

Things to Look for When Seeking Therapy

Effective therapists or therapeutic programs for survivors of sexual violence need to:

- See the sexual abuse as real and important in itself
- View the person as a survivor capable of being healed--not as a willing participant in the abuse or a hopeless psychiatric case
- Educate the survivor about sexual abuse and the nature of the therapeutic process
- Teach the person coping skills such as anger management, assertiveness, and stress management
- Utilize medication and behavioral management techniques when appropriate, but not to the exclusion of insight therapy
- Be aware of the effects of sex-role stereotyping on the healing process

--Obtained from When the Bough Breaks

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***Remember, you have the right to change therapists at any time.**