

 **Training
by Request**
An OVC Program

Module 9
Recovery Education and
Skills Training




OVC TTAC

Learning Objective 

Use crisis intervention, education, and supportive counseling skills to assist sexual assault victims.

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Recovery Education and Skills Training (REST) 

- Crisis Intervention
- Education
- Supportive Counseling
- Skills Training

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Crisis Intervention

- Emotional first-aid designed to stop emotional bleeding.
- Management, not resolution.
- Phone or face-to-face.



9-4

You Can:

- Support survivors in whatever way they need support.
- Normalize their reactions to the trauma.
- Help them prioritize and solve concerns.
- Ensure that they are treated respectfully.
- Support their significant other(s).
- Provide crisis education, referrals, and followup.

9-5

When To Begin?

Crisis intervention should begin as soon as possible, preferably within the first few hours after the sexual assault

9-6

Avoid Blame

- The victim may be especially sensitive to possible blame by others.
- Avoid blame or the appearance of blame.
- Victims who blame themselves become more depressed, with post-rape adjustment worse than for victims who do not blame themselves.

9-7

Positive Statements

- Healing happens.
- You will get better.
- Others?

9-8

Activity

*Brainstorm –
Initial Concerns During Crisis Period*

9-9

Crisis Issues

- Deciding to report to the police.
- Concerns about the use of alcohol or drugs.
- Deciding if they are ready to label the forced sex "rape."
- Fears for their immediate safety.
- Deciding whom to tell and how to tell them.
- Confidentiality issues.

9-10

Crisis Issues, continued

- Deciding where to go after the exam.
- Deciding if they will have an evidence kit exam.
- Fears of media involvement.
- Suicidal thoughts.
- Fear of contracting an STI, even HIV.
- Fear of becoming pregnant from the rape.
- Shame, self-blame, and embarrassment.

9-11

Characterized by...



- Acceptance
- Empathy
- Support

9-12

Acceptance Conveyed...



Nonverbally:

- Maintaining a calm facial expression.
- Nodding.
- Leaning in toward the victim.
- Touching the victim on the hand or shoulder.

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Acceptance Conveyed...



Verbally:

- Restating what the victim has said.
- Using the victim's language.
- Allowing and encouraging expression of feelings.

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Acceptance Conveyed...



By what you do:

- Listening attentively.
- Taking time to be with the victim and proceed at their own pace.

9-15

Empathy Conveyed by...



- Letting the victim know that you want to understand the situation from the victim's point of view.
- Restating the feelings the victim is expressing in their own words.

9-16

Support Demonstrated by...



- Getting victims something to eat or drink.
- Reassuring victims that the rape was not their fault.
- Reassuring victims that whatever they did was "right" because they survived.

9-17

Support Demonstrated by...



- Ensuring the victim has a safe ride home.
- Providing the victim with information and resources to take care of practical problems and immediate needs.

9-18

Destigmatizing Rape



- Promote a view of rape as a criminal act.
- Separate blame from vulnerability.

9-19

Normalizing the Victim's Response



- Provide information about what victims might feel.
- Talk about typical responses before they occur.
- Whatever they feel, they are not the first.

9-20

Recognizing Avoidance



- Identify avoidant coping strategies, such as not talking about the rape.
- Help victims understand why the painful process of facing their thoughts, fears, and anxieties is necessary.
- If ignored, memories come back.

9-21

Telling the Victim's Account



- Recounting the traumatic event in detail is important, as is your response.
- It's important to let the victim know that rape was a crime committed against them.

9-22

Supportive Counseling



- Realize it is crisis-specific.
- Respectfully listen to victims.
- Meet the victim's practical needs.
- Promising approaches.

9-23

Practical Concerns



- When clothing is kept as evidence, finding clothes for the victim to wear home after the evidentiary exam.
- Getting a shower / cleaning up after the rape exam.
- Explaining the police report process; what it involves and means.
- Obtaining an order for protection.

9-24

Practical Concerns, continued



- Finding a safe place to stay.
- Changing the door locks.
- Notifying credit card offices / bank of any theft.
- Obtaining emergency funds for food and housing.
- Locating or picking up the victim's children.
- Locating a pet or ensuring that it is fed.

9-25

Practical Concerns, continued



- Providing or finding child care.
- Addressing court issues and concerns.
- Arranging transportation home and to appointments.
- Getting telephone or voice mail service.
- Making referrals to appropriate medical and other community agencies for followup services.
- Dealing with the media.

9-26

Victim Needs To Know...



They are not alone.
When and who to call for help.



9-27

Explain Your Role



Victims often form special bonds with the first people who respond to their needs.

9-28

Activity



Role Plays – Kendra and Laura Worksheet 9.1

- In pairs, role play the Kendra scenario on the worksheet. The advocate should try to demonstrate acceptance, empathy, and support.
- Switch roles so each person plays both roles.
- Repeat with the Laura scenario.

9-29

When To Refer Out



- Be aware of signs that the victim may need professional, in-depth counseling.
- Referring survivors is a sign of strength, not weakness.

9-30

Referral Should Be Made
When a Victim is...



- Actively suicidal.
- Actively psychotic.
- Can't function in their occupational or social role for more than a few days.
- Exhibiting persistent phobias.
- Actively abusing substances.
- Interested in resolving long-term issues.

9-31

Suicide Risk



- S = Statement of suicidal intent
- L = Lethal
- A = Access
- P = Plan

9-32

Psychosis



- "What is your name?"
- "Do you know where you are right now?"
- "What time is it? What day of the week?
What is today's date?"

9-33

Concern About Substance Abuse



- Drugs/alcohol were involved in the sexual assault.
- Victim comes to a counseling session intoxicated.
- Victim reports additional substance use.
- The victim is concerned about their own substance use.
- The victim reports that friends or family are concerned about their own substance use.

9-34

When To Ask for Assistance



- Assault circumstances too similar to your own.
- Personality clash with the victim or the victim's family.
- Victim's needs are beyond your ability level.
- Difficulty maintaining healthy boundaries.

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Review of Learning Objective



Use crisis intervention, education, and supportive counseling skills to assist sexual assault victims.

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Questions? Comments?


