

***Recovery Group for Sexual
Exploitation / Abuse
(RGSEA)***

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Purpose of Group

- ◆ This group is designed to address sexual exploitation and/or abuse experienced by females.
- ◆ They will learn ways to address daily triggers leading to dis-regulation of emotions and dysfunctional behaviors.
- ◆ The long term goal is to reduce the criminal activities associated with survivors of sexual exploitation and/or abuse.
- ◆ The method used will include Cognitive Behavior Therapy and Holistic Healing Approaches.
- ◆ Tracking Outcomes of success rates will be measured.

Long-term Goals of RGSEA:

- ◆ Provide forum for safe processing of past experiences
- ◆ Teach attendees about the long term effects of sexual exploitation and/or abuse and how to reduce criminal activities and behaviors
- ◆ Train attendees identify triggers and to regulate negative emotions
- ◆ Train attendees to heal holistically using mind, body, and spirit techniques
- ◆ Reintegration into the present

Short-term Goals of RGSEA:

- ◆ Train attendees to get through each day
- ◆ Train attendees to increase self appreciation
- ◆ Train attendees to heal through grieving
- ◆ To offer safety and support to each other
- ◆ Train on forgiveness and compassion

Specifics of the Group:

- ◆ Female group will consist of a maximum of 6 to 8 individuals, age 15 & older
- ◆ Length of group will be 2 hours long with a 15 minute break in between, once per week
- ◆ Closed group
- ◆ 10 weeks

Curriculum (1 or 2)

- ◆ Week 1 – Introduction
(Who are we and what are we doing here.)
- ◆ Week 2 – Mindful Present
(How to ground oneself in the now to minimize effects of trauma from the past.)
- ◆ Week 3 – Enlightened Future
(Knowing the past can educate a successful future.)
- ◆ Week 4 – Honor the Past
(Healed bones are stronger than any unbroken bone.)
- ◆ Week 5 – Self
(Empowerment of the mind, body, and spirit through self appreciation and strength building.)

Curriculum (2 or 2)

- ◆ Week 6 – Holistic Health (Mind)
(A healthy mind is a healthy command center, even with temporary short circuits.)
- ◆ Week 7 – Holistic Health (Body)
(A healthy body is a healthy vehicle, even with scratches.)
- ◆ Week 8 – Holistic Health (Spirit)
(A healthy spirit is a healthy source of daily inspiration.)
- ◆ Week 9 – Forgiveness
(Learn to honor the divinity in all.)
- ◆ Week 10 – Bonding Project / Graduation
(Build a paper quilt of dreams and honor the graduates.)

Strengths and Advantages:

- ◆ This group's intent is to empower women who have experienced trauma in a way that is uplifting, forgiving, enlightening, and life sustaining.
- ◆ A focus on the positive light, healing power of forgiveness of self and others, and being a tower of strength transforms each individual into a lighthouse.
- ◆ The goal is to bring out the beauty in women by teaching them to love themselves.

Next Steps of Action

- ◆ A 10 week group is a great start but it's only a start.
- ◆ An ongoing support program can create a safe haven for booster shots and connection, as these women will need throughout their transformation.
- ◆ Additional resources of therapy can aide in this reduction of recidivism / relapse.

Credits

- ◆ This group is specifically designed by Deepa Ram-Souza, M.A.
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This curriculum is designed for Deseria Galloway.