



North American Association of Christians in Social Work (NACSW)
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"A Vital Christian Presence in Social Work"

WALKING WITH SURVIVORS OF SEXUAL ASSAULT

By: Julie Burnett, LSW

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Walking With Survivors of Sexual Assault



Julie Burnett, LSW
Workshop Presenter

Rape: Just the facts please!

- One in every three women will be sexually assaulted in her lifetime
- One in seven men
- 7 out of 10 victims never tell
- Rape is more prevalent in the United States than in any other industrialized country

...more facts

- In 2005, it is estimated that there were **3,204 pregnancies** as a result of rape during that period.
- 16% of all rape victims are under the age of 12
- 2/3 of all rapes are committed by someone known to the victim

Why bother?

- *Rape's wounds endure*
- *Rape's wounds impact*
- *Rape's wounds permeate*

The enduring wound

I. Mentally and emotionally

A. self blame

B. self hatred

C. distrust

a. others

b. self

c. God

D. flashbacks, panic, anxiety, fears

E. control issues/ creation of safe zones

The enduring wound (cont.)

II. Physically

A. self harm

B. addictions

a. food

b. substances

c. sex

C. dysmorphic self perceptions

The enduring wound (cont.)

III. Spiritually/Relationally

A. Tainted image of God

B. “Father” and “Mother” images

C. “Where were YOU God?”

D. “Promises are not for me”

E. Relational wounds

a. wounded by others

b. Building walls to protect

The impact of rape

- **Victims of Rape are:**

3 times more likely to suffer from depression.

6 times more likely to suffer from post-traumatic stress disorder.

13 times more likely to abuse alcohol.

26 times more likely to abuse drugs.

4 times more likely to contemplate suicide

Rape permeates...

- Relationships with family, friends, God
- Alters the victims world view

How Does Healing Begin?

- Healing within relationship
- Looking at the true roots of rape
- Repairing soiled images of God
- Understanding the paradigm impact

Proceeding through the pain

- Impacted choices, decisions, relationships
- Restoring who God created
- Forgiveness
- Validation of truths

The value of healing within groups

- Affirmation
- Validation
- Accountability
- Re-learning
- Wounded healer phenomenon

The Outcome

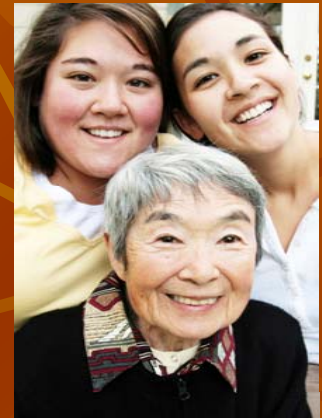
- Over 100 women participants
- Chelsie's story
- The Rubbish Pile
- The Horrendous Request

Regaining Her Voice©

Regaining His Victory©

Guides for Rape Recovery Small Groups

- Available to church groups for small group study
- Available to community service centers
- Available to college campuses



Facilitator training annually in Ohio or through individual mentoring.



OUT OF THE BOX: one woman's story of life after rape©
By: Julie Burnett

NOW AVAILABLE in soft cover

For more information

<http://regaininhervoice.tripod.com>

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Valuable Resources

- American Association of Christian Counselors
aacc.net
- Counseling Survivors of Sexual Abuse
By Diane Mandt Langberg, PhD
- On The Threshold of Hope
By Diane Mandt Langberg, PhD
- Sexual Assault: Will I Ever Feel Okay Again?
By: Kay Scott
- Trauma and Recovery
By Judith Lewis Herman