

SEXUAL ASSAULT



Single Session Practice Framework With Sexual Assault Victim in a Health Care Setting

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Why focus on ONE session crisis intervention with sexual assault victim?

- Victim entering into the denial phase
 - “I don’t want to talk about it...”
 - “I want to forget it...”
- Eastern cultural issues
 - face-saving
 - Inculcation of guilt and shame
 - resorting to court for settlement of conflict is frowned upon



Framework

- Rapport building and support
- Establish sense of safety and security in victim
- Encourage ventilation and validate victim
- Anticipate the future
- Involve significant others



Ventilation and Validation

Safety & Security

Anticipate Future

Rapport & Support

Significant others





Rapport Building and Support

- Attitudes to have:
 - » Acceptance
 - » Genuineness
 - » Empathy
 - » Treat with dignity and respect



Need to know our role well! Why?

Myths, Judgmental attitude, labeling, dismissing, further victimization



Rapport Building and Support

- What you can do...
 - » Active listening with an open mind
 - » Focus attention on victim
 - » Allow victim to make her own decision
 - » Nonverbal communications such as gesture, posture, tone of voice, and facial expression



Establish Sense of Safety and Security

- **Sense of safety**
 - » Physical Safety
 - » Feeling safe
 - » Safety of others
- **Sense of security**
 - » Regaining a sense of control over life
 - » Practical arrangements (e.g. personal alarm, changing routes, having an escort, changing a resident, etc)



Establish Sense of Safety and Security

- What you can do...

- » Discuss on some practical changes or arrangement
- » Allowing victim to make her own decision
- » Give necessary advices



Ventilation and Validation

- Talk about it
 - Purpose
 - » Desensitizing the experience
 - » Helps victim to put pieces together – revealing a more complete picture of the ordeal*
- Validate emotional reactions and strengths



Ventilation and Validation

- **Notes:**

- Characteristics of victims (cognitive oriented Vs affectively oriented)
- Incident involving alcohol or presences of substance abuse



Ventilation and Validation

- What you can do...
 - » Stress that she has nothing to feel guilty about
 - » Stress that whatever she did during the assault is right. She survived a life-threatening situation
 - » Stress that she is safe now



Anticipate the future

- Physical problems
- Psychological reactions
- Course of recovery
- Coping
- Related services





Involving Significant ones

- Significant ones can be equally traumatized and experience similar psychological distress as victims
- Identify rape myths, allowing them to feel, provide information about rape and how they can support victim





“Service is the pathway to real significance.”

Rick Warren

“Do what you can, with what you have, where you are.”

Theodore Roosevelt



Thank you for listening!

Enjoy the rest of the conference.