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RELATIONSHIPS AND SEXUALITY



Burnaby Family Life
A place to go... a place to grow!

WHAT DO YOU HOPE TO GET OUT FROM THIS GROUP?

- ✧ Find what is missing
- ✧ To feel safe in the body
- ✧ To be able to communicate openly my needs and wants
- ✧ To feel “normal”, learn from others, not feel alone
- ✧ To make peace with my body
- ✧ To develop “sexual boundaries”

...CONTINUED

- ⌘ Not to feel as a “thing”
- ⌘ To feel comfortable with who I am
- ⌘ To learn how to talk about sexual abuse and be safe
- ⌘ Not to be afraid of enjoying sex
- ⌘ To have sexual triggers more controlled and not to feel guilty when sexually triggered
- ⌘ Become more comfortable with the “body image”
- ⌘ Have a sense of sexual empowerment

CONTINUED...

- ⌘ To be able to communicate openly
- ⌘ Not to be afraid of confrontations
- ⌘ New relationships in “Here and Now”
- ⌘ Red flags in relationships
- ⌘ Developing trust

CONTINUED...

- ✧ Learn a healthy relationship concept
- ✧ Dealing with barriers
- ✧ Learn assertiveness
- ✧ Feel beautiful about oneself
- ✧ Have better self-esteem
- ✧ Self-examination about where one is today and if that fits

FEELINGS

☞ Disconnected

☞ Shut-out

☞ Shame

☞ Anxiety

☞ Distrust

☞ Fear

☞ Rage

☞ Lonesome

☞ Sad

☞ Aggression

☞ Displeased

☞ Creeped out

☞ Controlled

☞ Frustration

☞ Loss of control

☞ Embarrassment

☞ Confusion

☞ Remorse

PHYSICAL REACTIONS

- ✎ Withdrawn
- ✎ Dissociation
- ✎ Numbness
- ✎ Unable to breath
- ✎ Suffocation
- ✎ Run away
- ✎ Hide
- ✎ Muscle tension
- ✎ Tears
- ✎ Shivering
- ✎ Shakes
- ✎ Closing eyes
- ✎ Shuttering
- ✎ Rage
- ✎ Anger

IRRATIONAL THOUGHTS

- ⌘ Hopelessness
- ⌘ Powerlessness
- ⌘ Helplessness
- ⌘ Stuck
- ⌘ Trapped
- ⌘ Am I ugly?
- ⌘ Am I disgusting?
- ⌘ I'm going to die
- ⌘ I am not good enough
- ⌘ Overanalyzing
- ⌘ If I am enjoying this, am I a slut?
- ⌘ I'm going to be killed
- ⌘ I am going to be devoured
- ⌘ Am I loved
- ⌘ Am I special?
- ⌘ I am wrong
- ⌘ It's my fault
- ⌘ There is something wrong with me
- ⌘ I am fat
- ⌘ Am I the object of his desire

THERAPEUTIC INTERVENTIONS

- ⌘ Psychoeducation that explains and normalizes experiences
- ⌘ Externalizing practices:
 - ⌘ Storytelling, art, bodymapping
- ⌘ Unique Outcomes* through story telling and reframing experiences of resistance
- ⌘ Visualizations and meditations

*"Narrative Means to Therapeutic Ends"; Michael White and David Epston

THERAPEUTIC INTERVENTIONS (CONT'D)

- ∞ Experiential practices that allow the individuals and the group to practice boundaries and communication skills:
 - + Yoga postures
 - + Group exercises

NEGATIVE COPING MECHANISMS

- × Hypersexuality
- × Eating disorder
- × Anxiety
- × Other compulsive behaviour
(hoarding, shopping, cleaning\list making, gambling, video games)
- × Using substances
- × Stealing
- × Exercising
- × Need to please
- × Paranoia
- × Depression
- × Suicide
- × Masturbating

...CONTINUED

- × Panic attacks
- × Dissociation
- × Self-mutilation
- × Low self-esteem
- × Delusions
- × Abandonment issues
- × Hallucinations
- × Uncontrollable rage
- × Hypervigilance
- × Isolation
- × Agoraphobia
- × Mania

POSITIVE COPING MECHANISMS

- ⌘ Change in behavior patterns
- ⌘ High achiever
- ⌘ Perfectionism
- ⌘ Learning how to ask for help
- ⌘ Determined
- ⌘ Sensitive/thoughtful
- ⌘ Protective (self & others)
- ⌘ Empathetic
- ⌘ Appreciative
- ⌘ Began journaling (articulate)
- ⌘ Compassionate
- ⌘ Resourceful

...CONTINUED

- ✧ Evaluating future/upbringing
- ✧ Organized
- ✧ Efficient
- ✧ Value creation
- ✧ Creative
- ✧ Patient
- ✧ Resilience (tenacious)
- ✧ Open-minded
- ✧ Spiritual (meditation)
- ✧ Praying

TRIGGERS

- ❖ Automatic responses connected to the past sexual abuse that can suddenly rush into the present.
- ❖ Arise unexpectedly
- ❖ Provoke sudden moods to take over

HOW TO DEAL WITH TRIGGERS

- Trust myself
- Mindfulness
- Here and now
- Relaxation
- Self-compassion
- Talking with partner
- Allowing herself to enjoy experience
- Journaling
- Released trauma
- Allow triggers to happen
- Attending and healing through trigger
- Stop pretending
- Take on, feel, process

THANK YOU.

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