

MGG2602

(490803)

January/February 2016

SEXUAL TRAUMA

Duration 2 Hours

60 Marks

EXAMINERS

FIRST

SECOND

MS LT STRYDOM

PROF D DE KOCK

Closed book examination

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**THIS PAPER CONSISTS OF 15 PAGES PLUS INSTRUCTIONS FOR
COMPLETION OF A MARK-READING SHEET.**

This paper consists of 15 true/false questions (in part 1) and 45 multiple-choice questions (in parts 2, 3 and 4), for a total of 60 marks

Answer the questions on the mark-reading sheet Note that ALL questions are compulsory

TURN OVER

PART 1: TRUE/FALSE QUESTIONS

Indicate whether the following statements are true or false.

- If the statement is true (correct), mark 1 on the mark-reading sheet.
- If the statement is false (incorrect), mark 2 on the mark-reading sheet.

- 1 Continuous traumatic stress describes situations where people are exposed to ongoing stress
- 2 Trauma is a blend of various behaviours, feelings and physical responses
- 3 Resilience is the ability to thrive in the face of difficult circumstances
- 4 Trauma counsellors need to be aware of the impact that the abuse has had on their personal life
- 5 New Morality views on sexual intercourse have made it much more acceptable and regard it as an entitled form of expression
- 6 In an expressive society a woman's sexual functioning is related to procreation, not sexual satisfaction
- 7 Children should be immediately and strongly reprimanded for masturbating or exposing themselves in public
- 8 The basis of psychoanalysis, as Freud first developed it, was to create a safe therapeutic context for trauma sufferers to recover their traumatic memories and verbalise the intense feelings associated with them
- 9 The medical model of classification and diagnosis can run the risk of ignoring the professional value of individualisation
- 10 The systems approach understands relationships in a linear and cause-and-effect manner
- 11 Interest in their own bodies and the bodies of others is a normal part of a developing child's world
- 12 It is true that penetrative sex has more severe emotional consequences for children than the mere touching of genitals
- 13 Survivors of sexual trauma can develop problems with intimacy in their relationships
- 14 It is inaccurate to conclude that sexual offence rates are sharply increasing as a symptom of modern societies

TURN OVER

- 15 A professional culture in the field of sexual abuse refers to a group of professional people who share a genuine interest in this field and compassion for those who have been traumatised

PART 2: COMPLETE THE SENTENCES BELOW BY CHOOSING THE MISSING WORDS OR PHRASES. MARK THE NUMBER CORRESPONDING TO THE CORRECT OPTION ON YOUR MARK-READING SHEET.

- 16 Some people seem to _____ their traumatic experience for long periods of time and make it their business to continue with life as though nothing has happened
- 1) deny
 - 2) accept
- 17 Social rules are explicitly defined by _____
- 1) social expectations
 - 2) law
- 18 Primary school children are _____ about sexual behaviour
- 1) curious
 - 2) ambivalent
- 19 _____ is a typical defence mechanism as identified by Freud in psychoanalysis
- 1) Repression
 - 2) Avoidance
- 20 Systems theorists attribute incest to _____
- 1) a valid family rule that transfers from an adult, who was sexually abused as a child, to their own family
 - 2) parents who express love to their children

TURN OVER

- 21 One of the five categories of child sexual abuse accommodation syndrome as discussed by Summit is _____
- 1) entrapment and accommodation
 - 2) prompt disclosure
- 22 The _____ of the child is one of the factors that will impact on the child's response to the abuse
- 1) gender
 - 2) height
- 23 _____ is not a myth about sexual abuse
- 1) Saying that damage to a child after sexual abuse is irreparable
 - 2) Loss of sense of self and personal boundaries
- 24 Healing from a sexual trauma is known to be a(n) _____ process
- 1) non-linear
 - 2) uncomplicated
- 25 Rape that happens in an isolated or deserted place is best known as _____ rape
- 1) opportunistic
 - 2) premeditated
- 26 A myth about male rape is that _____
- 1) many men get raped
 - 2) males who are raped are boys or weak adults
- 27 A macro-level intervention involves _____
- 1) preparing a child to avoid being abused
 - 2) improving communication between parents

TURN OVER

28 Knowledge needed to work in the field of sexual trauma includes _____

- 1) an understanding of the law
- 2) knowledge for prescribing medications

29 Having been abused as a child, many survivors describe intimacy as _____

- 1) suffocating and invasive
- 2) enjoyable and amusing

30 Sexual abuse weighs the child down with enormous feelings of _____

- 1) responsibility for themselves
- 2) responsibility for others

PART 3: CHOOSE THE CORRECT ANSWER.

MARK THE NUMBER CORRESPONDING TO THE CORRECT OPTION ON YOUR MARK-READING SHEET.

31 Reporting of child abuse _____

- 1) can be done anonymously
- 2) is compulsory for any person who suspects that the child is being abused
- 3) Both of the above

32 The effects of sexual trauma on the adult survivor include _____

- 1) poor self-esteem
- 2) negative impact on personality development
- 3) Both of the above

33 Healing is commonly seen as _____

- 1) a linear process
- 2) a spiral process
- 3) Neither of the above

TURN OVER

34 Denial is _____

- 1) related to thoughts that are intensely painful and distressing
- 2) connected to anger and grief
- 3) related to intense mourning

35 Rape that occurs in an isolated or deserted place is an example of _____

- 1) date rape
- 2) opportunist rape
- 3) premeditated rape

36 The medical model includes _____

- 1) dissociative disorder
- 2) psychoanalysis
- 3) Neither of the above

37 The boundaries between the incestuous family and the community are _____

- 1) the same as within the family
- 2) vague and confusing
- 3) rigid and closed

38 The impact of trauma will be less if the perpetrator is _____

- 1) a father
- 2) a stepfather
- 3) an unrelated person

39 A person who fails to report knowledge that a sexual offence has been committed against a child is _____

- 1) liable on conviction to a fine
- 2) liable on conviction to imprisonment for a period not exceeding six years
- 3) Both of the above

TURN OVER

40 When a district surgeon examines a child, the best position for the child to be in is _____

- 1) the foetal position
- 2) the frog position
- 3) Both of the above

41 When interviewing a child about sexual abuse you should not _____

- 1) clarify expectations
- 2) be coercive
- 3) corroborate

42 Adult disclosure of sexual trauma can be _____

- 1) due to paranoia
- 2) precipitated by loss
- 3) Neither of the above

43 According to a systems perspective a disengaged relationship implies that _____

- 1) the marital couple is separated
- 2) the marital couple do not rely on one another to fulfil each others' needs
- 3) Neither of the above

44 During acute intervention the helper dealing with the case of sexual abuse assists the survivor of sexual abuse to _____

- 1) deal with the immediate crisis and the related practical issues related to protecting his or her safety
- 2) process feelings of ambivalence related to the self, the world and justice and fairness
- 3) work through the process of integration

TURN OVER

45 When it comes to dealing with child sexual abuse one of the first and foremost steps for the intervening helper is to _____

- 1) get the perpetrator to accept responsibility for his or her actions
- 2) ensure that the child/children is/are safe
- 3) get the child/children removed from the home

PART 4: THE FOLLOWING QUESTIONS ARE RELATED TO THE CASE STUDY ON PAGE 12.

- **Read the case study attached.**
- **Mark the number corresponding to the correct option on your mark-reading sheet.**

46 The experience of Jamie in the case study should be classified as _____

- 1) sexual molestation
- 2) crimen injuria
- 3) child sexual abuse

47 The reason Danny approached Jamie in the case study is _____

- 1) because she was young and beautiful
- 2) because she was vulnerable and powerless
- 3) because she made the first move by whistling at him

48 Danny's actions could also be described as _____

- 1) opportunistic rape
- 2) statutory rape
- 3) premeditated rape

49 The survivor's experience can be classified as _____

- 1) continuous trauma
- 2) indirect trauma
- 3) secondary trauma

TURN OVER

50 Thinking about something else and “floating away” during the rape is suggestive of _____

- 1) dissociation
- 2) daydreaming
- 3) depersonalisation

51 The primary defence mechanism that Jamie's mother used for the sexual abuse was _____

- 1) intellectualisation
- 2) rationalisation
- 3) blaming

52 Jamie moving from place to place is indicative of _____

- 1) “escape behaviour” to avoid intimacy
- 2) self-protection to avoid further abuse
- 3) sexual promiscuity

53 According to Briere's model (1992), Jamie's withdrawal and isolation from others was _____

- 1) long-term elaboration and secondary accommodation
- 2) a typical post-traumatic reaction
- 3) early accommodation of her abuse

54 The survivor in the case study appeared to follow a healing process that happened _____

- 1) in a smooth and predictable fashion
- 2) in a non-linear fashion
- 3) neither of the above

TURN OVER

55 This abuse can potentially impact on Jamie's future long-term relationships and for this reason she should be encouraged _____

- 1) not to disclose this to her future partner as it could make him suspicious about whether she was responsible for what happened and lead to a problem of jealousy in their relationship
- 2) to make up her own mind about whether she wants to tell her partner or not because she has the ability to make the best decision suited to her personal circumstances
- 3) to disclose it to her partner so that he will understand why she resists his sexual advances when their relationship becomes intimate

56 Which one is **not** a myth?

- 1) Survivors of sexual abuse will usually abuse their own children
- 2) Survivors of sexual abuse become involved in crime, drugs and prostitution
- 3) Survivors of sexual abuse are judged by society

57 A trauma such as the one experienced by Jamie has the potential to _____

- 1) create such inner turmoil for the survivor that several areas of functioning in her life may be disrupted
- 2) give the survivor an opportunity to grow, identify strengths within herself and become more realistic about life
- 3) Both of the above are correct

58 The phases of the six-stage model of healing (Petty & Spies 2005) are

- 1) consciousness, denial, emergency, bottoming out, exploration of emotions, acceptance
- 2) denial, bottoming out, emergency, exploration of emotions, consciousness, acceptance
- 3) denial, emergency, consciousness, exploration of emotions, bottoming out, acceptance

TURN OVER

59 Danny was technically a child himself, when the abuse began, why is he still considered an offender?

- 1) He was more than three years older than Jamie
- 2) He was in a position of power
- 3) Both 1 and 2

60 The survivor was traumatised because what happened to her _____

- 1) was extraordinary
- 2) overwhelmed her natural coping mechanisms
- 3) Both 1 and 2

TOTAL: 60 MARKS

TURN OVER

CASE STUDY: The story of Jamie.

My life began as any other a happy little girl in a happy family My biggest worry was about my older brother threatening to tell on me for stealing a cookie I was eight years old and the life I was living was exactly how a child's life should be carefree and devoid of the messy thoughts and feelings that would eventually haunt me I was innocent and pure

Then my parents' ugly divorce popped that bubble Suddenly the peace at home was shattered by screaming matches, muttered insults and icy glares I loved my family more than anything and the divorce ripped us apart Mom and dad were too busy annihilating each other to notice what was happening to me and my brother We were either pushed aside or used as bargaining tools I was caught in the middle, mom convincing us that dad was the bad guy and dad telling us that mom was to blame I was lost I withdrew and tried to stay far away from any kind of family situation My brother spent most of his time away from home

Around this time new neighbours moved in next door One afternoon, as I was sitting in the tree at the bottom of our garden, I noticed a boy of about sixteen kicking a ball around in the garden I whistled at him He looked up and smiled at me, with the kindest eyes I had ever seen How I would forever blame myself for making that move!

Danny soon became my dearest friend, my guardian Often, during one of my parents' arguments, I would run out of the house down to the tree and sob my heart out More often than not, Danny would come to the fence and say "They're at it again?" and I would nod my head with tears rolling down my cheeks Sometimes he wouldn't say much, and just share an orange or a sandwich with me Other times he would tell me a joke and make me laugh Sometimes he would jump over the fence to my side and kick a ball around with me, or he would help me over to his side to show me a treasure and give me a hug Sometimes just knowing Danny was there was enough to make me feel better

TURN OVER

We began to spend a lot of time together. After school, I would run down to the garden fence to tell him what had happened during the day. He always had the time and energy to listen to me, or to help me with my homework. My mom and dad had separated and Mom was usually distant and miserable or busy. She thought Danny was a sweet, decent guy because he would offer to help her with things around the house. Often she left me in his care when she was out. Looking back, I can see that Danny just stepped in where my dad left off.

The first time it happened was when we were lying on a towel after a swim. Danny reached over and slid his fingers underneath my swimming costume, just touching my genitals. This shocked me and I cringed away from him. He laughed and said "Come back, silly, it's just a different type of hug." From that day on, Danny's "hugs" took on all kinds of different guises. Some of them made me feel warm and fuzzy, others made me uncomfortable, like when he wanted me to touch him under his clothes. But I didn't say anything because I wanted Danny to be happy. He was my world.

I was almost ten years old when Danny actually raped me. He told me this is what people do when they love each other. Even though it hurt and I preferred the warm hugs, I was so deeply happy that Danny loved me. I found a way to think of something else while it happened. Eventually I could become a balloon and float away into another world, like Alice in Wonderland.

One day Childline came to my school to give us a talk about sexual abuse. The presenter said that nobody has the right to touch your body, especially under your clothes. She said these are "bad touches" and we should tell our parents if this happens to any of us. I was confused. Although Danny's touches were sometimes painful, I did not think that they were bad. Sometimes they even felt like good touches to me. Danny loved me and I trusted him. Also, I had sometimes touched Danny under his clothes, so maybe I was the bad one? Later at home, I told Danny what the lady had said. He said it was nonsense, that she was talking about bad things that strangers do to small children. He said I was not a little child and we had a special love that my mom would not understand. He said as long as I allowed him to love me, he would always be there for me.

TURN OVER

It went on for years. I was isolated from other people and the world. As a teenager, I realised that I was different from my peers and that the relationship with Danny was not normal. I felt dirty. As time passed, I began to want it to stop but had no idea how to end it. I tried to broach the subject with my mom but she couldn't or wouldn't hear what I was saying. Instead, she suggested that if it had actually happened, it was my fault because I had wanted it. As soon as I turned sixteen, I left home. I needed to get away.

Life on your own at sixteen is not easy. I was really alone, and many times I considered going home to what was familiar, to Danny. I stayed with various "friends", doing odd jobs to earn some money, trying to build a life. I ended up in the city, looking for ways to fill the emptiness but my past was catching up. I thought I was free from Danny but I wasn't. I was trapped in anger, guilt, shame and worthlessness. I resorted to scratching and cutting myself to release some of the pain. When that didn't work, I turned to sex – with anyone and everyone. Prostitution was a good way to earn a living, except that the guilt and shame increased and I hated the familiarity of being abused yet again. I moved around a lot, charming my way into people's homes but leaving as soon as it got too comfortable. I became hard and mean, nothing could touch me. I switched off, I forgot how to feel. I was eventually completely worn out, ready to give up on life.

One desperate night, on the verge of suicide, I called Lifeline. I spoke for hours to someone who truly seemed to care. After a few more phone calls, when I was ready, she put me in touch with a group for adult survivors of child abuse. For the first time I knew I was not alone. There were others there who had been through the same experiences, and they cared about me. The group saved my life. As survivors we have to sort our insides out, our feelings. All my feelings were ripped out, mixed up, messed up and thrown back in when I was abused. I have to retrain my brain, learn how to think, feel, trust, love. At times I feel like I am an eight-year-old inside a woman's body.

TURN OVER

I look forward to those weekly meetings where I can say anything and not be judged. I can tell about my experiences without reactions of disbelief or horror and shock, feel safe enough to peel back the years of abuse and discover the real me, who I am meant to be. I am proud to say I am now free of drugs and self-harming. I have a decent job and a healthier lifestyle, and I have come out with my secret.

I am not ashamed of who I am anymore. It is still an uphill battle and it is still far from over, but I know I have plenty of support and I can see a ray of light. My group is a family of survivors and I am fortunate to have a few really good friends. I hope that one day I will be able to include my mother in my circle. I also hope that one day I will be able to love and trust a man again – I am not there yet. But I know there never needs to be a dead-end. There is more than anger and sadness. There is always hope.

PART 1 (GENERAL/ALGEMEEN) DEEL 1

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INITIALS AND SURNAME
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For use by examination invigilator
Vir gebruik deur eksamenopsiener

IMPORTANT

1. USE ONLY AN HB PENCIL TO COMPLETE THIS SHEET
2. MARK LIKE THIS
3. CHECK THAT YOUR INITIALS AND SURNAME HAS BEEN FILLED IN CORRECTLY
4. ENTER YOUR STUDENT NUMBER FROM LEFT TO RIGHT
5. CHECK THAT YOUR STUDENT NUMBER HAS BEEN FILLED IN CORRECTLY
6. CHECK THAT THE UNIQUE NUMBER HAS BEEN FILLED IN CORRECTLY
7. CHECK THAT ONLY ONE ANSWER PER QUESTION HAS BEEN MARKED
8. DO NOT FOLD

BELANGRIK

1. GEBRUIK SLEGS 'N HB-POTLOOD OM HIERDIE BLAD TE VOLTOOI
2. MERK AS VOLG
3. KONTROLEER DAT U VOORLETTERS EN VAN REG INGEVUL IS
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7. MAAK SEKER DAT NET EEN ALTERNATIEF PER VRAAG GEMERK IS
8. MOENIE VOU NIE

PART 2 (ANSWERS/ANTWOORDE) DEEL 2

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135	c1	c2	c3	c4	c5
136	c1	c2	c3	c4	c5
137	c1	c2	c3	c4	c5
138	c1	c2	c3	c4	c5
139	c1	c2	c3	c4	c5
140	c1	c2	c3	c4	c5