

Rhonna W. Phillips
Counseling & Therapy Services, LLC

SURVIVORS OF CHILDHOOD SEXUAL ABUSE GROUP
for Adult Woman

Mission: To reduce the negative impact of childhood sexual abuse. To address the cognitive, emotional, behavioral, spiritual and functional impairments that have been a consequence of this abuse. To increase your sense of self-worth and empowerment. To improve healthy intimacy in adult relationships.

Structure: Two formats are available & determined by participants' needs.
A. Educational group: Closed group, 11+ week series, using Cognitive Behavioral Therapy including reading, writing, presentations, group discussion and processing. **B. Support group:** open membership, open ended.

A screening session is required to determine appropriateness of admission. A commitment to regular attendance would be required. 19yo+/- Referrals made as needed. Private pay. Hardship rates on case-by-case basis.

Schedule: Designation of regular weekly or bi-weekly, day of week, and 90-120 minute time length, can all be determined by the consensus of the active participants. TBA

Location: I65 & the Alford Ave exit; Hoover area of Birmingham AL.

Tools: Book: The Courage To Heal, by Ellen Bass & Laura Davis and/or Workbook: The Courage To Heal by Laura Davis. Handouts provided.

Goals: The group environment is safe, supportive and non-judgmental. It is facilitative of sharing your personal story and increasing your social affiliation while honoring your individualized perspective and needs. You can recognize where you currently are in the stages of the healing process. You can permit yourself to grieve your childhood losses. You can honor what you did to survive. Your self-blame and/or shame can be normalized yet challenged. You can recognize how the abuse was not your fault. You can honor your grief and anger appropriately. You can develop new adaptive and coping skills. You can have a clearer sense of how and when to trust again. You can distinguish between inappropriate sexual abuse and healthy appropriate sexual intimacy.

Facilitated by: Rhonna W. Phillips, MA
Licensed Professional Counselor & Supervisor,
Licensed Marriage and Family Therapist,
Collaborative Practitioner,
Qualified Family & Domestic Relations Mediator

Rev. 1-2018