Session 1.1

- I suffered chronic, extreme abuse throughout my childhood
- Dissociative Identity Disorder (DID) as a response to trauma
  - Traumatic amnesia
  - Suicidality
  - Flashbacks
  - Distress
  - Identity alteration

Session 1.1

- We find it easier to talk about ‘trauma’ than CSA itself
- Child sexual abuse often (but not always) occurs in a matrix of neglect, emotional abuse and dysfunction
- It provokes a deeply uncomfortable sense of shame – in both speaker and listener

Session 1.1

- We avoid it by pushing it out of consciousness
- We avoid it by avoiding ‘triggers’
- Other people avoid it by not wanting to hear about it
- It is taboo – ‘unspeakable’
When faced with the unbearability of someone else’s abuse we can:

- Focus on our own distress: “I can’t do this, it’s too much” and reinforce the taboo and isolation
- Focus on the other person’s distress: “I will bear witness. I will believe you. I will help you.”

Hearing about abuse is not as difficult as experiencing the abuse

- I survived the real thing!
- Take care of yourselves
- We should feel strong feelings when talking about CSA
- Let’s use those feelings to effect positive change

Context for the CSA I suffered:

- From age 2-3 until age 17 by my grandad, who lived with us
- By my mother
- On a relative’s farm from age 4
- Ritual/organised abuse
- ‘Child pornography’
- Pregnancy after rape
- Child protection team and foster carer

“Child sexual abuse is one of the most horrific crimes, if not the worst. It attacks the most vulnerable people in our society, affects victims for life and rips away significant chunks from their most formative years. Yet for many it is a crime that stays hidden away. Indeed the human mind often finds it difficult to cope with the issue and minimises the emotional impacts so that people find it easier to manage the consequences.”

Jim Gamble, former head of CEOP
Child Exploitation and Online Protection
• Society tends to deny the existence or scale of CSA
• Silence (around CSA) is a tool of the abuser
• Not talking about CSA doesn't make it go away
• The taboo allows it to continue
• CSA is an issue that insists that we take sides

“It is very tempting to take the side of the perpetrator. All the perpetrator asks is that the bystander do nothing. He appeals to the universal desire to see, hear, and speak no evil. The victim, on the contrary, asks the bystander to share the burden of pain.

Judith Lewis Herman
Trauma and Recovery
Session 1.1

- Silence and secrecy
- Forgetting and ‘moving on’
- Rubbish and blame the victim
  - Did s/he deserve it?
  - Did s/he invite it?
  - Did s/he do enough to stop it?
  - Is s/he lying about it?
  - Is s/he mentally unstable?
  - Is s/he a credible witness?
  - Is this a ‘false memory’?

Session 1.1

- 1974 survey in the US asked teenagers aged 13-19 if they agreed with this statement:
  - “A parent and child having sex with each other is something I would consider unnatural, even if both of them wanted to do it.”
  - 25% of boys and 13% of girls disagreed!

Session 1.2

- No universally-accepted definition of a child
  - In the UK, United Nations etc, child = 18 years and below
  - But age of consent is lower: 16 in the UK
    - 12 in Philippines and until recently in Vatican City
    - 16 in Alaska, 17 in Texas, 18 in California
  - In the UK, a child under 13 cannot give informed consent
  - “Sexual abuse involves forcing or enticing a child or young person to take part in sexual activities, not necessarily involving a high level of violence, whether or not the child is aware of what is happening.” (HM Government, Working Together)
Session 1.2

“Child sexual abuse is the involvement of dependent children and adolescents in sexual activities with an adult or any person older or bigger, where there is a difference in age, size or power, in which the child is used as a sexual object for the gratification of the older person’s needs or desires, and to which the child is unable to give informed consent due to the imbalance of power or any mental or physical disability. This definition excludes consensual activity between peers.”

Christiane Sanderson
Counselling Adult Survivors of Child Sexual Abuse

Session 1.2

“The sexual exploitation of children and young people under 18 involves exploitative situations, contexts and relationships where young people (or a third person or persons) receive ‘something’ (e.g. food, accommodation, drugs, alcohol, cigarettes, affection, gifts, money) as a result of performing, and/or others performing on them, sexual activities.”

National Working Group on Sexually Exploited Children and Young People

Session 1.2

“It’s not a definition or some bullet-points on a page, a menu of things that were done or could have been done, or might yet be done. It’s something to do with me as a person, the me that I’m so scared to show you, that I’m so scared to be, because of what happened, because shame like a dog’s blanket has been wrapped around me and I can’t get away from the grime and the stench and the yukkiness of me.

Child sexual abuse is when you’re powerless and betrayed, and you’re all alone and you mustn’t tell, and there’s confusion and pain and deep down inside there’s the fear that it’s all your own fault, that there’s something wrong with you, something terribly and toxically wrong with you …

... and there’s nowhere to go, and no-one to run to, and no way to stop it because you’re small and weak and stupid and if only!! – if only!! – if only you had known, if only you hadn’t been there, if only you hadn’t said what you’d said, or done what you’d done, or felt what you’d felt.

Somehow you know that it’s all your fault, that you’re dirty and disgusting and naughty and bad. And different. So you hide and you don’t know what to do and you don’t know how to have friends and you don’t trust people and you know that people don’t trust you, because you’re bad.
Session 1.2

Feelings like melted wax on the inside of your guts, and you don’t know what they are, and you don’t know what to do with them; all you know is that you hate what is happening and you don’t have any choice, because you don’t have any choice, because you don’t deserve any choice, and the little you that is you just deserves to die.

That’s what child sexual abuse is.”

Carolyn Spring

Session 1.2

• CSA is a developmental catastrophe for a child
• It affects our view:
  • Of the world
  • Of relationships
  • Of ourselves
• It causes psychological trauma

Session 1.2

“Trauma is real. It is the wound we sustain when we are exposed to experience so horrifying that it overwhelms our capacity to process the experience.”

Kate Cairns, *Surviving Paedophilia*

“The sexual abuse of a child always takes place in secret; therefore the true prevalence of any form of sexual abuse of children will always be a secret.”

Jacqui Saradjian, HMP Whitemoor

Session 1.2

• Every victim feels that they alone were abused
• Prevalence studies disagree on parameters, methods, population
• Generally accepted figure of:
  • 1 in 4 girls
  • 1 in 6 boys
  • abused in childhood
• Spectrum of abuse: contact and non-contact (page 14)
BUZZ GROUP

How do you plan to manage your emotional reaction today? How can you stay in your window of tolerance?

How difficult is it for you to talk about, or hear someone else talk about, child sexual abuse?

Are you familiar with the spectrum of non-contact and contact abuse on pages 14-15?

Session 1.3

- Tabloid view of child sex offenders is of ‘monsters’ who are ‘sick’
- We have been fed a myth of ‘the dirty old man in a mac’, now ‘the weirdo DJ with the cigar’
- ‘Stranger danger’
- “The monster image of the sex offender prevents people recognising themselves and those close to them.” (Stop it Now!)

Session 1.3

“Child sexual abusers are ordinary people who children encounter in their everyday lives.”
Child sexual abusers are ordinary people who children encounter in their everyday lives. They can come from any social, racial or religious background and are often well-respected members of society and the community. They hold down jobs, play sports, have friends and are seen as nice people. Of course some paedophiles fall outside these parameters, but the majority do not.

Christiane Sanderson  
_Counselling Adult Survivors of Child Sexual Abuse_

We are at greater risk of sexual abuse inside the home than outside it

NSPCC study: 87% of CSA offences are committed by people known to the child

Childline calls in one year:
- In 94% the child knew their abuser
- 59% were family members
- 35% were acquaintances
- 5% were strangers

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Session 1.3

- 2% of convicted offenders are female
- Other research suggests 5% of offenders are female (but may be as high as 20%)
- Children and adolescents commit as much as 25-40% of sexual abuse
- 66% of contact abuse reported at the time by children was by other children and young people (NSPCC, 2011)

Cawson et al study of incest:
- 38% of penetrative or oral acts of abuse were by a brother or stepbrother
- 23% by a father; 13% by a stepfather
- 14% by an uncle
- 8% by a cousin
- 6% by a grandfather
- 4% by a mother
- Disclosure can be limited by expectation

Abusers are a varied population
- Number of victims:
  - 70% of convicted sex offenders had 1-9 victims
  - 30% had 10 or more victims
- The Abel Study: some offenders had up to 450 victims
- Jimmy Savile probably not “Britain’s most prolific sex offender”

Populist belief that those who have been abused will go on to abuse
- Increases the stigma of being a survivor
- Easy to debunk:
  - There are more victims than perpetrators, and yet each perpetrator has multiple victims
  - The majority of victims are female but the majority of abusers are male
Session 1.3

- Selection bias: we notice the abuse histories of abusers, but not the non-abusing lives of victims
- Many abusers do have a childhood history of maltreatment
- The vast majority of victims do not go on to abuse
- Half lied about having been abused
- Boys abused by women are at greater risk of going on to offend

Session 1.3

- Glasser et al: “prior victimisation can be viewed as one mediating factor which enhances the probability of subsequent perpetrator behaviour”
- A factor, not a cause
- Multiple pathways to becoming a perpetrator
- No single ‘type’ of offender

Glasser et al: “prior victimisation can be viewed as one mediating factor which enhances the probability of subsequent perpetrator behaviour”

A factor, not a cause

Multiple pathways to becoming a perpetrator

No single ‘type’ of offender

When I considered the people who abused me, I struggled to accept it largely because they weren’t evil all the time. They did normal things too. They ate, they laughed, they went on holiday, they didn’t have to be in a darkened room... They did everything that everyone else – people who didn’t abuse children – did. So I kept on refusing to believe that they abused me too. For many years, I wanted the image more than I wanted the truth because the truth is painful. The truth is that nice people are not always nice and that monsters live in four-bedroomed houses too.

When I considered the people who abused me, I struggled to accept it largely because they weren’t evil all the time. They did normal things too. They ate, they laughed, they went on holiday, they didn’t have to be in a darkened room... They did everything that everyone else – people who didn’t abuse children – did. So I kept on refusing to believe that they abused me too. For many years, I wanted the image more than I wanted the truth because the truth is painful. The truth is that nice people are not always nice and that monsters live in four-bedroomed houses too.

Recovery is my best revenge

www.carolynspring.co.uk
Session 1.3

- As survivors, many of us fear becoming abusers
- We fear we will be as out-of-control in abusing as we were out-of-control in the abuse
- But perpetrators share some specific characteristics
- They didn’t ‘accidentally’ abuse
- We were a tiny cog in a huge machine

Session 2.1

- Some theories suggest two types of offender:
  - Fixated (primary sexual interest is in children)
  - Regressed (primary sexual interest is age-appropriate)

Session 2.1

- The ‘regressed’ paedophile can look like an ordinary family person
- The ‘fixated’ paedophile may use adult sexual relationships to gain access to children

Abel and Rouleau (1990) study:

- 56% of abusers only offend with children outside their family
- 12% of abusers only offend with children within their family
- 23% of abusers offend with both

Gender:

- 67% abused girls
- 12% abused boys
- 20% abused both
Session 2.1

- Generally speaking, girls are at greater risk of sexual abuse than boys
  - Girls at greater risk inside the home
  - Boys at greater risk outside the home
  - But note: *these are generalisations*

Session 2.1

- 'Multi-factorial theories'
- Psychodynamic theories:
  - It's not about sex; it's about power
  - Using sexual behaviour to meet non-sexual needs
  - Began to change my view of it: they were weak and inadequate, not me!
  - Anna Salter's research: high prevalence of rapists unable to achieve an erection during the attack

Session 2.1

- They have deviant sexual arousal and interests, or preferences
- They have 'cognitive distortions'
- They have social, interpersonal and intimacy deficits
- They lack empathy for their victims
- They have poor coping and self-management skills
- They have a history of childhood maltreatment

Session 2.1

- Deviant sexual arousal and interests:
  - 50% of abusers began to abuse as children (Abel Study)
  - Many have 'paraphilias', e.g.:
    - Necrophilia (corpses)
    - Zoophilia (animals)
    - Coprophilia (faeces)
    - Klismaphilia (enemas)
    - Urophilia (urine)
  - I did not cause their paraphilias!
Session 2.1

- Cognitive distortions: ‘faulty thinking’ or ‘pro-offending attitudes’, e.g.:
  - “Having sex with a child is a good way to teach them about sex safely.”
  - “When adults have sex with children, it doesn’t harm them.”
  - “I have a right to have sex with whoever I like whenever I like.”

- Types of cognitive distortion:
  - Children are viewed as sexual objects and sexual initiators
  - Strong sense of entitlement
  - Belief in a ‘dangerous world’
  - Sense of ‘uncontrollability’
  - Distorted sense of the nature of harm
  - As children we took this faulty thinking on board and believed it

Session 2.1

- Social, interpersonal and intimacy deficits:
  - More obvious in some fixated paedophiles (stereotypical socially awkward single man)
  - Less obvious in majority:
    - High scoring in ‘social desirability’
    - High functioning, successful, charming, charismatic

- Victim empathy deficiency
  - Hard for us as victims to accept that we were not loved
  - We believe instead that we were unloveable
  - Lack of empathy is vital for the abuser to maintain their positive self-image
  - This is why ‘confronting’ abusers is almost never successful
Session 2.1

- Poor coping and self-management
  - Use the sexual abuse of children to manage their feelings
  - As victims, we grow up believing that we exist to manage other people's feelings for them
  - This increases our vulnerability to revictimisation

BUZZ GROUP

What was your response to the PIE video? How did it make you feel?
In what ways do we see ‘cognitive distortions’ (pro-offending attitudes) in society?
Given the lack of empathy for the victim from the abuser, how important is empathy now in their recovery?

Session 2.2

- Does abuse ‘just happen’?
  - What we experienced as children was a snapshot of the offence process, with no explanatory framework
  - David Finkelhor’s Precondition Theory:
    - Motivation to offend
    - Overcoming internal inhibitors
    - Overcoming external inhibitors
    - Overcoming the resistance of the child

Session 2.2

- Motivation to offend:
  - Able to be aroused by children and/or violence and coercion
- Overcoming internal inhibitors:
  - Consequences, e.g. hurting another person, going to prison
  - Cognitive distortions help to overcome these conflicts
  - Reducing inhibitions through use of substances
**Session 2.2**

- Overcoming external obstacles
  - Manoeuvring for access to children
  - Includes long-term planning such as vocational choices
  - Grooming of society, e.g.:
    - "Women are safe"
    - "Priests can be trusted"
    - Cultural non-challenge
  - Grooming of the family

- Overcoming the resistance of the child
  - Targeted grooming of the child

- Session 2.2

  - Overcoming the resistance of the child
  - Targeted grooming of the child
  - Sweets and treats
  - Feel special
  - Erosion of boundaries
  - Entrapment
  - Feel responsible
  - Maintains the secret and the availability of the victim
**Session 2.3**

- Common to hear, “The victim will be affected for life”
- Far-reaching impacts, but we can and do recover with the right support
- Children removed to foster care are those whose abuse has been noticed
- Children whose abuse remains hidden may manifest some or no symptoms
- Those symptoms instead invariably manifest in adulthood

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**Session 3.1**

- Finkelhor’s Impacts:
  - Powerlessness
  - Stigmatisation
  - Traumatic sexualisation
  - Betrayal

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**Session 3.1**

- Powerlessness
  - For the abused child, it is normal
Session 3.1

- Powerlessness
  - For the abused child, it is normal
- Automatic trauma responses are flight, fight and then if all else fails freeze
- Freeze = dissociation
- We make negative meaning out of this automatic survival response: “I didn’t do anything, I didn’t fight back, I’m useless, I’m pathetic.”

Session 3.1

- Stigmatisation
  - Feeling different
  - Feeling defective
  - Feeling toxic
  - Feeling shame
  - Feeling isolated
Session 3.1

- Stigmatisation
  - Feeling different
  - Feeling defective
  - Feeling toxic
  - Feeling shame
  - Feeling isolated
- The transformative power of the therapeutic relationship
  - Undoing feelings of not belonging to the human race

Session 3.1

- Traumatic sexualisation
  - Knowledge of sex when too young to handle it
  - Experience of sex as forcible and unconsensual
  - Disrespected boundaries
- Two responses:
  - Avoidance of all things sexual
  - Repetition compulsion and sexualisation of all relationships

Session 3.1

- Betrayal
  - No one is safe
  - Trickery
  - Am I making it all up?
- Unable to trust your gut instincts, your feelings or your body
- Difficulty in trust in all future relationships
- "Is this a prelude to abuse?"
What can you do as professionals or supporters to help survivors in each of the four key areas:

- Powerlessness
- Stigmatisation
- Traumatic Sexualisation
- Betrayal

Does an increased understanding of those impacts make you want to change the way you do anything?

Session 3.2

- Women's movement at the forefront of raising awareness of CSA
- Downside is that CSA was seen as mainly men abusing girls
- Abuse of boys and abuse by women remained hidden
- Abuse of boys:
  - 1 in 6
  - Survivors UK, Survivors Manchester, Mpower etc

Session 3.2

- Men suffer similar impacts to women
- But with additional obstacles:
  - Lack of services for men
  - Harder for men to access help
  - Generally speaking:
    - ‘Men act out, women act in’
    - Men end up in the criminal justice system; women end up in the mental health system
    - Some abuse not taken seriously

Session 3.2

- In our society, some stereotypes:
  - Males initiate and may be sexually driven; females respond
  - Males may be violent and aggressive; females are nurturing and caring
  - “Women are socialised to be the victims of CSA, not the perpetrators of it.” (Allen, 1990)
Session 3.2

- Assumptions that females are safe
- Assumptions that females cannot abuse without a penis
- Assumption that abuse by women is not harmful and/or ‘confused love’
  - 49% of victims described it as ‘violent’
  - 56% of abuse was sadistic
  - 55% of female abusers were aroused by sadism to children

Session 3.2

- Prevalence:
  - Women commit 5-20% of CSA
  - Comprise 2% of convicted offenders
  - No data kept on female abusers before 1986
  - Women perpetrate 50% of physical violence against children
  - The nurturing mother is sometimes an ideal, not reality

Session 3.2

- Three categories of female abuser:
  - Women abusing adolescent boys
  - Women abusing their own or other people’s younger children
  - Women who co-offend with a man
- Younger children more at risk
  - By men: average age 8.6 years
  - By women: average age 5.8
  - 92% of victims of women under 9 years old

Session 3.2

- Why do they do it?
  - Sexual gratification
  - Intimacy
  - ‘Instrumental’, e.g.:
    - Financial gain
    - Revenge
    - Violence
  - History of more extreme childhood maltreatment (50 to 80%)
  - Diagnosable mental health problems
Session 3.2

- Society's response
  - Disbelief
  - Minimising ("lucky sod")
  - Excusing
  - The more 'extraordinary' our abuse, the less likely we are to disclose
  - This becomes a vicious cycle:
    - The abuse is 'extraordinary'
    - It is not disclosed
    - It remains 'extraordinary'

- The psychological need for a 'good mother'
- People's assumptions: "Was it your Dad?"
- Suffocating presence that precluded disclosure
- Difficulty in gaining a sense of your own identity

Session 3.2

"I still struggle with being as far away from my mother as possible identity-wise. I wanted to be as different as I could from my mother. I used to dress in men's clothes just so that I could be as different as I could from her." (Ogilvie & Daniluk, 1995)

Session 3.2

- Oscillation between enmeshment and dis-identification
- "The majority of female participants abused by women reported difficulties in their sense of identity and self-concept, in many ways trying to deny a female identity from childhood through to adulthood." (Denov, 2004)
BUZZ GROUP

What obstacles are there for male survivors in accessing help, perhaps the help of your service or organisation?

Do you struggle to believe that women are capable of the abuse of children, including sadistic abuse?

What might you need to consider if you are working with someone who was abused by the same gender as you?

Session 3.3

“The IWF uses the term child sexual abuse content to accurately reflect the gravity of the images we deal with. Please note that child pornography, child porn and kiddie porn are not acceptable terms. The use of such language acts to legitimise images which are not pornography, rather, they are permanent records of children being sexually exploited and as such should be referred to as child sexual abuse images.”

Internet Watch Foundation

Session 3.3

• I was used in the production of ‘child pornography’
  • I didn’t understand that’s what it was as a child
  • Taken to a room with bright lights and a big umbrella
  • Cameras used in the woods
  • Polaroid photos
  • ‘Grid’ of photos with blanks

• Lewis Carroll had a large collection of ‘child erotica’
  • Production fuelled by technological advances
    • Anonymity
    • Access to children
    • Reproduction of images with no loss of quality
    • Instant worldwide distribution
    • Smartphone cameras everywhere
Many collections are vast (10,000-100,000+ images plus videos)
Used for viewing (fantasy and masturbation)
Used as currency
Wonderland Club
- 750,000 images
- 1,800 videos
- Children as young as 2 months

Often meticulous about cataloguing and indexing
Collections organised:
- Thematically
- Narratively
- Psychological drive to ‘complete the set’
- Core images of many collections are from 1970s and 1980s

Sentencing Guidelines have simple 3-part system:
- Category A: images involving penetrative sexual activity, or sexual activity with an animal or involving sadism
- Category B: images involving non-penetrative sexual activity
- Category C: other

<table>
<thead>
<tr>
<th>Indicative</th>
<th>Non-erotic and non-sexualised pictures showing children in their underwear, swimming costumes, etc</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Nudist</td>
<td>Pictures of naked or semi-naked children in appropriate nudist settings</td>
</tr>
<tr>
<td>3 Erotica</td>
<td>Surrpetitiously taken photographs of children in appropriate nudist settings</td>
</tr>
<tr>
<td>Posing</td>
<td>Deliberately posed pictures of children fully clothed, partially clothed or naked</td>
</tr>
<tr>
<td>Erotic</td>
<td>Deliberately posed pictures of children fully clothed, partially clothed or naked in sexualised or provocative poses</td>
</tr>
<tr>
<td>Explicit</td>
<td>Emphasising genital areas where the child is either naked, partially clothed or fully clothed</td>
</tr>
<tr>
<td>Sexual</td>
<td>Involves touching, mutual and self-masturbation, oral sex, and intercourse by a child, not involving an adult</td>
</tr>
<tr>
<td>Assualt</td>
<td>Pictures of children being subject to a sexual assault, involving digital touching, involving an adult</td>
</tr>
<tr>
<td>Gross</td>
<td>Grossly obscene pictures of sexual assault, involving penetrative sex, masturbation or oral sex involving an adult</td>
</tr>
<tr>
<td>Sadistic / bestiality</td>
<td>a. Pictures showing a child being tied, bound, beaten, whipped or otherwise subject to something that implies pain</td>
</tr>
<tr>
<td></td>
<td>b. Pictures where an animal is involved in some form of sexual behaviour with a child</td>
</tr>
</tbody>
</table>
Session 3.3

- James Boyack: 97 images and 18 videos at Category A
- Context for photos is important
- Mothercare catalogue
- Pseudophotographs
- James Boyack
  - Sex with horses and an octopus
  - Superimposed his own face on images of abuse of children
David Finkelhor's Precondition Theory:
- Motivation to offend
- Overcoming internal inhibitors
- Overcoming external inhibitors
- Overcoming the resistance of the child
Session 3.3

- David Finkelhor’s Precondition Theory:
  - Motivation to offend
  - Overcoming internal inhibitors
  - Overcoming external inhibitors
  - Overcoming the resistance of the child
• CSA impacts us at a particular moment or moments in our development journey
  • ‘Magical thinking’
  • Infantile self-preoccupation
• Leonore Terr: 1976 Chowchilla school bus kidnappings
  • ‘omens’ = ‘causal meaning’
• Our core beliefs develop from childhood ‘magical thinking’
The abuse was the biggest thing in my life
But I was fairly incidental to the abuser and in the ‘offence cycle’
Therefore, it wasn't my fault
- Nothing to do with ME
- Everything to do with THEM
'The Great Exchange'
### Session 4.1

<table>
<thead>
<tr>
<th>The victim</th>
<th>The abuser</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am bad</td>
<td>I am doing bad things</td>
</tr>
<tr>
<td>I am guilty</td>
<td>I am guilty</td>
</tr>
<tr>
<td>I am ashamed</td>
<td>I should be ashamed</td>
</tr>
<tr>
<td>I am powerless</td>
<td>I am acting out my powerlessness</td>
</tr>
<tr>
<td>I am dirty</td>
<td>I am engaging in dirty, defiling acts</td>
</tr>
<tr>
<td>I don’t belong</td>
<td>I belong in prison</td>
</tr>
<tr>
<td>I am toxic</td>
<td>I am contaminating others</td>
</tr>
</tbody>
</table>

### Session 4.1

<table>
<thead>
<tr>
<th>The victim</th>
<th>The abuser</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am NOT bad</td>
<td>I am doing bad things</td>
</tr>
<tr>
<td>I am NOT guilty</td>
<td>I am guilty</td>
</tr>
<tr>
<td>I have NOTHING to be ashamed of</td>
<td>I should be ashamed</td>
</tr>
<tr>
<td>I am NO LONGER powerless</td>
<td>I am acting out my powerlessness</td>
</tr>
<tr>
<td>I am NOT dirty</td>
<td>I am engaging in dirty, defiling acts</td>
</tr>
<tr>
<td>I DO belong</td>
<td>I belong in prison</td>
</tr>
<tr>
<td>I am NOT toxic</td>
<td>I am contaminating others</td>
</tr>
</tbody>
</table>

### Session 4.1

- Three key elements to recovery:
  - Believing that we CAN recover
  - Processing trauma and reframing
  - Support
Session 4.1

- Believing whether or not we can recover is critical
- Holland euthanasia case of CSA survivor – ‘incurable’
- “It almost sends out the message that if you are the victim of abuse, and as a result you get a mental illness, you are punished by being killed, that the punishment for the crime of being a victim is death.” (Robert Flello MP)

Session 4.1

- Victor Frankl: *Man’s Search For Meaning*
- Survivors were those:
  - with an ‘internal locus of control’
  - who made meaning out of their suffering
  - and who didn’t give up
- More important than what happened to us is how we view it
- How we view ourselves

Session 4.1

- We believe we are powerless to overcome our powerlessness
- Powerlessness is part of the syndrome
- It is a symptom of abuse
- It is not who we are
- The perpetrators want us to remain powerless so they can remain unaccountable for their crimes
Session 4.1

- Child sexual abuse constitutes trauma
- Recovery from trauma is covered specifically in:
  - ‘Trauma and the Body’ and
  - ‘Trauma, Dissociation and Recovery’
- Recovery involves neutralising the trauma

- Recovery involves reframing
  - Reversing the ‘Great Exchange’
  - Mary Main’s work: "The stance of the self towards experience"
- In believing the lies of the abuser, I was continually blaming and punishing myself
- I had to stop doing the work of the abuser for them

- I had to put boundaries in to protect the ‘garden’ of my life
- Being believed in
- Empowering me to recover
- Being a safe person
- Acceptance as the antidote to stigma
- Being trustworthy
- Other people’s treatment of me didn’t have to knock me off course
I have had to change my view of myself from someone who was completely overwhelmed and then powered as someone who survived to a survivor in the very best sense of the word. I went through the worst as a child and as an adult, with support. I am resilient – because I didn’t give up. I haven’t given up. I keep going.

The process of trauma recovery is to accept the reality of what happened, but it also accepts the reality that we survived what happened, that we are deserving, that our lives have value, and that we are precious, wonderful, courageous human beings.

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WE CAN HEAL MORE THAN ANYTHING, WHAT I HAVE LEARNED ABOUT CHILD SEXUAL ABUSE IS THAT IT IS NOT A DEATH SENTENCE, AND IT IS NOT A LIFE SENTENCE. WE CAN HEAL, AND WE CAN BE FREE.

Ten things I have learned about child sexual abuse. www.carolynspring.co.uk