


“How can we use EMDR to treat the effects of sexual trauma?”



“What should we know about sexual trauma?”



15% of rapes occur by stranger

A young girl with her hair in a bun, wearing a pink tank top and a blue heart-shaped earring, is applying mascara to her upper eyelashes. She is looking down at the brush. A man with short dark hair, wearing a white shirt and a gold chain, is leaning in from the right, looking intently at her. The background is a simple room with a white wall and a wooden door.

**..en dan naar beneden kijken.
Heel voorzichtig aanbrengen.**

https://youtu.be/2GYS_u1niz0

“Me lying under the old man”



What is sexual trauma?



And again...and
again...and again...

Multiple sexual victimization in the form of repeat victimization

(...) So, perhaps single rape does not exist. As multiple sexual victimization is the norm rather than the exception, it may be better to use the term 'first time rape' instead of 'single rape'.

(Bicanic, 2014; p. 148)

Before they turn 18...

1 in 6 boys experience
some form of sexual abuse



1 in 4 girls experience
some form of sexual abuse



(...) Incest is thought to occur in approximately 1 in 1.1 million women. There is little agreement about the role of incest as a source of serious subsequent psychopathology.

(Freedman & Kaplan, 1972)



CLINICAL RESEARCH ARTICLE

Predictors of delayed disclosure of rape in female adolescents and young adults

Iva A. E. Bicanic^{1*}, Lieve M. Hehenkamp¹, Elise M. van de Putte²,
Arjen J. van Wijk³ and Ad de Jongh^{3,4}

Adolescents disclose rape 21 weeks (mean) post-trauma

To tell or not to tell ... ?

Why is it hard to disclose sexual abuse?



“It didn’t happen...”

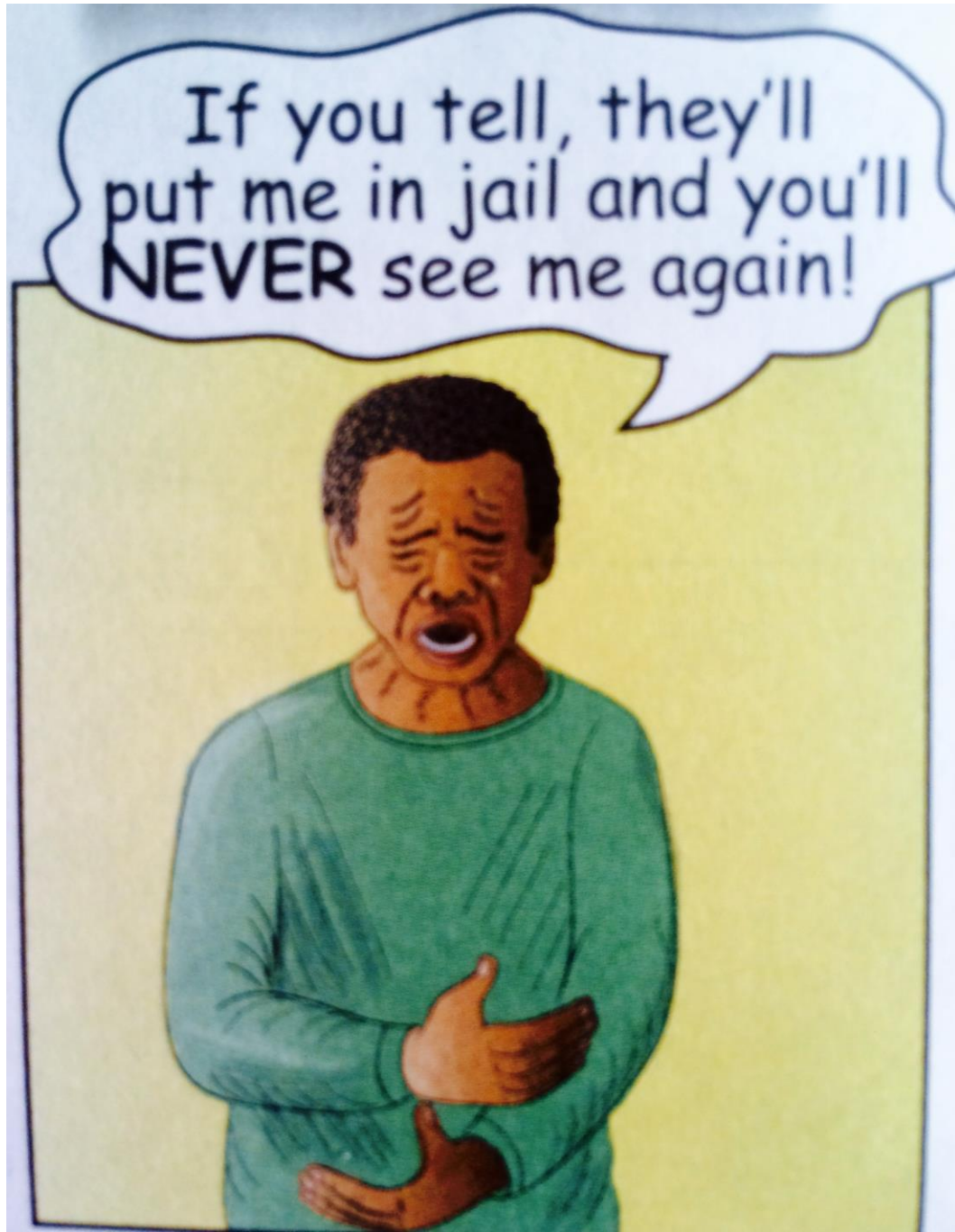


“Mom will be sad, dad will be angry”

<https://youtu.be/J1gGkj7IfV4>



“The family will fall apart...”



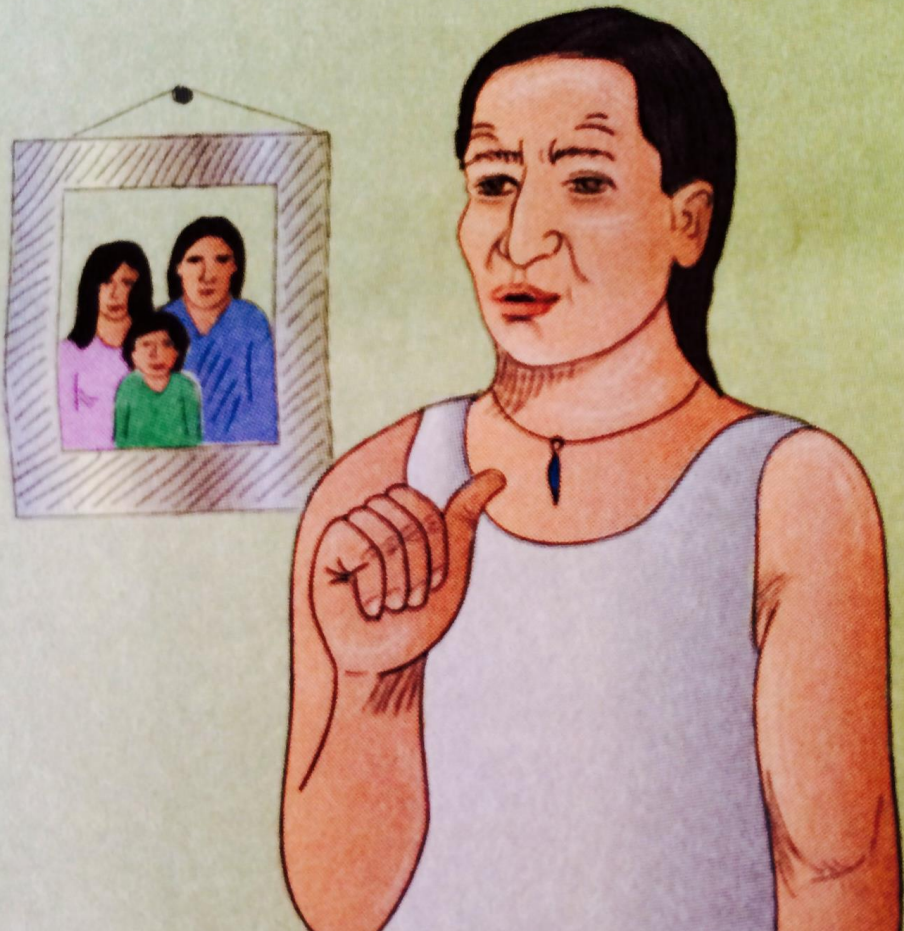
If you tell ...

- .. nobody will believe you
- .. you will go to a children's home
- .. mommy will be sad
- .. everybody will be angry at you
- .. i will hurt your sister
- .. i will kill you
- .. everybody will know



Victim blaming or 'second rape'

Your mother doesn't care about you anymore! I'm the only one who loves you!



You're the only one who understands me!





Shame and guilt about genital response



“Nobody saw what was going on with me ..”

Who is at risk for sexual trauma?

A photograph showing the lower bodies of two young women standing side-by-side. The woman on the left is wearing a bright orange crop top and light blue denim jeans with a brown belt. The woman on the right is wearing a white ribbed crop top and blue denim jeans with a teal belt. The background is a perforated metal surface. The text 'Age group 14-24 yrs' is overlaid in white on the left side of the image.

Age group 14-24 yrs

CONSENT

IS EVERYTHING.

<https://youtu.be/oQbei5JGiT8>



disability

therapy severe inability sensitivity
chronic disease abnormally physical
mental limitation trauma terminology
risk blind disabled surgery
chronic needs
amputation



**Drinking is
not a crime.
Rape is.**



And again...and
again...and again...

Most robust risk factor for sexual trauma is prior sexual trauma

What are the consequences of sexual trauma?

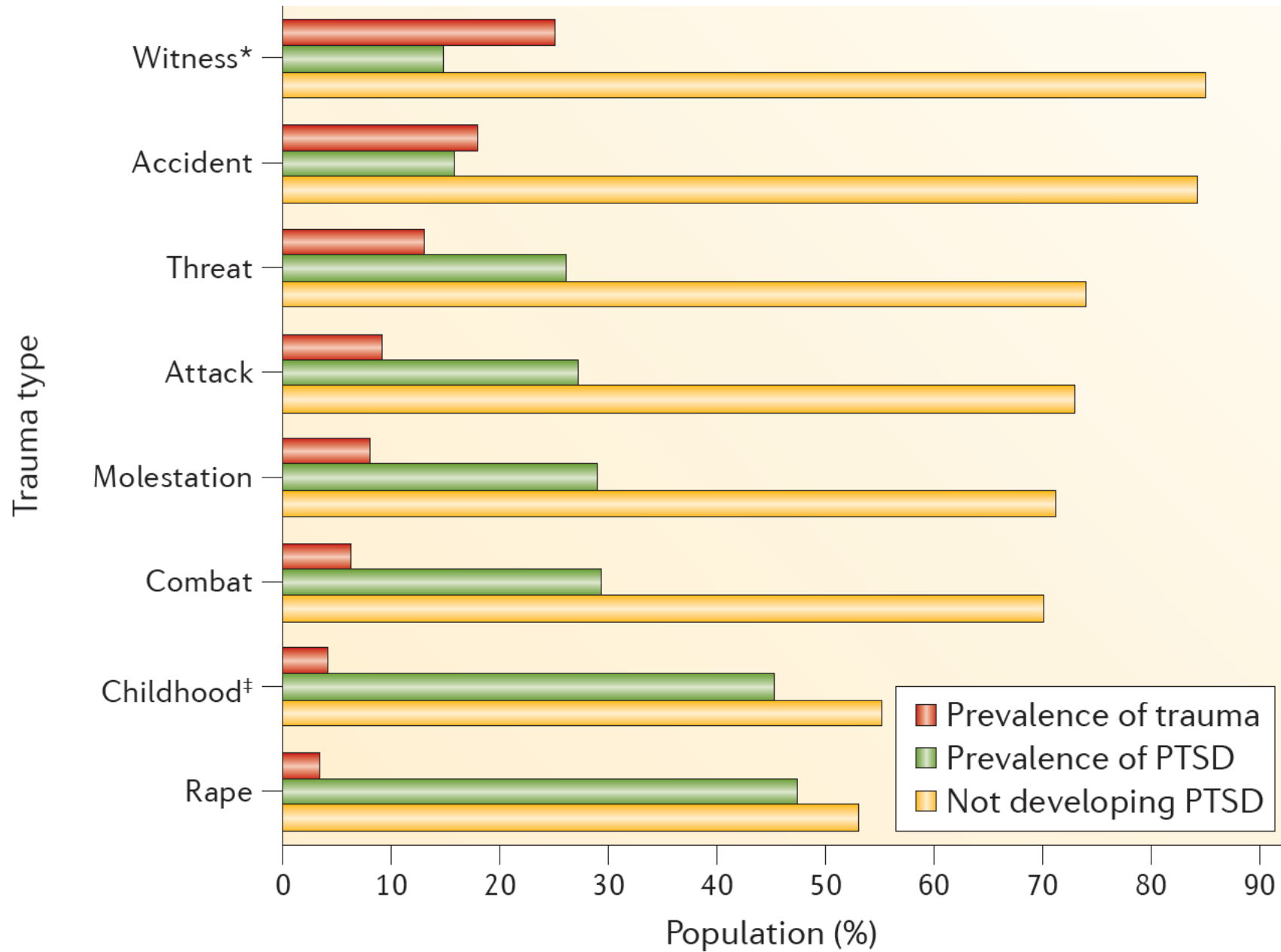
30-year longitudinal study

Child sexual abuse was associated with increased rates of major depression, PTSD, anxiety disorder, suicidal ideation, suicide attempt, alcohol dependence, and drug dependence.

Chronically traumatic environment

Complex PTSD
Developmental Trauma Disorder

T t t t t t t t t t t t t t T t t t t t t t t t T t t t t T t t t t t t t T T t t
t t t t t t t t t T t t t t t t t t t t t t t t t t t t T t t t t t t t t t t t T T
T t t t t T t t t t t t t t t t t t t t t t t t T t T T t t t t t t t t t t t
t T t t t t t t t t t t t
T t t t t t t T t t t t T t t t t t t t t t t t t t t t t t T t



Identifying Risk Factors for PTSD in Women Seeking Medical Help after Rape

Anna Tiihonen Möller^{1,2*}, Torbjörn Bäckström³, Hans Peter Söndergaard¹, Lotti Helström^{1,2}

ORIGINAL RESEARCH—WOMEN'S SEXUAL HEALTH

Pelvic Floor Muscle Problems Mediate Sexual Problems in Young Adult Rape Victims

Riemke Postma, MSc,* Iva Bicanic, MSc,* Huub van der Vaart, MD, PhD,[†] and Ellen Laan, PhD[‡]





ELSEVIER

Available online at www.sciencedirect.com

SciVerse ScienceDirect

journal homepage: www.elsevier.com/locate/psyneuen



Salivary cortisol and dehydroepiandrosterone sulfate in adolescent rape victims with post traumatic stress disorder

Iva A.E. Bicanic^{a,*}, Riemke M. Postma^a, Gerben Sinnema^a, Carlijn De Roos^b,
Miranda Olff^c, Floryt Van Wesel^d, Elise M. Van de Putte^e

And again...and
again...and again...

PTSD mediates revictimisation

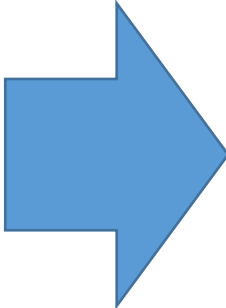
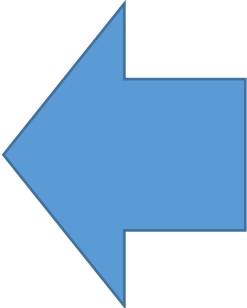
- Child sexual abuse
- Adolescent sexual victimization
- Adult sexual victimization



Increasing risk of victimization

- Across different contexts/perpetrators

Sexual trauma



PTSD

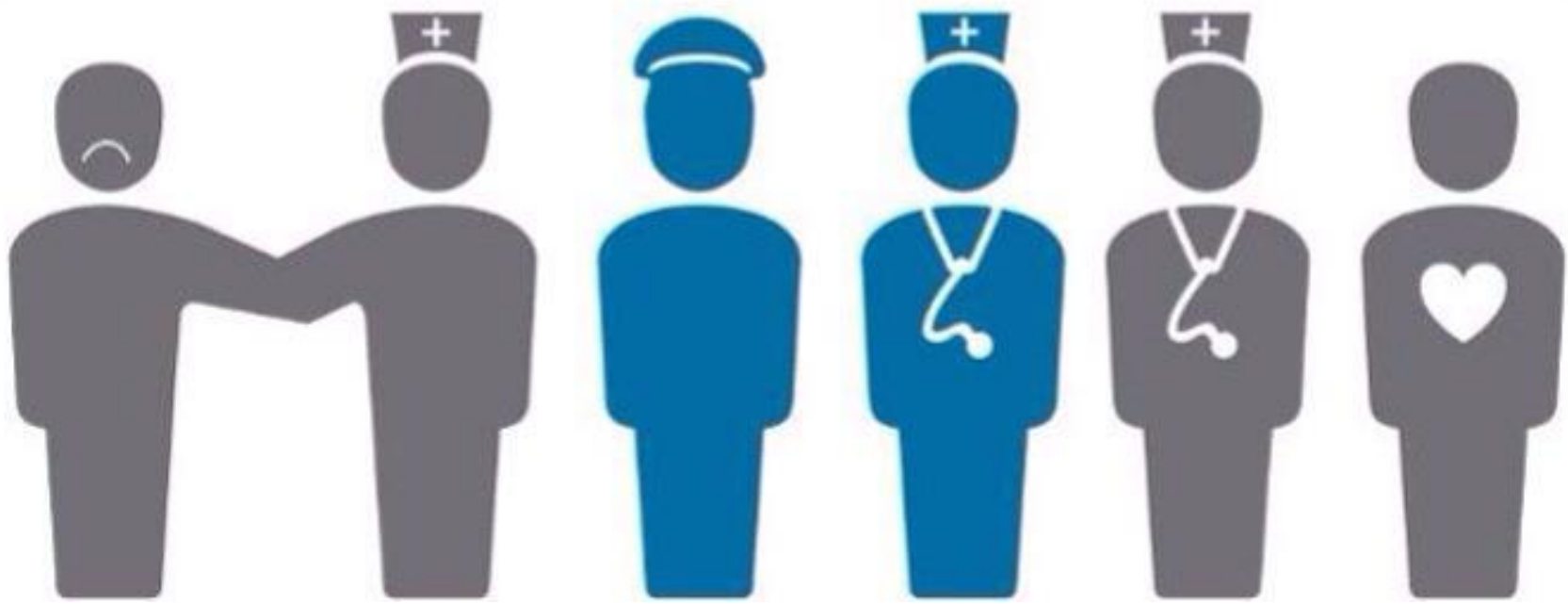
Table 3. Predictors of New Rape Included in the Logistic Regression Model

Predictor	<i>OR</i>	95% CI	β
Age (compared to 12)			
13	1.04	[0.47, 2.32]	0.04
14	1.13	[0.53, 2.41]	0.13
15	1.15	[0.50, 2.64]	0.14
16	0.84	[0.38, 1.89]	-0.17
17	1.04	[0.44, 2.44]	0.04
Race/Ethnicity (compared to Caucasian)			
African American	0.19	[0.07, 0.47]	-1.69**
Hispanic	0.52	[0.26, 1.06]	-0.65
Other	0.30	[0.10, 0.88]	-1.20*
Income (compared to over \$50,000)			
Under \$20,000	1.06	[0.50, 2.22]	0.05
\$20,000–50,000	1.24	[0.62, 2.49]	0.21
Past sexual assault	1.82	[0.99, 3.32]	0.60*
Past physical abuse	0.68	[0.34, 1.36]	-0.38
Past witnessed violence	0.97	[0.56, 1.66]	-0.03
PTSD past 6 months	3.77	[1.88, 7.59]	1.33**
Alcohol abuse past year	0.83	[0.24, 2.91]	-0.19
Drug abuse past year	2.01	[0.70, 5.74]	0.70
Family alcohol problem	1.23	[0.64, 2.36]	0.21
Family drug problem	2.29	[1.16, 4.51]	0.83*

Take home message

Prioritize the treatment of PTSD in sexual abuse victims or – even better – prevent the onset of PTSD





“ I believe you. ”

-my best friend
(and the best
sentence someone
ever told
me)

Thank you for your attention

