



Impact of CSA on the Adult Woman



Human Responses to Trauma

1. Sexual Disorders
2. Physical & Medical Problems
3. Psychosocial Problems
4. Mental Health Disturbances



Refer to handout, Impact of CSA on the Adult

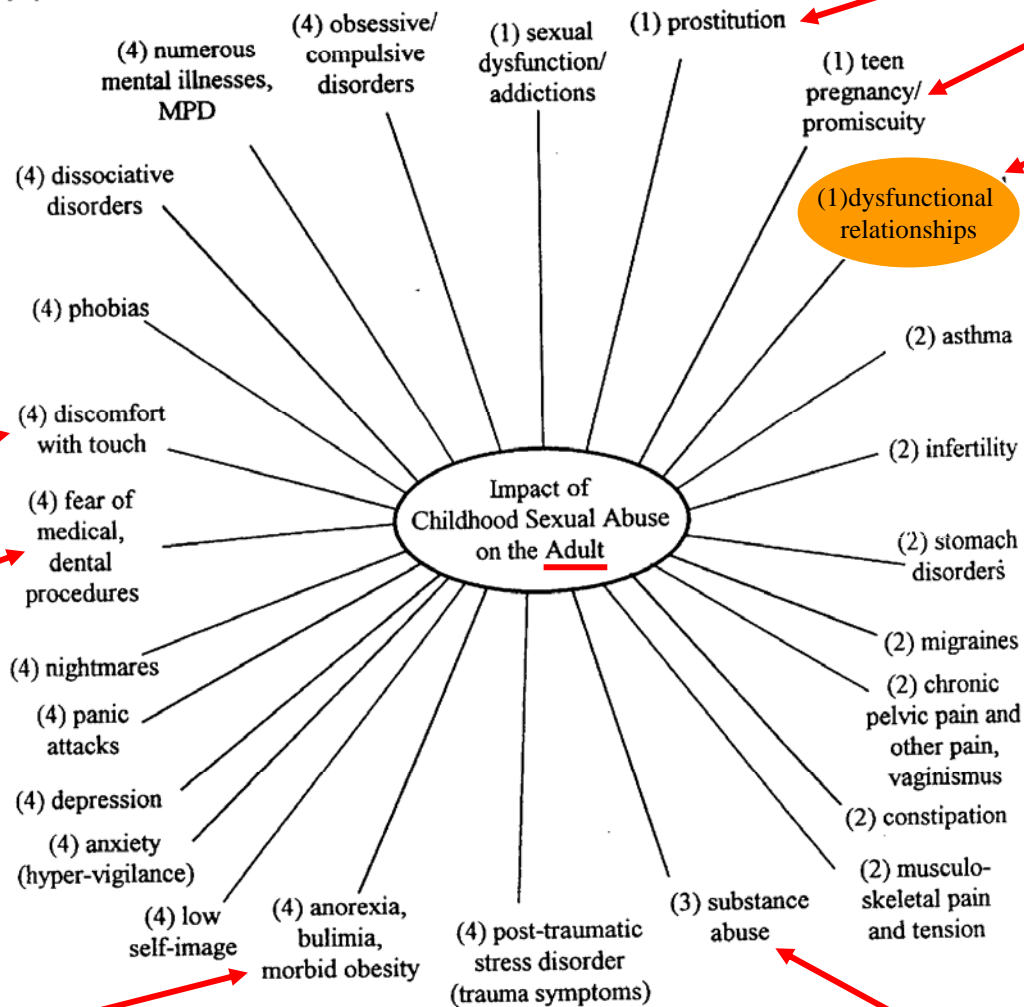
Possible Impact of Childhood Sexual Abuse—

Suspect a history of abuse if several of these symptoms are present without an obvious physical or psychological cause.

Human Responses to Trauma:

1. Sexual Disorder 2. Physical and Medical Problems 3. Psycho-social Problems 4. Mental Health Disturbance

Note: No single person exhibits all these symptoms. Nor is every person who exhibits one or a few of these symptoms necessarily a survivor of sexual abuse.





“Men”

By Maya Angelou,
From *And Still I Rise*





The Caregiver's Motto

She has very good reason

For

Feeling this way

Behaving this way

Saying these things

Believing these things...



And...

**I may be the target,
but**

I am not the reason



Describe reflective listening



Key points



Impact on the Care Provider

- Vicarious Traumatization
- If the care provider is a CSA survivor
- Self-help stress management skills
- 1. For oneself to use
 2. To teach to a client



Vicarious Traumatization

- Definition
- Impact on Care Provider



Vicarious traumatization

- Hearing the story can generate strong feelings for care provider
- Important for the survivor to know she can trust that care provider can hear her distress, otherwise she is stopped from revealing her emotional pain or believes she has to protect the care provider.
- She spends her energy worrying about the care provider's feelings or reactions.



Obstacles to Effective Functioning as a Caregiver

- Identification with trauma, loss, or survivors' pain
- Feelings of helplessness, guilt, anger
- Difficulty maintaining thoughtful but objective boundaries
- Physiological, visceral, and emotional reactions



Importance of Appropriate Therapeutic Stance

- Appropriate boundaries
- Recognize and acknowledge common reactions to an abuse history
- Create sensitive presence with compassion and empathy.
- Maintain thoughtful, objective role so survivor can feel safe with you without having to worry about your needs or reactions.



Personal self-care Needs

- Physical
- Emotional
- Intrapersonal
- Interpersonal
- Develop mediators against stress and burnout



Personal Self-Care

- Stress management methods
- Relaxation breathing, muscular tension releasing exercises, comforting or healing imagery
- Set priorities to help keep your professional and personal life separate
- Avoid being super person, ask for help, use mentors, colleagues, be open to new treatment modalities



Self help cont.



When the Caregiver is a Survivor

- Have your own support system-colleagues, friends, and therapist to talk to.
- Make every effort to not project your own issues onto the client.
- Be aware of your responses. If you feel re-traumatized, it might be better to tell her honestly and help her find your back up or another doula.
- Do not assume that the way you handled issues will be the same for her. Your own path for healing may be very different.
- At the same time, listen with empathy, use your active listening skills, help her identify her concerns, and together problem solve them
- With these methods, the survivor can feel validated, empowered, more in charge
- of her experience, and more ready to meet the challenge.