OT’s Role with Survivors of Sexual Assault

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OT’s Role with Survivors of Sexual Assault

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BACKGROUND

Sexual assault can lead to symptoms that can negatively impact occupational engagement and quality of life (Gerney & Muffy, 2015). Occupational therapy can be beneficial in supporting survivors with increasing their engagement in meaningful occupations and quality of life by assisting them with identifying areas affected by trauma and providing trauma-informed and client-centered interventions to address the symptoms (Champagne, 2018; Gorman & Hatkevich, 2016).

PROBLEM

The resources surrounding the use of occupational therapy with survivors of sexual assault is minimal or outdated.

PURPOSE

To develop a program that provides education and occupation-based activities to increase occupational engagement in survivors of sexual assault.

Outcome objectives:
- To develop an occupational-therapy based program for survivors of sexual assault that can increase their occupational engagement and mental health.
- To create a guide for the use of occupational therapy with survivors of sexual assault

METHODS

- 8 participants in initial assessments
- 6 consistent participants
- Inclusion criteria: women ages 18-32, who are survivors of sexual assault
- Site: LipGloss for Love, Inc.

Recruitment: To gather participants, flyers were dispersed at community engagement events. Additionally, educational and promotional materials were distributed via email, text, and social media

Assessments:
- During the time on-site, education was gained on trauma-informed care and hosting educational classes through community events and training sessions.
- Participants completed an initial needs assessment to assess their occupational engagement in work and education, mental health, and emotional regulation skills. Pre- and post-surveys were also posted before and after each module presentation for feedback.

Topics covered:
1. Program purpose and goals;
2. Assessment tools used;
3. Theoretical frameworks used to guide interventions;
4. Topics of modules;
5. Deliverable components

PROGRAM

General Program Goals:
1. Increase education on sexual assault and ways that it can impact occupational engagement
2. Provide education on sexual assault’s impact on mental health and interventions to increase mental health
3. Enable the client to effectively regulate their emotions and promote mindfulness
4. Promote occupational engagement, specifically in work and education

Theoretical Frameworks:
1. The Cognitive-Behavioral Frame of Reference
2. Person-Environment-Occupation Model

Conclusions / Future Directions

Conclusion:
- Participants completed a post-assessment survey and gave feedback
- The participants enjoyed the activities and tools given
- All participants stated that they would continue to engage in activities and tools given that were prevalent to them
- Participants stated that they would have liked to go more in-depth on certain topics

Future Directions:
- The program can be used as a guide to provide client-centered and trauma-informed interventions to survivors of sexual assault
- Feedback given can be used to strengthen the program for future use
- A program manual was given to continue the program following the conclusion of capstone

References