



Creative Group Therapy for Women Survivors of Child Sexual Abuse: Speaking the Unspeakable

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“The cost of speaking out is so high for women, I understand why most decide not to. I’ve heard hundreds of times over the last few years women with children saying ‘I am afraid to speak up because I don’t want my children to be targeted’. That is an utterly rational position – many women are correctly scared to talk.” Wu was scared, too. Brianna Wu became caught up in the conspiracy theory that falsely claimed women were getting ahead in the game industry by having sexual relationships with journalists. Photograph: Ali Smith/The Guardian. An accurate floor plan of her house was assembled and published online, along with her address and pictures of her car and license plate. This weekend, five women child abuse survivors travel to Hyderabad to narrate their personal stories in a theatre performance. Titled “Positively Shameless”, the production is hosted by city-based Bre. Shabari shares that the play was derived as part of Maitri Gopalakrishna’s Ph.D research in drama therapy. “She had put out a call for adult women survivors of child sexual abuse. After she finished working, she and several other participants felt that many of the issues were not just psychological but resulted from social issues like patriarchy, telling women how to behave and ignoring a child’s trauma.” It was then that Maitri reached out to Shabari and along with five women embarked on this process of making a performance. Children who are victims of sexual abuse not only endure trauma, but also are likely to experience negative symptomatology as a result of this horrific ordeal. This article reviews the literature on child sexual abuse and examines the most effective treatment modalities that deal with the associated trauma. For survivors of childhood sexual abuse, feelings of confusion, disorientation, nightmares, flashbacks, and difficulty experiencing feelings can occur. Dissociation is also a symptom of this abuse. Cognitive therapy for PTSD focuses on teaching clients how to identify, evaluate, and reframe the dysfunctional cognitions related to the specific trauma and its sequelae that contribute to the intense negative emotions and behavioral reactions [24]. Childhood sexual abuse occurs when a child or young person is pressurised, forced or tricked into taking part in any kind of sexual activity by an adult or another child. This type of abuse involves contact or non-contact activities and can include. Some survivors contacting NAPAC struggle to articulate the emotional abuse they suffered as children, because it is often more subtle and less tangible than physical or sexual abuse. There is a saying, “sticks and stones will break your bones but words will never hurt you”. Some ritual abuse may be perpetrated by criminal groups who use masks and disguises to hide their identity and to frighten the children in order to keep them silent. This can involve whole families and may have been practised as a “religion” or a way of life for many years.