



RESPOND, EDUCATE & ADVOCATE TO END SEXUAL VIOLENCE

REACHING HIGH-RISK AND VULNERABLE POPULATIONS THROUGH PSYCHO-EDUCATION

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6/27/2014

PAAR History



- **1972- Pittsburgh National Organization of Women establishes PAAR in response to a series of rapes.**
- **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.

Vulnerable groups



Women in drug and alcohol recovery:

- 75% of women in treatment programs for drug and alcohol abuse report having been sexually abused. Najavits, L. Weiss, R., and Shaw, S. (1997)
- 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)

Vulnerable groups



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).

Vulnerable groups



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).
- Immigrant girls and women of undocumented status are afraid of reporting sexual abuse to law enforcement. Dutton, M.A. Hass. G.A., and Ammar, N. (2003)
- Local Pittsburgh agencies working with undocumented Latinas have reported a high rate of intimate partner violence.

Vulnerable groups



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

Experiential Psycho – Education



- **Five main areas**
 - Boundaries
 - Self- Esteem
 - Relationships
 - Sexual Violence
 - Healing



Experiential Psycho-Education



Boundaries

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



Experiential psycho-education



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



Experiential Psycho-Education



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

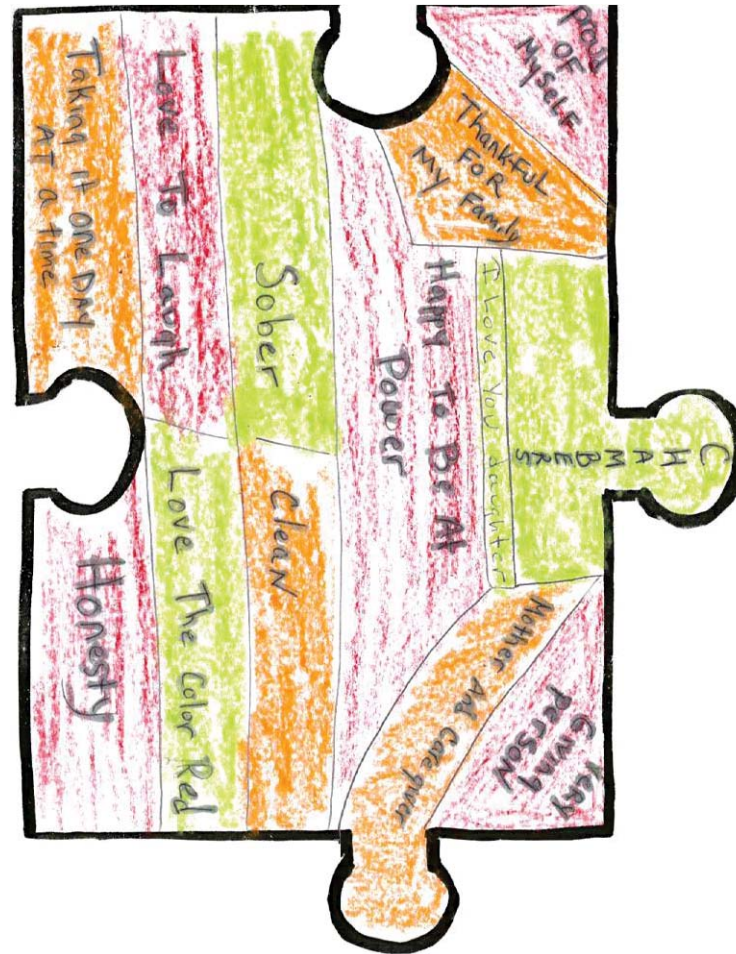
- Anger /anger management
- Managing triggers and flashbacks
- Tools for healing





Creating a puzzle piece(Who are you ?)

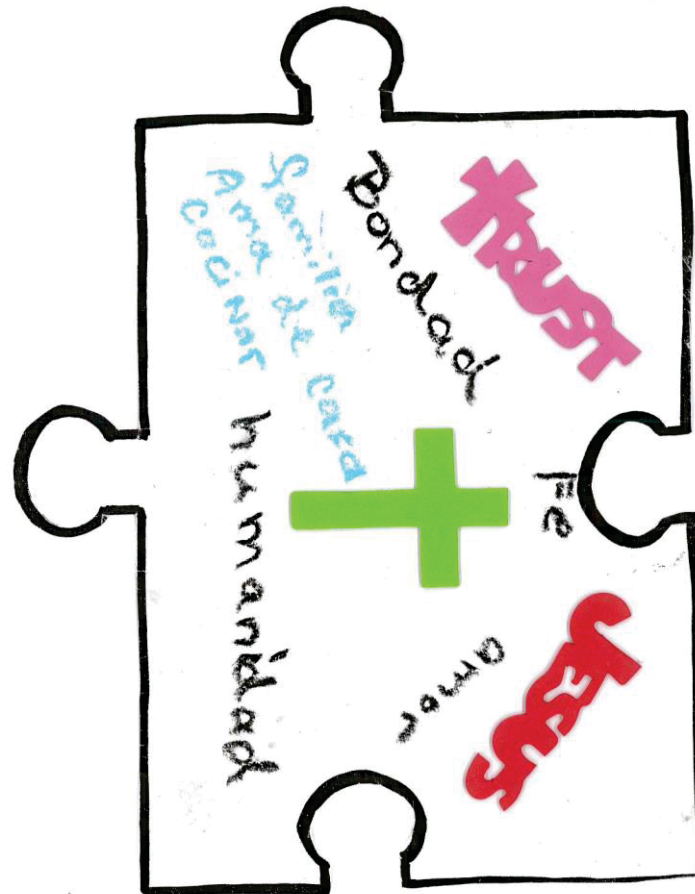
Activity (The puzzle piece)



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Activity (The puzzle piece)



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Activity (The puzzle piece)



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What does it feel like to disclose sexual abuse ?

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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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References



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Thank You

6/27/2014