

Sexual Violence

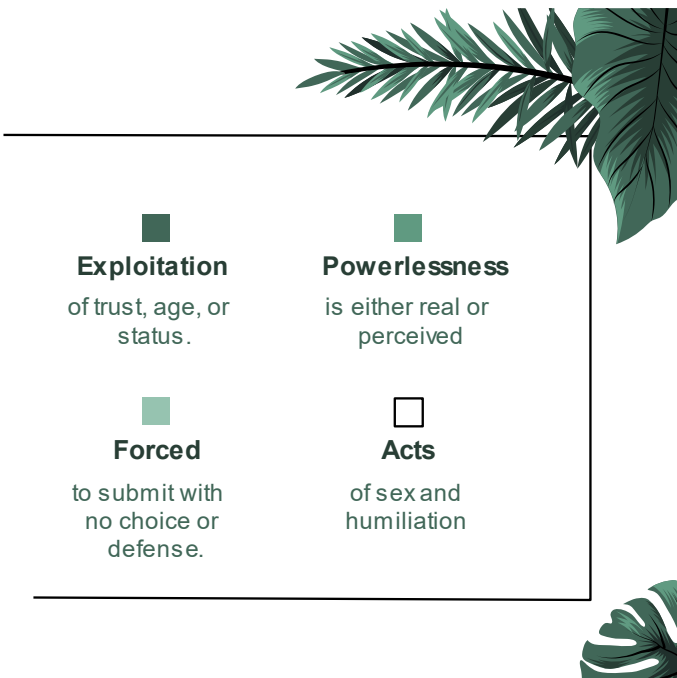
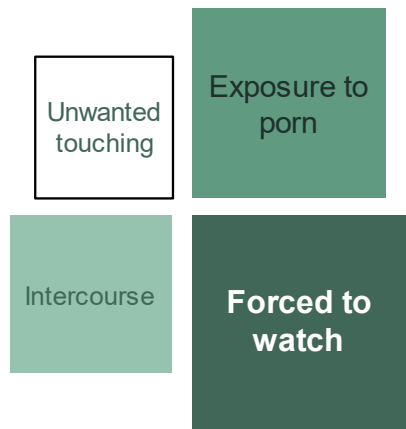
Melany Forbes

Key Points:

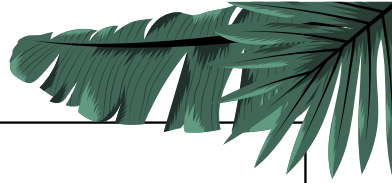
1. All behaviors make sense when we pay attention
2. There is a way out if you have experienced this pain
3. Tools to help support and comfort

DISCUSSION QUESTION 1: What is sexual trauma?

Sexual Trauma



DISCUSSION QUESTION 2: At what age can you consent to sex in the state of Iowa?



Age of Consent

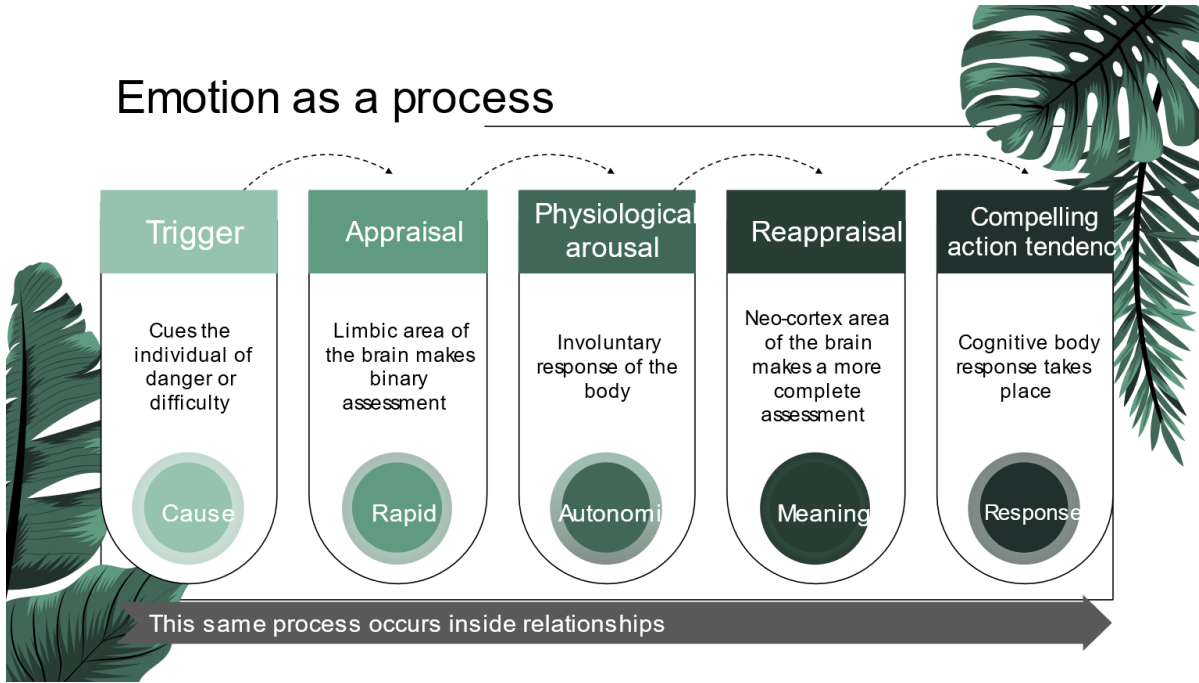


Point 1. All behaviors make sense when we pay attention

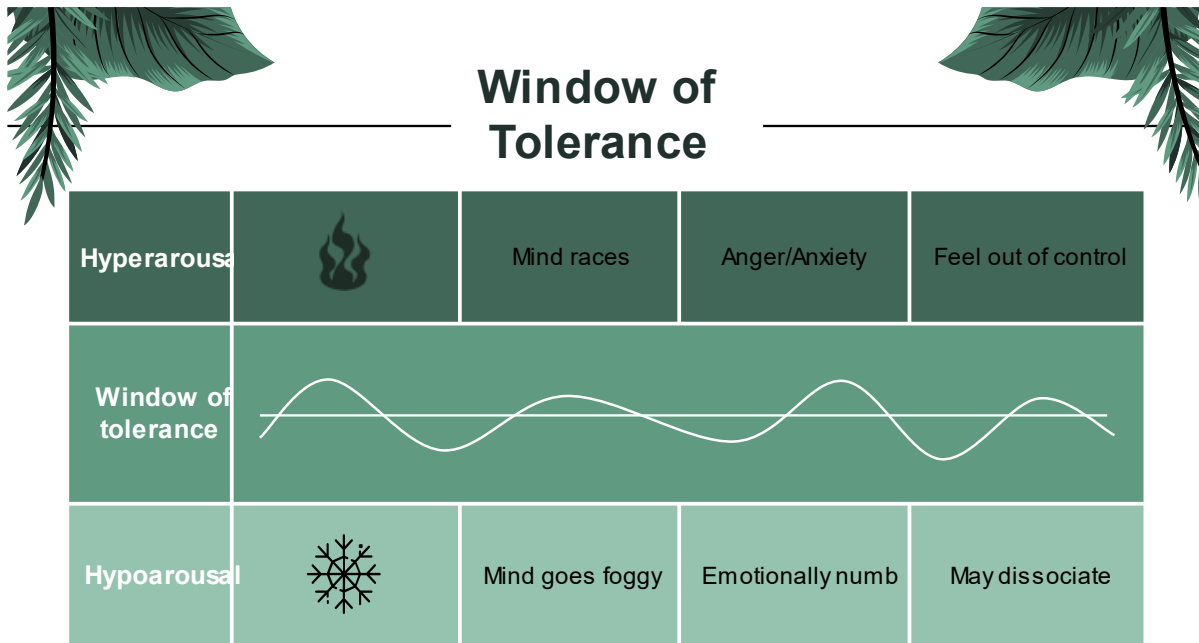
We all are in search of predictable patterns and we will make them whenever we can - even if they are unhealthy

Emotion is a process that needs to be moved through. Emotional triggers show up in relationships that are trigger our fight, flight, freeze response. Sometimes are bodies/emotions move more quickly than our thought processes. This is the case when we find ourselves suddenly sad, angry, or numb without exactly knowing why. When behaviors are slowed down and processed through it is easier to see how they are an attempted solution.

Emotion as a process



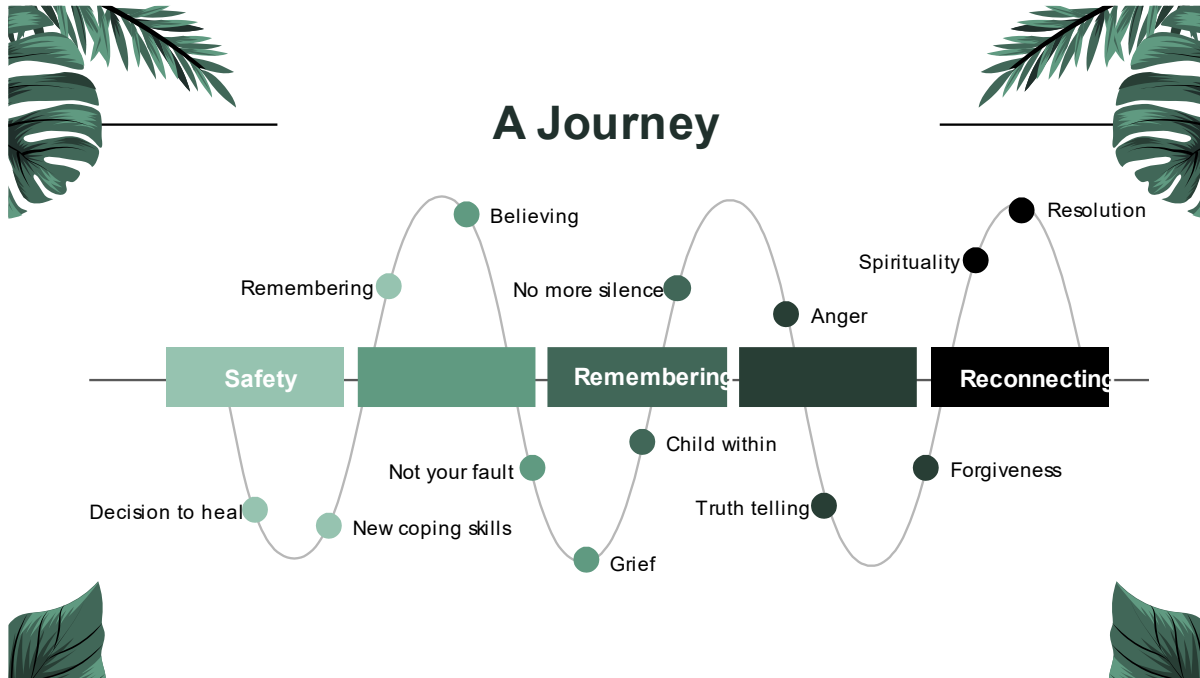
Trauma reduces our window of tolerance



2. There is a way out if you have experienced this pain

Our brain creates Me maps, You maps, and We maps as it develops. Trauma changes these maps, it changes your brain and the way it functions. Sexual trauma survivors map the world as dangerous. It is seen as unpredictable, they often dissociate, and spend their time in isolation. The road toward healing allows safety, acknowledged memory, and restored connection to develop.

Recovery from these experiences are extremely difficult, long journey



Find a trusted friend AND a therapist

Benefits of Therapy



Welcoming and affirming. Meets the need to be known and understood



Allows new relational experiences to develop



Able to help understand and rewrite your story



Find a good fit, not just anyone will be the best for you

3. Tools to help support and comfort

Keys to being a great support person include:

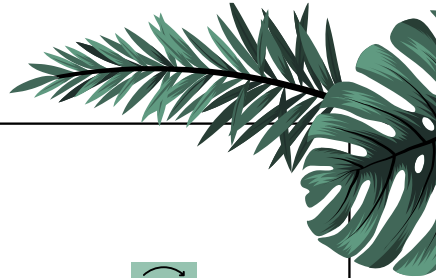
- 1) Believe, affirm and support. Do not minimize, doubt them, or shame them
- 2) Empower the hurting person to make their own decisions. Do not push them or forced them to do anything – They get all the decisions!
- 3) Don't try to fix it. Be uncomfortable, this will help you have empathy!

4) Talk about God as comforter and loving because this is a long journey. Don't over spiritualize or encourage forgiveness before it is time

Forgiveness is not: For someone else, able to ease the pain, an obligation, or a way to forget what happened.

Forgiveness is: Only possible from a deep sense of God's grace, God's work and we can join in, and a process

3 Parts of Forgiveness



Relinquishment

- What was the harm?
- Have you been angry?
- Who is responsible?



Pardon

- Acknowledges responsibility.
- A free choice not to punish.



Reconciliation

- Re-establishing relationship.
- Is this wise?