

MGG2602

(488850)

October/November 2016

SEXUAL TRAUMA

Duration 2 Hours

60 Marks

EXAMINERS .

FIRST

SECOND

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MR J MASOMBUKA

Closed book examination

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**THIS PAPER CONSISTS OF 18 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 (MUST all be answered).

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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 Female genital mutilation can result in sexual trauma.
- 2 The role of the trauma counsellor is to teach and give advice
- 3 There is a greater openness and freedom surrounding previous taboos on sexuality.
- 4 Teenagers do not have to integrate new physical and sexual changes into their identity; it is done automatically as part of their sexual development.
5. The feminist movement was largely responsible for improving legal and psychotherapeutic responses to rape
6. Sexual abuse is characterized by power and authority by an offender over a victim
7. All schools should conduct programmes educating children about "stranger danger" so that children become aware of the threat of strangers; then the incidence of child sexual abuse will drop.
- 8 Any person (A) who unlawfully and intentionally compels a third person (C), without the consent of C, to commit an act of sexual penetration with a complainant (B), without the consent of B, is guilty of an offence of rape.
9. Trauma is a blend of various behaviours, feelings and physical responses.
10. Resilience is the ability to thrive in the face of difficult circumstances.
11. New Morality views on sexual intercourse have made it much more acceptable and regard it as an entitled form of expression.
12. Children should be immediately and strongly reprimanded for masturbating or exposing themselves in public.
13. The medical model of classification and diagnosis can run the risk of ignoring the professional value of individualisation.
14. Interest in their own bodies and in the bodies of others is a normal part of a developing child's world.
15. Survivors of sexual trauma can develop problems with intimacy in their relationships.

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PART 2: CHOOSE THE CORRECT ANSWER.

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

- 16 Talking about the trauma _____.
- 1) helps children to understand and clarify what has actually happened to them
 - 2) confuses children and causes them distress
 - 3) helps parents to understand
 - 4) inhibits expression
 - 5) All of the above.
17. Common feelings of survivors include _____.
- 1) self-loathing
 - 2) pain and rage
 - 3) inadequacy
 - 4) inability
 - 5) All of the above.
18. A definitive characteristic of sexual abuse is _____.
- 1) the abuse of power and authority by the offender
 - 2) defiance by the survivor
 - 3) partial gratification
 - 4) All of the above.
 - 5) Both of the above.
19. Attempts at coping are, to some degree, useful, but become ingrained and rigid over time This explains _____.
- 1) personality disorders
 - 2) mood disorders
 - 3) post-traumatic stress disorder
 - 4) dissociative disorder
 - 5) acute stress disorder

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20. An indicator, in children, that signals that the problem may be sexual abuse is _____.

- 1) sudden lack of trust in or avoidance of a well-known adult
- 2) awkward posture
- 3) inappropriate expressions of affection
- 4) a negative body image
- 5) All of the above

21. The greatest consequence of sexual abuse is _____.

- 1) psychological and emotional
- 2) physical and psychological
- 3) emotional and physical
- 4) All of the above.
- 5) None of the above

22. When preparing younger children for court it is important to _____.

- 1) explain the process in depth
- 2) explain in detail the roles of the different professionals involved
- 3) help them to understand the legal terms that will be used
- 4) All of the above.
- 5) None of the above.

23. Treatment for a male survivor includes _____.

- 1) regaining control over others
- 2) learning skills such as projection
- 3) recognising and altering abuse-distorted thoughts, beliefs and perceptions
- 4) learning skills to suppress inner experiences
- 5) learning how to deal with the experiences alone

24. "Extrafamilial molestation" is a term used to describe acts of molestation committed by _____.

- 1) blood relatives of the victim
- 2) step-relatives of the victim
- 3) primary carers of the victim
- 4) offenders unrelated to the victim
- 5) non-blood relatives of the victim

25. Reporting of child abuse _____.

- 1) can be done anonymously
- 2) is compulsory for any person who suspects that the child is being physically abused
- 3) is compulsory for any person who suspects that the child is being emotionally abused
- 4) All of the above.
- 5) None of the above

26 Denial is _____.

- 1) related to thoughts that are intensely painful and distressing
- 2) connected to anger and grief
- 3) related to intense mourning
- 4) an effective means of regaining control over their lives
- 5) related to guilt and self-blame

27. The medical model includes _____.

- 1) dissociative disorder
- 2) psychoanalysis
- 3) aspects of feminism
- 4) All of the above.
- 5) None of the above.

28. 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) the bird wing position
- 4) Both 2 and 3.
- 5) Both 1 and 2

29. When interviewing a child about sexual abuse you should not _____

- 1) clarify expectations
- 2) be coercive
- 3) corroborate the child's testimony
- 4) be friendly
- 5) encourage free narrative

30. During acute intervention the helper dealing with a 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
- 4) work on the long-term feelings and emotions related to the sexual abuse
- 5) None of the above.

PART 3: COMPLETE THE SENTENCES BELOW BY CHOOSING THE MISSING WORDS OR PHRASES. MARK THE NUMBER CORRESPONDING TO THE MOST CORRECT OPTION ON YOUR MARK-READING SHEET.

31. Weiss in Janoff-Bulman (1992:170–171) suggests that the goal of recovery is to enable the survivor to achieve “ordinary levels of effective functioning”. These would be.

- 1) experiencing pain and distress
- 2) the ability to give energy to everyday life
- 3) inadequately performing social roles
- 4) developing hopelessness
- 5) None of the above.

32. Healthy families are recognised by _____.

- 1) open communication
- 2) blurred boundaries
- 3) abnormal definition of sexuality
- 4) weak extrafamilial support
- 5) none of the above

33. In an incestuous family a dominant father can be described as _____.

- 1) craving attention
- 2) an extrovert with many friends
- 3) having an unrestricted social life
- 4) All of the above.
- 5) None of the above.

34. _____ is the most publicised form of interfamilial molestation.

- 1) mother–daughter
- 2) father–daughter
- 3) mother–son
- 4) grandparent–grandchild incest
- 5) sibling incest

- 35 The six-stage model of healing includes the _____ stage
- 1) anger
 - 2) emergency
 - 3) grief and mourning
 - 4) fear
 - 5) guilt and self-blame
36. Sexual trauma in males is associated with _____
- 1) stigma and shame
 - 2) guilt
 - 3) depression
 - 4) All of the above
 - 5) None of the above.
37. One can expect that the majority of sexual offenders who commit acts of sexual abuse against males are most likely _____.
- 1) homosexuals
 - 2) heterosexuals
 - 3) female
 - 4) All of the above.
 - 5) None of the above.
- 38 Various ways in which the offender exerts control over the child is through the use of _____.
- 1) intimidation
 - 2) violence
 - 3) fear and anxiety
 - 4) Both 1 and 3.
 - 5) Both 1 and 2.

- 39 Primary school children are _____ about sexual behaviour.
- 1) curious
 - 2) ambivalent
 - 3) uncertain
 - 4) All of the above
 - 5) None of the above.
40. _____ is a typical defence mechanism as identified by Freud in psychoanalysis.
- 1) repression
 - 2) avoidance
 - 3) transference
 - 4) All of the above
 - 5) None of the above
- 41 The _____ of the child is one of the factors that will impact on the child's response to the abuse.
- 1) gender
 - 2) height
 - 3) social status
 - 4) All of the above
 - 5) None of the above.
42. Healing from a sexual trauma is known to be a(n) _____ process.
- 1) non-linear
 - 2) uncomplicated
 - 3) basic
 - 4) temporary
 - 5) All of the above.

- 43 A macro-level intervention involves _____
- 1) preparing a child to avoid being abused
 - 2) the creation of a safe environment
 - 3) prevention strategies
 - 4) All of the above.
 - 5) None of the above.
- 44 Having been abused as children, many survivors describe intimacy as _____.
- 1) suffocating and invasive
 - 2) enjoyable and amusing
 - 3) reassuring and comforting
 - 4) trustworthy and reliable
 - 5) simple and effortless
45. Sexual abuse weighs the child down with enormous feelings of _____.
- 1) responsibility for themselves
 - 2) responsibility for others
 - 3) certainty of their roles
 - 4) All of the above
 - 5) None of the above.

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

- **Read the case study on page 13.**
- **Mark the number corresponding to the most correct option on your mark-reading sheet.**

- 46 The experience of Portia in the case study is best described as _____.
- 1) sexual molestation
 - 2) incest
 - 3) crimen injuria

47. According to the systems perspective, this type of sexual abuse _____.
1) fulfils a certain function in the family system
2) is the result of a seductive child's behaviour to get attention
3) occurs in all healthy families to some degree
48. Which statement is *not* true of systems theory regarding this type of abuse?
1) Adults who were sexually abused as children may later transfer abusive behaviour to their own family.
2) The offending parent is held solely responsible
3) There is ineffective communication within the family.
49. The survivor's experience as a child can be classified as _____.
1) indirect trauma
2) secondary trauma
3) complex trauma
50. Which statement describes the pattern of role reversal in this family?
1) dominant father, passive/dependent mother, passive daughter
2) dominant father, passive/dependent mother
3) dominant father, passive/dependent daughter
51. The following unique characteristics of this type of abuse are evident in the case study:
1) vague and confusing boundaries; disengaged marital relationship; patrarchal
2) rigid and closed boundaries; isolation and secrecy
3) Both 1 and 2
52. Mrs Hendricks' reaction to Portia's disclosure is likely to make healing _____.
1) less complicated
2) more complicated
3) Neither of the above.

53. Portia's sexual behaviour after leaving home is indicative of _____.
1) escape behaviour
2) dissociation from family
3) sexual abuse
54. According to Matsakis's three stages of healing (1996), which phase was Portia entering when she called the psychologist?
1) Experiencing feelings associated with the trauma.
2) Remembering the trauma and reconstructing it mentally.
3) Empowering the survivor.
55. The survivor in the case study appears to follow a healing process that occurs _____.
1) in a smooth and predictable fashion
2) in a non-linear fashion
3) in fits and starts
56. The survivor was traumatised because what happened to her _____.
1) rendered her powerless and helpless
2) overwhelmed her natural coping mechanisms
3) Both 1 and 2.
57. Sexual trauma can potentially impact on Portia's long-term relationships and for this reason she should be encouraged _____.
1) to disclose it to her husband so that he will understand why she resists his sexual advances when their relationship becomes intimate
2) not to disclose this to her husband as it could make him suspicious about whether she was responsible for what happened and lead to rejection
3) to decide for herself whether or when to tell her husband or not because she has the ability to make the best decision suited to her personal circumstances

58 The phases of the six-stage model of healing (Petty & Spies 2005), in the correct order, are _____

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

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

- 1) Survivors of intrafamilial sexual abuse suffer irreparable damage.
- 2) Survivors of sexual abuse are often judged unfairly by society.
- 3) Survivors of sexual abuse usually become involved in crime, drugs and/or prostitution

60 A trauma such as the one experienced by Portia 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 1 and 2.

TOTAL: 60 MARKS

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CASE STUDY: PORTIA HENDRICKS

Mr and Mrs Hendricks met in the army and got married in 1952, after Mrs Hendricks had finally given in to Mr Hendricks's persuasive attempts to get her to accept his proposal. Mrs Hendricks had doubts about the marriage, since Mr Hendricks served in the air force and was often away on long trips. She was also worried about Mr Hendricks's "dark side" which included compulsive lying, temper outbursts, lack of affection towards her and long monologues regarding his newly found religion and his involvement in a conservative church. Mrs Hendricks was concerned that her new husband would not love her and care for her as she desired, but the excitement about the engagement temporarily allayed her fears and the wedding plans went ahead. Mrs Hendricks took a job as a secretary and they lived a quiet life, having few friends, as Mr Hendricks preferred.

Exactly a year later, Mrs Hendricks gave birth to a daughter. She had not felt that they were ready for children, but Mr Hendricks had opposed the use of contraceptives, believing that they were against God's will. Mrs Hendricks was repeatedly reminded that she had to submit to her husband as the head of the household. Mrs Hendricks gave up her job as a secretary to stay at home with the baby. Twenty months later, another baby girl was born. To onlookers, the family appeared happy, but Mrs Hendricks recalls that the untimely arrival of two babies and the decrease in income began to cause cracks in the marital relationship. Mr Hendricks was not very involved with the children because he was often away, and when he was home, he was tense and needed "peace and quiet" so that he could rest. He implemented strict rules in the house and insisted that the children be seen and not heard, especially when he was home. On a few occasions when the children were noisy, the house was untidy or dinner was late, his temper would flare and Mrs Hendricks would do all she could to pacify him and restore calm. Mr Hendricks also began to neglect the upkeep of the house and the garden, dismissing these chores as "women's work". As a result, Mrs Hendricks took over the bulk of the maintenance herself, since there was no extra money for a gardener. Mrs Hendricks became more and more unhappy, but kept her feelings to herself out of loyalty to her husband.

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As the years passed, modern technology progressed and mechanical devices began to take the place of people on aircrafts. Eventually Mr Hendricks was retrenched. This was a devastating blow to his self-esteem and he sank into a depression. Since both children were now in school, Mrs Hendricks persuaded Mr Hendricks that it was time for her to get a job to relieve some of the financial strain on him. He reluctantly agreed and she began working again. Life was difficult during this time and Mr Hendricks's "dark side" emerged more often. While he searched without success for employment, his temper was volatile and he would often lash out in anger, verbally and physically abusing his wife and anyone else who happened to be in the vicinity. On one such occasion, a neighbour called the police and a young constable arrived at the house to investigate the disturbance. He was no match for Mr Hendricks who bellowed biblical verses at him and ordered him off his property, which he described as his "kingdom". Mrs Hendricks felt responsible for these attacks, believing that they would not have happened if she had been a good wife and had not provoked her husband, who was, after all, "a man of God" and the head of the home. She tried her best to obey him and to submit to his will. This included allowing him access to her body whenever he wanted it, which was becoming less and less of a pleasure for Mrs Hendricks. In fact, she had begun to suggest that Mr Hendricks would be happier with a more "competent" wife. However, he would not hear of it, as divorce was not acceptable in his church.

Only six months into her new job, which had become a place of refuge for Mrs Hendricks, she discovered she was pregnant again. She was devastated and cried for weeks. How were they going to afford yet another mouth to feed? How would she care for the baby while working? It was a bleak time for her. Mrs Hendricks found that she could not share her concerns with her husband because they simply ignited his anger. She resigned from her job and withdrew from the few friends she had. She gave birth to a third daughter and, shortly thereafter, Mr Hendricks was offered a job in the church where he was admired and respected as an elder.

As Mr Hendricks became more involved in the church, he spent less and less time at home. Mrs Hendricks and the older children generally found this to be a blessing. The void between Mr and Mrs Hendricks increased and at one stage she suspected

him of having an affair. He denied this, accusing Mrs Hendricks of being mad and evil, wanting to destroy his work with widows and the destitute. He also informed her that God had given him an instruction to have one more child, who would bring light into the home and save their marriage. Mrs Hendricks was vehemently opposed to the idea and had begun to shun Mr Hendricks's sexual advances, but one evening he forced himself on her while she was sleeping, warning her that they would all go to hell if she thwarted God's plan. Another child was conceived.

And so, a fourth daughter, Portia, was born into this troubled family during the late sixties. From a young age it was apparent that Portia was intellectually gifted and blessed with artistic talent. She was much like her father, with dark unruly hair and a fiery temperament. Whereas the older girls preferred to stay away from their unpredictable father, Portia playfully sought him out and begged him to tell her stories from the Bible. Mr Hendricks was smitten with his daughter, whom he truly regarded as a gift from God. He began to spend more time at home again and persuaded his wife to accept the offer of a morning job from her previous employer. It was agreed that Mrs Hendricks would work in the mornings and Mr Hendricks would care for Portia while the other girls were at school.

During these mornings, Mr Hendricks and Portia had wonderful times together. They visited libraries and went to see films. They drew pictures and listened to music. They went on picnics and played in parks – where he once carved “I am Portia's dad” into a tree. Mr Hendricks taught Portia about dragons and seahorses, earthquakes and the solar system. He told her often how different and special she was, how she was sent to earth by God to revive him and make him young again. She believed she was unique, better than anyone else, and she loved the special moments she shared with Mr Hendricks, even though they were uncomfortably intense at times – like that time in the garden, at the age of six, when he held her too tightly and told her that he loved her more than any other woman in his life, even more than her mother and her siblings.

Gradually Mr Hendricks's “lessons” began to include the subject of sexuality: he taught Portia how her body would change as she grew older and how babies were made. He told her that one day she would be a bride and that she needed to know

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how to make her husband happy. One day he kissed her urgently, pushing his tongue into her mouth. She recoiled, jumped up and ran away. Later, however, when she glimpsed the confusion and hurt in his eyes, she decided that she couldn't reject him again. Thereafter, she tried to fight the urge to run away whenever he touched her body in places that made her feel warm and strange, happy and afraid.

Portia was relieved to start school, but also missed those special mornings with Mr Hendricks. As she got older, he became more and more possessive of her. He insisted on accompanying her wherever she went, and would not allow her to make friends with boys. He made excuses to be alone with her and would quiz her endlessly about her activities. On the one hand, she loved the way he favoured and protected her, but on the other hand, she felt smothered and trapped. He indulged her every whim and showered her with expensive tokens of his love. This special treatment did not go unnoticed by Portia's siblings, who sometimes showed their jealousy by ganging up on her. Portia began to believe that her mother and her siblings hated her for the special place she held in her father's heart. How could they love her when she had all his love and attention? Nevertheless, Portia was not only the object of Mr Hendricks's affection, but also of his wrath; consequently, she suffered the same abuses that her mother endured when her father felt disrespected by her.

One day, consumed by intense and frightening emotions, Portia gathered all her courage and told her mother some of what had happened between her and her father. She watched her mother's face for signs of shock, signs that would reassure her that this was not right, not normal. Instead, Mrs Hendricks took Portia in her arms and assured her of her family's love for her, telling her that Mr Hendricks was simply fulfilling his duty as God's appointed head of their home, preparing her for adult life so that she'd never be caught unaware, especially when she became a wife.

As a teenager, Portia struggled with her developing body, sometimes wearing layer upon layer of clothing and, at other times, wearing far too little. These mixed messages intrigued the boys, who found her irresistible. It disturbed her that images of her father would flash into her mind at inappropriate times, like when she was having sex with a boy for the first time. Like her father, she also experienced flares of

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temper, especially when treated badly by others, but she found that two or three drinks would keep these emotions at bay.

At the age of 19, Portia was rebellious and out of control. She went on a mission to contradict all the beliefs and values that she had grown up with and left home to travel the world. She gravitated towards people and places that her parents would have despised. Away from her stifling childhood home, her outlandish behaviour resulted in brushes with the law. Her promiscuous sexual behaviour resulted in an abortion and a sexually transmitted infection. Portia also struggled to form intimate relationships with others, both craving the closeness, but feeling unbearably uncomfortable at the same time. This led to her choosing men that were in some way unable to commit to her, and she used sex as a powerful weapon to control and manipulate them, but was devastated when they eventually left her. Whenever this happened, Portia would cope by packing up and moving to a new destination.

At the age of 24, Portia settled down to study and met an older man at university. She found herself falling in love for the first time. This man was quiet, dependable, kind and considerate. He tolerated her chaos and tantrums and allowed her the space she often needed to be alone. They married and had a child soon afterwards. For a while, Portia felt blissfully happy, but after a few years, she found herself strangely discontent. This confused her: This was the most fulfilling relationship that she had ever been in, she had a little boy who needed love and care, and she was more secure than ever. But for some reason, she felt claustrophobic and depressed. When her dear husband's arms folded around her at night, she wanted to scream. She also had enormous doubts about her ability to protect and raise her child in a cruel and heartless world. She found herself needing to compete with others and exaggerate her achievements in order to feel capable, which was beginning to irritate her friends. Then her whole world collapsed when she received news from home that her father had died.

At the suggestion of a good friend, Portia decided to see a psychologist. During the third session, he tentatively asked Portia whether she had suffered any abuse at the hands of her father. Portia's anger surprised even herself – she stood up and

screamed at the psychologist, telling him what an amazing man her father had been, how he had been the light in her dark childhood and that he was responsible for the woman she was today. She then burst into tears and left the room.

It was months before Portia would seek help again. She picked up the phone and called the psychologist the day she found herself lashing out at her son in a blind, uncontrollable rage. Between heaving sobs, all she could manage to say was "I think I was molested..."

And so began Portia's long and difficult journey towards healing.

PART 1 (GENERAL/ALGEMEEN) DEEL 1

STUDY UNIT (e.g. PSY100-X)
STUDIE-EENHEID (bv. PSY100-X)

INITIALS AND SURNAME
VOORLETTERS EN VAN

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DATE OF EXAMINATION
DATUM VAN EKSAMEN

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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
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7. CHECK THAT ONLY ONE ANSWER PER QUESTION HAS BEEN MARKED
8. DO NOT FOLD

BELANGRIK

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7. MAAK SEKER DAT NET EEN ALTERNATIEF PER VRAAG GEMERK IS.
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PART 2 (ANSWERS/ANTWOORDE) DEEL 2

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121 76 77 78 79 80
122 81 82 83 84 85
123 86 87 88 89 90
124 91 92 93 94 95
125 96 97 98 99 00
126 01 02 03 04 05
127 06 07 08 09 10
128 11 12 13 14 15
129 16 17 18 19 20
130 21 22 23 24 25
131 26 27 28 29 30
132 31 32 33 34 35
133 36 37 38 39 40
134 41 42 43 44 45
135 46 47 48 49 50
136 51 52 53 54 55
137 56 57 58 59 60
138 61 62 63 64 65
139 66 67 68 69 70
140 71 72 73 74 75