**Session 2 Lesson Plan:**

Journaling activity:

Get members to journal how they have experienced the stigmas.

* Journal Prompts (Write on big white board)
* Have you seen or heard about these stigmas before, if so explain which?
* What are your opinions on the stigmas surrounding CSA?
* Do you have any personal experience with these stigmas being placed on you?

Small group discussion:

Break participants into groups of 3-4. Instruct them to share with in small groups for about 15 minutes and report out for another 15 minutes.

Trauma Narrative:

The trauma narrative is a psychological technique used to help survivors of trauma make sense of their experiences, while also acting as a form of exposure to painful memories.

Unfortunately, avoidance of trauma can sometimes be more harmful than it is helpful. Avoidance can cause trauma and can become more painful, and some triggers are simply impossible to avoid.

One way that therapists help survivors of trauma is through exposure treatments. During exposure, a client will be confronted with reminders of their trauma gradually, in a safe environment. With enough exposure, memories of trauma lose their emotional power.

Get participants to write their own narratives in their journals.