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PowerPoint handouts  
(with space for notes)

**Child Sexual Abuse:  
Hope for Healing**  
online training

## SESSION 1

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



## SESSION 1

- We find it easier to talk about 'trauma' than child sexual abuse 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

- We avoid it by pushing it out of consciousness
- We avoid by avoiding 'triggers'
- Other people avoid it by not wanting to hear about it
- It is taboo – 'unspeakable'



## SESSION 1

- 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.'



## SESSION 1

- 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



## SESSION 1

- Context for the CSA I suffered:
  - From age 2-3 until age 17 by my grandad
  - 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



## SESSION 1

‘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**

## SESSION 1

- Society tends to deny the existence or scale of child sexual abuse
- Silence (around CSA) is **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



## SESSION 1

‘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. The victim demands action, engagement and remembering ... In order to escape accountability for his crimes, the perpetrator does everything in his power to promote forgetting.’

Judith Lewis Herman  
**Trauma and Recovery**

## SESSION 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

- 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!



HEALING DOESN'T COME THROUGH DENIAL OR AVOIDANCE.  
IT DOESN'T COME THROUGH WEARING A BRAVE SMILE AND  
PRETENDING THAT NOTHING HAPPENED. HEALING DOESN'T  
COME THROUGH PERPETUATING THE LIES OF THE ABUSER.  
HEALING COMES THROUGH EMBRACING THE TRUTH.

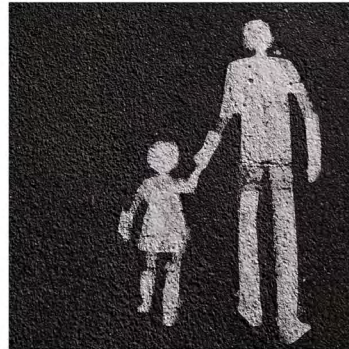


Carolyn Spring: 'Ten things I have learned about child sexual abuse'

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## SESSION 1

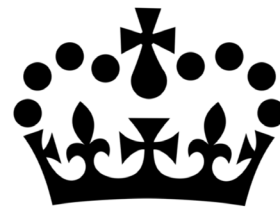
- No universally-accepted definition of a child
  - In the UK, UN etc, child = under 18 years
  - But age of consent is lower: 16 in the UK
    - 12 in Philippines and until recently in Vatican City
    - 16 in Alaska, 17 in Texas, 18 in California
  - In the UK, a child under 13 cannot give informed consent



## SESSION 1

‘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



‘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



‘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



**CAROLYN SPRING**

reversing **adversity**

‘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.

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

- 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

‘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**



## SESSION 1

'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

- Every victim feels that they alone were abused
- Prevalence studies disagree on parameters, methods, population
- Generally accepted figures of:
  - 1 in 4 girls
  - 1 in 6 boys
- Spectrum of abuse: contact and non-contact





child sexual abuse is something that happened to me  
**BUT IT DOES NOT DEFINE WHO I AM**

Carolyn Spring: 'Ten things I have learned about child sexual abuse'

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## SESSION 1



How do you plan to manage your emotional reaction?  
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?

## SESSION 2

- Tabloid view of child sex offenders is of 'monsters' who are 'sick'
- We have been fed a myth of 'the dirty old man in the 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 2

'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**

## SESSION 2

- Greater risk 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



## SESSION 2

- 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)



## SESSION 2

- 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



## SESSION 2

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





## SESSION 2

- Populist belief that those who have been abused will go on to abuse
- Increases the stigma of being a survivor
- Easy to debunk:
  - 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 2

- Selection bias: noticing abusers' abuse histories, not the non-abusing lives of victims
- Many abusers do not have a childhood history of maltreatment
- Most victims do not go on to abuse
- Half of abusers lied about abuse history
- Boys abused by women are at greater risk of going on to offend



My revenge has been found not in becoming an abuser myself, but in becoming the best human being that I can be: the kind of human being that my abusers definitely were not, and the kind of human being that they didn't want me to be either. I want to live as a human being, not an inhuman being. And I want to live the kind of life that helps other people to live as human beings too.

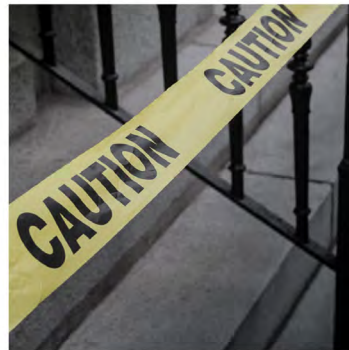
Carolyn Spring: 'Recovery is my best revenge'

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## SESSION 2



- 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 sang whilst baking shortbread. They did everything that everyone else – people who didn't abuse children – did. So I kept on refusing to believe that they had 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.

Carolyn Spring: 'Ten things I have learned about child sexual abuse'

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## SESSION 2



- As survivors, many of us fear becoming abusers
- We fear being 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



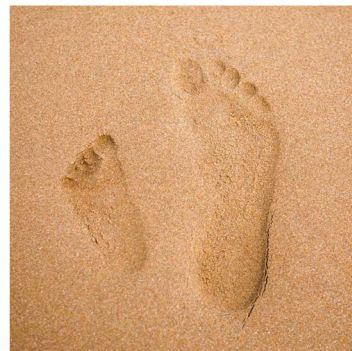
What have been your previous preconceptions of sex offenders? Do you tend to assume that they are 'monsters'?

Why do you think women are so rarely convicted of sexual offences against children?

Why do you think people sexually abuse children?

## SESSION 3

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



## SESSION 3

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



## SESSION 3

- Abel and Rouleau (1990) study:
  - 56% abuse children outside their family
  - 12% abuse children within their family
  - 23% abuse both
- Gender:
  - 67% abused girls
  - 12% abused boys
  - 20% abused both



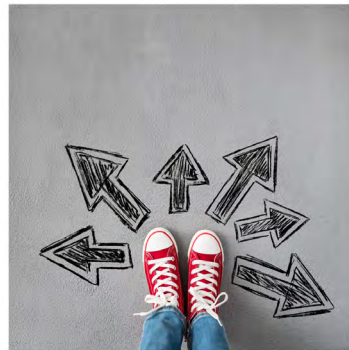
## SESSION 3

- 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 3

- 'Multi-factorial theories'
- Psychodynamic theories:
  - It's not about sex; it's about power
  - Using sexual behaviour to meet non-sexual needs
- **They** were weak and inadequate, not me!
- Anna Salter's research: many rapists unable to achieve an erection during the attack



## SESSION 3

- Deviant sexual arousal and interests, or preferences
- 'Cognitive distortions'
- Social, interpersonal and intimacy deficits
- Lack empathy for their victims
- Poor coping and self-management skills
- A history of childhood maltreatment



## SESSION 3

- Deviant sexual arousal and interests:
- 50% of abusers began 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 3

- 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.'



## SESSION 3

- 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





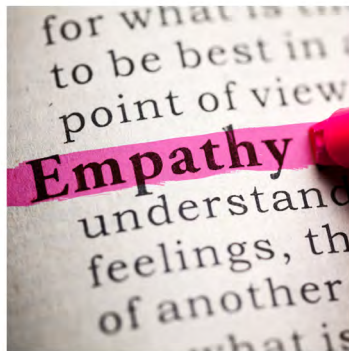
## SESSION 3

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



## SESSION 3

- 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 3

- 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



## SESSION 3



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 4

- 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 4

- Motivation to offend:
  - Able to be aroused by children and/or violence and coercion
- Overcoming internal inhibitors:
  - Consequences, e.g. hurting others, prison
  - Cognitive distortions to overcome conflicts
  - Reducing inhibitions through use of substances



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



# IT WASN'T YOUR FAULT

'NEVER HAD IT OCCURRED TO ME CONSCIOUSLY  
THAT IT WAS MY FAULT; ALWAYS  
UNCONSCIOUSLY DID I BELIEVE THAT IT WAS.'

Carolyn Spring: 'Twenty helpful things my therapists said'

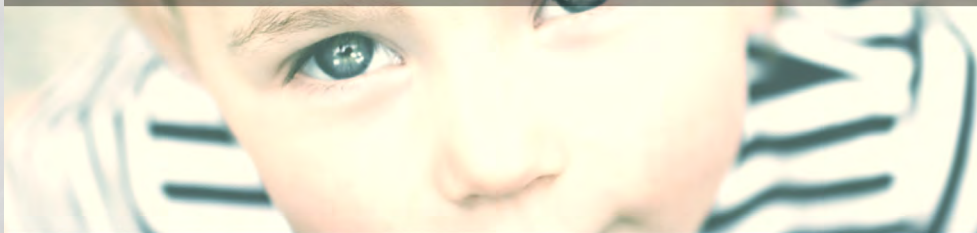
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- Overcoming the resistance of the child
  - Targeted grooming of the child
    - Sweets and treats
    - Feel special
    - Erosion of boundaries
    - Entrapment
    - Feel responsible
  - Maintains the secret and the availability of the victim



“

Grooming turns things upside down, inside out. Abusers pass along the shame to the victims, in order to keep them silent. The victims take the shame; the abusers feel no shame.



Carolyn Spring: 'My recovery from child sexual abuse'

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## SESSION 4



Are there members of, or groups in, society (e.g. police officers, social workers, foster carers) whom you would struggle to believe could or would abuse children? Why?

If the family is groomed, to what extent or in what circumstances do you believe it is responsible for a failure to protect the child?

Are there any circumstances in which you believe that the child may be responsible for the abuse?

## SESSION 5

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



## SESSION 5



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?

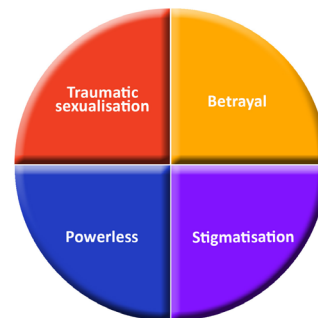
If an abused child acts sexually towards another child, at what age do you think they should be held responsible for their behaviour (e.g. seen as a perpetrator rather than a victim)?

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

## SESSION 6

• Finkelhor's impacts:

- Powerlessness
- Stigmatisation
- Traumatic sexualisation
- Betrayal



I believe that the very essence of trauma is powerlessness. It is that unavoidable, inescapable overwhelm of suffering that we can do nothing about. Some of us learn that it's best never to struggle, to just accept the freeze response and lie still until the danger passes.

Perhaps by freezing, perhaps by submitting, it will be over with more quickly and we will be hurt less in the process.

Lie still under the danger passes...

But then, in our minds, the danger never passes, and so we live our lives inhibited by an eternal learned helplessness. We feel inept and incapable and stupid and weak, because when it really mattered, when our lives were at risk, we couldn't even move a muscle.

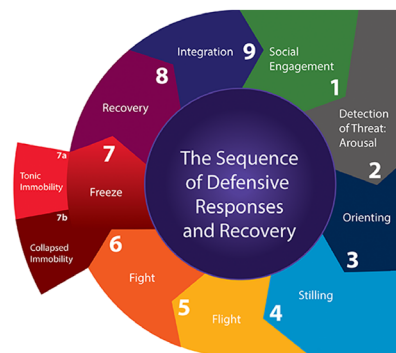
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## SESSION 6



- 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 this automatic survival response: 'I didn't do anything, I didn't fight back, I'm useless, I'm pathetic.'





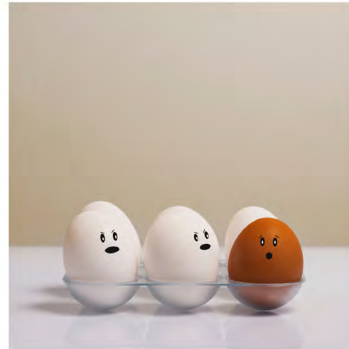
- The freeze response keeps us safe by keeping us still
- Long-term: learned helplessness
- My experience:
  - ‘Toughness’
  - Over-compensating
  - Knowledge
  - Over-achieving



**For many of us, the experience of trauma has been such a lonely one, so isolating, that the biggest shift for us is when someone is just present, and promises to remain present, while we work things through. The presence of another human being is transformative.**

## SESSION 6

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



## SESSION 6

- The transformative power of the therapeutic relationship
  - Undoing feelings of not belonging to the human race
- Traumatic sexualisation
  - Knowledge of sex when too young to handle it



## SESSION 6

- Traumatic sexualisation
  - Experience of sex as forcible and non-consensual
  - Disrespected boundaries
- Two responses:
  - Avoidance of all things sexual
  - Repetition compulsion and sexualisation of all relationships



## SESSION 6

- 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 future relationships
  - 'Is this a prelude to abuse?'



## SESSION 6



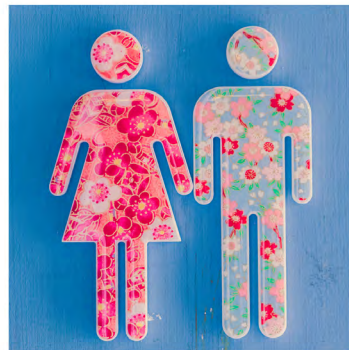
What can you as professionals or supporters do to help survivors in each of the four key areas:

Powerlessness  
Stigmatisation  
Traumatic sexualisation  
Betrayal?

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

## SESSION 7

- 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



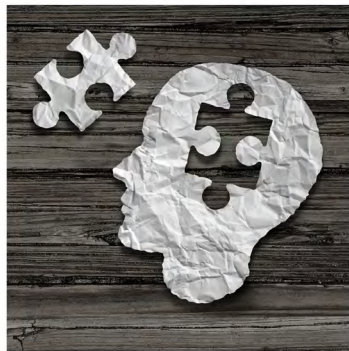
## SESSION 7

- Men suffer similar impacts to women
- But with additional obstacles:
  - Lack of services for men
  - Harder for men to access help



## SESSION 7

- 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 7

- 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 7

- Assumptions that females are safe
- Can females 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 7

- 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 7

- 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



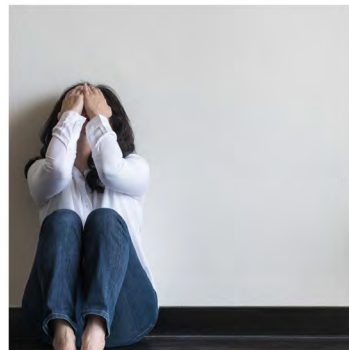
## SESSION 7

- Why do they do it?
  - Sexual gratification
  - Intimacy
  - ‘Instrumental’, e.g.:
    - Financial gain
    - Revenge
    - Violence



## SESSION 7

- History of more extreme childhood maltreatment (50% to 80%)
- Diagnosable mental health problems
- Society's response:
  - Disbelief
  - Minimising ('lucky sod')
  - Excusing





## SESSION 7

- The more 'extraordinary' our abuse, the less likely we are to disclose
- This too becomes a vicious cycle:
  - The abuse is 'extraordinary'
  - It is not disclosed
  - It remains 'extraordinary'



## SESSION 7

- 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 7

'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 7

- Oscillation between enmeshment and disidentification
- '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)



## SESSION 7



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 8

‘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 8

- 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



## SESSION 8

- Lewis Carroll had a 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



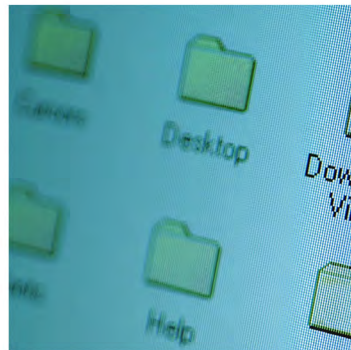
## SESSION 8

- 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



## SESSION 8

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



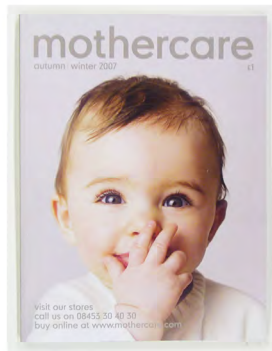
## SESSION 8

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



## SESSION 8

- James Boyack: 97 images & 18 videos at Cat A
- Context for photos is important
- Mothercare catalogue
- Pseudophotographs
- James Boyack
  - Sex with horse and an octopus
  - Superimposed with his own face on images of abuse of children



# SESSION 8



**CAROLYN SPRING**  
reversing adversity

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	<ol style="list-style-type: none"><li>Pictures showing a child being tied, bound, beaten, whipped or otherwise subject to something that implies pain</li><li>Pictures where an animal is involved in some form of sexual behaviour with a child</li></ol>





## SESSION 8

- David Finkelhor's Precondition Theory:
  - Motivation to offend
  - Overcoming internal inhibitors
  - Overcoming external inhibitors
  - Overcoming the resistance of the child



## SESSION 8



What do you think of the IWF's objection to the term 'child pornography'?

Some offenders argue that viewing images of abuse helps them not to abuse children directly. Do you think this is a valid justification?

What might it feel like to be a victim of so-called 'child pornography' in a selfie-obsessed culture?

## SESSION 9

- CSA impacts us at a particular moment or moments in our developmental journey
  - ‘Magical thinking’
  - Infantile self-preoccupation
- Terr: 1976 Chowchilla school bus kidnappings
  - ‘omens’ = ‘causal meaning’
- Our core beliefs develop from childhood ‘magical thinking’



## SESSION 9

- 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 9



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

## SESSION 9

- Three key elements to recovery:
  - Believing that we **can** recover
  - Processing trauma and reframing
  - Receiving support

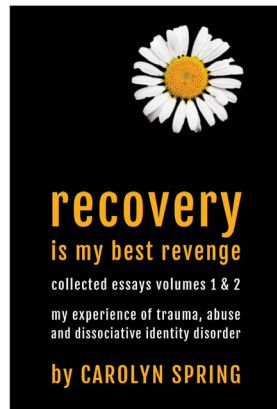


## SESSION 9

- Beliefs around recovery are 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 Ffello MP)



## SESSION 9



## SESSION 9

- Viktor 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



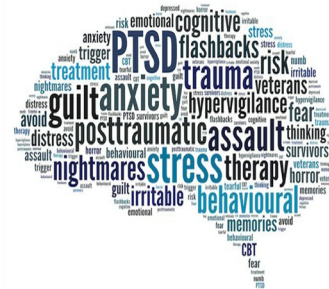
## SESSION 9

- 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 that they can remain unaccountable for their crimes

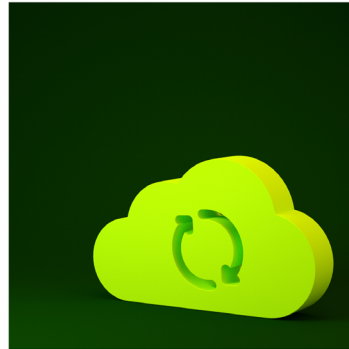


## SESSION 9

- 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

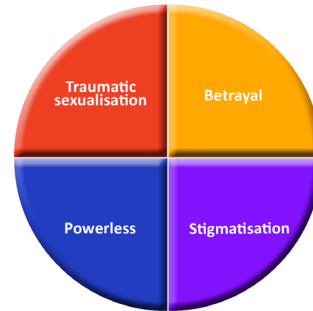


- Recovery involves reframing
  - Reversing 'The Great Exchange'
- Mary Main's work: 'The stance of the self towards experience'
- In believing the lies of the abuser, I was continually blaming and punishing myself
- I had to stop doing the work of the abusers for them



WHAT BETTER WAY TO FREE  
OURSELVES FROM AN ABUSIVE AND  
NEGLECTFUL PAST THAN TO REFUSE  
TO CONTINUE TO ABUSE OURSELVES  
IN THE PRESENT?

- 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

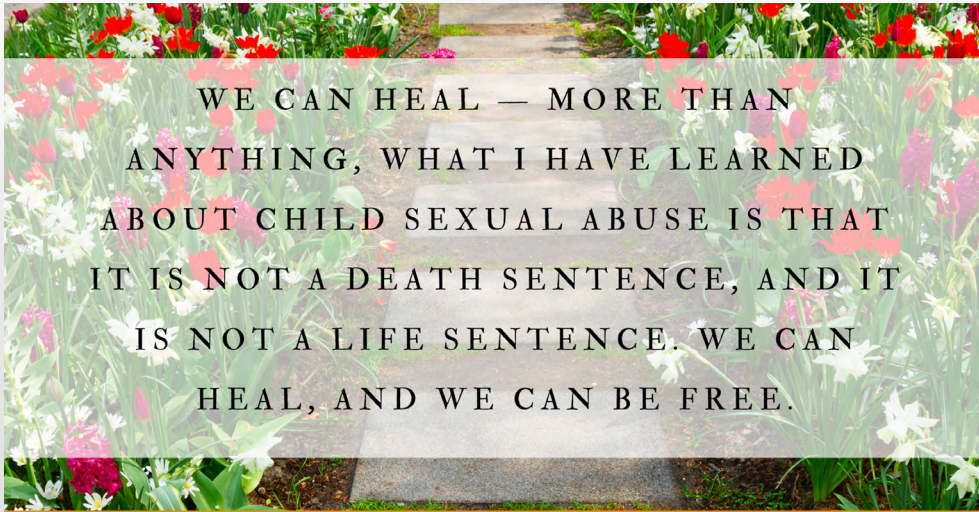


“

I have had to change my view of myself: from someone who was chronically overwhelmed and disempowered, to someone who survived – a survivor in the very best sense of the word. I went through the worst, as a child, on my own: I survived *that*. So I can surely survive this, now, as an adult, with support. I am resilient – because I didn't give up, I haven't given up, I keep going.

The post-post traumatic worldview accepts the reality of what happened, but it also accepts the reality that we survived what happened, that we are amazing, that our lives have value, and that we are precious, resourceful, courageous human beings.





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.

Carolyn Spring: 'Recovery is my best revenge'

[www.carolynspring.com](http://www.carolynspring.com)

## SESSION 9



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

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

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?