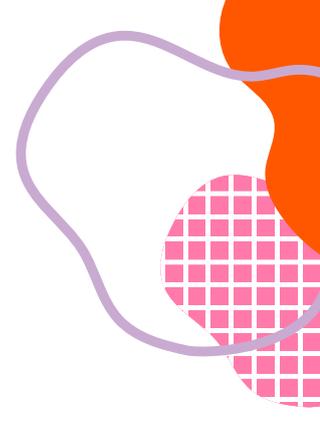


SCC-MAP

Systemic Coercive Control - Mapping and Analysis Process

Based on doctoral research by J Rowles (2026) Institutional
Systems Abuse within Systemic Coercive Control





The Systemic Coercive Control

The Systemic Coercive Control - MAP (Mapping and Analysis Process) is a structured tool designed to help make visible the patterned and often invisible nature of systemic coercive control across intimate relationships and the wider systems that shape, respond to, and often compound harm.

Coercive control is not defined by isolated incidents. It is a course of conduct that restricts a person's freedom, autonomy, dignity, safety, and human rights over time.

While this pattern often begins within a direct relationship, it is frequently extended and intensified through third-party non-physical violence (Rowles, 2026), including systems abuse - social communities, organisations, professionals, formal institutions, and legal systems.

How to Use This Mapping Tool

This SCC-MAP Can Be Used Collaboratively

When used with a practitioner:

- Complete sections together if appropriate
- Use the map to support case notes, safety planning, or advocacy
- Revisit and update the map as circumstances change
- Consent, transparency, and emotional safety are essential.
- You do not need to complete every section at once.
- Mapping coercive control can bring up strong emotional responses. Pause, return, or seek support as needed.

Focus on Patterns, Not Incidents

When responding to each prompt:

- Describe what has happened over time, not just one event
- Notice repetition, escalation, or consistency
- Pay attention to how behaviours link across different areas of life
- You are not required to prove anything. This tool is about recognition and understanding, not justification.

You may choose to:

- Complete only relevant sections
- Skip sections that do not apply
- Return later as new patterns become visible
- There is no “right order”
- You may include dates, impacts, or consequences if helpful Systemic coercive control experiences differ, as the strategy is generally targeted – space is provided for you to reflect and note experiences outside of these prompts.

Map Across Layers = pattern

- Direct abuse in the relationship
- Manipulation of friends, whānau, or community
- Organisational barriers or financial restriction
- Professional misidentification or credibility damage
- Institutional or legal actions that intensified harm

- Seeing these connections can help clarify how coercive control becomes systemic, not accidental.

Important Guidance and Care Notes

- You are not required to disclose details that feel unsafe or overwhelming
- Strong emotional reactions are a normal response to recognising coercive control
- If you feel distressed or unsafe, consider seeking immediate support

**Crisis line 24/7 - 0800 REFUGE
or 0800 733 843**

<https://www.areyouok.org.nz/get-support/family-violence-services/>

Coercive Control (SCC) - MAP (Mapping and Analysis Process)

Direct Relational Coercive Control.

Please provide examples and describe what’s happened in your own words in each section.

Tactic	Mapping Prompt	My experience / what I notice
Physical Abuse	Striking them with hands, objects, or weapons Choking or restricting their breathing strangulation Pushing, shoving, or restraining them to assert control Hurling objects or engaging in symbolic aggression.	
Sexual Abuse	Forcing or coercing them into sexual acts Making them watch or participate in pornography against their will Engaging in sexual acts while they are unconscious or unable to consent Using sex as punishment or manipulation Denying contraception or forcing reproductive decisions.	
Economic Abuse	Controlling or denying access to bank accounts and financial resources Forcing them to justify spending or withholding funds for essentials Coercing them into debt or using their credit without consent Preventing them from working or sabotaging employment.	

<p>Using the Children to abuse and control</p>	<p>Using children to pass on abusive or manipulative messages Threatening to take children away or gain custody to control them Turning children against them through badmouthing or manipulation.</p>
<p>Using Pet</p>	<p>Threatening to harm or kill pets to instil fear Physically harming or neglecting pets as punishment Using pets as emotional leverage to manipulate them Denying access to pets to create distress Threatening or abandoning pets as a form of control.</p>
<p>Psychological Abuse</p>	<p>Gaslighting to distort their reality and instil self-doubt Constant criticism, putdowns, or emotional manipulation Blaming them for the abuse or shifting responsibility Minimising or denying the abuse to undermine their feelings.</p>
<p>Coercive and Controlling</p>	<p>Isolating them from friends, family, and support networks Monitoring their movements, communication, and daily activities Dictating what they can wear, eat, or how they spend time Depriving them of basic needs like food, healthcare, or rest. Restricting ones ability to make independent decisions</p>
<p>Perpetrator Curated Performances of Manipulation</p>	<p>Do they act differently in public (with others) and in private? Does this person act charming, respectful, or helpful around others, but behave very differently at home or in private settings towards you?</p>
<p>Stalking and Technology Abuse</p>	<p>Tracking their location through GPS, spyware, or apps Accessing or hacking their social media, email, or banking accounts Persistently contacting them via calls, texts, or emails to harass Spreading defamatory content online, including revenge porn or cyberbullying.</p>

<p>Deprivation of Autonomy Restrictions on personal freedoms to decide</p>	<p>Restricted everyday choices Inability to make everyday decisions Control over daily choices Limited autonomy in daily life Enforced rules over daily behaviour</p>	
<p>Rule Enforcement via Threat or Punishment</p>	<p>Consequences for non-compliance Punitive responses to rule-breaking Enforced compliance through punishment Behaviour controlled through consequences?</p>	
<p>Isolation from Social Networks</p>	<p>Restriction of social contact and movement Controlled access to people and places Isolation from social networks Restriction of movement and associations Social and service access restricted</p>	
<p>Surveillance, Stalking and Monitoring No privacy Micro-managed in daily life Account for time</p>	<p>Loss of privacy through monitoring Constant surveillance or checking Monitoring of movements and communications Tracked online or in person</p>	
<p>Intimidation through threats and consequences</p>	<p>Threats used to enforce compliance Control maintained through threats Threat-based restriction of exit Use of threats involving people, property, or systems Intermittent kindness</p>	
<p>Self-Regulation through Fear Walking on eggshells Afraid all the time of doing or saying the wrong thing</p>	<p>Self-regulation through fear Identity erosion Behaviour modification to avoid retaliation Constant adjustment to prevent conflict Fear-based self-monitoring Walking-on-eggshells behaviour</p>	

<p>Identity Erosion</p> <p>Restrictions of personal things that matter - hobbies, activities, friends, interests</p>	<p>Loss of sense of self and freedom</p> <p>Undermining of personal agency</p> <p>Identity erosion through control</p> <p>Diminished autonomy and self-trust</p>
<p>Despair and Hopelessness</p> <p>Difficult to articulate the abuse</p> <p>Feeling trapped</p>	<p>Hopelessness resulting from control, feeling trapped and harmful/unhelpful system responses</p> <p>Extreme despair under coercive conditions</p> <p>Loss of hope due to social entrapment</p> <p>Psychological captivity and loss of self-linked to relentless control and coercion</p>
<p>Reverse Narrative Manipulation</p> <p>Damaged credibility</p> <p>Positioned as mentally unwell</p> <p>Positioned as aggressive and angry</p>	<p>Reputation sabotage</p> <p>Narrative distortion to discredit</p> <p>Positioning as unstable or unreliable</p> <p>Manipulated perceptions by others</p>
<p>Intermittent Kindness, Love, Remorse and Generosity</p>	<p>Affection used as a control mechanism</p> <p>Conditional care and generosity</p> <p>Pattern-reset through remorse or reward</p> <p>Kindness used to confuse or destabilise</p> <p>False hope and promises</p>

Additional Notes:

Systems Abuse - Systemic Coercive Control

Systems Abuse - Manipulation of Social Communities

This mapping layer focuses on how social communities—face-to-face, online, and hybrid—can be manipulated as part of systemic coercive control. It includes informal systems like religious, cultural, community, and support networks. Each tactic is named, described with a mapping prompt, and includes space for reflection or example.

Tactic	Mapping Prompt	My experience / what I notice
Cultural or Community Isolation	Separation from cultural or spiritual networks Isolation from community connections Restricted access to cultural or faith groups	
Religious Authority Exploitation	Religious justification of control Use of doctrine to undermine credibility Manipulation via religious leadership	
Community Support Obstruction	Blocked access to community support Restriction of group or network involvement Prevention of community engagement	

<p>Social Network Disruption</p>	<p>Rumour-spreading to isolate Reputation damage within communities Manipulated social perceptions</p>
<p>Cultural Identity Control</p>	<p>Suppression of cultural expression Restriction of spiritual practices Mockery or prohibition of identity expression Community Resource Restriction</p>
<p>Social Collusion Strategy</p>	<p>Manipulate others to undermine credibility Third-party alignment through manipulation Recruitment of supporters to isolate</p>

Additional Notes:

Systems Abuse

- Manipulation of Organisations

This mapping layer focuses on how organisations—such as workplaces, banks, schools, insurance providers, and utility companies—can be manipulated by the predominant aggressor as part of systemic coercive control. This includes tactics that restrict financial autonomy, sabotage credibility, or limit access to essential services and resources.

Tactic	Mapping Prompt	My experience / what I notice
School Engagement Obstruction	Interference with school engagement or access to education	
Workplace Reputation Damage	Have they contacted your employer, clients, or colleagues with false or damaging information about you?	
Employment Interference	Have you been pressured to quit, miss work, or turn down training, promotion, or job opportunities?	
Credit Sabotage	Have they used your name for loans, credit cards, or debts without consent, or failed to pay shared debt to harm your credit?	

Bank Access Control	Have they controlled or blocked access to your bank accounts, removed your name from joint accounts, or monitored your spending?	
Insurance Interference	Have they cancelled, withheld, or misused health, home, or life insurance in your name or blocked claims?	
Debt Manipulation	Have they taken out loans in your name, transferred debts to you, or used debt collection to intimidate or harass?	
Utility and Telecommunications Control	Have they disconnected services, impersonated you with providers, or blocked your access to accounts or devices?	
Tenancy or Rental Record Sabotage	Have they damaged your rental record, refused to leave shared accommodation, or used tenancy conditions to control housing?	
Third-Party Organisation Alignment	Have they convinced employers, landlords, or service providers that you are unstable, dishonest, or unsafe?	

Additional Notes:



Systems Abuse

- Manipulation of Professionals (Revised)

This mapping layer identifies how professionals—such as lawyers, psychologists, social workers, and police—are strategically manipulated by the predominant aggressor as part of an extended abuse strategy. These tactics often result in serious consequences such as custody loss, misidentification, unjust legal action, and increased entrapment. This section names each manipulation tactic clearly and provides space for reflection or documentation.

Tactic	Mapping Prompt	My experience / what I notice
Presenting as a Caring and Responsible Father to Gain Professional Trust	Has the person portrayed themselves as calm, child-focused, and devoted to professionals (e.g. lawyer for child, school counsellor) to limit your access to children, avoid child support, or discredit your parenting?	
Framing Resistance as Instability to Shape Reports or Affidavits	Has the person shared recordings or examples of you in distress (e.g. yelling, crying) to professionals like psychologists, lawyers, or social workers in order to frame you as unstable or unsafe?	
Strategic Use of Professionals to Support False Narratives	Have they selected or influenced a professional (e.g. psychologist, GP, counsellor) who then documented or reported based only on their version of events?	

<p>Recasting the Protective Parent as Alienating or Dangerous</p>	<p>Have they claimed you're alienating the children or fabricating abuse, especially in ways that professionals repeat or record as fact?</p>
<p>Manipulating Risk Reports and Investigations</p>	<p>Have they provided misleading or false information during professional assessments (e.g. OT, police, immigration) that was accepted without question?</p>
<p>Using Authority of One Professional to Override Others</p>	<p>Have they created confusion by getting one professional to write a report or make a statement that discredits other professionals working with you?</p>
<p>Portraying Professional Engagement as Compliance</p>	<p>Do they use their willingness to attend meetings or comply with plans as proof they are cooperative, while positioning you as difficult or obstructive?</p>
<p>Withholding or Distorting Documentation to Influence Outcomes</p>	<p>Have they supplied only selective evidence to professionals or omitted important documents that would show a different picture?</p>
<p>Orchestrating Professional Conflict to Derail Support</p>	<p>Have they positioned different professionals (e.g. lawyers vs advocates, doctors vs CYF) to create contradictions that damage your credibility?</p>

Additional Notes:

Manipulation of Formal Support Institutions

(e.g. Police, Oranga Tamariki, Immigration, Housing, WINZ, Mental Health, Health, Courts)

This sub-layer captures how coercive controllers exploit formal, state-linked systems to escalate harm, discredit the other party, and entrench entrapment by leveraging systemic power in their abuse strategy. These institutions often hold high authority, so when they are misled or manipulated, the consequences can be severe and systemically endorsed.

Systems Abuse - Manipulation of Formal Support Institutions

This mapping layer identifies how formal institutions—such as police, child protection, housing, immigration, welfare, and healthcare—can be manipulated by the predominant aggressor to escalate harm, entrench control, or discredit the other party. These tactics often exploit procedural gaps, authority bias, and policy weaknesses to legitimise abuse through institutional means.

Tactic	Mapping Prompt	My experience / what I notice
Making False Reports to Trigger State Intervention	Have they contacted police, Oranga Tamariki, or immigration with false claims to provoke investigations or harm your credibility?	
Pre-emptive Police Engagement to Frame the Narrative	Have they reported first to police or agencies to control the story, appear calm and cooperative, and frame you as the aggressor?	
Coercing Cross-Applications for Protection Orders	Have they manipulated the system to create a false equivalence—leading to both parties being treated as mutual aggressors?	

Presenting as the Cooperative Parent or Partner to Agencies	Have they performed calm, compliant, or parentally responsible behaviours in court or with housing, police, or child protection to mask coercive control?
Exploiting Gender-Neutral or Incident-Based Policies	Have they used tools or policies that focus only on incidents (not patterns), which allowed their behaviour to go unrecognised?
Triggering Immigration Consequences via False Allegations	Have they reported false information to immigration authorities, threatened deportation, or undermined your visa process?
Manipulating Mental Health Pathways to Discredit	Have they portrayed you as mentally unwell or unfit to professionals, encouraging reports or interventions that question your stability?
Deliberate Court Process Exploitation via Civil Channels	Have they used trespass, parenting, or other civil applications to entrench control through legal appearance of legitimacy?
Using Complaints or Misconduct Allegations to Discredit	Have they filed complaints to discredit you with police, schools, housing providers, WINZ, or other formal bodies?
Controlling the Story Within Housing or Welfare Systems	Have they presented themselves as the more stable or responsible party to access support, shelter, or housing, while obstructing your access?

Additional Notes:

Mapping Layer 2: Systems Abuse - Manipulation of Legal Systems

This mapping layer identifies how legal systems—including Family, Criminal, and Civil Courts—can be used as instruments of coercion and control. These tactics often exploit procedural fairness, legal aid systems, child custody frameworks, and protection order processes to cause harm, delay justice, discredit the other party, or drain resources. Naming these tactics makes systems abuse visible and traceable.

Tactic	Mapping Prompt	My experience / what I notice
Vexatious or Serial Litigation	Have they filed repeated or baseless applications across courts (e.g. Family, Civil, Employment) to punish, exhaust, or maintain control?	
Misuse of Parenting and Custody Proceedings	Have they used custody or parenting proceedings to harass, track, restrict access to children, or avoid paying support?	
Protection Order Weaponisation	Have they filed retaliatory protection orders, manipulated breaches, or used variations to interfere with housing, employment, or parenting?	
Legal Resource Depletion Strategy	Have they drawn out proceedings, obstructed disclosure, or contested legal aid to drain your time, energy, or financial resources?	

<p>Procedural Delay and Obstruction</p>	<p>Have they caused court delays by not appearing, changing lawyers, or filing unnecessary motions or appeals?</p>
<p>Surveillance Through Legal Processes</p>	<p>Have they subpoenaed records, turned up at court events, or accessed information via legal discovery to monitor or intimidate you?</p>
<p>Discrediting via Legal Misrepresentation</p>	<p>Have they framed you as mentally unwell, manipulative, or alienating in legal documents or professional reports?</p>
<p>False Evidence or Character Claims</p>	<p>Have they submitted fabricated evidence, false testimony, or discriminatory arguments in court?</p>
<p>Misuse of Child Protection or Immigration to Influence Legal Outcomes</p>	<p>Have they made malicious OT reports or immigration complaints to shift the outcome of legal proceedings?</p>
<p>Post-Court Intimidation or Retaliation</p>	<p>Have they engaged in stalking, harassment, or intimidation after hearings, decisions, or service of documents?</p>

Additional Notes:

Usage Guidance, Professional Protections & Copyright

Professional Use Statement

This tool is not a standalone risk assessment. It is designed to be used alongside standard risk assessment tools to deepen understanding of systemic coercive control and institutional systems abuse.

This mapping tool supports reflection, case mapping, and practitioner documentation. It is not a diagnostic tool and should not replace legal, psychological, or specialist safety assessments.

The prompts are designed to be used with care, either collaboratively with the person experiencing harm or by a trained professional with appropriate consent and ethical oversight.

Scope and Purpose Disclaimer

This tool is intended to make visible the hidden patterns of systemic coercive control, including Predominant Aggressor Manipulation (PAM) and harmful institutional responses. It helps practitioners and experts identify and name tactics across multiple systems—social, organisational, professional, institutional, and legal.

Limitations:

It is not a risk prediction tool, does not measure lethality, and should not be used in isolation to determine safety or legal outcomes.

Copyright and Use

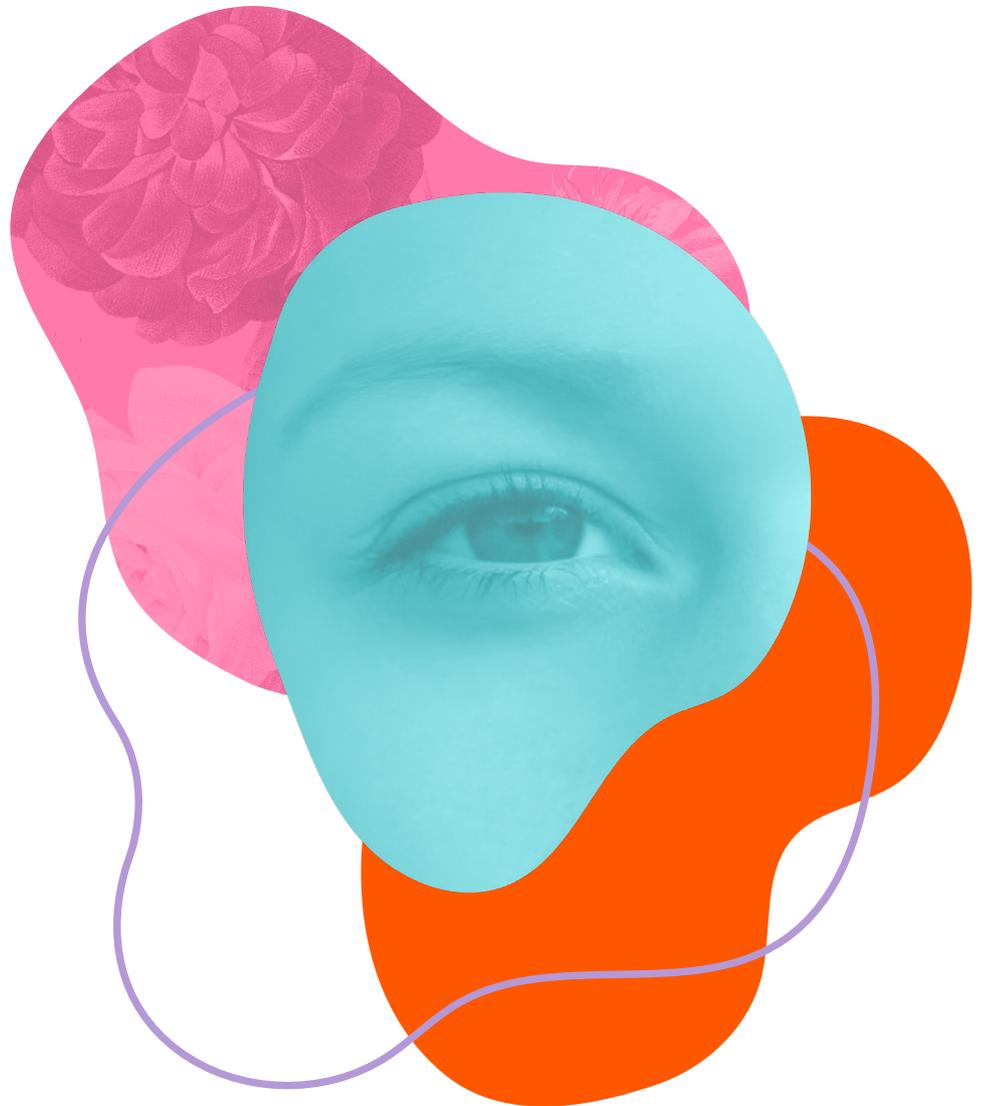
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Design Note: Fragments of Hope

The collage imagery throughout my website and handouts carries deliberate meaning and hope. Each artwork, designed by Lucie, represents the “taken parts of the self” those whose lives have been diminished by both perpetrators and systems that perpetuate injustice. The partial faces and layered shapes symbolise how women’s lives are devastated and constrained through systemic coercive control, how a perpetrator tries to dismantle her from her own core, her sense of knowing, and from all the parts of herself.

These images hold hope – as the women are “not broken” - they remain present, visible, and whole within their complexity. The bright colours reflect their true inner vibrance and the possibility of recovery, restoration, and the reclaiming of what has been dismantled and fragmented.

As responders, we hold a profound responsibility – as our actions can either compound harm or contribute to safety and dignity. From a place of safety, space and justice, the fragmented parts of herself may be restored to wholeness as they are still there. This, like the images, is the embodiment of hope.