clinical Psychologist,  
Talks About Domestic Violence**

We are delighted that Dr. Patricia Schneider has joined Choices Department of Behavioral Health as of October 18th, 2016. Dr. Schneider has extensive experience as a teacher, author and clinician. She has worked in private practice and for organizations such as The Floating Hospital in Long Island City, NY, Behavioral Health Psychological Services in Long Island, Urban Health Plan in the Bronx and many more organizations. Internationally, she has studied, taught and provided psychological services over several decades in Mexico and Europe. Dr. Schneider is licensed in NY State and has studied abroad at the Mexican Institute of Psychoanalysis, National Autonomous University of Mexico, Faculty of Medicine and Psychology, University of Americas, Pueblo Mexico, American College of Switzerland, Leysin, Switzerland and Hospital Central Military, Mexico City. Dr. Schneider is bi-lingual speaking English, Spanish, Italian and French.



Dr. Patricia Schneider

Please join us in welcoming Dr. Schneider to Choices. We know that our patients will be in great hands. We asked her to speak about domestic violence for Domestic Violence Awareness Month.

**Dr. Schneider:**

*Domestic violence is not a private tragedy, but a public health problem. It occurs in one of every four families in the United States. An estimated 4 million women are seriously assaulted by an intimate partner each year, and an average day in the USA consists of 65 deaths and 6,000 physical injuries due to interpersonal violence. Any person in an intimate relationship can be at risk.*

*Domestic violence is characterized by patterned, repetitive acts of dominance and coercion, to demonstrate power and control over the target person. It is not really about physically harming the other person – although that happens – but about the need to control the other person.*

*Many people think that domestic violence always involves severe physical abuse. But it can include many things: physical or sexual abuse; emotional/verbal/psychological abuse; economic abuse; social isolation; threats and intimidation. And it does not end when a woman becomes pregnant and can even increase.*

*Because this can be so scary and can cause such dangerous, permanent harm to both mental and physical well-being, I am pleased to be joining Choices to help patients develop the capacity to successfully negotiate interpersonal work, life and family relationships, cultivating loving words and acts, ambitions and realizations.*



**Are you in a Healthy Relationship?**

A healthy relationship means your partner:

- Treats you as an equal and respects you.
- Asks your opinion and is comfortable with you having different opinions.
- Apologizes when they are wrong and accepts your apology when you are wrong.
  - Does not feel threatened by your friendships with others.
  - Encourages you in your goals and dreams.

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