

MGG2602

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SEXUAL TRAUMA

Duration 2 Hours

60 Marks

EXAMINERS

FIRST

SECOND

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Closed book examination

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THIS PAPER CONSISTS OF 10 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 part 2), for a total of 60 marks. Answer all the questions on the mark-reading sheet. Note that **all** questions are compulsory (**must** 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 There is an internationally recognised definition for rape
- 2 Insomnia, agitation, irritability and outbursts of rage are signs of hyper-arousal, which is one of the criteria for post-traumatic stress disorder
- 3 It is true that penetrative sex has deeper emotional consequences for children than the mere touching of the sexual organs
- 4 It is not the responsibility of the district surgeon to treat the survivor of sexual abuse once the forensic evidence has been collected and a charge of rape has been laid
- 5 It is possible for a woman to rape a healthy man
- 6 We can sometimes blame the victims of sexual abuse because in some instances women provoke men to abuse them by the way they act, such as wearing revealing clothing, being in public under the influence of alcohol or accepting a lift from a stranger
- 7 Healing does not mean that survivors will forget or put the negative experiences out of their mind
- 8 The trauma counsellor's presence is **not** the most critical healing component, so the counsellor need not be available to his/her clients at all times
- 9 Date rape results mostly from suggestive, flirtatious acts by men or women who then withhold sexual favours from their perpetrators once they have sexually aroused them
- 10 A flashback is an action replay of a traumatic event that is triggered by sensory stimuli
- 11 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
- 12 The most probable cause for sibling incest is domestic violence within the family
- 13 If a person has not experienced trauma in his/her own life, he/she will not be an effective trauma counsellor in the field of sexual trauma
- 14 It is not accurate to conclude that sexual offence rates are increasing sharply and that sexual abuse is symptomatic of modern societies
- 15 Rape statistics reveal that the most common forms of rape are **not** committed by strangers to the victim

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PART 2: Complete the sentences below by filling in the relevant words or phrases
Mark the number corresponding to the correct option on your mark-reading sheet.

- 16 The building blocks of intimacy, namely giving and receiving, trusting and being trustworthy, are learned in
- 1 adulthood
 - 2 childhood
- 17 Having being abused as a child, many survivors describe intimacy as
- 1 suffocating and invasive
 - 2 enjoyable and addictive
- 18 Reclaiming sexuality after being sexually abused is a process that can only be paced by the
- 1 helper
 - 2 survivor
- 19 In protecting the confidentiality of the survivor of sexual assault, the decides to whom he/she wants to disclose the information
- 1 helper
 - 2 survivor
- 20 The physical injuries that elderly victims of rape endure are extremely severe because
- 1 the victims become attractive to rapists as part of the ageing process
 - 2 the victims' bodies lose their resistance as part of the ageing process
- 21 It is a that males who are raped are boys or weak adults
- 1 fact
 - 2 myth
- 22 It is a that damage to a child after sexual abuse is irreparable
- 1 fact
 - 2 myth
- 23 Earl-Taylor (2002) suggested that there may be a connection between the "virgin myth" and the growing incidence of
- 1 infant rape
 - 2 corrective rape
- 24 Alfred Kinsey was a who studied the sexual behaviour of people
- 1 zoologist
 - 2 social worker

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- 25 Rituals have value in facilitating healing because they
- 1 foster forgiveness and reconciliation
 - 2 promote self-disclosure and breaking the silence
- 26 Strong and urgent sexual feelings are a characteristic of
- 1 the primary school child
 - 2 the adolescent
- 27 Factors that affect the severity of a child's response to abuse include
- 1 the child's relationship to the abuser
 - 2 the child's intellectual ability
- 28 In order to work in the field of sexual trauma, knowledge needed includes
- 1 understanding the law
 - 2 prescribing medications
- 29 Repression, denial, regression and projection are concepts of
- 1 psychoanalysis
 - 2 the medical model
- 30 Why does sexual abuse damage a child?
- 1 It alters consciousness and forces the development of extraordinary capacities
 - 2 It doesn't – in some cultures it is considered normal

PART 3: Choose the correct answer

Mark the number of the correct answer on your mark reading sheet.

- 31 According to a systems perspective, a disengaged relationship implies that
- 1 the spouses are separated
 - 2 the spouses do not rely on each other to fulfil each other's needs
 - 3 Neither of the above is correct
- 32 For a person to be diagnosed with post-traumatic stress disorder, we would expect that person to
- 1 exhibit one or more of the following an acute stress disorder, a dissociative disorder, a mood disorder
 - 2 show signs of traumatic neurosis or shell shock
 - 3 re-experience trauma-related symptoms, avoid trauma-related stimuli and experience increased arousal
- 33 Carl Rogers is often referred to as a
- 1 philanthropist
 - 2 psychoanalyst
 - 3 phenomenologist

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- 34 "Extrafamilial molestation" is a term used to describe acts of molestation committed by
- 1 blood relatives, step-relatives or primary carers of the victim
 - 2 non-blood relatives of the victim
 - 3 offenders unrelated to the victim
- 35 The sexual offender is usually
- 1 a person in authority who is known to the victim
 - 2 a person who is known and trusted by the victim
 - 3 a person with a sexual identity crisis
- 36 In the past, before the amendments to the Sexual Offences Act of 2007, South African law defined rape as a crime committed against
- 1 men and women
 - 2 women only
 - 3 men only
- 37 Survivors of sexual abuse who resort to self-mutilation do so because
- 1 they cannot see any point in continuing to live, they really want to die, but are too afraid of committing suicide
 - 2 it is a way of drawing attention to themselves, which relieves their insecurities
 - 3 physical pain is preferable to the emotional pain they are experiencing
- 38 Compulsive eating ,as experienced by some survivors of sexual abuse, help them to
- 1 vomit and thereby symbolically rid themselves of the "unwelcome semen" of their perpetrators
 - 2 experience relief from the pain brought on by their painful memories
 - 3 gain some way of controlling at least one aspect of their lives
- 39 Sexual abuse is commonly experienced in
- 1 lower socioeconomic groups
 - 2 patriarchal families
 - 3 all social strata
- 40 When a child under six tells a story of sexual abuse,
- 1 he/she should be believed because he/she is too young to make up such a story
 - 2 he/she should be taken seriously, as the story is evident that he/she is experiencing some problem at that point
 - 3 the child is trying to get attention by getting someone into trouble
- 41 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/her safety
 - 2 process feelings of ambivalence related to the self, the world and justice and fairness
 - 3 work through the process of integration

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- 42 Distracting a child who has been sexually abused from thinking or talking about the abuse is likely to
- 1 help the child forget about the trauma so that he/she will forget about what happened and recover more quickly
 - 2 aggravate the child's symptoms of trauma
 - 3 convey to the child that sexual abuse is a bad thing to speak about
- 43 When a child suddenly starts engaging in sexual play with his/her peers, we should consider it to be
- 1 an indicator that the child might have been exposed to developmentally inappropriate sexual behaviour
 - 2 a symptom of sexual abuse
 - 3 normal sexual experimentation
- 44 It is generally accepted that perpetrators of sexual abuse tend to target
- 1 children who are conveniently situated close to their place of employment or residence
 - 2 children who are socially attractive
 - 3 children who lack confidence
- 45 Matsakis (1996) suggests that the anxiety, confusion, depression and/or disequilibrium that are caused by trauma are further aggravated by
- 1 the nature and severity of the trauma that was experienced by the survivor
 - 2 the shattering of the survivor's assumptions about human nature and the world in which he/she lives
 - 3 the survivor's developmental stage

PART 4: Questions related to the case study.

- Read the case study attached.
- Mark the number of the correct answer 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 Danny approached Jamie in the case study because
- 1 she was young and beautiful
 - 2 she was vulnerable and powerless
 - 3 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

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49 The survivor's experience can be classified as

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

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's 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 nonlinear fashion
- 3 Neither of the above is correct

55 This abuse can potentially affect Jamie's future long-term relationships, 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 according 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

[TURN OVER]

- 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 1 and 2 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
- 59 Even though Danny was technically a child himself when the abuse began, he is still considered an offender Why?
- 1 He was more than three years older than Jamie
 - 2 He was in a position of power
 - 3 Both 1 and 2 are correct
- 60 The survivor was traumatised because what happened to her
- 1 was extraordinary
 - 2 overwhelmed her natural coping mechanisms
 - 3 Both 1 and 2 are correct

CASE STUDY: The story of Jamie

My life began uneventfully. I was a happy little girl in a happy family. My biggest worry was about my older brother threatening to tell my parents that I stole a cookie. I was eight years old and my life 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 burst 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. We were caught in the middle, with 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 that 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.

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 and 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.

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He said as long as I allowed him to love me, he would always be there for me

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 I am an eight-year-old inside a woman's body.

I look forward to those weekly meetings where I can say anything and not be judged. I can talk about my experiences without reactions of disbelief or horror and shock. I 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 that 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's still an uphill battle and it's 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 hope that one day I will be able to love and trust another man – 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.

TOTAL MARKS. 60

PART 1 (GENERAL/ALGEMEEN) DEEL 1

STUDY UNIT e.g. PSY100-X
STUDIE-EENHEID by PSY100-X

1

PAPER NUMBER
VRAESTELNOMMER

2

INITIALS AND SURNAME
VOORLETTERS EN VAN

3

DATE OF EXAMINATION
DATUM VAN EKSAMEN

4

EXAMINATION CENTRE (E.G. PRETORIA)
EKSAMENSENTRUM (BY PRETORIA)

5

STUDENT NUMBER
STUDENTENOMMER

6

7

UNIQUE PAPER NO
UNIEKE VRAESTEL NR

8

9

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

1. GEBUIK SLEGS N HB POTLOOD OM HIERDIE BLAD TE VOLTOOI
2. MERK AS VOLG
3. KONTROLEER DAT U VOORLETTERS EN VAN REG INGEVUL IS
4. VUL U STUDENTENOMMER VAN LINKS NA REGS IN
5. KONTROLEER DAT U DIE KORREKTE STUDENTENOMMER VERSTREK HET
6. KONTROLEER DAT DIE UNIEKE NOMMER REG INGEVUL IS
7. MAAK SEKER DAT NET EEN ALTERNATIEF PER VRAAG GEMERK IS
8. MOENIE VOU NIE

PART 2 (ANSWERS/ANTWOORDE) DEEL 2

10

Specimen only

1	11	21	31	41	51	61	71	81	91	101	111	121	131	141
2	12	22	32	42	52	62	72	82	92	102	112	122	132	142
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8	18	28	38	48	58	68	78	88	98	108	118	128	138	148
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