

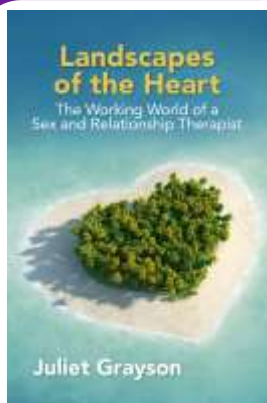
Working with survivors and perpetrators of sexual abuse

The common thread

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PBSP Trainer
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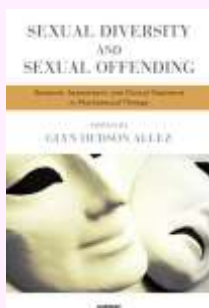


Over half the book is about PBSP giving case examples of structures ^[1]

For sale at the conference
I am happy to sign it for you

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Written by Juliet - Chapter in Book



“Back to the Root: Healing Potential Sexual Offenders’ Childhood Trauma with Pesso Boyden System Psychomotor” ^[2]

I wrote a chapter about my PBSP work with a sex offender

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New children sexually abused EVERY day in UK

- **1728** based on police recorded statistics ^[3]
- How many minutes in a day? **1440**

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If you include the adults then it is 3.44 NEW people a minute being sexually abused in the UK^[3]



Every minute of every day 365 days a year

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Prevalence of self reported child sexual abuse (CSA): in Europe ^[4]

- 13.4% of girls and
- 5.7% of boys become victims of CSA } = **19.1%**

Willingness to report sexual abuse: in Europe

- Only 11.7% to 18.% of cases of CSA are reported to the judicial system
- **That is, approx 20% people experience sexual abuse, but only 1% report it**

WHO Regional Office for Europe (2013)

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Lower CSF oxytocin concentrations in women with a history of childhood abuse (in the cerebrospinal fluid)^[5]

Decreased oxytocin may:

- Increase anxiety
- Impair reading of & response to social signals
- Interfere with optimal partner selection
- Create transgenerational problems - oxytocin is important in maternal behaviour

Heim, C., et al (2008)

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Decreased Cortical Representation of Genital Somatosensory Field After Childhood Sexual Abuse^[6]

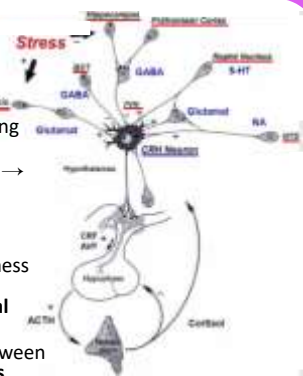
- CSA is specifically associated with pronounced cortical thinning in the *genital representation field* of the primary somatosensory cortex
- This may shield a child from the sensory processing of the abusive experience = protective
- But it may cause sexual dysfunction later in life

Heim, C. et al. Am J Psychiatry (2013): 616-623

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Structural Brain Differences Associated with Maltreatment^[7]

- Neuroimaging Studies using fMRI scans
- Diminished hippocampus → **impaired memory**
- Enlarged amygdala → **increased reactivity**
- Diminished cortical thickness or volumes in regions associated with **emotional regulation**
- Changed connectivity between **frontal and limbic regions**



McCrory E, et al. Front Psychiatry 2011 2:48

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Long term Effects of Childhood Sexual Abuse

- Childhood sexual abuse **changes the brain**
- Dramatically increases the risk of **psychiatric disorders** e.g. anxiety, PTSD, addictions etc.
- Impact on autonomic nervous system contributes to **disease vulnerability** e.g. cardiovascular diseases, obesity, diabetes
- Good reasons to invest in primary prevention!

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Specialist Treatment Organisation for Perpetrators and Survivors of Sexual Offences

UK Wide Charity

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StopSO UK: www.stopso.org.uk

- Over 200 therapists across the UK trained and in training
- Had over 4,000 perpetrators asking for help
- Most people pay for their own therapy

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StopSO works with all kinds of sexual offenders:

- Exhibitionist
- Voyeur
- Internet offenders looking at child abuse images, sexual violence or bestiality, and
- Contact offenders of adults and children including rapists
- StopSO works with people at all stages
 - from those who have troubling thoughts
 - those who have acted illegally
 - non offending paedophiles
 - through to people who've come out of prison for a sexual offence

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Why is StopSO doing this

🚩 **To protect society**

🚩 **Prevent, prevent, prevent**

🚩 **Rather than react**

🚩 **Aim: to stop the FIRST crime**

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Juliet's Slippery Slope PBSP Group

🚩 Regular group 2012-2019

🚩 For people who are struggling with sexually inappropriate behaviour

🚩 Mixes those who have been sexually abused with potential and actual perpetrators

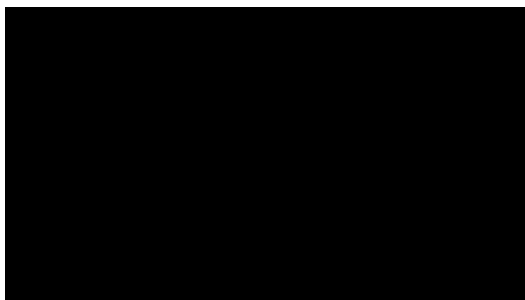
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So What About the Perpetrators

- Surely they can stop?
- Paedophile is someone whose primary or exclusive sexual attraction is to pre-pubescent children (11 and under)
- Chronophilias: Hebephile (11-14), Ephebophile (15-19)
- Minor Attracted People: MAP
- Estimates say between 1 and 5% of people will be paedophiles
- Research shows that 20% of men will be equally or more responsive to images of child abuse, than pornographic images of adults ^[8]

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Mysteries of the Mind: James Cantor ^[9]



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Child Sexual Abuse: Typology of Offenders ^[10]

- About 40% are paedophilic offenders
- About 60% are non-paedophilic offenders
 - The sexual abuse of the child serves as a **surrogate** for a sexual relationship with partners of similar age

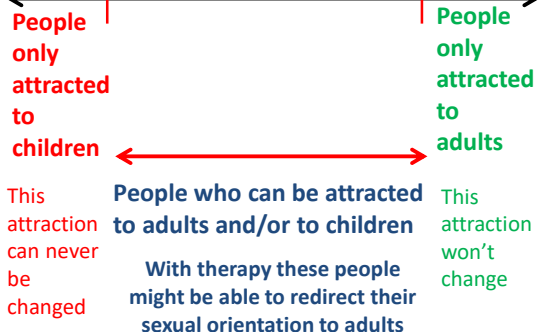
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Non-paedophilic Offender: "surrogate type"

- Sexually inexperienced adolescents
- People with learning difficulties
- Those with antisocial personality disorder
- People with trauma or neglect in their history: including physical, emotional and sexual abuse

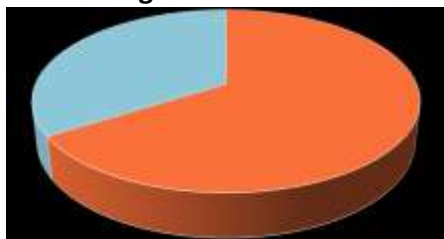
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Juliet's opinion



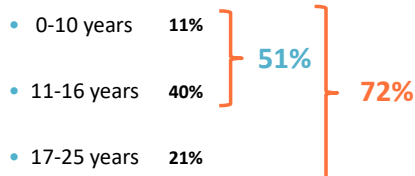
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61% of perpetrators contacting StopSO ask for help with an issue related to offences against children ^[11]



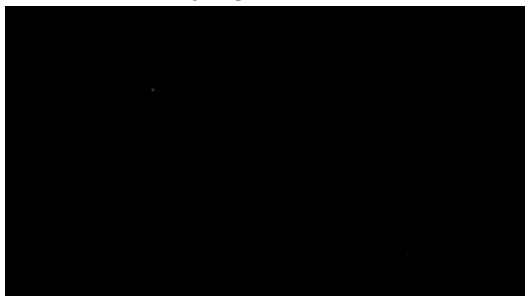
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StopSO asked 200 perpetrators: At what age did you first know that you had a problem with your sexual thinking or behaviour? ^[12]



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This was a paedophile who called a phone in programme ^[13]



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If you run PBSP groups you are likely to deal with a victim/survivor

- If you do enough groups you'll work with someone who is attracted to children
- Everyone of the perpetrators I have dealt with, who have 'crossed the line', has had trauma or severe neglect in their history, though they may not recognise it

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Being attracted to children is not a crime

Acting on that attraction is

I suggest that we as practitioners should have a proportionate response to reporting

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**The Ten Topics
To Attend to When
Dealing with Sexual Abuse**

The PBSP Perspective

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- The Experience of Loss of CONTROL
- Feelings of FEAR AND TERROR
- The Need for PROTECTION
- The Experience of PAIN, HURT AND SADNESS
- The Impulse & Expression of REVENGE & SADISTIC FEELINGS
- The Expression of EROTICISM, RECEPTIVITY AND OPENNESS
- The Impulse & Expression of HATRED & MURDER
- The Increase of GUILT, SHAME & SELF-PUNISHMENT
- The Desire to Express LOVE FOR ABUSER
- The Need for an ANTIDOTE Relationship

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Be ready!

- These do not happen in any particular order

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**What might be the
Parental Functions represented in
Fragment Figures that we might use
when working with sexual abuse**

**Permission Giving
Protection
Contact
Containing
Resistance
Limiting**

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Permission Giving: Yes. It's ok
Contact: I will be with you while you feel
Containing: I'll help you handle how angry you are, and help you to own that anger. It is a good resource, it is vitality. I'm here so you can do it safely
Protection: I'll keep you safe
Resistance: You can keep me out
Limits: We'll let you feel that anger but we won't let you literally kill him

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The Experience of Loss of CONTROL

Permission Giving

- “What do you think about...?”
- “Is that ok?”
- “How would it be to have an Ideal Figure...?”
- “What would you like to hear?”
- “You decide...”

Resistance

- “You can keep me out”

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Feelings of FEAR AND TERROR

Containing

- “We can help you handle how scared you are”
- “We are not frightened, your fear is normal and we will help you deal with it”
- “We will help you handle how much you feel”

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- All kinds of body tics and twitches
 - Client: “I feel like I might fall apart”
 - Would you like Ideal Parents who would have held you together?
 - Ideal Parents: We would have held you together when you were a child. We wouldn't have let you fall apart
 - Using their bodies, they did exactly that. Stood either side of him so their bodies gave a container. This produced visible relief
 - Then, as another part of him twitched we brought in an extension of the Ideal Mother or Father to hold that part of him
 - In the end the whole group was involved (12 people)
 - There was a point when he said, “I feel completely calm”
 - After the structure, he stood up, looked around, and said, “F me! When I came in that lampshade was grey. Now it is white!”
 - “I used to be have huge feelings of anxiety. Now it is quieter inside. I don't feel the same level of turmoil that I used to.”
- No longer lose my golf balls

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- This containing tends to the need to bind the **over-active interior that has frightened the ego, which is feeling the strain of holding “unholdable, unknown forces.”**
- The client can begin to let go of his own binding efforts and the muscles relax
- It is not always immediately clear to the client that they are dealing with the fear of parts of themselves
- The role-playing containing figures are the equivalent of an external body
- Helping the body ego of the client to become stronger

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The Need for PROTECTION

Protection

- “If he comes any closer, I will stop him and call the police”
- “If I'd been back there then I would have seen that was going on & I wouldn't have let him/her do that to you”

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The Experience of PAIN, HURT & SADNESS

Containing

- “We can handle how sad you are”

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The Impulse and Expression of REVENGE & SADISTIC FEELINGS

Limiting

- “It is all right that you have such revengeful & sadistic feelings but we won’t let you literally do it”
- “It is alright to want to kill your attacker but we won’t let you literally do it”

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The Expression of EROTICISM, RECEPTIVITY AND OPENNESS

Limiting

- “It is alright to feel open and to want to be receptive, but we will put limits on it and help you handle your openness & vulnerability”
- “We will not let you be literally penetrated, even if you want it”
- “We’ll help you handle how vulnerable and scared you feel, and make sure you stay closed and unharmed”
- “It is alright that you want to have sex with your father (or mother), but we won’t let you literally do it”

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- H had a headmaster D who stroked him to sleep at night, gave him hot chocolate (drugged?)
- Next morning: found clear jelly in his pyjamas & sore bottom
- H washed his pyjamas himself. He was about 8
- Early structure, H was opening and closing his legs
- Therapist: *Soul wants to open, ego tries to close for safety*
- *We could try the leg limiting*
- Message: *It is safe for you to be open. Even if you want it we won’t let you literally be penetrated*
- Result: Calm
- *I used to feel like I should have sex with any woman who seemed to be available, and now I don’t. I have more choice*
- *I don’t have to tell everyone all about myself anymore*

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The Impulse and Expression of HATRED AND MURDER

Limiting

- “It is alright to want to kill your attacker but we won’t let you literally do it”

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The Increase of GUILT, SHAME AND THE DESIRE FOR SELF PUNISHMENT

Limiting

- “We won’t let you hurt yourself”
- “You don’t deserve to be hurt”

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The Desire to Express LOVE FOR ABUSER -

Containing

- “We can help you handle how much you love him/her”
- “We won’t let you burst with your feelings”

Limiting

- “We won’t let you squeeze him to death”

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- H – with the headmaster D who stroked him to sleep at night, gave him hot chocolate, which he thinks was drugged
- H had structures over a 2 years period, then a break
- When he came back he showed a lot of compassion for D
- Wanted to D to have had a good childhood
- Did Holes in Roles, gave D Ideal Parents & lots of friends

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In the consolidation of structure he said:
"I was so deeply affected to see my headmaster loved and looked after and with friends around him"

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The Need for an ANTIDOTE Relationship

- Whatever form abuse took ideal parents antidote it
- Healing and respectful contact from an ideal figure of similar role to the abuser

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