



Journal Club

November 11, 2002

Hensley. 2002. "Treatment for rape trauma." *Journal for Mental Health Counseling*, 24(4), 331.

PTSD

- 30-50% of PTSD last into adulthood.
 - If cases last for more than three months it is described as chronic PTSD under DSM-IV-TR
- Women more at risk
 - Those who were threatened
 - Those who were injured during the attack
 - Those with histories of abuse
 - Those with previous negative experience with family, peers, or law enforcement

Problems with treatment

- Victims usually do not seek counseling within the first year of assault
 - Research suggests that victims will seek counseling when PTSD symptoms increase or become chronic
- Counselors typically do not have adequate training to deal with PTSD

Important issues to explore

- Sociocultural influences to a woman's response to rape
 - values mediated by the socius
- Her history of victimization
 - csa
- The specific nature of her assault
 - assailant type
- Her experience with victim-blame

Treatment

- Psychoeducation
 - Awareness of trauma symptoms
- Exposure therapy
 - Confronting specific memories, experiences associated with the rape
- Cognitive therapy
 - Address issues like numbing, detachment, guilt
 - Self blame, esteem, power, trust, and intimacy (stuck points)
- Anxiety management
 - Promote coping skills to relieve anxiety