

Supportive Resources for Teaching Healthy Sexuality and Body Maturation During Trauma-Focused Cognitive Behavioral Therapy

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Overview/Introduction

Child sexual abuse (CSA) affects a multitude of children in our society. During the disclosure process and throughout therapy these children will come into contact with professionals from a multitude of disciplines. It is important for professionals working with CSA victims to have a working knowledge related to all disciplines. This is especially true for therapists who have the longest lasting relationship with the child and will encounter many different scenarios and questions throughout therapy.



Purpose

The purpose of this study is to evaluate the effectiveness of supportive resources provided to counselors at the National Children's Advocacy Center (NCAC) when teaching healthy sexuality, body maturation, and body safety during trauma-focused cognitive behavioral therapy with children and parents.

Methodology

- ❖ A focus group was held with therapists from the National Children's Advocacy Center (NCAC) to identify needed resources to use during TF-CBT.
- ❖ In response to requests from the therapists 12 educational supportive resources were created relating to healthy sexuality and body maturation to enhance their knowledge and comfort level with the given topics.
- ❖ Convenience sampling was used and 9 therapist from NCAC and NOVA agreed to participate.
- ❖ The participants were asked to fill out a demographic form and the Pre-Assessment of Knowledge and Comfort Level When Discussing Healthy Sexuality, Body Maturation, and Body Safety during TF-CBT Questionnaire.
- ❖ The 12 educational supportive resources were provided to the therapists to use for a period of approximately 3 months.
- ❖ At the end of the 3 month period each participant will complete the Post-Assessment Questionnaire.



Data Analysis Plan

When all participants have completed the Post-Assessment Questionnaire data analysis will begin Fall 2018. Descriptive statistics will be used for demographic data. Paired *t* test will be used to analyze Pre-Assessment of Knowledge and Comfort Level When Discussing Healthy Sexuality, Body Maturation, and Body Safety during TF-CBT Questionnaire scores to the post-assessment scores.

Implications to Nursing Practice

Nursing has long been a profession of education. Nurses educate each other, the community, and their patients. This study will show that there is a benefit for the education of other disciplines by the nursing community and for an increase in collaborative care between therapists and nurses. In any discipline the increase in knowledge pertaining to other disciplines they interact with will do nothing but benefit patient care.

Review of Literature

- ❖ There is a need for education among therapists regarding sexual health issues(1).
- ❖ There is also a lack of compliance in relation to medical follow up after CSA disclosure that is in contrast to the high percentage of parents who had their child follow up with therapists (2).
- ❖ A 1990 evaluation of interdisciplinary training found that the education led to an increased knowledge of physical indicators of sexual abuse in non-medical staff.(3)
- ❖ No research was found that focuses on the cross-education of therapists in this area by the nursing community in relation to how best improve knowledge levels for the benefit of CSA victims.

References

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