

KONUR, FÍKN, ÁFÖLL OG MEÐFERÐ

Child sexual abuse, addiction and holistic therapy: The Wellness-Program

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FACULTY OF NURSING

My background

- * 1991-1998: Police officer in Ísafjörður, Akureyri, Höfn, Vestmannaeyjar and Stykkishólmur.
- * 1991-1993: The Police Academy.
- * 1992 og 1994: USA, with the police and at conferences about child sexual abuse.
- * 1995-96: Geðdeild 33-A – fjölkvilladeild.
- * 1996: Reykjalundur, geðsvið.
- * 2001: Bs. Nursing.
- * 2007: MSc. Health Sciences.
- * 2010-2013: Starfsendurhæfing Norðurlands – Gæfusporin.
- * 2010-2015: Ph.D. Student.
- * 2013: MSc. Course about Psychological trauma and violenc.

The purpose of the Ph.D.

- * I. To do a qualitative study of the consequences of childhood sexual abuse for Icelandic men's health and well-being.
- * II. To analyze gender similarities and differences in the consequences of childhood sexual abuse for health and well-being (M.Sc. study and men's study nr. I).
- * III. To evaluate the Wellness -Program
- * IV. To do a case study of the consequences of childhood sexual abuse for a women's health and her experience of the health care system.

Women suffering CSA

- * The purpose of my *MSC.* study was to examine the consequences of childhood sexual abuse for women's health and well-being.
- * The research methodology was phenomenology. Seven women with a history of childhood sexual abuse were interviewed twice with 1–6 months interval.

Research methods

- * Qualitative study based on the Vancouver School of Phenomenology, seven women were interviewed twice each, 14 interviews.
- * All interviews were conducted in Icelandic, taped and transcribed verbatim.

Results – main themes

- * Experiencing the Trauma
- * Lack of Well-being as a Child and as a Teenager
- * Adult Physical Symptoms
- * Adult Psychological Symptoms
- * Relation and sexual health consequences
- * The shadow is still hanging over

Results

Main themes and subthemes.

| Experiencing the Trauma | Lack of Well-being as a Child and as a Teenager | Adult Physical Symptoms | Adult Psychological Symptoms | Relation and sexual health consequences | The shadow is still hanging over |
|---|--|---|--|--|--|
| Self-blame. Guilt Sleeping problems. | Psychological problems. Fear. Problems in school. Being bullied. | Pelvis problems. Vaginal problems. | Depression. Anxiety. Post partum-depression. | Trouble connecting with men. | "I am what I am today". I can't get rid of 'the shadow'. |
| "Soul theft", "soul death". Psychological pain. Despair. Stress. Agony. | Multiple physical symptoms. | Complex physical problems. | Self destructive thoughts. Self destructive behavior. Suicidal thoughts. | Trouble trusting other people. | Importance of the will to live. |
| Defenselessness. Broken defense wall. | Pain | Fibromyalgia. Muscle pain. Sleeping problems. | Feeling rejected. | Trouble with touching and in sex life. | Permanent damage. Hidden pain inside. |
| Secrecy. Threat. Humiliation. | Domestic violence. Sexual abuse | Eating disorders. Alcoholism. | Fear and panic. | Trouble connecting with the children. | Giving up. Hopelessness. |
| Remembering. Flashbacks. | Self destructive behavior. Suicidal thoughts. Suicidal attempts. | | Remembering the abuse. | Trouble touching the children. | The need for peace in the soul. |
| Leaving the body. Dissociation. | | | Escape. Phobia. Isolation. | | Heavy work ahead to reach healing of the heart of the heart. |

Experiencing the Trauma

- * Self-blame
- * Guilt
- * Sleeping problems
- * “Soul theft”, “soul death”
- * Psychological pain, despair, stress, agony
- * Defenselessness, broken defense wall
- * Secrecy. Treat, humiliation
- * Remembering, flashbacks
- * Leaving the body
- * Dissociation

Lack of Well-being as a child and as a teenager

- * Psychological problems, fear, problems in school
- * Being bullied
- * Multiple physical symptoms
- * Pain
- * Domestic violence, sexual abuse
- * Self destructive behavior
- * Suicidal thoughts
- * Suicidal attempts

Adult Physical Symptoms

- * Pelvis problems
- * Vaginal problems
- * Complex physical problems
- * Fibromyalgia, muscle pain, sleeping problems
- * Eating disorders, alcoholism

Adult Psychological Symptoms

- * Depression, anxiety, post partum- depression
- * Self destructive thoughts
- * Self destructive behavior
- * Suicidal thoughts
- * Feeling rejected
- * Fear and panic
- * Remembering the abuse
- * Escape, phobia
- * Isolation

Relation and sexual health consequences

- * Trouble connecting with men
- * Trouble trusting other people
- * Trouble with touching and in sex life
- * Trouble connecting with the children
- * Trouble touching the children

The shadow is still hanging over

- * “I am what I am today”
- * I can't get rid of 'the shadow'
- * Importance of the will to live
- * Permanent damage
- * Hidden pain inside
- * Giving up, hopelessness
- * The need for peace in the soul
- * Heavy work ahead to reach healing of the heart of the heart

Men and women

- * The participants expressed a journey of deep and silent suffering which seems, for them, to be endless and almost unbearable. All of them have suffered from complex health problems since childhood. A gender difference was shown in the tendency of women to internalize their emotional pain while the men had a tendency to externalize it.

The Wellness-Program

- * The study is one part of the Ph.D. study
- * Personal Resurrection: Female Childhood Sexual Abuse Survivors' Experience of the Wellness-Program
- * The purpose of this study was to evaluate a holistic therapy for people suffering with CSA
- * The Wellness-Program

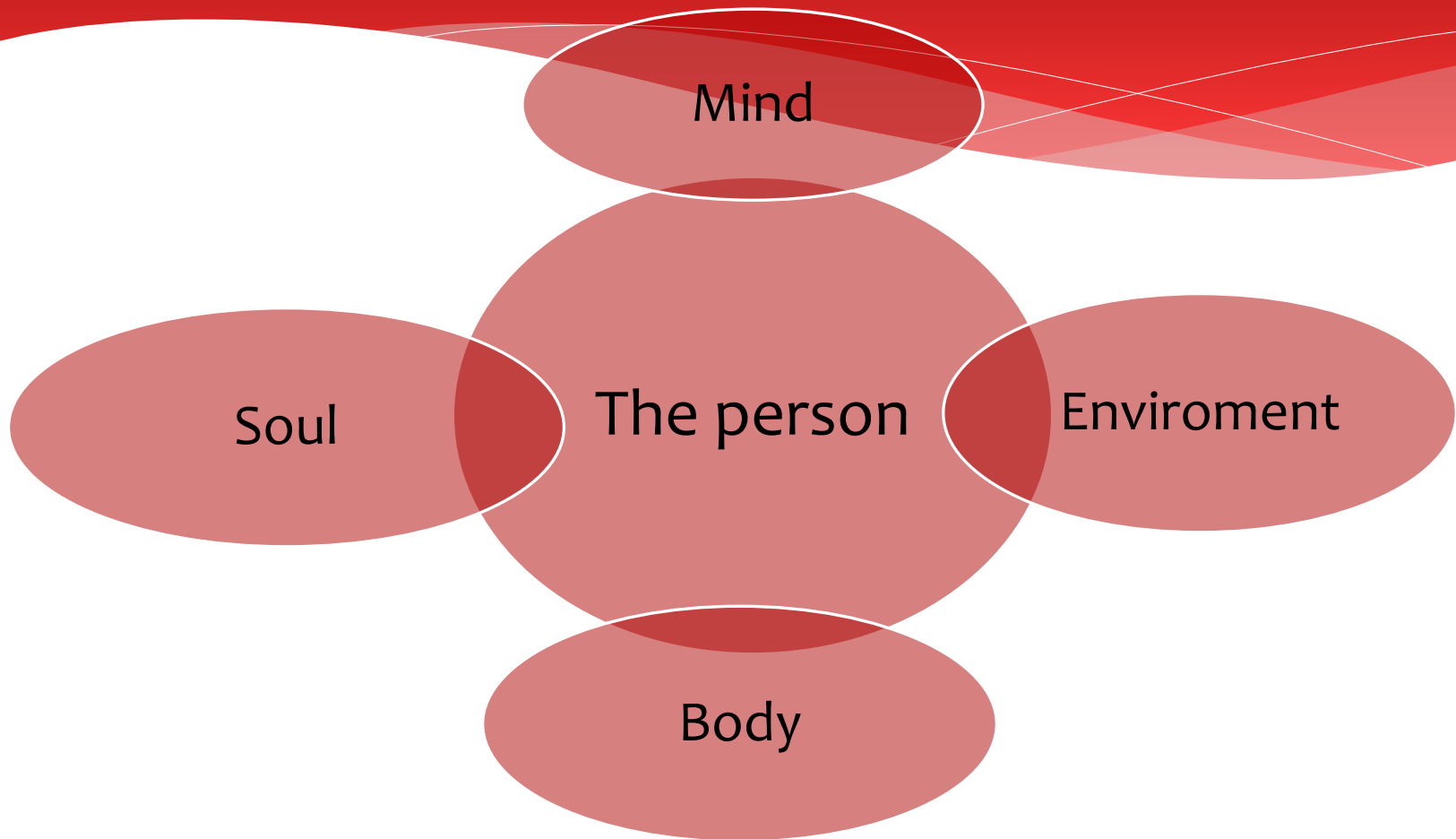
Research methods

- * Qualitative study based on the Vancouver School of Phenomenology.
- * Twelve women who participated in the program were interviewed before, after and 15 months after the program.
- * All interviews were conducted in Icelandic, taped and transcribed verbatim.

Evaluation of the project before and after

- * Beck's Expression Scale BDI II
- * Beck's Anxiety Scale BAI
- * Posttraumatic Diagnostic Scale PDS
- * Body Awareness Rating Scale
- * Psychosomatic test for pain with drawing
- * Worker Role Interview WRI
- * Quality of life Scale and ASEBA
- * Qualitative interviews

Holistic approach



The plan for the week

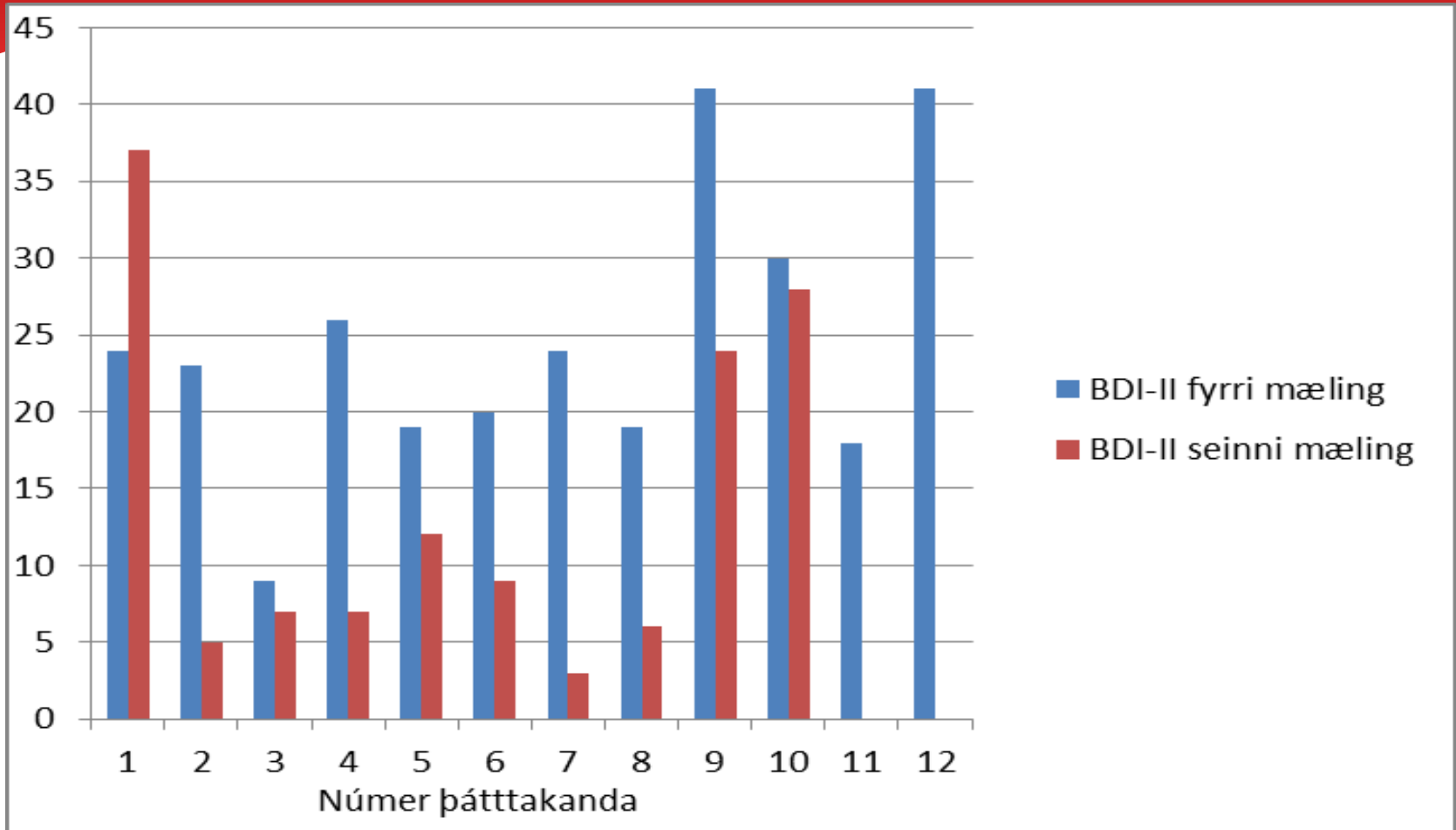
| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|----------------------------------|---|---|---|
| Education group | Psychology group | Basic body awareness | Creating and communication group | Yoga group |
| Getting together - planning the week | Diet- and nutritional counseling | Water-gymnastics | Fibromyalgia-gymnastics | Getting together, closure of the week |
| Psychologist personal session | Relaxation-hypnosis | Physical Exercise group (fibromyalgia-water- and walking exercises) | Psychosomatic therapy (cranio-sacral and reflexology) | Physical Exercise group (fibromyalgia-water- and walking exercises) |
| | | | | |

The qualitative results

| Life before the Wellness Program | Facing the challenges involves in the Wellness Program | Positive changes regarding trust and communication | Positive changes regarding co-dependence and addiction | Positive changes regarding health problems | The resurrection |
|---|---|---|---|---|---|
| Alone in the deep valley | Working with personal space and boundaries | Finding self-confidence | Facing and dealing with co-dependence and addiction | Learning to live with the pain | The power of being understood and not being alone |
| Total lack of boundaries – All are welcome | Learning to be „at home“ in the body | Finding serenity | Dealing with alcoholism | Positive changes regarding sleep and rest | „I have shed 70 kilos |
| Totally exhausted – about to give up | Learning to go through flashbacks | Learning to trust others | Dealing with food addiction | Learning to live with fibromyalgia | „Back to work again after 5 years of unemployment |
| Having tried everything – life in the medicine soup | Learning to face „the monster“ | Changes in the relationships with mates | Dealing with addiction to prescription medicine | Dealing with psychiatric problems | I have more peace in my heart and soul than ever before |
| Totally lost and socially isolated | Getting rid of self-accusations and self-blame | Changes in the relationship with the children | | Dealing with anxiety and social phobia | „Physical, psychological, and spiritual resurrection |
| Without a job and not studying | | | | ADHD or PTSD? | „I am working on letting my dreams come true |

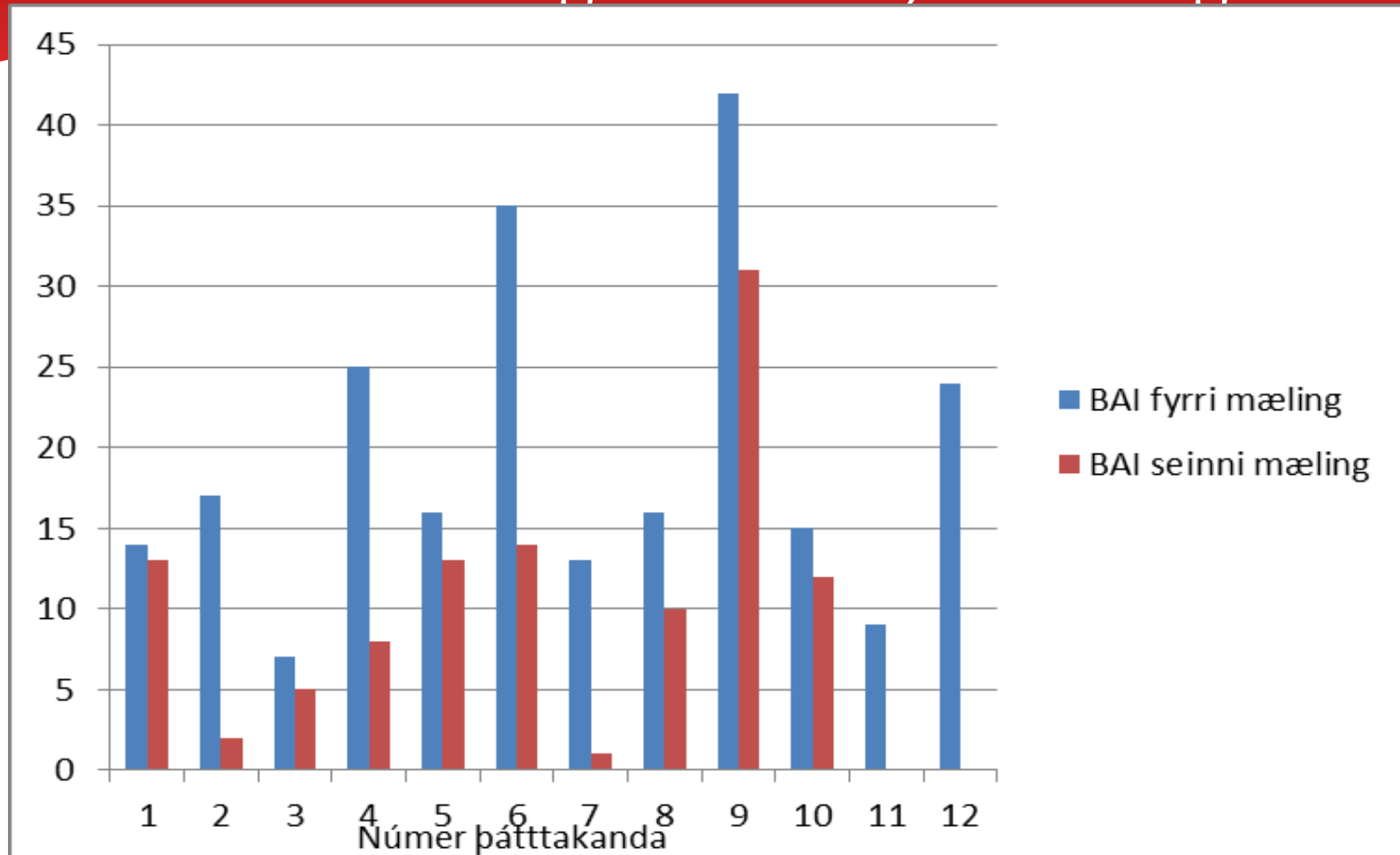
Mælikvarði Becks á geðlægt (BDI II)

Karen Júlía Sigurðardóttir, sálfræðingur



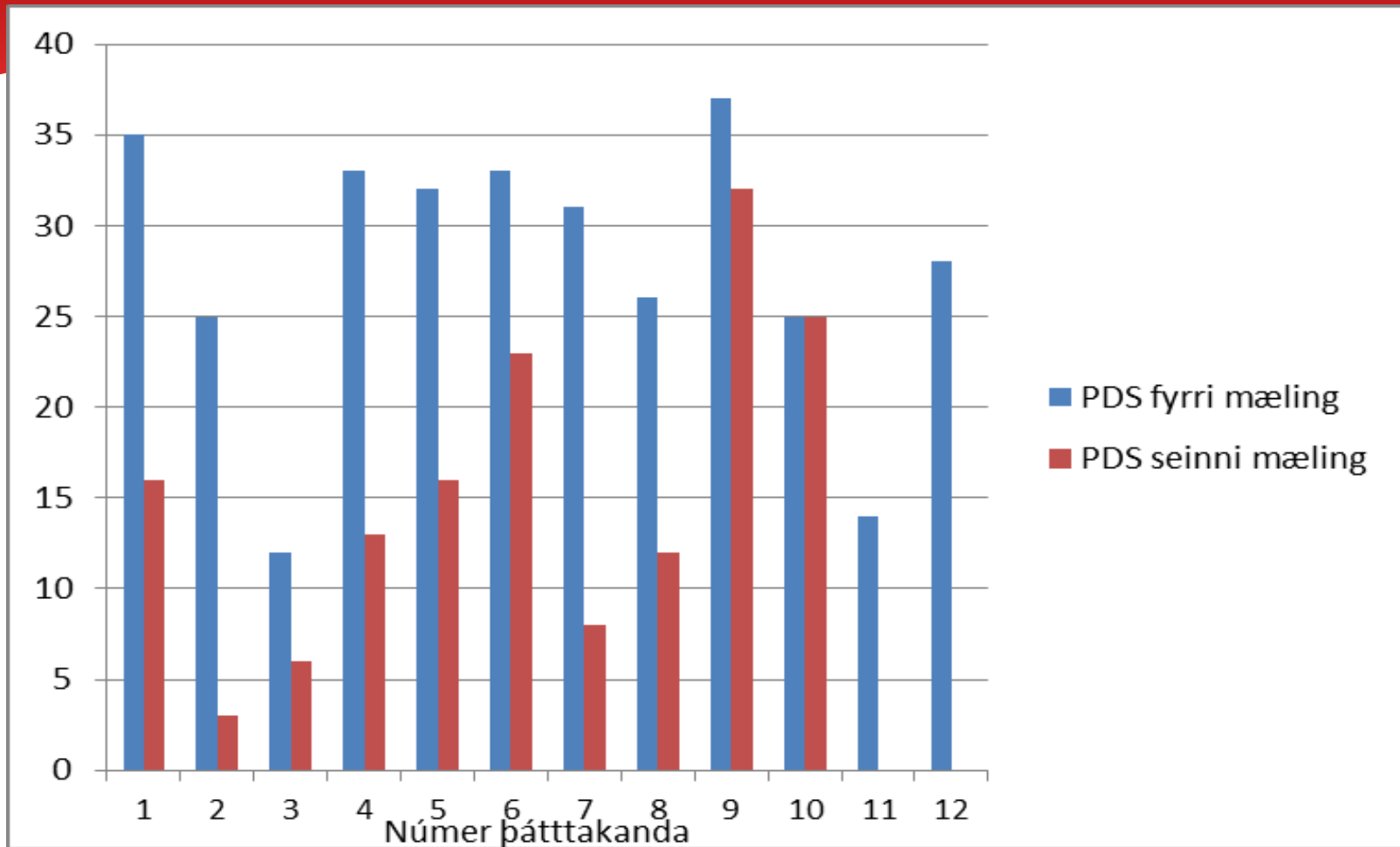
Mælikvarði Becks á kvíða (BAI)

Karen Júlía Sigurðardóttir, sálfræðingur



Mælikvarði á einkennum PDS

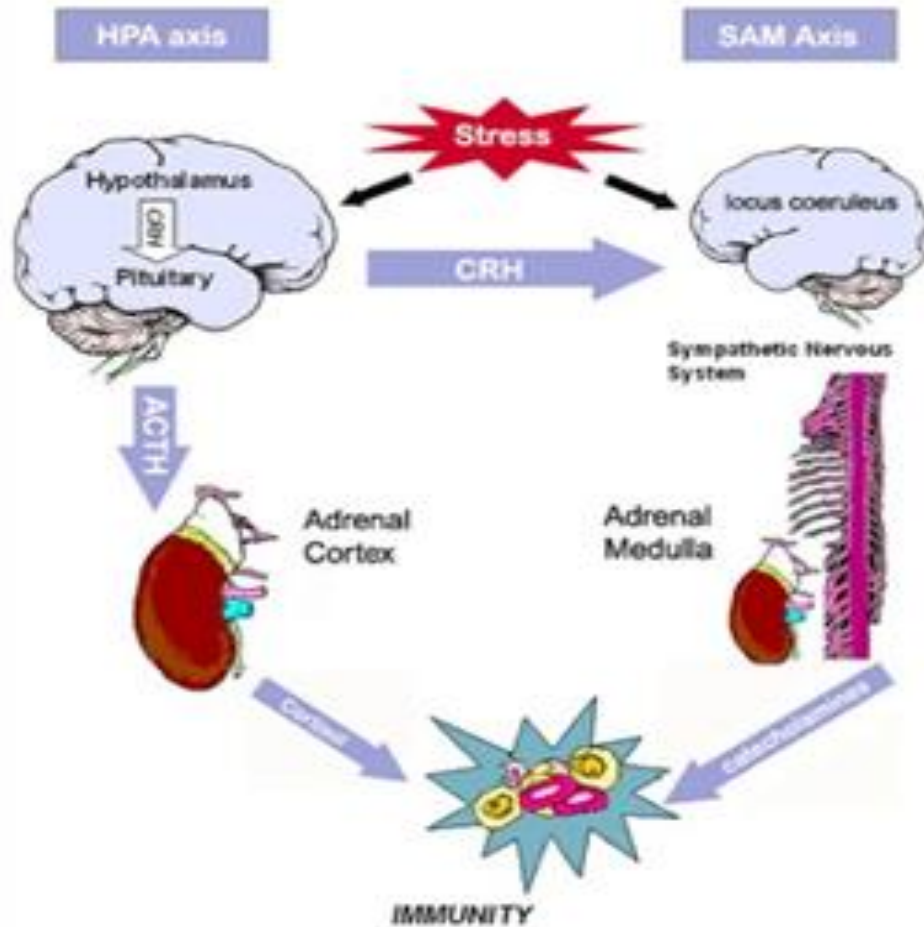
Karen Júlía Sigurðardóttir, sálfræðingur



Trauma and health

- * Psychological Trauma – Experience – Tension
- * Brain – Shock
- * Nervous system – Response
- * Hormone system – Activity
- * Breathing – Heart – Skin – Digestive – Muscles
- * Loosing sleep - Tension
- * Fear - Insecurity
- * Anxiety - Depression
- * Chronic stress
- * Muscle strain - Chronic pain
- * Over active response system – Unable to relax
- * Hormone system - Nervous system - Confusion

Mind, body and soul



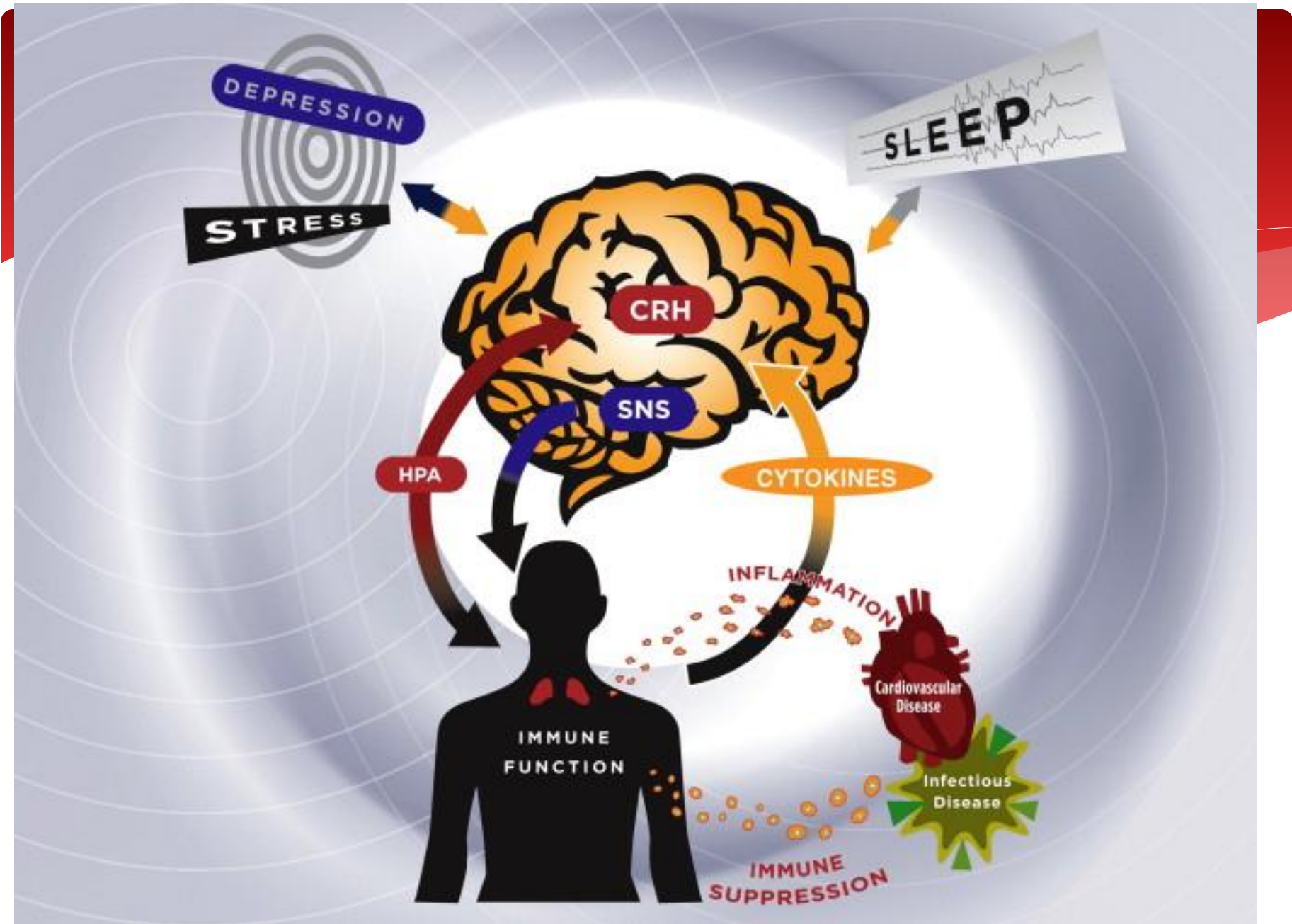
(Thorton & Andersen, 2006)

Trauma and health

- * Psychological trauma - PTSD
- * PTSD – Chronic stress
- * Chronic stress – Suppressed immune system
- * Immune system - Defense diseases
- * Immune system – Infection and inflammation
- * Immune system – Cancer

Health and well-being

- * Musculoskeletal – Chronic pain, fibromyalgia, arthritis
- * Nerves and hormones – tremor, numbness, fatigue
- * Cardiovascular – blood pressure
- * Digestive – gastro intestinal problem, obesity
- * Respiratory – Asthma,
- * Sex- and urology – Transmitted sexual disease
- * Mental health – Depression, anxiety, phobia
- * Self destructive behavior – alcohol, drug, food, suicide
- * Relationship problems – spouse, children and family



My Researches

- * Repressed and silent suffering: consequences of childhood sexual abuse for women's health and well-being
* Scandinavian Journal of Caring Sciences: <http://onlinelibrary.wiley.com/doi/10.1111/j.1471-6712.2012.01049.x/abstract>
- * Deep and almost unbearable suffering: consequences of childhood sexual abuse for men's health and well-being
* Scandinavian Journal of Caring Sciences <http://onlinelibrary.wiley.com/doi/10.1111/j.1471-6712.2012.00981.x/abstract>
- * Consequences of childhood sexual abuse for health and well-being: Gender similarities and differences:
* Scandinavian Journal of Public Health <http://sjp.sagepub.com/content/early/2013/12/17/1403494813514645>
- * Personal Resurrection: Female Childhood Sexual Abuse Survivors' Experience of the Wellness-Program: <http://www.ncbi.nlm.nih.gov/pubmed/26036820>

Thank you 😊



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PHOTOGRAPHY