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AN ANALYSIS OF COUNSELLING SURVIVORS OF SEXUAL ABUSE.

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ABSTRACT:

“Counselling survivors of sexual abuse” sexual abuse is happening not only to women but also to children and men. In the present generations, humans do not have control over themselves, and they are behaving like wild animals and abusing children, women, and men. After being abused, they are not able to come out of the physical, emotional, and mental trauma that they have undergone. So, it is not an easy task for them to survive in society after they are sexually abused. Many women are very bold, and they are coming out of that trauma and surviving and leading a very good and happy life, but the children who are affected are not able to tell the problems, and they are not able to express them. Many counselling methods would really help them to survive happily in society, and many scholars have researched this topic widely, and they have suggested different counselling methods for different age groups, especially different methods for handling children, adults, and adolescents.

Keywords: sexually abused, physical, mental, and emotional trauma, counselling methods.

INTRODUCTION:

I am going to research the topic “Counselling survivors of sexual abuse.” They are facing so many problems in our society, and many are not able to overcome those problems, affecting their entire future. Even though they wish to lead a normal life, society is not allowing them to do so. This is a society where people are supporting men, even though they are the wrongdoers. So, in what ways and methods can we give counselling for those who are affected? And what

type of counselling method is needed and required is based on the individual, and it also varies from one person to another person. Many scholars and authors have widely suggested counselling methods for children and women. So, this research is mainly based on the counselling methods that would help them to survive happily in society. Sexual assault and abuse can result in severe physical and emotional trauma to the victim. Deploying targeted psychotherapeutic treatment that is individualized for the survivor is important to achieving optimal patient outcomes.

REVIEW OF LITERATURE:

In the article “Psychotherapy with Survivors of Sexual Abuse and Assault” by Allison Cowan, MD, Ali Asahi, MD, and Julie P. Gentile, MD, published by Matrix Medical Communications. The author discussed the psychoanalytic psychotherapy, trauma-focused cognitive behavioural therapy (TF-CBT), and eye movement desensitization and reprocessing therapy (EMDR) for the treatment of patients following sexual assault and abuse.

“The intersection of sexual assault and psychotherapy is complicated. It was not until relatively recently that the treatment of survivors of sexual assault came to be under the purview of psychotherapeutic treatment. In their ‘1974 American Journal of Psychiatry article, Burgess and Holmstrom, there was a little information on the physical and psychological effects of rape or how to manage the treatment of a survivor of sexual assault in the psychiatric literature’.

The United States Centers for Disease Control and Prevention (CDC) estimates that sexual violence affects one in three women and one in four men over the course of their lifetimes.

In the article “Counselling Survivors of Sexual Violence” by Amy E. Duffy, published by the American Counselling Association. The author discusses the importance of both counsellors and the clients. The majority of survivors of sexual abuse are Women.

When counselors partner with survivors of sexual violence, both the counselor and the client need to recognize the roles that privilege and marginalization play in sexual violence and within the counseling relationship.

Sexual violence is a gender-based violent act.

Approximately **91% of sexual violence survivors are women, whereas roughly 9% are men**

(according to U.S. Department of Justice statistics on rape and sexual assault for 1992-2000). Each of these individuals has been violated in a perpetrator's effort to oppress and exert power over the survivor. Within the counseling relationship, the counselor and client need to explore the perceived and actual characteristics of their respective marginalized and privileged statuses relative to the issue of sexual violence.

In the article "Sexual abuse and the problem of embodiment," by Panel Leslie Young, published by Elsevier Ltd, the author discusses

Trauma, sexual abuse, and some of the potential long-term effects are explored in terms of the problem of embodiment and the formation of personal identity and psychological integrity.

First, trauma and dissociation are analysed and linked to the development and maintenance of a "posttraumatic" sense of personal identity. Then, several disorders associated with sexual abuse—dissociation, multiple personality disorder, eating disorders, somatization disorder, self-mutilation, suicide, and suicide attempts—are examined in terms of their phenomenological coherence and relation to the problem of embodiment. This conceptual framework may be of use to clinicians and researchers assessing and treating the survivors of sexual abuse.

RESEARCH GAP:

The above three researches and articles have focused on various dimensions of survivors of sexual abuse. The first Article has focused on psychodynamic psychotherapy treatment. The researcher has focused on the psychological effects of rape and sexual abuse and how to manage the treatment of psycho dynamic therapy for the survivors of sexual abuse. The second Article has focused on the point that most women are more affected than compared to men and the importance of both counsellors and clients. The third Article has focused on the long-term effects explored in terms of their problems and preventing them from attempting suicide, steps to come out of their emotional trauma. But this research has concentrated on how the counsellors should be equipped with different aspects of knowledge and what types of aspects they should follow to give counselling to individuals based on the age groups. For children, the counsellor should have a quantum amount of patience, and when it comes to adolescents, the counsellors should connect psychologically and connect with the mind, and they should feel safe and secure to share what they have undergone and create a better platform for them to

come out of that physical, mental, and emotional trauma.

STATEMENT OF PROBLEM:

In this study, I have elaborately concentrated on the problems of ‘Counselling survivors of sexual abuse.’

1. What is making people commit sexual abuse? Our society has changed a lot in the sense that people do not have enough knowledge and understanding of sexual abuse. The people in the present generation are not socialized to that extent because they lack in communicating with people, especially based on gender. When they lack communication with the opposite gender, they are not aware of them, and so all these crimes are increasing in our society.
2. when sexual abuse and harassment increases in our society the most affected are women and they facing many problems arising out of it, they are physically, emotionally disturbed and mentally disturbed it is not an easy task for them so, to come out of mental, and physical trauma they must undergo counselling methods based on their age groups, so that they will be able to live a peaceful life.

METHODOLOGY:

The entire study is based on the sources collected through secondary data. It is about the ‘counselling survivors of sexual abuse.’ My research is doctrinal research. It is also subjective research where research is influenced by the perspectives, values, social experiences, and viewpoint of the researcher. It also includes the platform of social media, where people share their experiences and online counselling methods. This research includes various articles, book sources, etc. It brings an outline for the recovery of the survivors of sexual abuse

OBJECTIVE OF THE STUDY:

1. To create an awareness among people that there are many counselling methods for the survivors of sexual abuse, and what counselling methods they can adopt.
2. To change human minds and society, and to impart knowledge about sexual abuse.
3. To know what are the problems they are facing either psychologically, mentally, or emotionally.
4. To help them to recover from the mental trauma that they have undergone and to face society strongly.

5. To know the importance of both the counselor and client.
6. To know what are the aspects and methods the counselors should adopt to give counselling to the survivors based on the age groups.

HYPOTHESIS / RESEARCH QUESTIONS:

In this research, the “Counselling survivors of sexual abuse” examines the main reasons for sexual abuse, whether the sexual abuse takes place, if it affects the people, and how the survivors will be able to overcome the mental trauma. So, to overcome the physical, mental, and emotional trauma. The survivors of sexual abuse should undergo counselling. These counselling methods would really help them to overcome the issues and face society strongly.

CONCEPT OF COUNSELLING SURVIVORS OF SEXUAL ABUSE:

Sexual abuse is not a recent issue. It's been there for years, but when we compare the olden days and recent days, the issues relating to sexual abuse have increased comparatively due to various reasons. The first and foremost reason is the increase in population. In some areas, the population of men is more than women, and vice versa, and due to this, the urge for their own pleasure led to sexual abuse. The other reasons are patriarchal society, a lack of education for both genders, etc. The sexually abused persons are facing many problems, and to help them come out of those mental and emotional traumas, they need different types of counselling methods, and the role of counselors is also very important. Many children and women were not able to face the circumstances of society after they were abused, and so they are committing suicide. To avoid and prevent them, there are many methods of counselling. This research is mainly based on the counselling methods that would help sexually abused persons to survive. It also focuses on the people who were able to come out of that emotional trauma and survive in society, and shows that they were also able to live and lead a peaceful life.

PROBLEMS FACED BY SEXUALLY ABUSED CHILDREN, WOMEN, MEN, AND OTHERS:

After sexual assault, survivors may feel their bodies are not really their own. Survivors often report feelings such as shame, terror, and guilt. Many blame themselves for the assault.

Due to the trauma and negative emotions linked to sexual abuse, survivors may be at risk for mental health conditions. Survivors of sexual abuse may develop:

- **Depression:** The loss of bodily autonomy is often difficult to cope with. It can create *feelings of hopelessness or despair*. It may also reduce one's sense of self-worth. Depressive feelings may be mild and fleeting, or they can be intense and long-lasting.
- **Anxiety:** The loss of bodily autonomy can also cause severe anxiety. Survivors may *fear the attack could happen again*. Some may experience panic attacks. Others may develop agoraphobia and become afraid to leave their homes. In some cases, a survivor may develop a chronic fear of the type of person who harmed them. Someone who was raped by a tall, fair-haired man with blue eyes may instinctively dislike, mistrust, or fear all men who match that description.
- **Posttraumatic stress disorder** (PTSD): Someone who survived sexual assault *may experience intense memories of the abuse*. In some cases, flashbacks may be so disruptive that they cause a survivor to lose track of their surroundings. A person may also develop a related condition called complex post-traumatic stress (**C- PTSD**).
C- PTSD yields a chronic fear of abandonment in addition to symptoms of traditional PTSD. Some people with C -PTSD also experience personality disruptions.
- **Personality disruptions:** Sexual abuse can sometimes result in personality disruptions such as borderline personality. The behavior linked with personality disruptions could be an adaptation to abuse. For instance, a characteristic of borderline personality is a fear of abandonment. That fear might not be adaptive in adulthood. Yet avoiding abandonment might have protected someone from sexual abuse as a child.
- **Attachment issues:** Survivors may find it challenging to form healthy attachments with others. This is especially true among children who have been abused. Adults who were abused as children may have insecure attachment patterns. They could struggle with intimacy or be too eager to form close attachments.
- **Addiction:** Research suggests abuse survivors are 26 times more likely to use drugs. Drugs and alcohol can help numb the pain of abuse. Yet substance abuse often leads to the development of different concerns.

Sexual abuse not only leaves psychological scars. It can also have long-lasting health consequences.

A person who is assaulted may sustain bruises and cuts. They could also have more severe injuries, such as knife wounds, broken bones, and damaged genitals. Others may develop **chronic pain** without an obvious physical cause.

Some survivors experience sexual dysfunction and **fertility issues**. Others may develop sexually transmitted infections. Contrary to myth, it is possible for a sexual assault to result in pregnancy. In cases where a child becomes pregnant, giving birth may be physically dangerous.

EFFECTIVE RECOVERY COUNSELLING TECHNIQUES FOR SEXUAL ABUSE:

Many survivors develop mental health conditions after sexual assault. Having a mental health concern does not make you “weak” or “broken.” People cope with trauma in different ways.

People who have survived sexual assault can get help from a mental health professional. Therapy offers a safe, private place to get help without judgment. You do not have to handle your problems alone. However, counselling should start as soon as possible after finding out about the abuse. Common counselling techniques include Cognitive Behavioural Therapy (CBT) and mindfulness activities. Addressing negative thoughts and beliefs, practicing deep breathing and mind/body awareness when experiencing distressing thoughts and feelings associated with sexual abuse can reduce overall impact in the short, medium, and long term. This revolutionary approach to post-traumatic stress disorder and sexual Abuse recovery was pioneered by psychiatrist Bessel Van Der Kolk. The US Centers for Disease Control and Prevention (CDC) estimates that sexual violence affects one in three women and one in four men over the course of their lifetimes. The treatment of survivors of sexual assault gains benefit from several general and specified types of psychotherapy, including psycho dynamic psychotherapy, trauma-focused cognitive-behavioral therapy (TF-CBT), and eye movement desensitization and reprocessing therapy (EMDR). We review these treatment methods regarding managing the patient population and provide additional treatment suggestions to assist therapists.

◆ PSYCHO DYNAMIC PSYCHOTHERAPY:

Psycho dynamic psychotherapy is effective in treating patients with post-traumatic stress disorder (PTSD) that might have resulted from sexual assault.

Distinctive Features of Psycho dynamic Psychotherapy:

The main focus of the treatment, the therapist must create a safe place for talking with the patient by being empathetic and non-judgmental, attending to the patient's physical comfort, and demonstrating understanding. Without these elements, a patient might feel re-traumatized and unsafe.

Points for Psycho dynamic Psychotherapy:

- * The feelings resulting from sexual abuse can be complicated, intense, and unclear.
- * A non-judgmental exploration of recurring themes and patterns can help clarify feelings and actions.
- * Discussion of experience is a cornerstone not only of psycho dynamic psychotherapy but of the treatment of sexual trauma.

◆ TRAUMA- FOCUSED COGNITIVE- BEHAVIORAL THERAPY:

TF-CBT is a brief, resilience-building model for trauma-impacted children or adolescents and their parents and caregivers that adapts the tenets of CBT for healing from trauma.

Main task of TF-CBT:

One of the main tasks of TF-CBT is collecting the trauma narrative. Over the course of several sessions, the child is encouraged to discuss in detail the events surrounding the traumatic event. After collecting the trauma narrative, they examine and test the validity of cognitive distortions surrounding the trauma. As with psycho dynamic psychotherapy, inspecting thoughts as well as putting words to feelings and fears is an important part of TF-CBT

Points For TF-CBT:

- * Gathering a traumatic narrative in TF-CBT allows the therapist and patient to later evaluate automatic thoughts and cognitive distortions.
- * Guilt can be a major impediment to discussing trauma, and working through reluctance with patience, kindness, and optimism is an important part of TF-CBT.

◆ EYE MOVEMENT DESENSITIZATION AND REPROCESSING:

EMDR is a psychotherapy designed to alleviate distress associated with traumatic

memories. During therapy, the therapist will move his or her fingers back and forth in front of the patient's face so that the patient follows with his or her eyes. Some therapists will use other rhythmic techniques, such as deploying a metronome or tapping their foot or hand. While the patients follow the rhythmic movement with their eyes, the therapists will ask the patient to recall a traumatizing event. The therapist then asks the patient to recall a traumatizing event. The therapist then asks the patient to gradually shift negative thoughts to more pleasant ones. While the hallmark of EMDR is the regular back and forth of lateral eye movements, called bilateral stimulation.

Points for EDMR:

- * The source of the bilateral stimulation in EDMR is not as important as the back-and-forth motion.
- * Reprocessing targets serve to desensitize the patient to the distress previously evoked by the traumatic memories.
- * Continuing to build up self-soothing skills also promotes confidence and a sense of mastery and agency in the survivor of sexual abuse and assault.

◆ GROUP COUNSELLING:

Group counselling for survivors of sexual abuse is an effective treatment modality, especially when used in conjunction with individual counselling. Receiving confrontation and support from those who have shared similar life experiences and having the opportunity to help others can be especially powerful for survivors. The goals of group counselling, the focus of different types of survivor groups, the issues to consider in planning a survivors group, and the issues that often arise as groups progress are addressed.

GOALS FOR GROUP COUNSELLING:

1. To break down the sense of isolation that former abuse victims experience.
2. To provide a safe, supportive, and understanding environment in which members can share past and present experiences, express feelings, experiment with new behaviours, and develop close personal relationships.
3. To provide a consistent, predictable environment in which members can learn that they can trust others and that they themselves are trustworthy and entitled to self-esteem.

4. To provide opportunities for group problem solving to help members learn to make decisions and take greater control of their lives.
 5. To enable and encourage members to express long -repressed emotions so they can overcome the fears they have associated with the experiencing of emotions, and learn appropriate ways of expressing feelings.
 6. To provide a setting in which members can learn and practice interpersonal communication skills that enable them to meet their personal needs.
- There are basically two types of groups for individuals who are sexually abused as children. Survivors may participate in either a support or self -help, group or in a clinical or professionally led group. There are several different formats (E. g. open ended, time limited) used in clinical groups. Counsellors, when planning to run a Survivors group or when referring to a survivors' group, should consider the pros and cons of the type and the format of the group and determine if a particular group will meet the needs of their client.

SUGGESTIONS:

In my research, I would like to suggest that the main reason for sexual abuse is society. Our society is basically patriarchal, where the male dominions are more than that of women. So, the men are taking advantage of women, and the crimes are increasing day by day. The quality of education should be improved, and the knowledge about abuses should be imparted to the young ones from now onwards; only then can the rate of crimes be reduced. Secondly, I would like to suggest that the person who are affected are facing many problems in society where they were not able to continue their future, such as studies, works etc. So, to help them come out of that mental and psychological trauma, they should attend counselling sessions. Where the counselors would help them by giving therapies and treatments for recovery. Thirdly, I would like to suggest that the punishments for these crimes should be heinous and rigorous; only then will people have control over themselves.

LIMITATION OF THE STUDY:

1. This study on this research is mainly collected from the Articles, Newspapers, researchers, and book sources.

2. This study has mainly concentrated on the problems faced by the counselling survivors of sexual abuse.
3. The survivors include mainly women.
4. Mainly concentrated on the Psychodynamic psychotherapy treatment and counselling methods for the affected people.
5. It focused mainly on the roles and required aspects that the counselors should adopt to give counseling for the survivors of sexual abus

CONCLUSION:

Sexual violence is epidemic in contemporary society. This epidemic is largely fostered by the prevailing rape culture in the United States and worldwide. Thus, it is highly likely that counselors will encounter survivors throughout their careers across a wide range of clientele. Life Supports sexual abuse counsellors and psychologists can help you address your experience of sexual abuse and reduce its ongoing impact. As such, memories that were once powerful cease to trigger intense emotions, and no longer get in the way of living a full and meaningful life. The society must change, and how the sexually abused persons are going to survive boldly in the society and face the consequences by making use of these counselling methods, and stay strong and show people that they can also lead a perfect and happy life. There are many people set as examples in today's world where women were able to speak out about the problems they faced during that time through so many platforms. Some of the examples are through *social media, Josh Talks, TED Talks, Me-too etc.*

ENDNOTES:

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