

Child Sexual Abuse: Hope for Healing

online training



by Carolyn Spring



Session Summaries | Reflection Questions | References | Notes

NON-CONTACT BEHAVIOURS

- Grooming the child, off- and on-line
- Sexually inappropriate invasion of the child's personal space
- Insisting on sexually seductive behaviour and dress
- Nudity or disrobing in front of the child
- Verbal comments of a sexual nature
- Forcing the child to sleep in and share the same bed as an adult beyond age-appropriate development
- Deliberate genital exposure to the child
- Inappropriate watching of the child undressing or using the bathroom
- Encouraging the child to watch or listen to sexual acts
- Photographing the child for sexual gratification or later pornographic use
- Drugging the child in order to photograph him or her in sexually provocative poses or as a prelude to sexual assault
- Engaging in overtly sexual behaviour in the presence of the child
- Exposing the child to pornography in order to desensitise the child
- Filming the child in sexually explicit poses.
- Coercing the child into a paedophile ring
- Getting the child to recruit other children for the abuser
- Forcing the child to engage in sexual activities with other children, adults or animals not involving the abuser

CONTACT BEHAVIOURS

- Inappropriate or open-mouthed sexual kissing
- Sexual fondling
- Touch the child's genitals or private parts for sexual pleasure
- Making the child touch someone else's genitals
- Forcing the child to play sexual games
- Masturbation – of the child, of the abuser by the child, or mutual
- Oral sex – to the child, to the abuser by the child, or mutual
- Ejaculating over the child
- Placing objects, sweets or small toys into the child's vagina or anus and then retrieving them
- Penetrating the child's vagina or anus with large objects, including adult sex aids
- Digital or penile penetration of the vagina or anus
- Dry intercourse – placing the penis between the upper thighs of the child and simulating intercourse
- Forced sexual activity with other adults or children
- Filming sexual activity with adults or children
- Bestiality – forced sexual activity with animals

Source:

Child Sexual Abuse Resource Guide (3rd edition) by Carolyn Spring

Session summary – what will you learn?

- Exploring societal views of sex offenders, and the dangers posed when these are incorrect
- Exploring the reality of the 'ordinariness' of most offenders rather than the usual depiction as 'monsters', with reference to the Stop It Now! campaign
- Exploring the prevalence of abuse, including familial versus non-familial, gender of abusers, and the abuser's relation to the victim
- Exploring the high numbers of victims per abuser
- Debunking the 'victim cycle' myth and exploring prior victimisation as a mediating factor but not a cause of future perpetration

Reflection Questions

1. What have been your previous preconceptions of sex offenders? Do you tend to assume that they are 'monsters'?
2. Why do you think women are so rarely convicted of sexual offences against children?
3. Why do you think people sexually abuse children?

Overall Learning Reflection from this session

Session summary – what will you learn?

- Examining the belief that victims will be affected by life, or the extent to which we have some power and control over the outcome
- Exploring various first-hand case studies of children in care who had been sexually abused, with overt or covert presentations

Reflection Questions

1. Do you think that a child who has been sexually abused within the family home should always be removed into foster care? What are the pros and cons?

2. If an abused child acts sexually towards another child, at what age do you think they should be held responsible for their behaviour (e.g. seen as a perpetrator rather than a victim?)

3. How does the apparent 'normality' of abusers make you feel?

Overall Learning Reflection from this session

Session summary – what will you learn?

- Examining the long-term impacts of child sexual abuse with specific reference to the work and conceptualisations of David Finkelhor:
 - Powerlessness
 - Stigmatisation
 - Traumatic sexualisation
 - Betrayal
- Exploring the role of dissociation and the freeze response and their role in long-term powerlessness and shame
- Exploring the firsthand experience of overcoming traumatic powerlessness through compensatory strategies
- Exploring the role of the therapeutic relationship to overcome traumatic stigmatisation
- Exploring the long-term impact on sex and sexuality from CSA
- Exploring the role of safe therapeutic relationships in redressing issues of trust and betrayal

Reflection Questions

1. What can you do as professionals or supporters to help survivors in each of the four key areas of powerlessness, stigmatisation, traumatic sexualisation and betrayal?

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

Overall Learning Reflection from this session

Session summary – what will you learn?

- Exploring the prevalence of abuse of males and the rise of initiatives and services for males
- Introducing the role of Oprah Winfrey's show in highlighting the abuse of males
- Exploring the similarities and differences in impacts, challenges, and attitudes for male victims as contrasted with females
- Exploring societal attitudes towards females as perpetrators rather than as victims
- Exploring the research base for abuse by females, in particular how it is viewed versus how it is experienced, especially in terms of violence and even sadism
- Exploring the prevalence of abuse by females versus proportions of prosecutions, alongside the prevalence of physical violence by women
- Examining the relevance of females in a maternal or caring role as perpetrators
- Examining differences in age for children abused by females as opposed to by males
- Exploring the offending goals of female abusers
- Exploring the factors leading to females becoming perpetrators of child sexual abuse
- Examining further how society responds to abuse by females
- Exploring how disclosure by victims is limited by expectations of the 'normality' of what they have experienced, which leads to a vicious cycle of non-disclosure
- Exploring the experience of being abused by one's own mother, including enmeshment, disidentification and gender identity

Reflection Questions

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

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

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

Overall Learning Reflection from this session

Session summary – what will you learn?

- Exploring up-to-date alternative nomenclature for ‘child pornography’ and the reasons behind the shift towards other terms
- Exploring the phenomenological experience of being a victim used in the production of images of abuse
- Examining the history of the production of images of abuse, and in particular the role of technology advances in the proliferation of the production, distribution and use of images of abuse
- Exploring the multiple uses of images of abuse, including as currency for membership of networks of abuse
- Exploring the role of collecting, indexing and cataloguing in offending behaviour and how this drives further production
- Exploring insights from the COPINE project research
- Exploring the categorisation of images according to police investigation and sentencing guidelines, contrasted with research classifications
- Exploring the nature of collections of images of abuse
- Exploring the use of legal images of children in pre-offending settings
- Exploring the nature, production and use of pseudo-images
- Examining the use of images of abuse in the offending cycle (per Anna Salter)
- Exploring ways in which abusers reinforce their own cognitive distortions by the way images are produced

Reflection Questions

1. What do you think to the IWF’s objection to the use of the term ‘child pornography’?
2. Some offenders argue that viewing images of abuse helps them not to abuse children directly. Do you think this is a valid justification?
3. What might it feel like to be a victim of so-called ‘child pornography’ in a selfie-obsessed culture?

Overall Learning Reflection from this session

The Copine Scale

1	Indicative	Non-erotic and non-sexualised pictures showing children in their underwear, swimming costumes, etc
2	Nudist	Pictures of naked or semi-naked children in appropriate nudist settings
3	Erotica	Surreptitiously taken photographs of children in appropriate nudist settings
4	Posing	Deliberately posed pictures of children fully clothed, partially clothed or naked
5	Erotic posing	Deliberately posed pictures of children fully clothed, partially clothed or naked in sexualised or provocative poses
6	Explicit erotic posing	Emphasising genital areas where the child is either naked, partially clothed or fully clothed
7	Explicit sexual activity	Involves touching, mutual and self-masturbation, oral sex, and intercourse by a child, not involving an adult
8	Assault	Pictures of children being subject to a sexual assault, involving digital touching, involving an adult
9	Gross assault	Grossly obscene pictures of sexual assault, involving penetrative sex, masturbation or oral sex involving an adult
10	Sadistic/Bestiality	<ul style="list-style-type: none"> a. Pictures showing a child being tied, bound, beaten, whipped or otherwise subject to something that implies pain b. Pictures where an animal is involved in some form of sexual behaviour with a child

Session summary – what will you learn?

- Exploring the impact of early CSA during a developmental period of 'infantile self-preoccupation' and how this impacts our framing and understanding of the abuse
- Exploring the Chowchilla bus kidnappings in 1976 as studied by Leonore Terr and its insights into the cause and effect thinking of the child victims
- Exploring the influence of the lingering effect of magical thinking in survivors of CSA on our later adult core beliefs
- Re-examining the offending cycle through the lens of the child's non-causal involvement
- Re-examining the motivation of the perpetrator as it impacts the survivor's guilt and self-blame
- Introducing the concept of the 'Great Exchange', i.e. the transfer of responsibility from perpetrator to victim, and the need to reverse this therapeutically
- Exploring key steps towards recovery: belief, reframing and social support.
- Examining the feasibility of recovery and its legal and medical implications
- Exploring Victor Frankl's ideas of the need for meaning within suffering, and the importance of an internal locus of control
- Exploring the concept of powerlessness (including the belief of powerlessness to recover) as part of the syndrome rather than incidental to it
- Exploring the work of Mary Main (attachment theory) around the mediating factor of the 'stance of the self towards experience' in recovery
- The role of reframing in changing our view about ourselves after abuse, and the need to put an end to self-abuse
- A re-examination of Finkelhor's impacts and the real-life experience of the positive and life-changing impacts of therapy in empowerment towards recovery

Reflection Questions

1. Do you fundamentally believe that healing and recovery is possible? To what extent? How can you assist that process?

2. What can you do to help someone who has become powerless to overcome their powerlessness?

3. In what way(s) has this course changed your view of child sexual abuse? How will it help you in your own recovery, or in supporting the recovery of others?

Overall Learning Reflection from this session

SESSION 1

'Child sexual abuse is one of the most horrific crimes ...'

Taken from CEOP leaflet (undated); accessed 12 January 2015 via www.ceop.gov.uk.

'It is very tempting to take ...'

Herman, J. L. (1997). *Trauma and Recovery*. Basic Books, NYC.

<https://amzn.to/2FiF5Ry>

Survey United States 1974

Hunt, M. (1974). *Sexual behaviour in the 1970s*. New York: Dell.

'Healing doesn't come ...'

Ten things I have learned about child sexual abuse by Carolyn Spring

www.carolynspring.com/blog/ten-things-i-have-learned-about-child-sexual-abuse

Link to Margaret Hoelzer clip on YouTube:

<https://www.youtube.com/watch?v=Rbsnv9GL9-g>

United Nations statistics

United Nations Human Rights Office of the High Commissioner Convention on the Rights of the Child (1989), available at <http://www.ohchr.org/EN/ProfessionalInterest/Pages/CRC.aspx> (accessed 2 February 2015)

'Sexual abuse involves forcing or enticing ...'

HM Government (March 2015). *Working Together to Safeguard Children* available from https://www.apagbi.org.uk/sites/default/files/inline-files/Working_Together_to_Safeguard_Children_20170213.pdf (accessed 2 February 2015). Also available in the glossary at http://www.workingtogetheronline.co.uk/glossary/sex_abuse.html

'Child sexual abuse is the involvement of dependent children ...'

Sanderson, C. (2004). *The Seduction of Children: Empowering Parents and Teachers to Protect Children from Child Sexual Abuse*. Jessica Kingsley, London. (page 46)

<https://amzn.to/2rliNPT>

'The sexual exploitation of children and young people ...'

National Working Group on Sexually Exploited Children and Young People (2008): available from

<https://nwgnetwork.org/what-is-child-exploitation/definition-types-of-cse> (accessed 1 February 2015)

'It's not a definition or some bullet-points ...'

What is child sexual abuse? by Carolyn Spring

www.carolynspring.com/blog/what-is-child-sexual-abuse

'Trauma is real. It is the wound we sustain ...'

Cairns, K. (1999). *Surviving Paedophilia*. Trentham Books Ltd, Stoke-on-Trent. (page 12) <https://amzn.to/2r3ZyUO>

'The sexual abuse of a child always ...'

Saradjian, J. (2010) Female-perpetrated sexual abuse. From Gannon, T. A. & Cortoni, F. (Eds) (2010). *Female sexual offenders: Theory, assessment and treatment*. (page 9) John Wiley & Sons, Chichester.

<https://amzn.to/2Ildebm>

SESSION 2

'The monster image ...'

Stop it Now! (Lucy Faithfull Foundation) – from their website www.stopitnow.org.uk (accessed 27 January 2015)

'Child sexual abusers are ordinary people ...'

Sanderson, C. (2004). *The Seduction of Children: Empowering Parents and Teachers to Protect Children from Child Sexual Abuse*. Jessica Kingsley, London. (page 49)

<https://amzn.to/2r2PrAw>

'87% of victims know their abusers'

Cited by Sanderson, C. (2006). *Counselling Adult Survivors of Child Sexual Abuse*. JKP, London. (page 33)

<https://amzn.to/2r0zlqv>

'NSPCC Childline study'

Harrison, H. & Cobham, C. (1993). Female abusers – what children and young people have told Childline. In Elliott, M. (Ed.) *Female Sexual Abuse of Children: The Ultimate Taboo* (pp.95-98). John Wiley & Sons, Chichester.

<https://amzn.to/2r2EwpF>

'2% of adults convicted of a sexual offence were female'

Denov, M. S. (2003a) The myth of innocence: sexual scripts and the recognition of child sexual abuse by female perpetrators. *Journal of Sex Research*, 40(3), 303-314.

<https://www.jstor.org/stable/3813326>

'5-20% of acts are committed by women'

Cortoni, F., Hanson, R. K., & Coache, M. E. (2009). The recidivism rates of female sexual offenders: A meta-analysis. Cited in Gannon, T. A. & Cortoni, F. (Eds) (2010). *Female sexual offenders: Theory, assessment and treatment*. John Wiley & Sons, Chichester.

<https://amzn.to/2HvzgGt>

'NSPCC 2002 study'

NSPCC (2002). *Annual Report*. London.

'NSPCC 2011 study'

NSPCC (2011). *Annual Report*. London.

'Cawson et al 2000 study'

Cawson, P., Wattam, C., Brooker, S. & Kelly, G. (2000). *Child Maltreatment in the United Kingdom: a Study of the Prevalence of Abuse and Neglect*. NSPCC, London.

<https://amzn.to/2qZiNA2>

Link to Souraya Pinkston clip on YouTube:

<https://www.youtube.com/watch?v=Fr2OJ4BEPo8>

'70% have 1-9 victims'

Abel, G.G., and Rouleau, J.L. (1990). The nature and extent of sexual assault. In W.L. Marshall, D.R. Laws, and H.E. Barbaree (Eds), *Handbook of sexual assault*. New York: Plenum Press. <https://amzn.to/2KiRicv>

Abel study

Abel, G.G., and Rouleau, J.L. (1990). The nature and extent of sexual assault. In W.L. Marshall, D.R. Laws, and H.E. Barbaree (Eds), Handbook of sexual assault. New York: Plenum Press. <https://amzn.to/2KiRicv>

Polygraph study

Heil, P., Simons, D. & Burton, D. (2010). Using the polygraph with female sexual offenders. In Gannon, T. A. & Cortoni, F. (Eds) (2010). Female sexual offenders: Theory, assessment and treatment. John Wiley & Sons, Chichester. <https://amzn.to/2HvzgGt>

'My revenge has been found ...'

Recovery is my best revenge: overcoming trauma by Carolyn Spring

www.carolynspring.com/blog/recovery-is-my-best-revenge-overcoming-trauma

'Prior victimisation can be viewed ...':

Glasser, M., Kolvin, I., Campbell, D., Glasser, A., Leitch, I. & Farrelly, S. (2001). Cycle of child sexual abuse: links between being a victim and becoming a perpetrator. British Journal of Psychiatry, 179, 482-494.

<https://psycnet.apa.org/record/2001-09768-003>

'When I considered the people who ...'

Ten things I have learned about child sexual abuse by Carolyn Spring

www.carolynspring.com/blog/ten-things-i-have-learned-about-child-sexual-abuse

SESSION 3

Deliver Us From Evil (2006), directed by Amy Berg, Lions Gate Home Entertainment <https://amzn.to/2HsPik9>

'Abel study'

Abel, G.G., and Rouleau, J.L. (1990). The nature and extent of sexual assault. In W.L. Marshall, D.R. Laws, and H.E. Barbaree (Eds), Handbook of sexual assault. New York: Plenum Press. <https://amzn.to/2KiRicv>

'Anna Salter's study'

From Groth, N. (2001). Men Who Rape. Basic Books, New York. <https://amzn.to/2KiRicv>

Link to Youtube video of PIE interview:

https://www.youtube.com/watch?v=XM_se7pb8t8

'Social desirability study'

Tan, L. (2008) Social desirability and sexual offenders: a review. In Sexual Abuse: A Journal of Research and Treatment 20 (1): 61-87.

<https://psycnet.apa.org/record/2008-04782-005>

SESSION 4

'Finkelhor's Precondition Theory'

Finkelhor, D. (1984). Child sexual abuse: New theory and research. The Free Press, New York.

<https://amzn.to/2Fkf18n>

'Never had it occurred to me consciously ...'

Spring, C. (2009). Twenty helpful things my therapists said. In Attachment: new directions in psychotherapy and relational psychoanalysis, Vol. 3. No. 3. Karnac, London. Twenty helpful things my therapists said by Carolyn Spring

www.carolynspring.com/blog/twenty-helpful-things-my-therapists-said

'Grooming turns things upside down ...'

My recovery from child sexual abuse by Carolyn Spring

www.carolynspring.com/blog/my-recovery-from-child-sexual-abuse

SESSION 6

'Finkelhor's impacts'

Finkelhor, D. & Browne, A. (1985) The traumatic impact of child sexual abuse: a conceptual model. American Journal of Orthopsychiatry, 55, 530-541.

<https://pubmed.ncbi.nlm.nih.gov/4073225/>

'I believe that the very essence of trauma is powerlessness ...'

Recovery is my best revenge: overcoming trauma by Carolyn Spring

www.carolynspring.com/blog/recovery-is-my-best-revenge-overcoming-trauma

'For many of us, the experience of trauma ...'

Recovery is my best revenge: overcoming trauma by Carolyn Spring

www.carolynspring.com/blog/recovery-is-my-best-revenge-overcoming-trauma

Freud: 'repetition compulsion'

Freud, S. (1914). Erinnern, Wiederholen und Durcharbeiten.

<https://www.psyalpha.net/de/themen/behandlungstechnik/freud-technische-schriften/sigmund-freud-1914g-erinnern-wiederholen-durcharbeiten>

Dan Allender: 'the sexualisation of all relationships'

Allender, D. (2008). The Wounded Heart. Navpress, NY.

<https://amzn.to/2JxguLo>

SESSION 7

Link to Oprah video:

<https://www.oprah.com/own-oprahshow/full-episode-200-adult-men-who-were-molested-come-forward-video>

Male support organisations

- Survivors UK: <https://www.survivorsuk.org/>
- Survivors Manchester (now called 'We are Survivors'): <https://www.wearesurvivors.org.uk>
- Mpower: <http://www.male-rape.org.uk/>
- 1 in 6: <https://1in6.org>

'Women are socialised to be the victims ...'

Allen, C. M. (1990). Women as perpetrators of child sexual abuse: recognition barriers. In Horton, A. L., Johnson, B. L., Roundy, L. M. & Williams, D. (Eds). *The incest perpetrator: a family member no one wants to treat* (pp.108-125). Sage, Newbury Park.

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Study – 'loving to violent spectrum'

Rosencrans, B. (1996) *The last secret: Daughters sexually abused by mothers*. Brandon, VT: Safer Society Press

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Study – '56% committed sadistic acts'

Ramsey-Klawnsnik, H. (1990, April). Sexual abuse by female perpetrators: Impact on children. Paper presented at the National Symposium on Child Victimization, Atlanta, GA.

Study – '55% aroused by sadism'

Saradjian, J. (1996b). *Women who sexually abuse children: From research to clinical practice*. Chichester: John Wiley & Sons

<https://amzn.to/2Fjv0ne>

'No data on female abuse'

Rowan, E. L., Rowan, K. B. & Langelier, P. (1990). Women who molest children. *Bulletin of the American Academy of Psychiatry and the Law*, 18(1), 79-83.

<https://www.semanticscholar.org/paper/Women-who-molest-children.-Rowan-Rowan/a6ac804cd84ae4b7ccee9f62f925fd7092d1044c>

'2% of adults convicted of a sexual offence were female'

Denov, M. S. (2003a) The myth of innocence: sexual scripts and the recognition of child sexual abuse by female perpetrators. *Journal of Sex Research*, 40(3), 303-314.

<https://pubmed.ncbi.nlm.nih.gov/14533025/>

'5-20% of acts are committed by women'

Cortoni, F., Hanson, R. K., & Coache, M. E. (2009). The recidivism rates of female sexual offenders: A meta-analysis. Cited in Gannon, T. A. & Cortoni, F. (Eds) (2010). *Female sexual offenders: Theory, assessment and treatment*. John Wiley & Sons, Chichester.

<https://amzn.to/2r3rCYH>

Study – '50% of physical abuse'

Featherstone, B. (1996). Victims or villains? Women who physically abuse their children. In Fawcett, B., Featherstone, B., Hearn, J. & Toft, C. (Eds). *Violence and Gender Relations: Theories and Interventions* (pp. 178-189). Sage, London.

<https://amzn.to/2JqAH5p>

Cawson, P., Wattam, C., Brooker, S. & Kelly, G. (2000). *Child Maltreatment in the United Kingdom: a Study of the Prevalence of Abuse and Neglect*. NSPCC, London.

<https://amzn.to/2qZiNA2>

'Liam Fee news report'

<http://www.bbc.co.uk/news/uk-scotland-edinburgh-east-fife-36333032>

'Most common female perpetrator is the mother'

Saradjian, J. (2010) Female-perpetrated sexual abuse. From Gannon, T. A. & Cortoni, F. (Eds) (2010). *Female sexual offenders: Theory, assessment and treatment*. John Wiley & Sons, Chichester.

<https://amzn.to/2Ki9uDI>

'Average age of male/female abuse victims'

Rudin, M. M., Zalewski, C. & Bodmer-Turner, J. (1995). Characteristics of child sexual abuse victims according to perpetrator gender. *Child Abuse and Neglect*, 19(8), 963-973.

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'92% of victims of females under 9'

Peter, T. (2009). Exploring taboos: Comparing male and female perpetrated child sexual abuse. *Journal of Interpersonal Violence*, 24, 1111-1128

<https://journals.sagepub.com/doi/10.1177/0886260508322194>

'Female perpetrators' history of childhood victimisation (50-80%)'

Gannon, T. A., Rose, M. R. & Ward, T. (2008). A descriptive model of the offence process for female sexual offenders. *Sexual Abuse: A Journal of Research and Treatment*, 20, 352-374

<https://journals.sagepub.com/doi/10.1177/1079063208322495>

'Study – 42% receiving antidepressant medication'

Elliott, I. A., Eldridge, H. J., Ashfield, S., & Beech, A. R. (2007, April). An exploratory investigation into risk factors, protective factors and treatment need in the clinical assessment histories of a sample of female sex offenders. Paper presented at the 5th Tools to Take Home Conference, Coventry.

'The 14-year-old runaway boy'

Saradjian, J. (1996b). *Women who sexually abuse children: From research to clinical practice*. (page 7) Chichester: John Wiley & Sons. <https://amzn.to/2Fjv0ne>

'GP psychosis case study'

Saradjian, J. (2010) Female-perpetrated sexual abuse. From Gannon, T. A. & Cortoni, F. (Eds) (2010). *Female sexual offenders: Theory, assessment and treatment*. John Wiley & Sons, Chichester. <https://amzn.to/2Ki9uDI>

'I still struggle ...'

Ogilvie, B. & Daniluk, J. (1995). Common themes in the experiences of mother-daughter incest survivors: implications for counselling. *Journal of Counselling and Development*, 73, 598-602.

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'The majority of female participants ...'

Denov, M. S. (2004b). The long-term effects of child sexual abuse by female perpetrators: a qualitative study of male and female victims. *Journal of Interpersonal Violence*, 19(10), 1137-1156.

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SESSION 8

'The IWF uses the term ...'

From the IWF website (undated) via <https://www.iwf.org.uk/about-us/our-campaigns/no-such-thing> (first accessed 12 February 2015; link updated 8 November 2023)

W0nderland Club news report:

<http://news.bbc.co.uk/1/hi/uk/1167879.stm>

COPINE study

Taylor, M. & Quayle, E. (2003) Child pornography: an internet crime. Routledge, Hove. <https://amzn.to/2vOzNh9>

Sentencing guidelines for images of abuse:

<https://www.sentencingcouncil.org.uk/offences/magistrates-court/item/possession-of-indecent-photograph-of-child>

James Boyack news report:

<https://www.mirror.co.uk/news/uk-news/convicted-paedophile-superimposed-face-images-7844389>

Anna Salter offence cycle:

<http://www.pacwrc.pitt.edu/Curriculum/522SprvsrylsslnChldSxlAbs/Hndts/HO21TheDvntCycl.pdf>

Seemingly Unimportant Decisions:

https://www.tdcj.texas.gov/documents/satp/RPD1016_Introduction_to_Relapse_Prevention.pdf

'18 months' grooming time'

Sanderson, C. (2006). Counselling Adult Survivors of Child Sexual Abuse. JKP, London. (page 33)

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SESSION 9

'Chowchilla'

Terr, L. (1992) Too scared to cry. Basic Books, NY.

<https://amzn.to/2Hycwpi>

<https://edition.cnn.com/2015/11/19/us/rewind-chowchilla-school-bus-kidnapping/index.html>

'Holland euthanasia news report'

<https://www.independent.co.uk/news/world/europe/sex-abuse-victim-in-her-20s-allowed-by-dutch-doctors-to-undergo-euthanasia-due-to-severe-ptsd-a7023666.html>

'Recovery is my best revenge'

Spring, C. (2016) Recovery is my best revenge. CSP, Huntingdon.

www.carolynspring.com/shop/recovery-is-my-best-revenge-paperback

'Victor Frankl'

Frankl, V. (2002) Man's search for meaning. Rider, London.

<https://amzn.to/2FiyqFm>

'The stance of the self'

Main, M. (1991). Metacognitive knowledge, metacognitive monitoring, and singular (coherent) vs. multiple (incoherent) model of attachment: Findings and directions for future research. In C. M. Parkes, J. Stevenson-Hinde, & P. Marris (Eds.), Attachment across the life cycle (pp. 127–159). London, England: Tavistock/Routledge.

<https://amzn.to/2r2uNQd>

'What better way to free ourselves ...'

Be kind to yourself: self-care and the golden goose

www.carolynspring.com/blog/self-care

'I have had to change my view of myself ...'

Ten things I have learned about child sexual abuse by Carolyn Spring

www.carolynspring.com/blog/ten-things-i-have-learned-about-child-sexual-abuse

'We can heal ...'

Ten things I have learned about child sexual abuse by Carolyn Spring

www.carolynspring.com/blog/ten-things-i-have-learned-about-child-sexual-abuse

Notes

Info and links

'Child Sexual Abuse: Hope for Healing' online training by Carolyn Spring

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Quick course links

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