RESPOND, EDUCATE & ADVOCATE TO END SEXUAL VIOLENCE

REACHING HIGH-RISK AND VULNERABLE POPULATIONS THROUGH PSYCHO-EDUCATION

TERESA OTOYA - MCADAMS M.S.C.P, NCC, L.P.C.
ANDREA POTTGEN M.S.ED.
PAAR History


- 1974- Incorporates as a 501-c-3 organization providing sexual assault hotline services, medical/legal advocacy and victim services.

- 1979- Counseling services offered to child victims and their families.

- 1991- PAAR moves from its small Oakland office into a large historic structure that was a Baptist Church.

- 2011- PAAR’s Executive Director, Alison Hall receives national recognition for her leadership role in helping to establish the first Sex Offender Court in PA
Objectives

• Participants will learn how to implement psycho-education groups in their community.
• Participants will receive a brief overview of PAAR’s psycho-education curricula and practice two group activities.
• Participants will be able to identify strategies for outreach and collaboration with community agencies for implementation of psycho-education groups and making culturally relevant adaptations for work with the Hispanic community.
**Women in drug and alcohol recovery:**


- Nearly 90% of alcoholic women were sexually abused as children or suffered severe violence at the hand of a parent. Switzer, G.E, Dew, M.A., Thompson, K. Goycochea, J.M. Derricott, T., & Mullins S.D (1999)
Women sex workers

• A study found that the incidence of non consensual pubertal sex in women sex workers was 32% while in their control group was 13%. Pottera, J., Rothenberg, R., Muth, S., Darrow, W. & Phillips-Plummer, L (2010).

• About 80% of sex workers are raped by clients. They are raped on average 8 to 10 times per year. National Institute of Justice and Center for Disease Control and Prevention. (1998).

• A San Francisco study found in a sample of 130 sex workers that 57% had a history of childhood sexual abuse, and they were victimized on average by 3 different perpetrators. Hunter S. Reed K (1990).

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Latino/ Hispanic undocumented immigrant women

- A study conducted among school aged immigrant girls found immigrant girls are almost twice as likely as their non-immigrant peers to have experience incidents of sexual assault. Decker, M., Raj, A. and Silverman, J., (2007).


- Local Pittsburgh agencies working with undocumented Latinas have reported a high rate of intimate partner violence.
Latino/Hispanic undocumented immigrant women

- A study found that intimate partner and marital rape accounted for approximately 25% of rapes. Women are victimized around 20 or more times before the violence ends. Kennedy-Berger R.K (1996)
- Many undocumented Latinas hold conventional values and often view sex as a marital obligation which make them less likely to identify an experience as sexual assault or rape.
Experiential Psycho-education

What is experiential psycho-education?

- Based on experience / Hands on.
- Use a wide range of learning activities.
Experiential Psycho-Education

Our goals:

- Learn relevant topics associated with the psychological difficulties that women who have been sexually abused may endure.
- Create the ground work for disclosure of sexual abuse by building trust and fostering safety.
- Create and maintain a partnership and close collaboration with community agencies serving vulnerable populations.
- Increase the likelihood of survivors seeking help.
Experiential Psycho-Education

**How the program is presented**

- Build up to more sensitive subjects.
- Interactive, safe and engaging.
- Different settings and locations
- Variability of duration
• Five main areas
  – Boundaries
  – Self-Esteem
  – Relationships
  – Sexual Violence
  – Healing
Boundaries

- Definition of boundaries
- Types of boundaries
- Recognition of boundary crossing
- Learning to say NO
- Aggressive/Assertive/Passive
- Healthy vs unhealthy boundaries
Self-Esteem

• Definition of Self-Esteem
• Identifying your inner critic
• How to fight your self defeating thoughts.
• Ways to improve your Self-Esteem.
Experiential Psycho-Education

Relationships

• Healthy vs unhealthy relationships
• Cycle of violence
• Power and control wheel
• The warning signs of an abusive relationships
• The equality wheel
• Resources for victims of intimate partner violence
Sexual Violence

- Grounding techniques
- Definition of sexual violence
- Gender socialization
- Understanding emotions related to S.V.
- Why survivors don’t disclose
- What a survivor needs
Healing

• Anger /anger management
• Managing triggers and flashbacks
• Tools for healing
Creating a puzzle piece (Who are you?)
Activity (The puzzle piece)
Activity (The puzzle piece)
Activity (The puzzle piece)
What does it feel like to disclose sexual abuse?
Outreach and collaboration

- The Latino Center
- PRIDE
- POWER
Adapting the Program

- Women sex-workers
- Women in drug and alcohol recovery
Adapting the program

• Latino / Hispanic undocumented immigrant women
Experiential Psycho-Education

Effects of the Program

- More participants see themselves as victims of sexual violence.
- Participants talking about coming to PAAR.
- Transformation of the participants over time, including development of insight.
- Development of trust in PAAR.
Experiential Psycho-Education

Questions & comments

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• Hunter S. ,Reed K. , (1990 )"Taking the side of bought and sold rape," speech at National Coalition against Sexual Assault, Washington, D.C.
Thank You

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