

Welcome To The Webinar!

Congratulations - you made it!

I will be with you shortly.

Before we get started, for best results...

Boost Your Connection Speed

BT Wholesale Broadband Performance Test

Broadband Speed Test Results

Download Speed (Mbps): **560.82**

Upload Speed (Mbps): **17.25**

Ping Latency(ms): **22.25**

<http://www.speedtest.btwholesale.com/>

Boost Your Connection Speed

- Use wifi rather than 4g
- Use wired connection rather than wifi
- Close down as many tabs and programs as possible.
- Ask others to avoid streaming internet use

If your screen freezes or a lag occurs ...

- **(a) Give it 20-30 seconds to catch up by itself**
- **(b) Refresh the page or screen**
- **(c) Log out and log back in again.**

Remember the recording will be available shortly for any bits you missed so you can relax.

Helping Survivors Of Sexual Abuse, Sexual Trauma & Sexual Exploitation

WARNING 1!

This presentation contains information that may be extremely upsetting or disturbing ...

... but it is what you may come across if asked to help a client who has been through this.

WARNING 2!

If you have experienced elements of this yourself ...

**... be kind to yourself with any feelings or emotions
it may bring up during the presentation ...**

**... and I would strongly urge you to take steps to
address your own experiences before attempting to
help others with theirs.**

Definitions:

- **Sexual Abuse**
- **Sexual Exploitation**
- **Sexual Trauma**
- **Sexual Assault**
- **Sexual Harassment**

Definitions: Sexual Abuse

There are no formal definitions for sexual abuse but the UK government (for England) states that sexual abuse ...

"Involves forcing or enticing a child or young person to take part in sexual activities, not necessarily involving a high level of violence, whether or not the child is aware of what is happening."

"The activities may involve physical contact, including assault by penetration (for example, rape or oral sex) or non-penetrative acts such as masturbation, kissing, rubbing and touching outside of clothing."

Sexual Abuse Definition Contd.

“They may also include non-contact activities, such as involving children in looking at, or in the production of, sexual images, watching sexual activities, encouraging children to behave in sexually inappropriate ways, or grooming a child in preparation for abuse (including via the internet).”

"Sexual abuse is not solely perpetrated by adult males. Women can also commit acts of sexual abuse, as can other children."

According to the NSPCC sexual abuse (in children) can be separated into two categories:

- (a) Contact Abuse**
- (b) Non-Contact Abuse**

(a) Contact Abuse:

Involves touching activities where an abuser makes physical contact with a child, including penetration. It includes:

- Sexual touching of any part of the body whether the child is wearing clothes or not
- Rape or penetration by putting an object or body part inside a child's mouth, vagina or anus
- Forcing or encouraging a child to take part in sexual activity
- Making a child take their clothes off, touch someone else's genitals or masturbate.

(b) Non-Contact Abuse:

Involves non-touching activities, such as grooming, exploitation, persuading children to perform sexual acts over the internet and flashing. It includes:

- Encouraging a child to watch or hear sexual acts
- Not taking proper measures to prevent a child being exposed to sexual activities by others
- Meeting a child following sexual grooming with the intent of abusing them
- Online abuse including making, viewing or distributing child abuse images
- Allowing someone else to make, view or distribute child abuse images
- Showing pornography to a child
- Sexually exploiting a child for money, power or status (child exploitation).

Online Sexual Abuse

Young people may be persuaded, or forced, to:

- Send or post sexually explicit images of themselves
- Take part in sexual activities via a webcam or smartphone
- Have sexual conversations by text or online.
- Abusers may threaten to send images, video or copies of conversations to the young person's friends and family unless they take part in other sexual activity.

Images or videos may continue to be shared long after the sexual abuse has stopped.

Sexual Exploitation

This is a type of sexual abuse.

Children in exploitative situations and relationships receive something such as gifts, money or affection as a result of performing sexual activities or others performing sexual activities on them.

Children or young people may be tricked into believing they're in a loving, consensual relationship. They might be invited to parties and given drugs and alcohol. They may also be groomed and exploited online.

Child Sexual Exploitation In Gangs -

Child sexual exploitation is used in gangs to:

- **Exert power and control over members**
- **Initiate young people into the gang**
- **Exchange sexual activity for status or protection**
- **Entrap rival gang members by exploiting girls and young women**
- **Inflict sexual assault as a weapon in conflict.**
- **Girls and young women are frequently forced into sexual activity by gang members.**

Also ...

Research by Beckett (2012) found girls considered to be engaging in casual sex were seen as forfeiting their right to refuse sex.

(My underline)

The majority of sexual exploitation within gangs is committed by teenage boys and men in their twenties (Berelowitz et al, 2012).

Rape and Sexual Assault

“Rape is when a person intentionally penetrates another's vagina, anus or mouth with a penis, without the other person's consent.

[My Note: forcing an adult or child to give oral sex to a male is rape]

“Assault by penetration is when a person penetrates another person's vagina or anus with any part of the body other than a penis, or by using an object, without the persons consent.

"The overall definition of sexual or indecent assault is an act of physical, psychological and emotional violation in the form of a sexual act, inflicted on someone without their consent. It can involve forcing or manipulating someone to witness or participate in any sexual acts.”

Rape and Sexual Assault contd ...

Sexual assault can also involve ...

“Exposure of genitalia, breast, buttocks or other intimate body parts”.

The Prosecutors' Resource on Violence Against Women

Sexual Harassment

The Equality Act of 2010 defines sexual harassment as:

“Unwanted conduct of a sexual nature which has the purpose or effect of violating someone’s dignity, or creating an intimidating, hostile, degrading, humiliating or offensive environment for them.”

It includes ...

- Indecent or suggestive remarks
- Unwanted touching
- Requests or demands for sex
- Dissemination of pornography.

Sexual Harassment vs Banter

It is generally considered sexual harassment if the behaviour:

- **Violates your dignity**
- **Makes you feel intimidated, degraded or humiliated**
- **Creates a hostile or offensive environment**

Repeating Patterns

Although we must not make **ANY** assumptions whatsoever when working with clients ...

From my experience, in severe cases, there is often a pattern where a child who has been sexually abused ...

... will find him or herself later in life being sexually exploited ...

... or sexually assaulted ...

... or in situations of sexual harassment.

Statistics

1 in 20 children (4.8% aged 11-17) in the UK have experienced “contact” sexual abuse.



Source: Radford, L. et al (2011) Child abuse and neglect in the UK today.

Common Effects of Sexual Abuse

- Emotional difficulties such as anger, anxiety, sadness or low self-esteem
- Mental health problems such as depression, eating disorders, post-traumatic Stress disorder (PTSD), self harm, suicidal thoughts
- Problems with drugs or alcohol
- Disturbing thoughts, emotions and memories that cause distress or confusion
- Poor physical health such as obesity, aches and pains
- Struggling with parenting or relationships
- Worrying that their abuser is still a threat to themselves or others
- Learning difficulties, lower educational attainment, difficulties in communicating
- Behavioural problems including anti-social behaviour, criminal behaviour.

Symptoms and Effects of Sexual Abuse

Every situation is different but from my experience ...

- Some children will veer towards “fight”

(Externalisation of the issue - e.g. anger, violence, aggression, anti-social behaviour, criminal activity)

- Others will veer towards “flight”

(Internalisation of the issue - self-harm, self-loathing, self-destructive behaviour).

Symptoms and Effects of Sexual Abuse

However ...

Those who tend to “internalise” may be prone to sudden outbursts ...

And those who tend to “externalise” ... may also be prone to periods of shame and self-destruction, especially following an “outward” act of aggression etc.

The same underlying beliefs are at play ... just acted out in different ways.

What do you think are the typical FEELINGS & EMOTIONS of someone who has been sexually abused?

Shame

Angry

Worthless

Confused

Guilt

Dirty

Blame

Unloveable

Responsible

Unsure Of Their Sexuality/Sexual Orientation

Put others needs before their own

Powerless

Broken.

What are the typical BELIEFS that cause these feelings and emotions?

**Shame
Angry
Worthless
Confused
Guilt
Dirty
Blame
Unloveable
Responsible
Unsure Of Their Sexuality/Sexual
Orientation
Put others needs before their own
Powerless
Broken.
Betrayal
Don't Trust
Scared**

**I encouraged this
It's my fault
Self Blame
I must do as I am told
I am unworthy
Trouble if say anything so ... shut up
Will I people think I will become an abuser?
Something bad will happen
No-one will love me now
Shame
No-one will want me
Too much trouble if I open my mouth
I'm vulnerable/unsafe
Other people can tell/see
I have to ...
No-one cares
Better off dead
I'm a Bad person
I'm not important enough
No-one will believe me
Can't trust men/women
Need ti protect abuser
What's expected/to give affection**

**Think about these fit into the 5 erroneous
core fears/beliefs?**

Which are ...

How do these fit into the 5 core fears/beliefs?

- **I Am Not Enough/Not Worthy of Approval**
- **I Am Not Safe/The World Is Not Safe For Me**
- **I Am Powerless/Have No Control**
- **I Am Separate/Disconnected**
- **Love Equals Pain/Suffering**

How do these fit into the 5 core fears/beliefs?

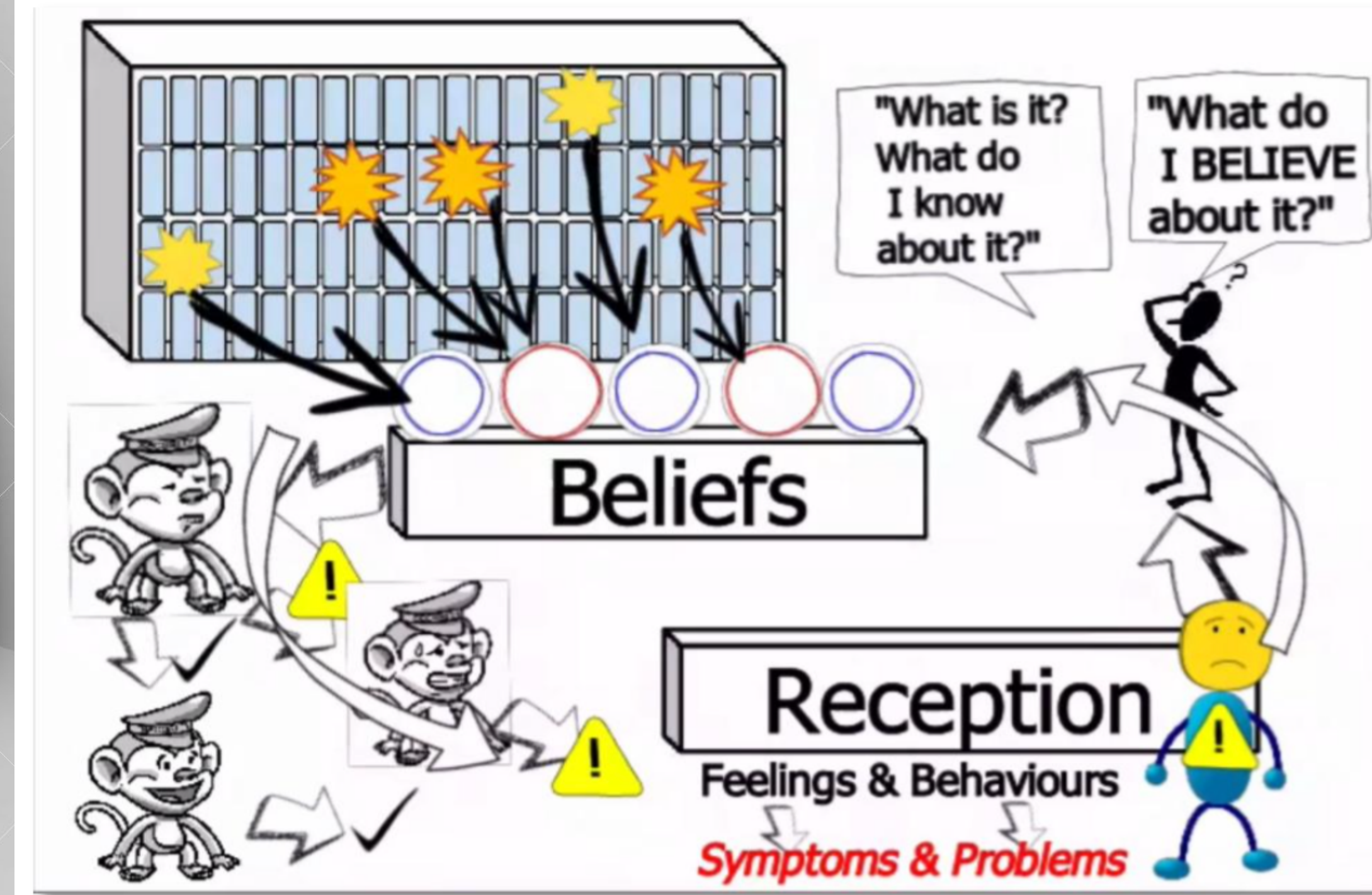
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What's expected/to give affection

- I Am Not Enough/Not Worthy of Approval
- I Am Not Safe/The World Is Not Safe For Me
- I Am Powerless/Have No Control
- I Am Separate/Don't Belong
- Love Equals Pain/Suffering

These are the “Don’t Wants” ...

- I don’t want to feel not enough (ashamed of myself, unworthy of love, acceptance, approval, etc)
- I don’t want to feel the world is not safe for me (scared, afraid, insecure, untrusting)
- I don’t want to feel powerless (helpless, hopeless, out of control)
- I don’t want to feel separate/disconnected (different, don’t belong, don’t fit in, alone, etc)
- I don’t want to believe that love equals pain and suffering (abusive relationships, subservience to get attention, suffering is normal, etc)

If the limiting fears and beliefs are caused by the client's interpretation of their abusive experiences ...



What can we do to turn things around and help the client feel ...

- More loving of himself/herself?
- Safer and more secure in the world?
- In control of their life?
- More connected?
- Love is pleasure?



List some general principles rather than techniques ...

- 1. Let go of old ideas**
- 2. Feel that they are important**
- 3. Dissociate the abuser from them**
- 4. Love themselves/can focus on self**
- 5. Acknowledge the abuse/abuser was wrong ... not their fault ...**
- 6. They do have power**
- 7. Find how they can feel safe?**
- 8. They can trust ...**
- 9. Self approval => self belief => can move forward**
- 10. Choice**
- 11. Reframe it through eyes of an adult**

What methods and techniques can we use to help achieve that?

*****Build Trust & Rapport*****

- 1. Regression**
- 2. Inner Child**
- 3. Grounding Adult/Safe place**
- 4. Parts Therapy**
- 5. Rewind**
- 6. Swish**
- 7. Solution Focussed
(Timeline Work)**
- 8. Protection/feel safe**
- 9.**

My Typical Approach To Bring About The Deepest Level Of Transformation

- **Introductory Chat to gather information, build rapport & look for emotional hotspots**
- **Open Regression using “follow the feeling”**
- **Take client through scenes and memories appropriately**
- **Repeat until any initial emotion has subsided**
- **Use an Inner Child type technique to connect to the younger self**
- **Express the unexpressed to the perpetrators (whether direct or in-direct)**
- **Power the Inner Voice ... (Now I Am, Now I can ... ie the “Do Wants”)**
- **[If needed/useful use Rewind Or Swish - but not always necessary]**
- **Release client and end session.**
- **Repeat for more sessions if required**

The Andrew Parr "Deep Transformation Method"

THE "CHAT"

1. Put at ease
2. Initiate flow
3. Massive Rapport
4. Trust & Confidence
5. Emotional Hotspot

Identify The ONE THING That Means The Most
(Access The Root - Biggest fear? Deepest Desire?)

Don't Want

Do Want

Affirmative

Create An Abreactive Moment

Induction &
Deepener

PMR? Rapid? Instant?
Indirect? Spontaneous?

Set Desired
Outcome

DWDD? Visualisation?

Release
Resistance

regression or any of
the 30+ methods

Positive
Response?

Statements? Body?

Wrap Up
& Release

Complete The Loop
Or Hold Till Next
Time

£/\$ +
Goodbye

Cu Next Week

Goodbye

Repeat As Required

Follow-Up? Course Of Treatment? Full/Partial Abreactive Moment? Mantras? Ongoing Support? Friends/Family/Colleagues?

Issues To Consider

Some people will have spent years in therapy already and will be used to talking about what happened.

For them, it is emotional resolution that is necessary for healing - not intellectual understanding.

Issues To Consider

Other people ... you will be the first person they have ever told or discussed this with ...

... and it may take an enormous amount of courage for them to get anywhere near verbalising what happened.

For them, you may need to be very patient, reassuring, gentle ... but encouraging ...

... they need to know they can trust you ... and feel safe with you.

Issues To Consider

Obviously, all the general principles of regression and analytical work apply, as well as the “Don’t Want - Do Wants” principles.

But most importantly (I think) ...

Don’t try and fix things too quickly ...

Don't try and fix things too quickly ...

If you encounter traumatic scenes and memories, there can be a temptation to dive in straight away and use one of our techniques to try and make it alright ...

Doing this too quickly can lead to a “glossing over” effect, or “patching up”, without really allowing the deeper healing to take place ...

Often the client will need time to feel the feelings ... or even take time to pluck up the courage to reveal what is happening or has happened ...

Don't try and fix things too quickly ...

It's Ok to be silent ... to let them just sit with it for a while ... allowing the full dynamics to come to the surface.

Then, when you feel it has all been expressed in that moment, or an abreaction has subsided, that is the time to consider one of the healing techniques referred to.

This is true for all regression, but especially so for sexual abuse/shame type situations, which can be multi-layered and take a while to surface.

Cleansing Luxury Bathroom Visualisation

(See separate download for Script Handout)



Cleansing Luxury Bathroom Visualisation Example Script

“Just imagine taking that younger you to the most beautiful luxury bathroom you can possibly imagine.

There is a big, luxury bath filled with the most amazing, luxury bubbles.

Allow that younger you to soak in that bath ... and to realise that the water and bubbles are cleansing not only the outside of his/her body, but inside as well, including every single cell, tissue, organ, muscle.

Cleansing ... healing ... repairing ... restoring ... renewing ...

contd.

“... the water just soaking it all away.

Just washing it away, soaking it all away.

So that when that younger you is ready, he/she can just drain all that water away, taking with it everything associated with what happened ...

... leaving him/her to feel clean, healed, fresh, new ... as if he/she can start again ...

And somewhere in that luxury bathroom ...

contd.

*“You’ll find the biggest, warmer, fluffiest towels you can imagine
...*

*So just wrap that younger you in those towels and help them to
feel clean, safe and warm.*

... and also you will notice some lovely new clothes ...

*Allow that younger you to choose the lovely new clothes he or
she wants, so that he/she feels cosy, comfortable, good, “new”
...*

contd.

... and just imagine you and that younger you, stepping out of that bathroom and looking out onto the world, together ...

Maybe hand in hand if that feels ok ...

... and notice how different it feels now ...

At this point I would probably ask client for feedback - if good then reinforce as positive suggestions. If there is any resistance, I would check out what it is and address it.

E.g. One client said,“ ... this doesn't mean I have to forget yet, does it? I dont want to forget yet ...”. “No, of course not”.

What if the client was previously unaware of the sexual abuse or content that arises during a regression?

In these cases I usually say something like ...

“If it has come to mind, then it has done so for a reason. We can analyse it later and we don’t need to hold you to anything, but if you can go with it for now, we can see where it leads, and take it from there.”

Afterwards I would avoid making any assumptions and just encourage the client to verbalise any concerns or insights.

What if the client reveals abuse from someone they know or are still connected to?

In these cases, if the client is indicating saying or doing something about what they have been expressing, I usually say something like ...

“Before you think about saying or doing anything, lets just let this settle down first so we can let it integrate fully. Then if you want to approach [that person] you can do so in a much better frame of mind. But for now, how about we let things settle down first of all?”

We don't want the client rushing out making accusations when (a) we may not have the full story yet and (b) it could lead to a whole new set of traumas in the present.