

Contextualizing Child Sexual Abuse

Statistics shared by David Love



Impact by the Numbers

1 in 6 boys and 1 in 4 girls will be raped or molested by age 18. With more than 9 million children under the age of 18 living in California, an **estimated 3.7 million children** statewide are impacted.

Disclosures

74% of children do not disclose in the first year. 50% have not disclosed in 5 years. Due to a myriad of risk factors, child abuse survivors are more likely to disclose their experience as an adult.



Reporting Disparities

Comparatively, **male-identified survivors are often unreported** than female-identified survivors. This does not account for differences in impact, but instead reveals the gendered patterns in disclosure.

Relationship to Perpetrator

94% of children had a pre-existing relationship with the perpetrator. The majority of abuse happened within the home, which debunks the myth that strangers are more likely to be perpetrators.



Treatment Options

Survivors are not alone and support is available. Treatment plans may leverage: **assessments, individual therapy, family therapy, home visitation, behavioral plans in school, and medication if needed.**



CVCA
Coalition for Victims of Child Abuse



Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

Evidenced-Based Therapy for Child Sexual Abuse

Statistics shared by David Love

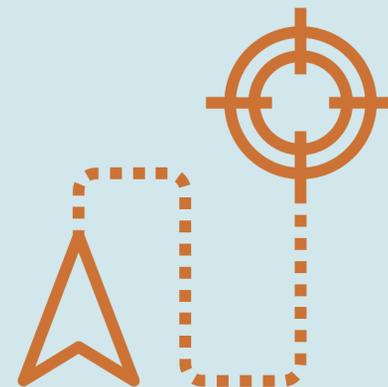


Therapeutic Modalities

There are multiple therapeutic modalities for serving child victims. **Evidenced-based approaches include: Parent-Child Interaction Therapy (PCIT), PC-Care, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Trauma-Focused Play Therapy, Mindfulness, and Yoga**

Measurable Goals

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) consists of four goals in the treatment process. **These goals are: provide education regarding abuse and sexuality, process trauma, learn adaptive thoughts, feelings, and behaviors, and develop coping skills and safety.**

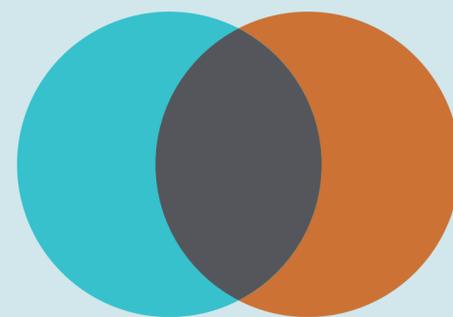


Format for Intervention

Structured Cognitive Behavioral Therapy interventions may overcome: PTSD, Depression, Disruptive Behaviors, and Emotional Difficulties. **Treatment emphasizes the caregivers' involvement by increasing support and communication while also decreasing parents' distress.**

Inclusion Criteria

TF-CBT may be an effective approach for child victims who meet certain criteria. **Children must be between the ages of 4-18, show 5 symptoms of any of the 3 clusters of PTSD criteria, history of trauma, and relatively stable placement.**



Effectiveness of Treatment

TF-CBT has proven to be effective, especially for child sexual abuse victims. **Evidence shows a 63% reduction in children's PTSD symptoms, 41% reduction in children's level of depression, and 23% in children's acting out difficulties.**



Resources for Treating Child Sexual Abuse

Cited by David Love



- ***The Child Trauma Academy, founded by Bruce Perry MD, Ph.D.***
- ***The American Professional Society on the Abuse of Children***
- ***Integrative Treatment of Complex Trauma for Adolescents, housed at USC's Keck School of Medicine***
- ***UC Davis Children's Hospital Parent Child Interactive Therapy.***
- ***Trauma Center at the Justice Resource Institute***
- ***National Child Traumatic Stress Network***
- ***Child Abuse Training and Technical Assistance Center at the Center for Innovation and Resources, Inc.***
- ***California ACES Academy***

