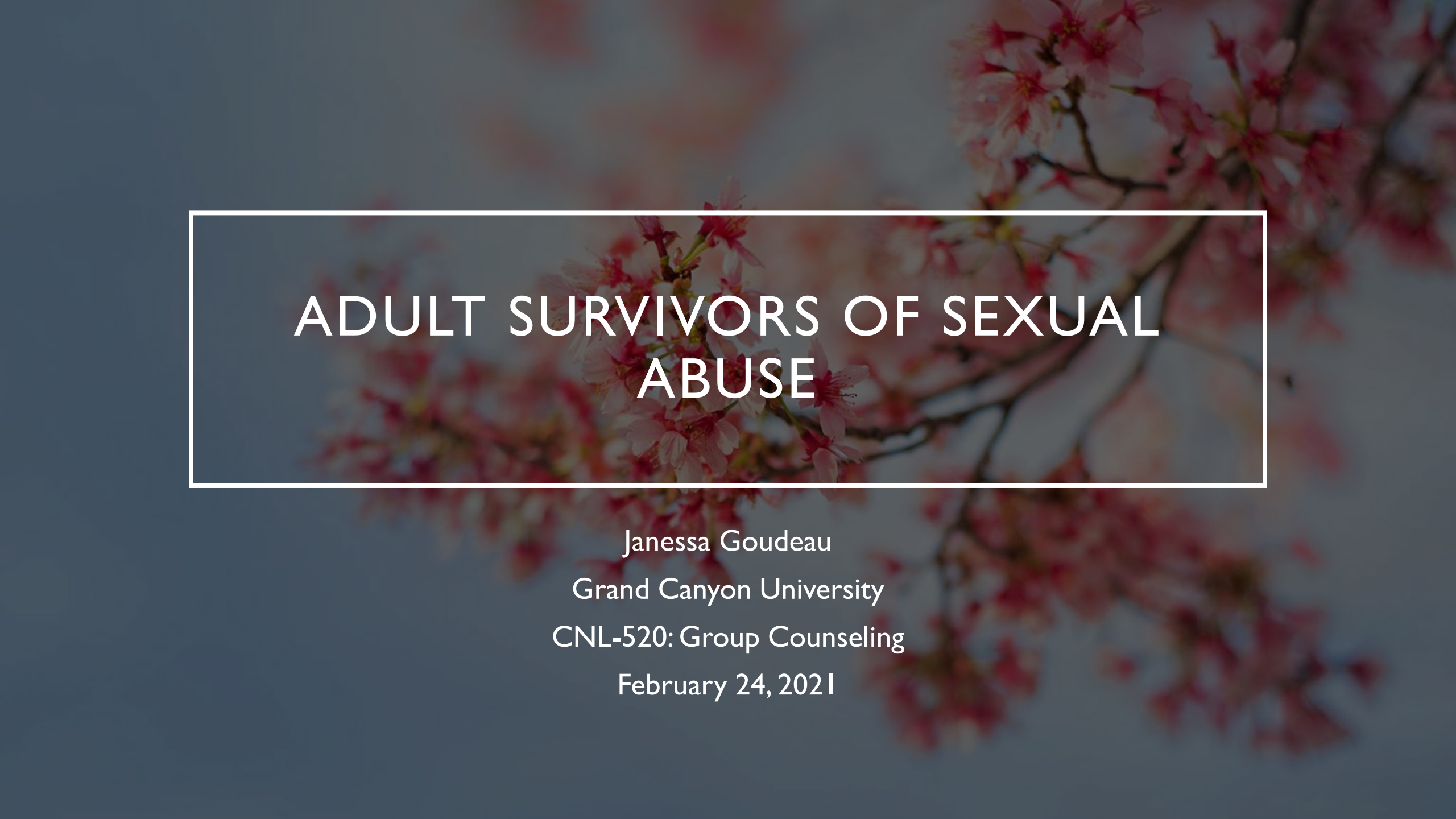


The background of the slide is a soft-focus photograph of pink cherry blossoms on dark branches. The blossoms are in various stages of bloom, with some showing distinct yellow centers. The overall tone is gentle and somewhat somber due to the muted colors.

ADULT SURVIVORS OF SEXUAL ABUSE

Janessa Goudeau
Grand Canyon University
CNL-520: Group Counseling
February 24, 2021

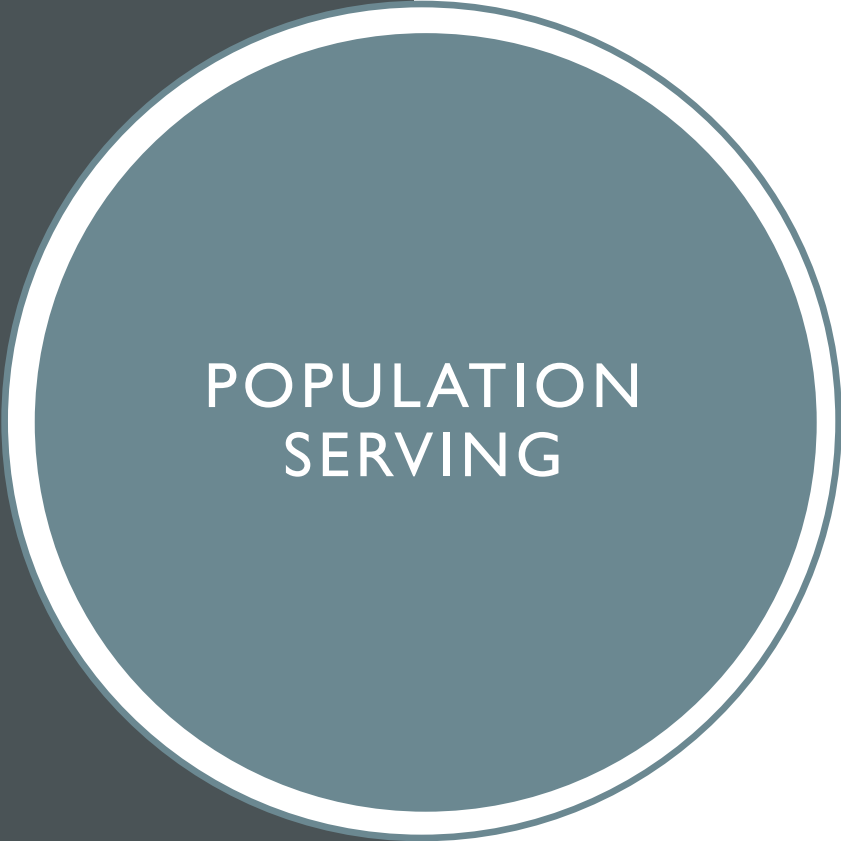


WHY I CHOSE THIS TYPE OF GROUP

I am an adult survivor of sexual abuse

I have multiple loved ones who are also adult survivors of sexual abuse

I am passionate about helping victims of sexual abuse



POPULATION SERVING

About 1 in 5 women will experience sexual assault in their lifetime

About 1 in 38 men will experience sexual assault will in their lifetime



NUMBER OF SESSIONS

Closed Sessions

10 Weeks

Thursday Nights

7:00-9:00PM EST



Group Members

Caroline

Freya

Davina

Bonnie

Stefan

Elijah

Haley

Rebekah

A large blue circle with a white border, containing the text "NUMBER OF GROUP MEMBERS".

NUMBER
OF GROUP
MEMBERS



GOALS OF THE COUNSELING GROUP

SHORT TERM GOAL

Develop Healthy Coping Skills



Journaling - Meditation - Deep Breathing - Walking - Running - Yoga



GOALS OF THE COUNSELING GROUP

LONG TERM GOALS

Maintain Personal Relationships - Normalize their Fears and Stressors





THEORETICAL APPROACH

- Person-Centered Therapy (PCT)
- Humanistic Approach
- Challenges the common notion of the therapist's role as “expert”
- Focus is on the therapeutic relationship



THEORETICAL APPROACH

- Humans instinctively know what's needed to change
- Just need “road map” to get to answers they already know
- Self actualization can be achieved with minimal direction from the group leader



Name: Rebekah Hagen

Age: 20

Address: 1231 N Grand Canyon LN, Phoenix AZ 85024

Presenting Issue: Sexual Abuse

How did you find out about this group? Online Flyer

What most interests you about participating in a support group? Feel like I don't mesh with people well since abuse. Maybe group therapy will help me open to other people.

Have you ever participated in a support group before? If so, what was the experience like for you? No

What experience(s) has brought you here today? My close friend's brother sexually assaulted me during a sleep over at her house

How do you feel this experience has impacted your life? Our long-term friendship ended, I have a hard time trusting other people, I don't go out any more like I used to, I'm depressed

Have you experienced any mental health or emotional problems throughout your life? If so, describe them. Depression. I get anxiety when other people touch me, especially men.



SCREENING QUESTIONS



Have you ever had suicidal thoughts? If so, when? How often? Yes, every few days.

Have you attempted to commit suicide in the past? If so, when? No

Have you ever been hospitalized for mental health concerns? No

Are you currently taking any medication for mental health concerns? No

Have you used alcohol and/or other drugs to try to deal with these experiences? If so, how often? I do drink, but I don't feel it's to deal with these experiences. It's just for fun. I drink 2-3 times a week.

What activities help you reduce stress? Meditation, Bike Riding, Painting

Do you have a support system you can reach out to when you're stressed? Who are those people? Brothers, Sister In-law

Do you currently see a therapist? If so, how long have you been working with this therapist? No

Would you feel comfortable participating in all group sessions? Yes

What do you want to get from being in this group? Learn how to trust, make friends, and gain personal relationships, help me when I have anxiety attacks.

In what ways do you find that you learn best? I am a visual learner

SCREENING QUESTIONS

CITATIONS

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Centers for Disease Control and Prevention. (2020, December 16). Sexual assault awareness. Retrieved from <https://www.cdc.gov/injury/features/sexual-violence/index.html> (sexual assault statistics)

Corey, G. (2015). Theory & practice of group counseling (9th ed.). Belmont, CA: Brooks/Cole, Cengage Learning. ISBN-13: 9781305088016

Graham, L., Karam, A., Powell, Rob. (2005). The Power of Social Connection. Developing and Coordinating Sustainable Support Group Programs for Survivors of Sexual Violence. Retrieved from <https://www.nsvrc.org/sites/default/files/the-power-of-social-connection.pdf>