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# Child Sexual Abuse Counseling Strategies

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## Research Question

What are child sexual abuse counseling strategies for a school counselor?

## Literature Review

- **Child sexual abuse (CSA)**
  - Any sexual act performed with a child by an adult or older child, with or without force or the threat of force. "Child sexual abuse is not restricted to any one act and can include touching or non-touching, verbal seduction or abuse, anal or vaginal intercourse, oral sex, manual stimulation, direct or implied threats" (Safe Horizon, 2015, p. 1).
- **Why is this important?**
  - CSA is increasingly recognized in survivors as a connection to emotional or psychological, relational or social and sexual or physical difficulties later in life that range in severity (Chouliara, Karatzias, Scott-Brien, MacDonald, MacArthur & Frazer, 2012).
- **Claim**
  - School counselors have a duty to not only be aware of this more prevalent abuse in current society, but to be well-informed on the elements of prevention, detection, mandated reporting, and the treatment or counseling necessary for each individual victim.

## Methodology

- This literature review focuses on Trauma Focused-Cognitive Behavioral Therapy (TF-CBT), Solution-Focused Counseling (SFC) and Play Therapy (PT) specifically with child sexual abuse victims.
- Highlighted areas of these strategies are the detailed description, how the strategy accommodates individual clients' needs, how self-efficacy is strengthened, and any effectiveness based on research or case studies.
- Articles, journals and books were only utilized if they were published in the last 12 years, contained significant details, tips or guidelines and were as closely related to the topic of 'child sexual abuse counseling of a school counselor' as possible.

## Results and Data Analysis

**TF-CBT:** Best client would be a child that has not discussed previous sexual abuse and has a non-abusing parent(s) or guardian(s) willing to participate in therapy.

**SFC:** Best client would be a child who is often triggered and may not completely remember or understand the traumatic event but has a strong desire to alter the feelings associated with the trauma.

**PT:** Best client would be a younger child who may need to increase self understanding, improve self-esteem and increase skills in positive group interactions as well as peer relationships.

All child sexual abuse victims are different and the more specialized and accommodated the therapy utilized is, the more effective treatment will be. The main goal of all these strategies is to facilitate an ongoing, lifelong process of increasing resilience and self-actualization for child sexual abuse victims.

## Conclusion

- These forms of therapies will continue to evolve in response to furthered research, as data on counseling effectiveness is not as universal as something such as antibiotics which can easily use statistics to prove efficiency of treatment.
- It is important to remember that a critical part of the client being able to see themselves more positively and being able to embrace other aspects of their personhood was the willingness of others (their counselor, other survivors in treatment groups, significant others close to them, etc.) to see them and treat them as more than an abuse survivor (Phillips and Daniluk, 2004).