

Logistics

- ❖ Time: 60 minutes
- ❖ Questions:
If you have a question, please ask on my Dr Benjamin Facebook page after the webinar so everyone can see the answer.
- ❖ www.Facebook.com/BenjaminInstitute

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Things to keep in mind

1. What is the prevalence of sexual abuse?
2. What are the stages that trauma survivors go through?
3. What does hyperarousal mean?
4. What are the stages of recovery?
5. What are the benefits of touch therapy for survivors?
6. What are the causes of Post Traumatic Stress Disorder?

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Thanks to Artists


Jenny Hahn

And

Lynn Schirmer

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Incidence of Abuse



One in Five

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Ethical Guidelines

- Training
- Supervision
- Increased self-knowledge

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Touch therapy provides a healing environment

- Being present in one's body is a double-edged sword
- Can re-stimulate the trauma
- And evoke frightening feelings

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The Potential for Harm



- Cathartic emotional releases
- Can re-traumatize the person

"The Injured Child"



"Driven by Fear"

Treatment Mistakes

- Working too deeply
- Overstepping a boundary
- Not setting clear boundaries

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The Core of Trauma and Abuse

Sexual abuse is “unwanted or inappropriate sexual contact, either verbal or physical, between two or more people, that is intended as an act of control, power, rage, violence, and intimidation with sex as a weapon.”

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The Core of Trauma and Abuse

Physical abuse is “the use of force or violence to cause pain or bodily harm which is used as an instrument of intimidation, coercion, or control.”

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The Core of Trauma and Abuse

Emotional abuse is “the infliction of emotional harm by verbal intimidation or neglectful behavior to intimidate, demean, or hurt another person.”

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The Core of Trauma and Abuse



"Paralysis of Perfection"

The intent of **all** abuse is
"to dominate, humiliate,
and gain control of
another person."

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Types of Sexual Abuse



"Into the White Where
Bones Don't Store Pain"

- Seductive behavior
- Sexual touching
- Sexual intercourse

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Sexual Abuse Includes



"Into the White Where
Bones Don't Store Pain"

- Rape
- Gang rape
- Date rape
- Partner or Spouse rape
- Incest

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Sexual abuse is rarely an isolated event



"The Good Actress"

- Verbal attacks
- Put-downs
- Insults
- Demeaning comments
- Sudden irrational acts
- Withdrawal of love
- Threats to hurt others

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Quotes from survivors

"He told me if I told my mother he would kill me."

"My father told me if I let him do things to me he would leave my sister alone."

"He was usually drunk and would try to choke me or smother me with a pillow while he raped me. This went on weekly from the time I was 8 till I was 16."

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Prevalence of Sexual Abuse



"Closet Time"

- 1 in every 3-5 women
- 1 in every 7 men

**50 Million People
in the US alone**

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Judith Herman MD

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Types of Physical Abuse

- Violent beatings
- Corporal punishment
- Food deprivation
- Physical torture

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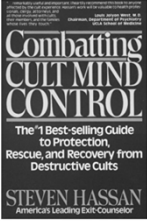
Types of Emotional Abuse

- Direct verbal threats or attacks
- Taunting or belittling language
- Intimidation or Shaming
- Demeaning or hurtful language
- Put downs or Berating
- Ostracism or Humiliation
- Emotional withholding
- Emotional neglect

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Cult Abuse

Mind control abuse includes control of:



- Behavior
- Information
- Thoughts
- Emotions

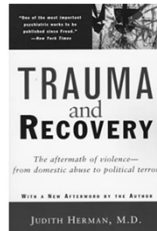
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Cult Abuse

- Identity confusion
- Black and white, simplistic thinking
- Difficulty with decision-making
- Fear and panic disorders
- Sexual problems
- Sleeping and eating difficulties

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The Effects of Trauma Post Traumatic Stress Disorder (PTSD)



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The Three Major Symptoms of PTSD



"Infected"

- Hyperarousal
- Intrusion
- Constriction

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"After I knew what he was doing, I used to separate from him. I used to feel that if I could just get close enough to the wall, that he couldn't touch me (yet I knew he could), but I used to go inside the wall, and it was like he was touching someone else. I would just turn off and get cold."

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Complex Post Traumatic Stress Disorder (CPTSD)



"Numb"

People subjected to prolonged or repeated trauma

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The Three Stages of Recovery

1. Safety
2. Remembrance and Mourning
3. Re-connection

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Establish Safety



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Remembrance and Mourning



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Reconnection



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Recovery Criteria

1. Memory
2. Emotional Range and Tolerance
3. Memory and Emotion Links
4. Symptom Mastery
5. Self-Esteem
6. Attachment
7. Meaning

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Memory



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Emotional Range and Tolerance



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Memory and Emotion Links



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Symptom Mastery
Self-Esteem
Attachment
Meaning

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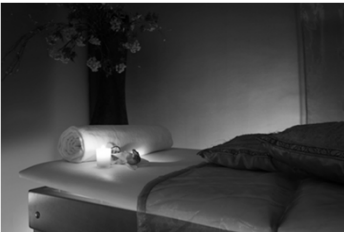
Benefits of Touch Therapy



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Chair massage or working the hand

Establish a Place of Safety



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Regain Body Control & Rebuild Boundaries



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The Pleasure of Non-Sexual Touch



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Reintegrate Body Memories



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Psychotherapy Collaboration



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Prerequisites for Working with Survivors

- Education
- Psychology
 - Communication
 - Sexuality
 - Ethics,
 - Trauma
 - Counseling

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Prerequisites for Working with Survivors

- Self awareness
- Support networks like
- Peer counseling
- Supervision

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Psychological Understanding

- Transference
- Counter-transference
- Power differential
- Dual relationships
- Boundary issues

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Psychological Understanding

- Flashbacks
- Body memories
- Psychological symptoms
 - Hyper-arousal
 - Intrusion
 - Dissociation

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Transference

Unresolved needs, feelings, and issues from childhood are transferred onto the helper.

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Countertransference

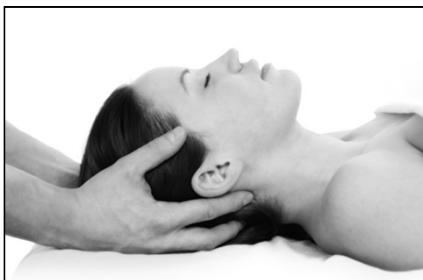
The therapist also carries unresolved needs, feelings and issues into the therapeutic relationship.

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Countertransference

- More emotional charge toward a client.
- Feelings of irritability or anger with a client
- Recurring themes like :
 - frequent sexual attraction to clients
 - the recurrent desire to make friends
- The expectation of praise
- Helping clients in outside matters

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Feedback, Support & Collaboration



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Therapist's Issues & Motivations

- Talking about oneself and one's life
- Difficulty telling a client that you can't help
- Clarity about personal needs for touch
- Receiving your own therapy

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Ethical Dimensions

- Relationships with clients outside
- Client confidentiality
- Setting boundaries
- Clear financial relationship
- Willingness to admit mistakes
- Honesty

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Secondary Traumatization



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Supervision and Support



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Many thanks to:

Paintings by Jenny Hahn

"Driven by Fear" ©
"Paralysis of Perfection" ©
"Infected" ©
"Numb" ©

www.jenspaintings.com



Paintings by Lynn Schirmer

"The Injured Child" ©
"Into the White Where Bones Don't Store Pain" ©
"The Good Actress" ©
"Closet Time" ©

<http://lynnschirmer.com/>
<http://lynnsart.net/index.php/search/>

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Books to Read on Trauma

Trauma and Recovery
by Judith Herman, MD

Memory Slips: A Memoir of Music and Healing
by Linda K. Cutting

My Father's House: A Memoir of Incest and of Healing
by Sylvia Fraser

A Hole in the World: An American Boyhood
by Richard Rhodes

Sex Trafficking: The Global Market in Women and Children
by Kathryn Farr

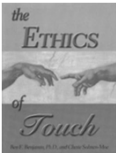
Matterhorn
by Karl Marlantes

A Rumor of War
by Phillip Caputo

Combating Mind Control & Releasing the Bonds
by Steve Hassan

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The Ethics of Touch



www.TheEthicsOfTouch.com

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Webinars Available On Demand

Dr. Ben Benjamin
Unraveling the Mystery Series:

- Low Back Pain
- Cervical Pain
- Shoulder Pain
- Knee Pain
- Ankle Pain
- Hip & Thigh Pain

Whitney Lowe
Orthopedic Approaches to Upper Body Disorders
Orthopedic Massage Approaches to Lumbo-Pelvic Pain

Carole Osborne
• Pregnancy Massage 101

Tom Myers
• Anatomy Trains: Clinical Applications of Myofascial Meridians

Tracy Walton
• Massage in Cancer Care
• Cardiovascular Conditions & Massage

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