



# Recovery of intimacy and sexuality

A body and experience based group treatment protocol for survivors of sexual abuse

# Welcome



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# Program today

- Check-in (music)
- Bliss
- Module: building blocks
- Themes
- Inner diversity
- Experience the inner diversity
- Moment of the module
- Check-out

Check-in



The background features large, stylized floral shapes in shades of purple and orange. The purple shapes are more prominent, with some containing faint, light-colored floral patterns. The orange shapes are also stylized, with some showing internal line details. The overall aesthetic is soft and artistic.

# Blis

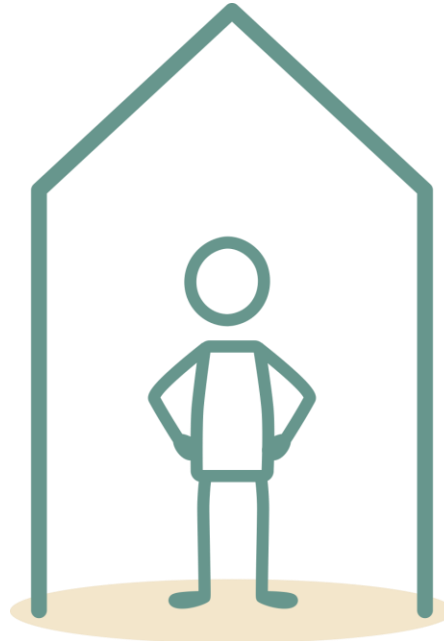
*Come as you please...*

# Module



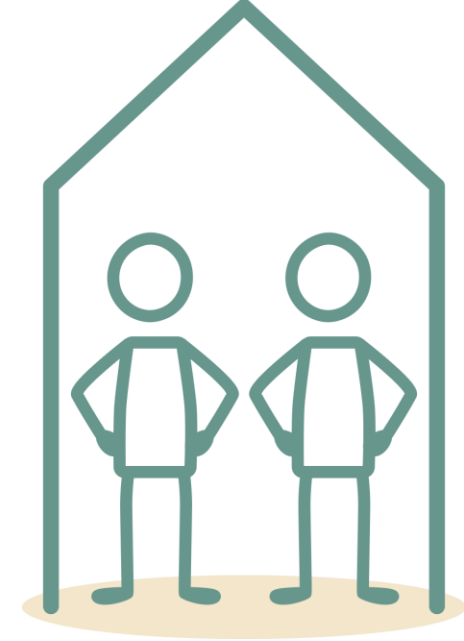
Me

focused on observing  
and limiting oneself



Me & the environment

focused on personal  
space



Me & the other

focused on  
boundaries in contact

# Themes

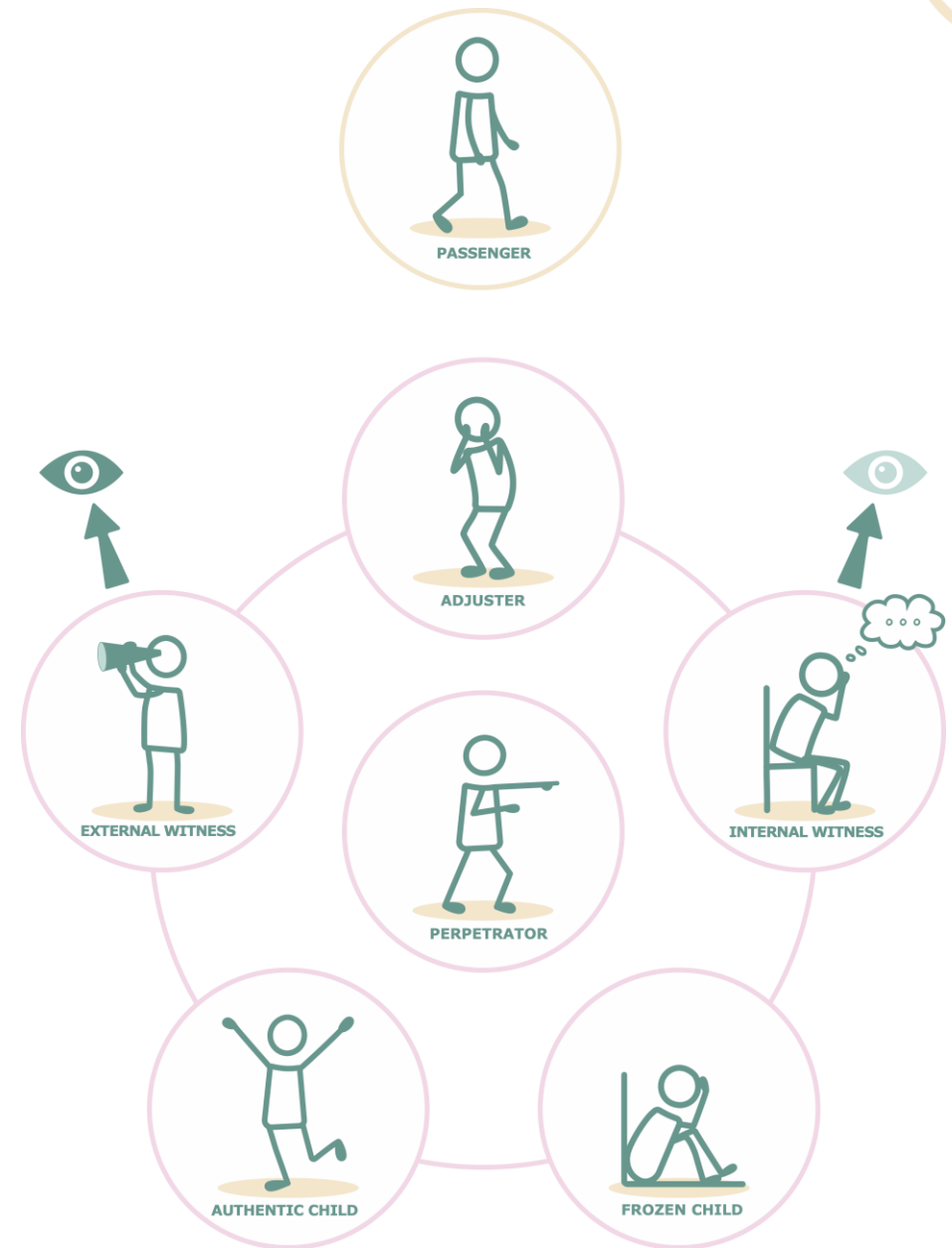
NR	THEME	BODY WORK AND EXPERIENCE	PSYCHOEDUCATION
1	Getting acquainted and the first step towards 'coming home'	Check-in & out, Over the line, What is your body whispering?	Consequences vs Damage
2	Inner diversity	Experience in theoretical model (internal and external witnesses)	Explanation of the inner diversity
3	Me and my body	Where is your 'entrance' to the body? Body drawing	
4	Recognise (relaxation) tension and language of the body	Body scan, Yoga, Language of the body	Disturbed sense of insecurity (anxiety/fear)
5	Safety in your own body	Guided meditation, feeling + touching	Pelvic floor Tonic Immobility
6	Space, boundaries and support	Guided meditation, experiencing space, asking for support, experiencing boundaries, touch exercise	
7	The 7 Chairs of Aggression	Experience in theoretical modelling	7 seats of aggression

# Themes

NR	THEME	BODY WORK AND EXPERIENCE	PSYCHOEDUCATION
8	The contact circle	Experience in theoretical modelling	Isolation styles and explanation of contact circle
9	Intimacy	Which boundaries can be touched?	Wheel of consent and normal responses to sexual abuse
10	Sexuality	Language of the body. Sexuality versus PLAY.	Pleasurable sex = Nice and fun!
11	Sexuality: own desires	Sensuality, 'My sexuality = My business'. My deprived NO. My true YES.	Self-gratification
12	Sexuality: me and the other	Sharing experiences, Boundaries and sexuality. STOP!	Sex with another
13	Goodbye	Little poem (voice liberation), musical anchors, check-out.	



# Inner diversity



# Experience the inner diversity



# Moment of the module

- After trauma focused therapy
- Being able to tolerate strong emotions
- Having a safe environment

# Take home message:

Feel free and when it has your interest:

- ✦ Ask and talk about intimacy and sexuality!!
- ✦ Address the need of group therapy about intimacy and sexuality for survivors of sexual abuse in your organisation!!
- ✦ Make a couple session!
- ✦ Create a recovery group!
- ✦ Get yourself trained in giving a group module for recovery of intimacy and sexuality!!

Check-out