

# Childhood Sexual Abuse (CSA) Psycho- Educational Group

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SOWK 425: Methods II Social Work Practice with Groups  
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## ***About Us:***


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# Surviving CSA: Psycho-Edu Group

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**Mission:** *To empower young adult women, and inform them on the topic of CSA.*

**Description:** The agencies utilized for this group includes  
Bridge-To-Africa-Connection, Inc.  
Dr. Kwabena Donkor's Clinic  
Both are in partnership with the Ghana Study Abroad program.





# *About Us* cont.

## **Geographic Area:**

Accra, Kumasi, & Cape Coast of Ghana

## **Population Served:**

Ghanaian young adult women

Survivors of CSA

## **Services Provided:**

-Psychoeducational strengths-based group intervention.

-Provision of safe environment to practice introspectiveness, healthy coping strategies, connecting to support systems, and defining personal posttraumatic growth.

# Purpose of Group Intervention



## Description

Through **6 closed sessions**, the group discusses setting group **context**, **introspective narration** of trauma through victim role, process and restructure of **internalizations**, building of healthy **coping strategies**, determining **support systems**, and defining **posttraumatic growth**.

## Statement of Purpose

To educate women of this vulnerable population about beneficial coping strategies to navigate the effects of surviving CSA in Ghana.

## Rationale

To help Ghanaian young adult women survivors of CSA through providing a stigma-limited environment to process their trauma and define posttraumatic growth.

# SMART Goals



## SMART Goal #1

To build introspection and healthy coping strategies to apply during and after the intervention to further the participants' posttraumatic growth.

Objective #1: Address current positive and negative coping mechanisms

Objective #2: Adoption of positive coping strategies

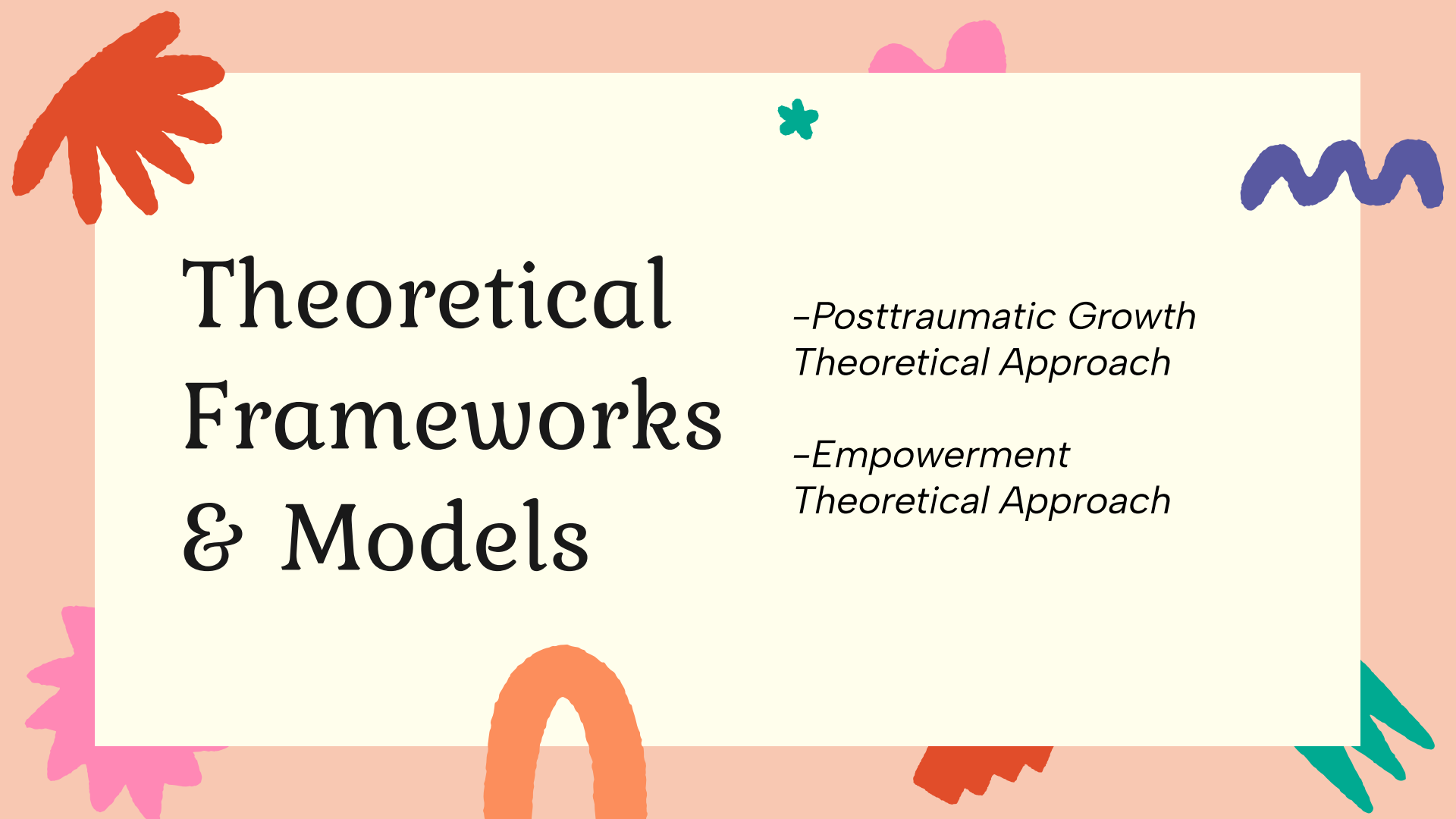


## SMART Goal #2

By the end of the sessions clients will identify one way that they can identify/experience with the stigmas.

Objective #1: Learning terminology/stigma (what that looks like in Ghana)

Objective #2: Group discussion sharing personal experiences with stigmas



# Theoretical Frameworks & Models

*-Posttraumatic Growth  
Theoretical Approach*

*-Empowerment  
Theoretical Approach*

# ***Theoretical Frameworks***

## *Posttraumatic Growth*

### **Historical Origins**

Idea of trauma leading to positive change seen in older philosophies and religious texts.

Coined by Tedeschi & Calhoun in mid-1990s.

### **Major Tenets** (Collier, 2016)

“Appreciation of life, relationship with others, new possibilities in life, personal strength, & spiritual change.”

### **Intervention Techniques** (Tedeschi, 2021)

“Education, emotional regulation, disclosure of trauma, narrative development, and service.”

### **Utilization**

Disclosure of trauma throughout sessions through narrative development and education in introspection.







# *Theoretical Frameworks*

## *Empowerment Theory*

### **Historical Origins** (Perkins & Zimmerman, 1955)

Concept of empowerment arose in the 1970s.

Theory was developed in 1981 by Julian Rappaport.

### **Major Tenets** (Benefield, 2021)

“Autonomy, competence, community,  
and fulfillment”

### **Intervention Techniques** (Martinez, 2022)

“Self-efficacy, critical consciousness,  
and tool development”

### **Utilization**

Self-efficacy built through restructuring  
internalizations, and tool development seen  
with building healthy coping strategies.

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# *Composition*

## ***Population***

Young women with trauma connected to childhood sexual abuse

## ***Homogeneity***

Use homogeneity as a way to connect, normalize, and discuss experiences with sexual violence.

## ***Heterogeneity***

Overall prioritizing respect and using it as a way to understand different perspectives



# *Composition Cont.*

## **Eligibility**

Those that experienced it personally, knows someone that has, or anyone that just wants to learn

## **Role of the facilitator**

Provide evidence based knowledge and guide open conversation among group members to aid in reaching the group goals

**Role of the *Co-facilitator*:** may be available to step out with a client if they need more 1 on 1 attention if something in the group is a trigger for them.

The background is a light peach color with several colorful handprints and abstract shapes. A large blue handprint is in the top left, a pink one in the top right, a red one in the middle right, a pink one in the bottom left, an orange one in the bottom center, and a teal one in the bottom right. A small teal star is positioned above the title.

# *Recruitment*

## **Strategy**

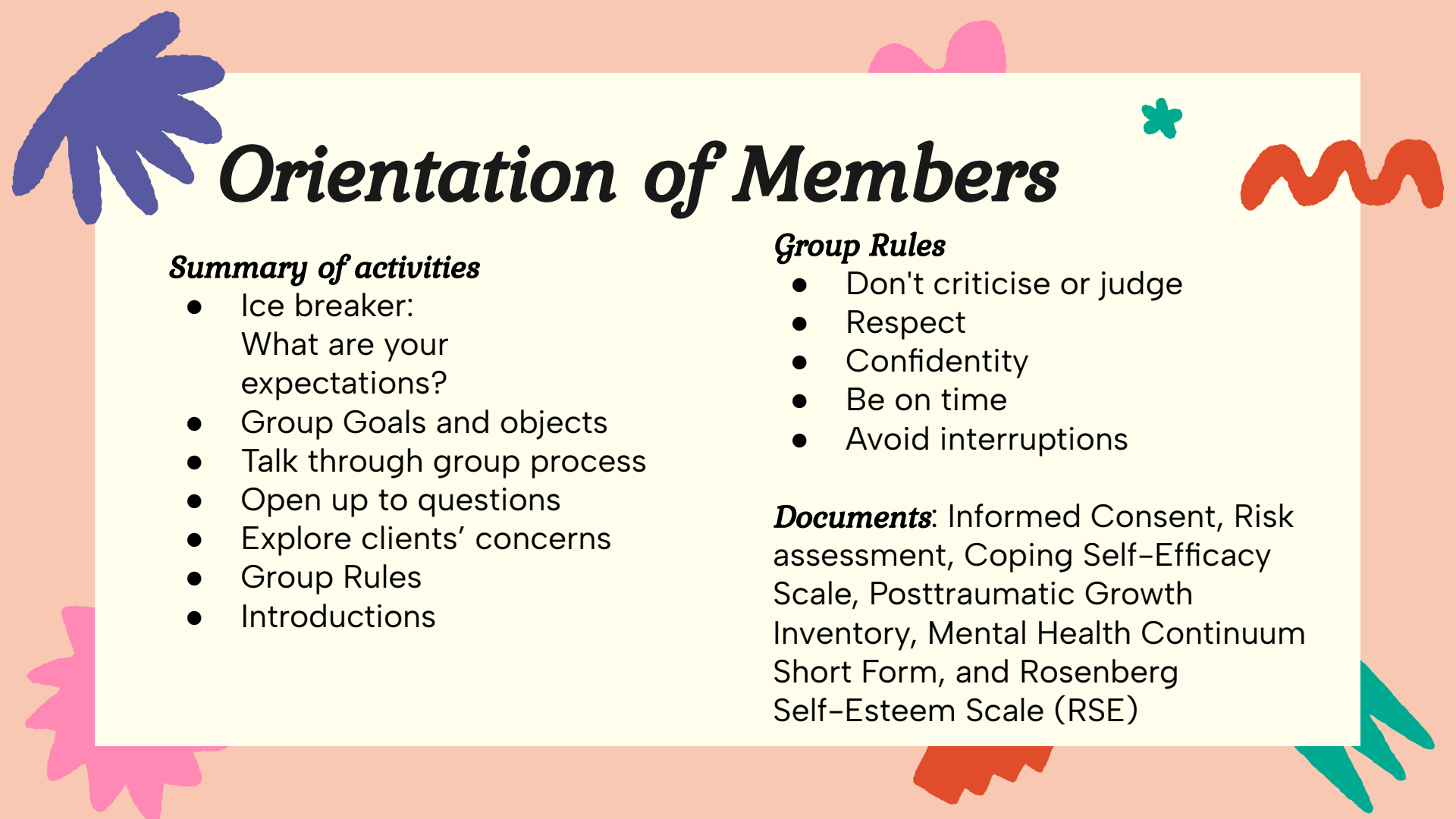
Through Bridge-To-Africa-Connection, Young women in the program will be informed of the group and informative flyers will be handed out

## **Main contact**

Program Director,  
Dr. Brown Meredith

## **Rationale**

The organization connects us to with target population being young women in Ghana



# *Orientation of Members*

## *Summary of activities*

- Ice breaker:  
What are your expectations?
- Group Goals and objects
- Talk through group process
- Open up to questions
- Explore clients' concerns
- Group Rules
- Introductions

## *Group Rules*

- Don't criticise or judge
- Respect
- Confidentiality
- Be on time
- Avoid interruptions

***Documents:*** Informed Consent, Risk assessment, Coping Self-Efficacy Scale, Posttraumatic Growth Inventory, Mental Health Continuum Short Form, and Rosenberg Self-Esteem Scale (RSE)

# *Written Contract*

## ***Attendance Policy:***

- *Voluntary*
- *Must come to all sessions full time unless communicated*
- *Freedom to withdraw*

## ***Confidentiality:***

*What members share do not leave the group*





# SMART Goal #1

## Specific

To build introspection and healthy coping strategies to apply during and after the intervention to further the participants' posttraumatic growth.

## Measured

As measured by COPE Inventory, Coping Self-Efficacy Scale, Posttraumatic Growth, the Short Form Mental Health Continuum, the Rosenberg Self-Esteem Scale.

## Achievable





Improved results are achievable, seen in previous studies

## Relevant

Posttraumatic growth is essential for processing CSA trauma

## Time-Bound

Six sessions over a six week period, assessments done every two weeks, two months after the last session, and a year after the group's initial session.





# SMART Goal #2

## **Specific**

By the end of the sessions clients will identify one way that they can identify/experience with the stigmas

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## **Measured**

Clients will document at least one experience with stigma

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## **Achievable**

Facilitators will inform clients of the research and statistics related to C.S.A. stigmas to validate their experiences

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## **Relevant**

Helps clients understand how cultural norms impact individuals experience with S.A. and sharing their experiences or seeking help

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## **Time-Bound**

At the last session document at least one experience one way they have witnessed or experience trauma

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# *Environment*

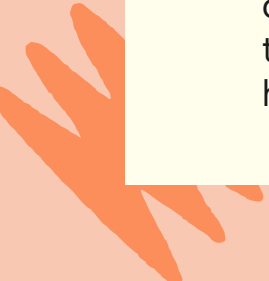
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## Physical Arrangements

- Private room in a school
  - Journals, assessments, worksheets, writing utensils
  - Water and prepackaged snack
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## Special Arrangements

To accommodate individuals with limited access to transportation, clients will use the bus for transportation from the shelter and hospital to the school.





## Financial Arrangements

Room provided through Bridge-To-Africa-Connection, Inc.  
All writing utensils and refreshments will be provided through the Ghana Study Abroad program.

## Accessibility

The school is wheelchair accessible, group accommodates individuals with disorders in direct relation to CSA trauma like PTSD, depression, & anxiety  
(Insufficient for CSA trauma resulting in substance use issues and schizophrenia)



# Considerations



## Anticipated Challenges

Anticipated challenges could include the language gap between the facilitators and the participants. Bridge-to Africa Inc. will address this through providing a translator.



## Ethical Considerations

-Voluntary participation & informed consent ensured through comprehensible contract, translation provided by Bridge-to-Africa Inc.  
-Anonymity/confidentiality ensured through all private information secured online, only accessible by supervisors and facilitators.



## Use of Supervision

Facilitators will use the study abroad supervisor, Dr. Brown-Meredith, as supportive and administrative supervision. Educational supervision will be provided through Dr. Kwabena Donkor's Clinic.



# References

Benefield, K. (2021, September 8). *Meet our Model: The Elements of Empowerment*. Cultivate. Retrieved February 25, 2023, from

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*Questions?*

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