An Evidenced Based Approach to Working With Sexual Trauma Throughout the Lifespan

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GOALS OF TRAINING:

• Recognize different behavioral and emotional reactions to sexual abuse throughout the lifespan and how we can help our clients change it and transform it

• Developing clinical goals aimed to help people learn to transform the trauma

• Learning how brain research and best practice interventions can help in the healing process

• Understanding how technology, culture and social expectations impact perception and healing.
The ACE Study
(Adverse Childhood Experiences)

And how it changed the world

www.cdc.gov
www.samhsa.gov
The Top 10 ACES

Physical abuse
Sexual abuse
Emotional abuse
Physical neglect
Emotional neglect
Intimate partner violence
Mother treated violently
Substance misuse within household
Household mental illness
Parental separation or divorce
Incarcerated household member
Adverse childhood experiences (ACEs) are stressful or traumatic events, including abuse and neglect.

ACEs are strongly related to the development and prevalence of a wide range of health problems, developmental issues, legal issues, financial and social issues, learning issues, learning problems, executive functioning problems etc.

...Throughout the lifespan.
Other Relevant ACE’s in Our Area

• Bullying at school
• Sexual Assault or Sexual Intimidation at School
• Poverty
• Discrimination, Implicit Bias
• Natural Disasters
• Social Media/News
• On line Threats, Intimidation, Exposure From Classmates.
• Historical Trauma
• Accidents, fires etc.
Graphic from ‘Coleva: Consequences of Lifetime Exposure to Violence and Abuse’
As your ACE score increases, so does the risk of disease, social and emotional problems.

With an ACE score of 4 or more, things start getting serious eg; the likelihood of

- Chronic pulmonary lung disease increases 390%
- Hepatitis increases 240% percent
- Depression increases 460%
- Suicide increases 1,220%
- Etc
From: “The relationship of adverse childhood experiences to adult health, well being, social function and health care”, a book chapter by Drs. Vincent Felitti and Robert Anda,
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ACE Score and Teen Sexual Behaviors

Percent With Health Problem (%)

ACE Score
- 0
- 1
- 2
- 3
- 4 or more

- Intercourse by 15
- Teen Pregnancy
- Teen Paternity
Adults with an ACE score of 4 or more are 460% more likely to have a lifetime history of depression!

A male child with an ACE score of 6 or more has a 4,600% increase in the likelihood of becoming an IV drug user when compared to a male child with an ACE score of 0.
Is child sexual abuse rare?

• A meta-analysis of 22 American studies found that 30-40% of females and 13% of males experienced sexual abuse as children.

• In a Gallup survey of 1,000 families, 30% of women and 9% of men reported that they had experienced forcible sexual abuse as children.

THIS MEANS THAT ABOUT 39%-43% OF THE TOTAL POPULATION HAS BEEN SEXUALLY ABUSED!!
The Average time between cessation of child sexual abuse and its’ disclosure is 12 Years!!
Only about 30% of sexual assault cases are reported to the authorities.

SEXUAL ABUSE AND ASSAULT  ACE example questions

Some people, while growing up in their first 18 years of life, had a sexual experience with an adult or someone at least five years older than themselves. These experiences may have involved a relative family friend or stranger. During the first 18 years of life, did an adult or older relative, family friend or stranger ever:

• Touch or fondle your body in a sexual way?

• How many different people did this to you?
  # people:______ Range

• A family friend or person who you knew, and who didn’t live in your home?

• A stranger?

• Did a boy or group of boys about your own age, ever force or threaten you with harm in order have sexual contact?
www.nctsn.org

National Children’s Traumatic Stress Network
What the difference between PTSD

And Complex Trauma?

The term developmental trauma disorder (DTD) has also been suggested is being considered as a dx.
Some researchers argue that C-PTSD is distinct from, but similar to PTSD, somatization disorder, dissociative identity disorder and borderline personality disorder.

With the main distinction being that it distorts a person's core identity, especially when **prolonged trauma occurs during childhood** development.

Peer-reviewed journals have published papers on C-PTSD, the category is not yet adopted by either the American Psychiatric Association's (APA) *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition* (DSM-5), or in the World Health Organization's (WHO) *International Statistical Classification of Diseases and Related Health Problems, 10th Edition* (ICD-10). However, it is proposed for the ICD-11, to be finalized in 2018.

Critical analysis of the Current Treatment Guidelines for complex PTSD in Adults DeJongh, Resick, Zoellner, Van Minnen, Lee, Monson, Foa etc. 03 Feb 2016
Dr. Rebecca Campbell: The Neurobiology of Trauma

https://Nij.gov/multimedia/presenter/presenter-campbell/Pages/welcome.aspx

Free on line training for first responders to understand trauma responses
What Happens During a Sexual Assault?

• **Impacts Memory**- Emotionally charged information is difficult to process. Memory becomes difficult to access as pieces of the trauma are now stored in different parts of the brain due to the brain’s crisis coping mode and the human will to survive at all costs.

• **Impacts Cognition**- Because of ‘hormonal flooding’ memories become disjointed, disorganized and non-linear.
  1. Catecholamine's increase-Impairs rational thought
  2. Opioids Increase-Causes flat affect
  3. Corticosteroids Decrease- Reduces energy

• **Impacts Emotion**- The emotional response can vary from being extremely flat to being emotionally labile and intense.

Source: Dr. Rebecca Campbell; ‘The Neurobiology of Sexual Assault’, Banks, 2002, Southwick et al, 2005
Tonic Immobility (TI): And why you need to understand what happens

• Aka: “Rape –induced paralysis” aka ‘The Freeze Response’
• Autonomic (uncontrollable) mammalian response in extremely fearful situations
• Increased breathing, eye closure, paralysis
• 12-50% rape victims experience TI during assault
• TI is more common in victims who have been assaulted before in childhood, adolescence or adult

• Sources: Dr Rebecca Campbell ‘The Neurobiology of Sexual Assault’, Fuse et al., 2007; Galiano et al., 1993; Heidt et al., 2005
They argh, argh, argh, grgh!

It hurts, hurts, hurt! Hurts!
If the abuse was painful, frightening, intimidating, or threatening, the person almost certainly will be traumatized and need to be treated for trauma.
Most times the child (and often the adult) loves the sex offender very much
POSSIBLE SIGNS OF SEXUAL ABUSE WITH CHILDREN FROM AGES ABOUT 1 ½-7

- Clingy, fussy, appetite changes
- Excessive masturbation
- Inserting objects fingers into body cavities; theirs or others
- Excessive sexual play (with toys, others, animals)
- A lot of sexual talk and invitations
- Toileting issues after being toilet trained
- Too affectionate, too touchy with people; even strangers
- New found fears of people
- Not wanting to have help with cleaning or toileting private parts
- Nightmares
Reactions to being sexually abused are very, very contingent on whether the sexual abuse was.....

- Playful?
- Scary?
- Painful?
- Threatening?
- Fun?
- Rewarding?
- How the offender presented it.
"Glad you’re here. Do you want to come play the shower pee pee game with me like I play with daddy? “
Young children often tend not to have the same sense of Guilt and Shame as older children.

They will tell anyone anything; over and over and over.
“Calm down. Calm down.

Do you need to take a little lick on my little ‘Va J.J.’ to calm down? “
Insight oriented treatment isn’t particularly helpful with little ones. It’s all about watching them and keeping them safe.
Young children might not be experiencing trauma symptoms (just the parents are).

**DON’T TREAT THEM FOR TRAUMA UNLESS THEY ARE PRESENTING WITH TRAUMA SYMPTOMS!**

Teach them body safety, societal norms, respecting body space etc.
ELEMENTARY AND MIDDLE SCHOOL AGED CHILDREN
If the sex abuse was presented as a game; the kids probably liked it and want to play again.
• They are more likely to want to touch other children and play sex games; it becomes a social thing.

• Children younger or less powerful than them are more vulnerable to being touched
They begin to understand that not all children have had sexual contact with adults and teens and can begin to feel 

**Shame: Embarrassment: Guilt**
Using the word ‘Tricked’
Clinical Considerations with Teens and pre teens.
Sexual Abuse Accelerates Puberty!

• Kids “likely to transition into higher puberty stages an entire year before their non-abused counterparts when it came to pubic hair growth, and a full 8 months earlier in regards to breast development,”

• “Due to increased exposure to estrogens over a longer period of time, premature physical development such as this has been linked to breast and ovarian cancers.”

• “Additionally, early puberty is seen as a potential contributor to increased rates of depression, substance abuse, sexual risk taking and teenage pregnancy.”

Jennie Noll 2017: Journal of Adolescent Health. The Child Maltreatment Solutions Network is part of Penn State’s Social Science Research Institute. Funding for this project was partially provided by the National Institute of Mental Health, the National Institute of Child Health and Human Development, and the National Center on Child Abuse and Neglect.
“High-stress situations, such as childhood sexual abuse, can lead to increased stress hormones that jump-start puberty ahead of its standard biological timeline,” Noll explained. “When physical maturation surpasses psychosocial growth in this way, the mismatch in timing is known as maladaptation.”

Jennie Noll 2017: Journal of Adolescent Health. The Child Maltreatment Solutions Network is part of Penn State’s Social Science Research Institute. Funding for this project was partially provided by the National Institute of Mental Health, the National Institute of Child Health and Human Development, and the National Center on Child Abuse and Neglect.
"So what we theorize is that adolescence is a period of psychosexual development, a pretty critical period where there is that heightened sexual arousal and it could be paired with cognitive distortions relating to sexual relations and even the aberrant sexual urges.

"Not just focusing on the trauma of the sexual abuse but also teaching them about positive sexuality," she said. "Just in terms of developing the healthier ideas of what a sexual relationship is and respect."

Dr Margaret Cuttajar, Monash University, 2500 cases over 30 years. Australian Institute of Criminology Website.
When Adolescent and Adult Sexuality becomes twisted up with

- Pain
- Fear
- Powerlessness
- Aggression
- Addiction
Learning to recognize when they are jumping into something potentially tricky

Selfies....
Girls feel the guilt and shame differently than boys

PROMISCUITY VS. PRUDISH VS. GENDER/SEXUALITY ISSUES
What exactly is a hymen? And how exactly can it break?
I wasn’t raped, I just had unwanted sex.
Things that folks with a trauma history might not consider as criminal

It’s not ok to have unwanted rough or violent sex

It’s not ok to refuse to use condoms or access to birth control.

It’s not ok to have sexual contact with someone who is very drunk, drugged, unconscious or otherwise unable to give a clear and informed “yes” or “no.”

It’s not ok to threaten someone into unwanted sexual activity eg; if you don’t do this I am breaking up with you..

It’s not ok to repeatedly pressuring someone to have sex or do sexual acts. Eg; If you loved me you would do this

It’s not ok to pressure someone into taking nude pics and then pass them along.

It’s not ok to sexually insult people
Incest and Sexual Abuse is frequently a multi-generational experience. Expectations, Mores, Values etc are learned. 

We Keep jumping on the same grenade.
Impact of Sexual Abuse in Adulthood

- Sexual problems (fear of sexuality)
- Guilt
- Lack of satisfaction
- Low sexual desire
- Low self-esteem as a sexual partner
- Orgasm problems
- Compulsive avoidance or compulsive seeking of sexual activity

A Word about Causing Sexual Harm......

Who does it?
Why do they do it?
How do we help them learn to stop?
Does Being Sexually Abused Cause Sex Offending?

Abut 30% of sex offenders were abused as children.

Which means 70% were not!

Being sexually abused does not cause people to become sex offenders.

Some types of offenders, such as those who sexually offend against young boys, have still higher rates of child sexual abuse in their histories.

• Approximately one-third of offenders are themselves juveniles

• 23% of reported cases of child sexual abuse are perpetrated by individuals under the age of 18

• Only 14% of children who suffered sexual abuse were violated by an unknown perpetrator

http://victimsofcrime.org
About Adolescent Females Causing Harm

- Often done in groups; about 60%
- Often done for Harassment/Humiliation
- Revenge
- Sexual Gratification

• Sexual Offenders are overwhelmingly male, ranging from in age from adolescents to the elderly

• Some perpetrators are female. It is estimated that women are the abusers in

  - About 14% of cases reported among boys and
  - About 6% of cases reported among girls.
SAYART
Sexually Aggressive Youth Assessment and Review Team

845 561-8050 x15
New England Adolescent Research Institute

nearipress.org

- Free Webinars
- On Line courses
- In Person Training
- Books
- Monthly Research News Letter
Evidence based Interventions.....

And clinical considerations
Goals of trauma-based interventions are:

- Recognizing distorted thoughts and replacing them with useful ones; particularly with regard to the abuse.
- Education-Increase affect regulation
- Increase impulse control
- Manage distress
- Improved attention
- Relaxation/Mindfulness skills
- Understand the impact of the abuse
- Cognitive coping skills
• Cognitive Processing therapy  CPT
• Cognitive Behavioral therapy  CBT

This treatment doesn’t necessarily work well with families or people who are unable to ponder, unsafe, unmotivated, overly chaotic, can’t remember their trauma, can’t verbalize experiences, unstable, behavioral issues, crises, etc.
Trauma-Focused Cognitive-Behavioral Therapy: A web-based learning course

http://tfcbt.musc.edu
The Main Components of Trauma Focused Treatment For Childhood Sexual Abuse

1. Parental Involvement
2. Coping Skills
3. Trauma Narrative

nctsn.org National Child Traumatic Stress Network
Telling the story....... 

Asking the questions..
if these are in hawaii then
I don't know
DBT: Teaching specific skills and coping techniques

CBT: Can help people recognize and react to distorted thought patterns

Motivational Interviewing: Can help people get ‘unstuck’ and prepared to do the work.
CORRECTING UNHELPFUL THOUGHTS.

Common cognitive distortions:

• It was my fault
• No one will love me or want me now.
• My life is ruined
• I will never be the same
• I am dirty
• People can tell that there’s something wrong with me
• This doesn’t happen to others; only me
• I’ll never get better or feel well
• I can’t have kids because I am afraid I will be a sex offender
“Do the best you can until you know better. Then when you know better; do better”

Maya Angelou
1. **Describe the specific problem**; Self injury? Suicidal? Flashbacks?

2. **What’s the precipitating event**? What were you thinking? Feeling? Doing?

3. **Vulnerability factors**? Ill? High? Stressed, Upset?

4. **What’s the chain of events**? Link thoughts, emotions, feelings behaviors

5. **Consequences**? For others? For patient? The world?

6. **Solutions**? Use the chain. What could be changed?

7. **Prevention Strategies**?

8. **Repairing the Damage**
“Oh my God, there’s a bald guy by the peaches.”
They almost always need to learn skills to recover

- Assertiveness training
- Appropriate Sexual Behavior
- Anger management
- Impulse Management
- Communication Skills
- Conflict Resolution Skills
- Obsessive Compulsive Tendencies?
Teaching Families that being Sexually Abused is not the end of the world; it’s something that happened. It’s not who they are......

But can be the beginning of a new sort of Strength and Power
Resiliency as a Protective Factor

ACE scores don't tally the positive experiences in early life that can help build resilience and protect a child from the effects of trauma.

"There are people with high ACE scores who do remarkably well. Resilience, builds throughout life, and close relationships are key.” Jack Shonkoff, a pediatrician and director of the Center on the Developing Child at Harvard University
1. I believe my mother loved me
2. I believe my father loved me
3. When I was little, other people helped my mother and father take care of me and they seemed to love me
4. I’ve heard that when I was an infant someone in my family enjoyed playing with me and I enjoyed it too
5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried
6. When I was a child, neighbors or my friends’ parents seemed to like me.
7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me
8. Someone in my family cared about how I was doing in school

9. My family, neighbors and friends talked often about making our lives better

10. We had rules in our house and were expected to keep them

11. When I felt really bad, I could almost always find someone I trusted to talk

12. As a youth, people noticed that I was capable and could get things done.

13. I was independent and a go-getter

14. I believed that life is what you make it.
Factors Associated with Increased Odds of Future Good Mental Health For Adolescents After Sexual Abuse Experiences

- School engagement
- Caregiver social support
- Hope and expectancy
- Caregiver education
- Being physically active in the winter
- Utilizing positive coping strategies

Dimensions of Resilience

Physical:
- Fitness and stamina
- Nutrition for energy
- Rest and recovery

Emotional:
- Calming and focusing
- Impulse control
- Emotional regulation
- Positive emotion
- Realistic optimism

Mental:
- Self-belief
- Outlook & perspective
- Thinking traps
- Sustained focus
- Causal analysis
- Control controllables

Spiritual:
- Values and beliefs
- Empathy
- Reaching out

Source: https://www.healingfromcomplextraumaandptad.com
Parabhas!

Dino-attack!

Fart-ray!
“The greatest impact on neuroplasticity is our own behavior”

Dr. Lara Boyd; TEDxVancouver U tube
Angela and dad's secret weapons to fight monster

Pink, flower, power, super heroes

Sun light, ninth light, shining

Break for crash light to change

Sad baby is dead

Love

ändig

Rainbow, slide, belt

Fire, flame, shirt

Baseball, shirt

8/1/12
• Exercise
• Sunlight
• Sleep
• Gratitude

The Upward Spiral; Using Neuroscience to Reverse the Course of Depression One Small Change at a Time by Alex Korb, Daniel J Siegel 2015
Exercise increases production of: dopamine, serotonin and norepinephrine.

Sunlight produces vitamin D which increased production of serotonin and melatonin production (needed at bed time). Both of these help stabilize circadian rhythm and increased mood.
Eggs, cheese, nuts, seeds, salmon, pineapple, soy products, turkey
(foods that contain tryptophan)

When eaten with carbs can lead to more Serotonin production
We all need to develop some skill with teaching sleep hygiene
Sleep Hygiene Recommendations:

• No Napping!
• No TV or Working in the bedroom
• Start turning the lights down in the house after the sun goes down (avoid LED lights)
• Develop a ‘Usual Bedtime’
• Start new routine by first going to bed when sleepy and building from there
• Keep a sleep diary
• Standard wake up time

Dr. Michele Galietta: Trauma Institute of Orange County training on ‘Evidence-Based Treatment for Insomnia in those with Co-Occutind Disorders/Chronic Pain. April 21, 2016. On www.orangecountygov.com
Learning to identify and distinguish our different emotions and put them into words can help calm the limbic system down.

Identifying feelings can help lessen feelings & Saying feelings lessens the feelings

newsroom.ucla.edu/releases/Putting-Feelings-Into-Words-Produces-8047.
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3775274
A long hug can increase oxytocin; particularly in depressed people.

‘The Upward Spiral; Using Neuroscience to Reverse the Course of Depression, One small Change at a Time’ by Alex Korb, Daniel Siegel 2015
Gratitude:

- Positive self affirmation make it easier to break bad habits.
- Remembering happy events increases serotonin production.

Elizabeth Perreau-Linck et al. *In vivo measurements of brain trapping of C-labelled alpha-methyl-L-tryptophan during acute changes in mood states* [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2077345/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2077345/)
Power poses can create neuro hormonal changes; decreased cortisol, increased testosterone.

https://dash.harvard.edu/bitstream/handle/1/9547823/13-027
Meditation really works!

• Mindfulness really works!
• Helping Others Recover
• Giving back
• Art, Writing
Thank You!