

# Rape Crisis Information

## Research Pathfinder

This website has information on how to heal from the trauma of rape and sexual assault.

Do you need help now? Call [1-800-656-HOPE \(4673\)](tel:1-800-656-HOPE)

**Please read "If you were my sister..."**

**Hotlines, Legal help**

**Victim blame**

**Rape crisis centers**

**Help rape victims**

**Online support groups**

**Healing & Coping skills**

**Suicide hotlines**

**Rape research, Presentations**

Hotlines- do you need help now?

The first thing you should know if you were raped or sexually assaulted is that it was not your fault.

This site provides crisis information and research on rape and sexual assault. The menu has a listing of covered topics here. Do you need help now? In the USA you can call the National Sexual Assault Hotline, operated by RAINN, 24 hours a day at [1-800-656-HOPE \(4673\)](tel:1-800-656-HOPE). You may also use the RAINN directory or the hotlines page. To call a hotline in the UK or internationally just look up the local rape crisis center on the international page and dial the hotline direct. Feel free to request to speak to a person of your gender. RAINN also hosts an online crisis counseling service. If you are reporting an assault to the police please call a crisis center and ask for a referral to a victim's advocate first. Message boards are recommended as a good first step if you are not ready to talk.

Other topics covered are emergency information on self injury, suicide and reaching out. For information on rape trauma syndrome, PTSD, date rape drugs and other related topics scroll down. This site also provides research, the effects of rape and diversity information. (Español)

For emergency crisis and suicide hotlines click here. To clear your computer history click here.

Basic hotlines: Rape Crisis [1.800.656.HOPE \(4673\)](tel:1.800.656.HOPE), Self Injury [1.800.DON'T.CUT \(366-8288\)](tel:1.800.DON'T.CUT), Suicide Hotline [1.800.273.TALK](tel:1.800.273.TALK), [1.800.SUICIDE \(784.2433\)](tel:1.800.SUICIDE), Domestic Violence [1.800.799.SAFE \(7233\)](tel:1.800.799.SAFE), Gay & Lesbian [1.888.THE.GLNH \(1.888.843.4564\)](tel:1.888.THE.GLNH), Child Abuse [1.800.4.A.CHILD \(422.4453\)](tel:1.800.4.A.CHILD), Therapists- APA [1-800-964-2000](tel:1-800-964-2000), or NMHA at [1.800.969.6642](tel:1.800.969.6642)

\*Always remember the ONLY person responsible for an assault is the perpetrator. If you have been assaulted, no matter what you do, or don't do, in any case It Is Not Your Fault.

**Research**

**EMERGENCY**

**Health**

**Diversity**

Are you doing research?

See the Research section

Please choose a topic:

- Research tools
- Training Manuals
- Research Topics

~

**Research Tools**

- Finding books at the library
- Encyclopedias and Dictionaries
- Research websites & Online Libraries
- Informative rape crisis sites
- Journals and articles
- Statistics
- Biographies
- Books on healing
- Websites
- Films and music
- Bibliographies
- Grant research
- Current events
- Lesson plans
- Public Service Announcements
- Vocabulary

**Training Manuals**

- Media and rape
- Medical Training
- Law enforcement toolkit
- Educational

Are you in crisis now?

Call 1-800-656-HOPE (4673)

- CRISIS INFO
- What to do first
- Steps in healing
- Hotlines
- Crisis centers
- Online support groups

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**Crisis Information**

- Hotlines
- How to find a rape crisis center or hotline
- What to do first
- Reporting and legal
- Describing the assault
- International hotlines
- How to help rape victims
- Message boards
- Suicide hotlines and support
- Victim Assistance/legal resources
- Retreats
- Stalking
- Domestic violence
- Resources for partners
- Coping skills
- N.C. rape crisis resources
- Louisiana
- Kentucky

The effects of rape as well as available treatments.

- Therapy
- Medical

Effects of Rape

- Disorders
- Treatments

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**Disorders**

- Immediate symptoms
- PTSD
- OCD
- DID
- Eating disorders and rape
- Self Injury
- Self blame
- Flashbacks
- Memory and ptsd
- Panic attacks
- Body memories
- The mask
- Sleeping problems
- PTSD and communication
- Secondary victimization
- Physical symptoms
- Interstitial cystitis (UTI)
- Pregnancy
- Date rape drugs

**Treatments**

- Health/medical
- Emergency contraception
- Therapy
- In-patient programs
- Art therapy
- Telling your story (art

The rape survivor community is made up of a diverse population including:

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- Community
- LGBTQ and lesbian sexual assault
- Types of rape by gender
- Types of rape
- Male sexual assault survivors
- Cultural diversity
- Resources for partners
- Feminist sites on rape
- Child sexual assault (csa)
- Partner rape
- Survivor sites

**How can you help?**

- How to help rape victims
- Petitions
- Womens week events
- Prevention
- Learn about victim blame
- Play public Service Announcements
- Hire an educational speaker
- Student projects- make your own
- Created by

speakers

- Communication with rape victims
- For therapists

## Research Subjects

### Featured

- Victim blame
- History of rape crisis movement
- Rape as a hate crime
- Honor killings
- Sudan
- Secondary victimization
- Multiple victimization
- Vulnerability factors for being victimized
- College and Fraternity Rape
- Womens week events
- Prevention
- Theories
- Self blame
- Invulnerability Theory
- Eating disorders and sexual assault
- Privacy
- War and rape
- Invisible community

### Controversial

- Hate crimes
- Rape as a violation of rights- women are not damaged property
- Dyslexia and PTSD
- Female slave trade
- Vocabulary of rape

therapy)

- Online therapy
- Steps in healing
- Take back the control
- Describing the assault (legal)
- Coping skills for panic attacks
- Sexuality
- Retreats

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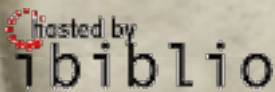
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Only pages with RCIP in the URL are part of the Rape Crisis Research Pathfinder site. Some searches may pull up pages owned by other ibiblio users.

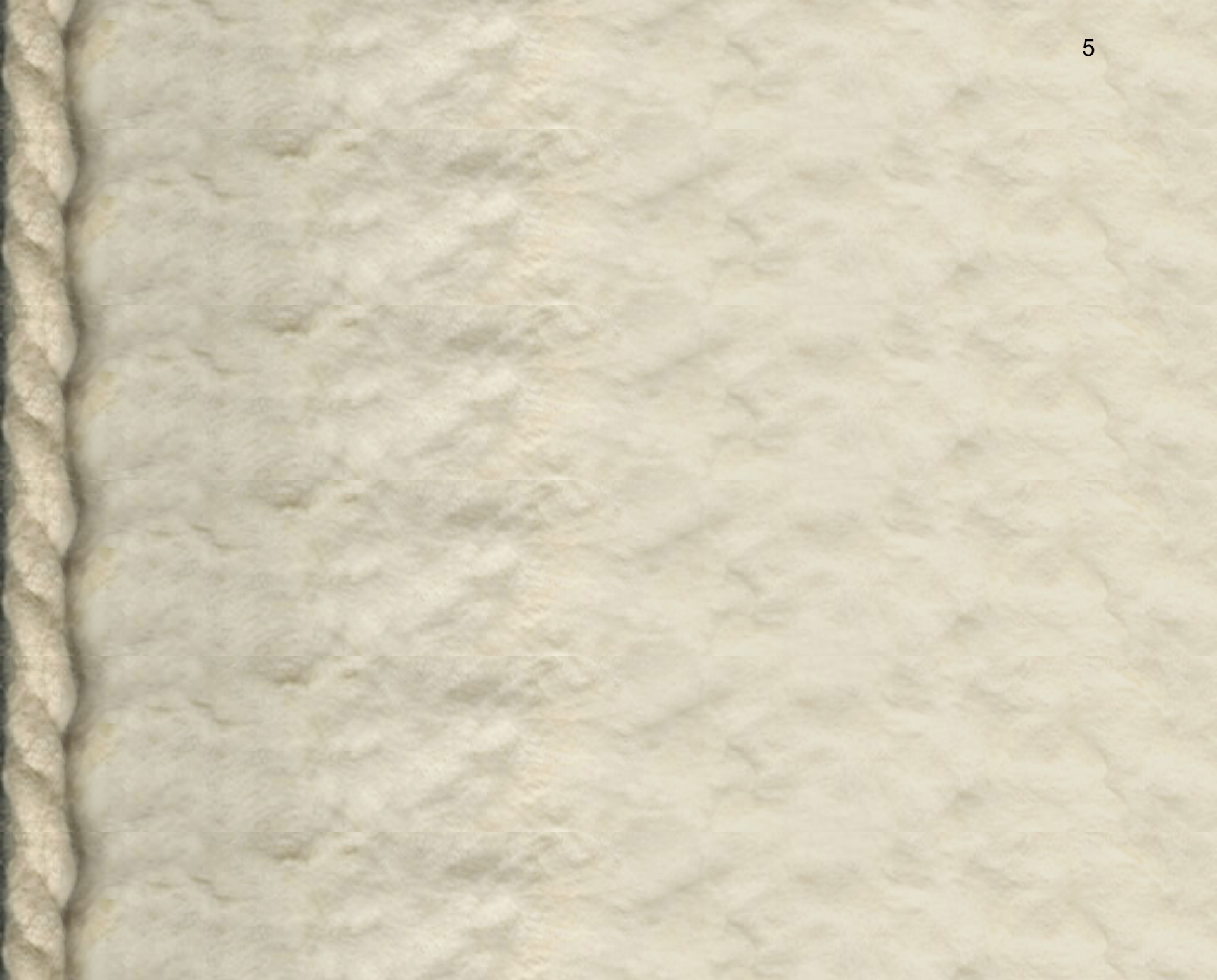


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### **EMERGENCY PREPAREDNESS INFORMATION**

#### **Evacuation routes and Katrina information**

Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>



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**Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

**Search terms: rape crisis**

**Related links: Victim blame**

**References:**


**Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.**

**rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>**

**Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.**

**Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).**

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Hotlines- do you need help now? 

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# Suggested steps in healing

**Homepage|Research|Crisis Information|Hotlines**

**Home page|Research|Topics|Journal articles|Encyclopedias and Dictionaries|Crisis Information|Hotlines|Rape crisis centers|How to help rape victims|Effects of rape|Therapy|Path to healing|Male survivors|Victim blame|Other topics**

**Three themes of healing:**

**Reaching out for help, Reframing the rape (it was not your fault), and Redefining the self (you are normal)**

*Please read "If you were my sister..."*

## 1. Call for help

**You can call the National Sexual Assault Hotline, operated by RAINN, 24 hours a day at**

**1-800-656-HOPE (4673)**

**You can also search for your local rape crisis center. You can find hotlines at [www.rainn.org](http://www.rainn.org). If you call RAINN they will automatically refer you to a local hotline operator. You can choose which crisis center you contact by looking up the number here. Feel free to request to speak to a woman. Call 911 if you need to report a sexual assault to the police or are in danger now. Please read [What to do first from RAINN](#). If you are reporting a rape you should ask the local crisis center for a victim's advocate who will walk you through the process. For information on [Reporting a rape](#) click here.**

### **World Wide Directory of Abuse Lines**

<http://www.ibiblio.org/rcip//internl.html>

## 2. Find a support group

**Online support group message boards are recommended as a good first step (if you are not ready to talk in person). You also need to speak to a rape crisis counselor and a therapist.**

**Find rape crisis support**

**message boards here**

<http://www.ibiblio.org/rcip//crisiscenters.html#mb>



## 5. Learn coping skills for panic attacks

<http://www.ibiblio.org/rcip/copingskills.html>

### Resources for panic attacks

If you are having a panic attack now please try these coping skills and contact a trained therapist as soon as possible.

#### *safe place*

<http://www.ibiblio.org/rcip/safeplace.html>

## 6. Print out this checklist of healing activities.

This is just a reminder list and you should only do what you are ready to do. You are in control of your healing.

and finally...

## 7. Learn that it was not your fault.

The first thing you should know if you were raped or sexually assaulted is that: Rape is never the victim's fault.

<http://www.ibiblio.org/rcip/selfblame.html>

"The thematic structure of a woman's recovery from rape comprises 3 main themes: reaching out, reframing the rape, and redefining the self" (Smith & Kelly, 2001). These themes are covered by the RAINN hotline for reaching out, therapy (cognitive behavioral as a part of talk therapy) for reframing the rape and support groups for redefining the self. By redefining the self what is meant is redefining normal. If between 1 in 4 and 1 in 6 women will be assaulted within their lifetimes then being a survivor IS normal.

Smith, M. & Kelly, L. (2001). The journey of recovery after a rape experience. *Issues in Mental Health Nursing*, 2(4), Jun pp. 337-352. link

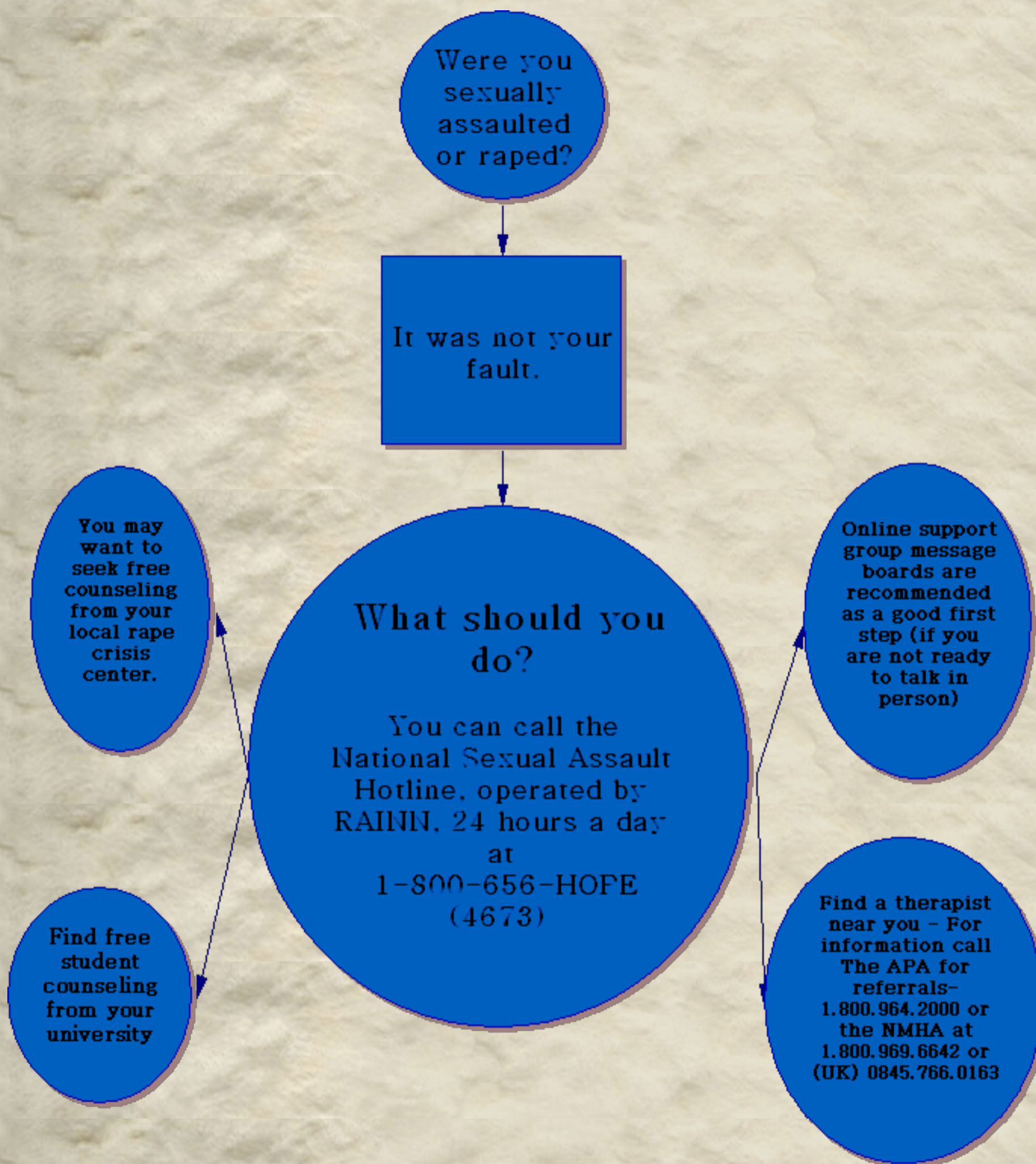
### Important links for healing:

- Hotlines
- How to find a rape crisis center or hotline
- What to do first
- Reporting and legal
- Describing the assault
- Books on healing
- Message boards

### Treatments

- Health/medical
- Emergency contraception
- Therapy
- In-patient programs
- Art therapy
- Telling your story
- Online therapy

- Steps in healing
- Take back the control
- Describing the assault
- Coping skills for panic attacks
- Sexuality
- Retreats



Resources to research this subject:

Journals and articles

Search the NCJRS Abstracts Database

[Finding books at the library](#)[Online Libraries on sexual assault](#)[Encyclopedias and Dictionaries](#)[Search terms: rape crisis](#)[Related links: Victim blame](#)[References:](#)


Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.

rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service.  
<http://www.britannica.com/eb/article?tocId=9376486>

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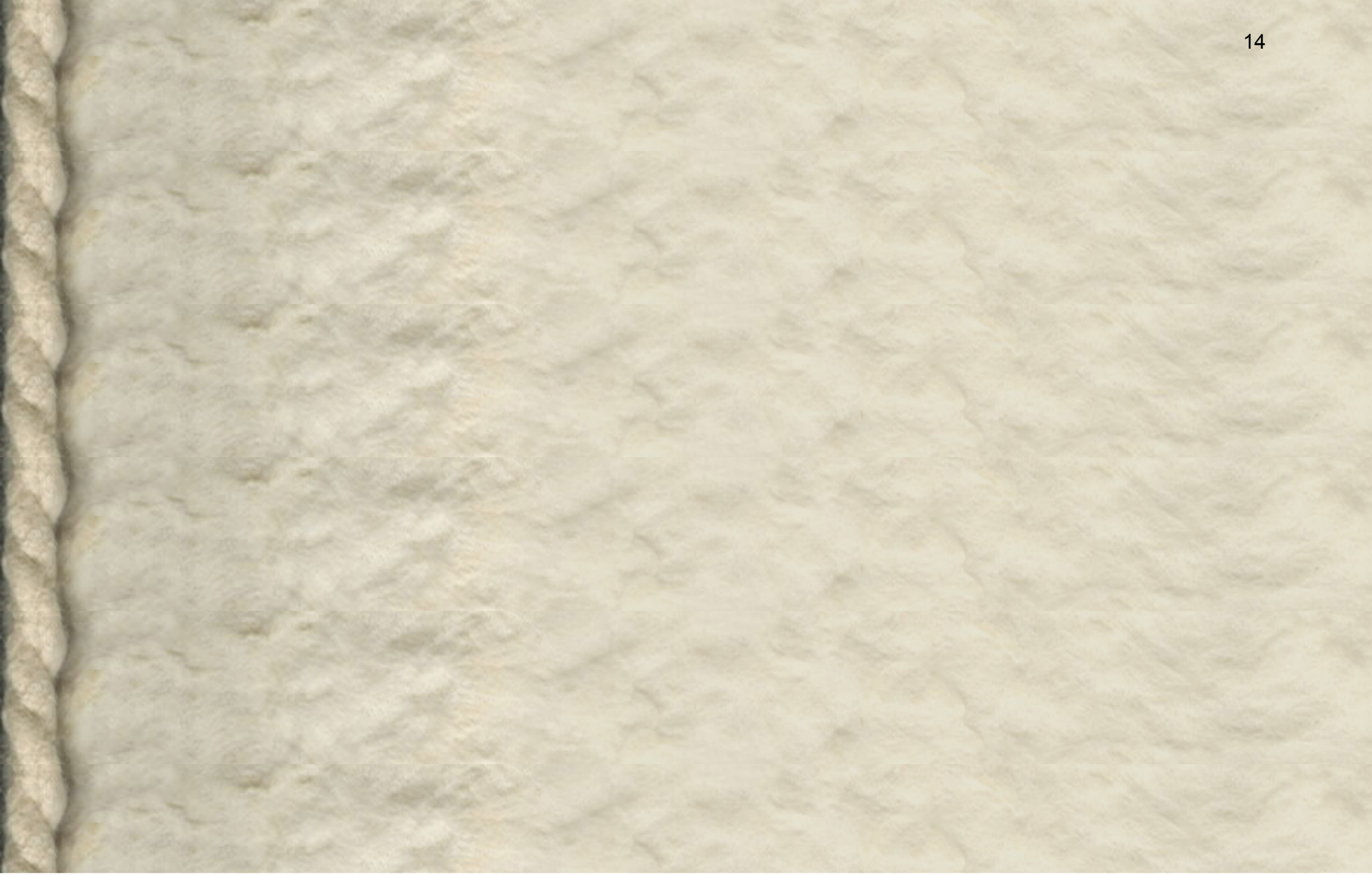
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# How to help rape victims

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**Most rape victims are suffering from Rape Related PTSD which may make the victim feel very disoriented.**

**At this stage victims may do or say things which aren't logical. While it's important to make a victim feel that they have regained control over their life and decisions, victims often have great difficulty functioning after an assault.**

**It is crucial that the people around them educate themselves to:**

- **Recognize the immediate symptoms**
- and**
- **Help victims get treatment.**

**The links below will help you begin to understand and help your loved ones. If you are reporting a rape you should ask the local crisis center for a victim's advocate who will walk you through the process. For information on Reporting a rape click here.**

**Most rape survivors need to speak with a crisis counselor. You can find one at 1 800-656-HOPE in the US. Rape crisis centers often offer free in-person counseling as well as phone support. Survivors should also seek therapy from a specialist in rape trauma syndrome (also look into EMDR).**

**Are you a partner or significant other of a rape victim? This page has advice from survivors.**

**The best ways to reduce feelings of shame are:**

- **Making the person feel normal within society**
- **Helping them join a support group (being accepted by a community as normal) and**
- **Helping them take control of their life through therapy and pro-active healing.**

**What is rape trauma syndrome? Please download this document and find out.**

**"Two main styles of emotion were shown by the victims within the first few hours after the rape: expressed and controlled. In the expressed style, the victim demonstrated such feelings as anger, fear and anxiety. They were restless during the interview, becoming tense when certain questions were asked, crying or sobbing when describing specific acts of the assailant, smiling in an anxious manner when certain issues were stated. In the controlled style, the feelings of the victim were masked or hidden, and a calm, composed or subdued affect could be noted. "**

**What can you expect of a person who has just been assaulted?**

**[http://www.gmu.edu/facstaff/sexual/Helping\\_Hints.htm](http://www.gmu.edu/facstaff/sexual/Helping_Hints.htm)**

**What can you expect after a person has been raped?**

**In most cases these symptoms prevent rape victims from functioning at full capacity and helping themselves. It's important at this time for others to give their support and help protect them.**

**Coping and Reactions - Rape Trauma Syndrome. What to expect from an assault survivor.**

**How to help rape victims who are experiencing trauma**

**<http://www.hopeforhealing.org/friend.html>**

**How to help rape victims and the stages of trauma.**

**This site was recommended by the founder of hope for healing (on a message board) with the advice that you can also order a paper copy.**

**How to help rape victims from RAINN**

**<http://www.rainn.org/whatshould.html>**

**RAINN how to help rape victims. How can I help a friend who has been sexually assaulted?**

**What NOT to say**

**<http://www.hopeforhealing.org/not.html>**

**What not to say to a rape victim.**

**How to Support a Friend who has been raped**

**<http://omega-alpha.com/womenscounselling/supportafriend.htm>**

**The best thing you can do for a friend who tells you that they are being sexually abused is to listen.**

**Supporting Someone Who Has Been Raped or Sexually Assaulted**



[http://www.healthyplace.com/Communities/Abuse/lisk/family\\_friends.htm](http://www.healthyplace.com/Communities/Abuse/lisk/family_friends.htm)

"When someone has been raped or sexually assaulted, they obviously need a great deal of support from the people around them"<sup>17</sup>

**How Do I Know if a Friend has been Sexually Assaulted?**

<http://www.thecenter.ucla.edu/friendmid.html>

" There is no one way to identify if someone has been sexually assaulted unless she or he or someone close to them tells you that this has occurred. However, there are several signs/symptoms of rape trauma (a type of post-traumatic stress) which may help you to identify if a friend needs help."

**Futures Without Violence**

<http://www.futureswithoutviolence.org/>

**End Abuse Campaigns: Reaching Men  
Coaching Boys into Men**

Boys are swamped with influences outside of the home – from friends, the neighborhood, television, the internet, music, the movies... everything they see around them. They hear all kinds of messages about what it means to “be a man” – that they have to be tough and in control. There are numerous conflicting and some harmful messages being given to boys about what constitutes “being a man” in a relationship. So teach boys early, and teach them often, that there is no place for violence in a relationship.

<http://endabuse.org/programs/printable/display.php3?DocID=9902>

Audio for endabuse adds to train boys not to abuse women.

**Healthy dating**

<http://www.healthy-dating.com/>

**Program on rape education on middle and high schools**

**Shame and how to help**

"But often, simple human contact is the most important thing for a shamed person. Even this can be difficult to offer because shame makes people withdraw.

"The most important thing is to keep up contact with someone -- for example, the kid who drops out of college and is now a strung-out marijuana addict," Tangney says. "Marginalized people -- and nobody is more marginalized than the mentally ill -- need to have a place in society. That is a very powerful message that should be attended to by communities, whether they are religious or family or neighborhood communities."

Approaching a shamed person can be tricky, Josephs warns.

"If you see shame preventing someone from getting health care, you can confront it as irrational," he says. "You can say there is nothing to be 18  
ashamed of, and if people hear it, they hear it. But when you point out that they are ashamed, people can get touchy and angry. If you point out their shame, you could get into a fight. So bring it up, but in a tactful way, knowing this is a tough issue."

Tangney says that the best approach is to avoid further shaming. The first thing to offer is support and empathy. Rather than confront a person's shame, it's better to point out -- very, very gently -- how a person's behavior is harming areas of life that the person really values.

"There is a lot of evidence suggesting this is a good approach," Tangney says. "And to my ears it is all about shame reduction."

### Related pages within this site:

#### Distribute Training Manuals to professionals

- Media and rape
- Medical Training
- Law enforcement toolkit
- Communication with rape victims
- For therapists

#### Find out about rape trauma syndrome

- Therapy
- Medical
- Effects of rape
- Disorders
- Treatments

#### Ways to reduce stigma and shame

- Participate in Womens week events
- Read about the rape survivor Community
- View Feminist sites on rape
- Browse Survivor sites

### Resources to research this subject:

Journals and articles

Search the NCJRS Abstracts Database

Google scholar or Findarticles

Finding books at the library

Online Libraries on sexual assault

Encyclopedias and Dictionaries

Search terms: rape crisis

Related links: Victim blame


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# Rape Crisis Hotlines

***Do you need help now? 1-800-656-HOPE (4673)***

**Homepage|Research|Crisis Information|Hotlines**

**Home page|Research|Topics|Journal articles|Encyclopedias and Dictionaries|Crisis Information|Hotlines|Rape crisis centers|How to help rape victims|Effects of rape|Therapy|Path to healing|Male survivors|Victim blame|Other topics**

Hotlines- do you need help now? 

## **International emergency links and crisis hotlines**

**Are you in crisis right now?**

**You can call the National Sexual Assault Hotline, operated by RAINN, 24 hours a day at 1-800-656-HOPE (4673). You can also search for your local rape crisis center. If you are in danger now please call 911. If you are reporting a rape you should ask the local crisis center for a victim's advocate who will walk you through the process. For information on Reporting a rape click here.**

### **Basic hotlines**

**Rape Crisis 1.800.656.HOPE (4673)**

**Self Injury 1.800.DON'T.CUT (366.8288)**

**Suicide Hotline 1.800.273.TALK, 1.800.SUICIDE (784.2433)**

**Domestic Violence 1.800.799.SAFE (7233)**

**Gay & Lesbian 1.888.THE.GLNH (843.4564)**

**Child Abuse 1.800.4.A.CHILD (422.4453)**

### **International Rape Crisis Hotlines**

**<http://www.ibiblio.org/rcip//internl.html>**

**Rape Crisis Centers by zip code or state**

<http://www.rainn.org/counseling.html>

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You can call the National Sexual Assault Hotline, operated by RAINN, 24 hours a day at 1-800-656-HOPE (4673), or you can search for your local rape crisis center. This site provides a search engine to find rape crisis centers in your town. You just need to type in your zip code.

### **Rape Crisis Centers by Country and State**

<http://pandys.org/forums/index.php?showforum=42>

This directory was created by the founders and contributed to by members of the Pandora's Aquarium support group.

Hotlines for teens

<http://teenlineonline.org/teens/>

### **Crisis hotlines**

<http://www.cumberlandlibrary.org/hotlines.htm>

### **Catagories of hotlines and websites**

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**RAINN Rape Crisis - 1-800-656-HOPE (4673)**

To find a rape crisis center near you click here.

<http://www.rainn.org/counseling.html>

Or call 1-800-656-HOPE (4673) and be directed automatically to a local crisis center hotline. Feel free to ask to speak to a woman.

A world wide directory of international abuse and crisis help lines

<http://www.hotpeachpages.net/index.html>

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**Self Injury - 1.800.DON'T.CUT (366.8288)**

How to stop self injuring in an emergency.

<http://crystal.palace.net/~llama/selfinjury/fself.html>

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**Suicide hotlines - 1.800.273.TALK, 1.800.SUICIDE (784.2433)**

If you're feeling depressed or suicidal now and need to talk to

**someone, we're here to listen.**

**<http://www.befrienders.org/index.htm>**

---

**The Gay & Lesbian National Hot Line 1.888.THE.GLNH (843.4564)**

**Gay and lesbian hotline**

**<http://www.glnh.org/>**

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**Domestic Violence Hotline - 1.800.799.SAFE(7233)**

**Find help in your state**

**<http://www.4woman.gov/violence/state.cfm>**

**<http://www.dvsheltertour.org/helpusa.html>**

---

**Women's Health - 1.800.994.WOMAN**

**FREE, reliable health information for women everywhere**

**<http://www.4woman.gov/>**

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**Find your local police station**

**Google local search**

**<http://local.google.com/local>**

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**Is there someone you can call for moral support?**

**<http://www.anywho.com/>**

**Are you in need of a hospital? Do you need to call a taxi?**

**Look up the phone number and address here.**

**<http://local.google.com/lochp>**

**If you need directions to their house or a local hospital click here.**

**<http://www.mapquest.com/>**

**What to do if you are raped.**

**[http://kidshealth.org/teen/your\\_mind/problems/rape\\_what\\_to\\_do.html](http://kidshealth.org/teen/your_mind/problems/rape_what_to_do.html)**

**RAINN information on what to do if you are raped.**

<http://www.rainn.org/whatshould.html>

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**It wasn't your fault.**

<http://www.hopeheals.me.uk/21.html>

### **International Rape Crisis Hotlines**

<http://www.ibiblio.org/rcip//internl.html>

### **RAINN International**

<http://www.rainn.org/rccs.html>

**A world wide directory of international abuse and crisis help lines**

<http://www.hotpeachpages.org>

### **Abuse helplines**

<http://www.abusehelplines.org/>

### **International hotlines**

<http://www.alltheseyears.net/international.htm>

### **Hotlines- International**

<http://www.pandys.org/aphroditewounded/hotlines.html>

### **Pandora's Aquarium searchable hotline posts**

<http://pandys.org/forums/index.php?showtopic=2982>

**If you are a student free counseling is probably available through your University. For rape crisis information for your school try this google search. Please enter the name of your University. Example : Rape and LSU and Counseling**

**Do you have a resource or rape crisis center to add?**

## **Suggested steps in healing**

**Advice from other rape survivors**



**<http://www.ibiblio.org/rcip/sister.html>**

**1. The first thing you should know if you were raped or sexually assaulted is that  
It was not your fault.**

**<http://www.ibiblio.org/rcip/selfblame.html>**

**2. You can call the National Sexual Assault Hotline, operated by RAINN, 24 hours  
a day at**

**1-800-656-HOPE (4673)**

**You can also search for your local rape crisis center. You can find hotlines at  
<http://www.rainn.org/>. If you call RAINN they will automatically refer you to a  
local hotline operator. You can choose which crisis center you contact by looking  
up the number here. Feel free to request to speak to a woman. Call 911 if you  
need to report a sexual assault to the police or are in danger now.**

**World Wide Directory of Abuse Lines**

**<http://www.ibiblio.org/rcip//internl.html>**

**3. Online support group message boards are recommended as a good first step  
(if you are not ready to talk in person). You also need to speak to a rape crisis  
counselor and a therapist.**

**Find survivor message boards here**

**<http://www.ibiblio.org/rcip//crisiscenters.html#messageboards>**

**Coping skills for panic attacks - Please read this list of calming and coping skills  
if you are having anxiety now.**

**<http://www.ibiblio.org/rcip/copingskills.html>**

**4. You may want to seek free counseling from your local rape crisis center,**

**Find rape crisis centers here or in the**

**International directory**

**<http://www.rainn.org/counseling-centers/index.html>**

**<http://www.ibiblio.org/rcip//internl.html>**

**Find free student counseling from your university here**

**<http://www.google.com>.**

**Police reports are not mandatory if you speak to a rape crisis counselor.**

**5. Seek treatment from a trained therapist specializing in Rape Trauma Syndrome as soon as possible. RAINN also provides therapist referrals.**

**Find a therapist near you here**

**<http://www.mentalhealth.org/databases/default.asp>**

**This locator provides you with comprehensive information about mental health services and resources and is useful for professionals, consumers and their families, and the public. You may also call The American Psychological Association- for a referral 1-800-964-2000. For more information on finding a therapist click here.**

**International directory of therapists**

**<http://www.sachinternational.com/therapists.htm>**

**UK mental health resources directory**

**<http://libraries.nelh.nhs.uk/mentalhealth/default.asp?page=DIRECTORY>**

**UK mental health care**

**<http://www.mentalhealthcare.org.uk/>**

**Brittish mental health resources**

**<http://www.mind.org.uk/Information/Factsheets/Sexual+abuse/>**

**(if you have an emergency please call 911)**

**Resources for panic attacks**

**If you are having a panic attack now please try these coping skills and contact a trained therapist as soon as possible.**


***safe place***

**<http://www.ibiblio.org/rcip/safeplace.html>**

**or**

**Coping skills for panic attacks**

**<http://www.ibiblio.org/rcip/copingskills.html>**

**Resources to research this subject:****Journals and articles****Search the NCJRS Abstracts Database****Google scholar or Findarticles****Finding books at the library****Online Libraries on sexual assault****Encyclopedias and Dictionaries****Search terms: rape crisis****Related links: Victim blame****References:****Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.****rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>****Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.****Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).****Please select a topic from the menu**Hotlines- do you need help now? **Home page  
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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

# Suicide Hotlines

**1-800-273-TALK**

**Homepage|Research|Crisis Information|Hotlines**

**Home page|Research|Topics|Journal articles|Encyclopedias and Dictionaries|Crisis Information|Hotlines|Rape crisis centers|How to help rape victims|Effects of rape|Therapy|Path to healing|Male survivors|Victim blame|Other topics**

**World wide suicide hotline page**

## **USA**

**1-800-273-TALK. This number will put callers in touch with the federally-funded National Suicide Prevention Lifeline, a service that has been in operation since January, 2005. It functions as a central switchboard to immediately connect callers to virtually the same network of certified, local crisis centers accessed by 1-800-SUICIDE. So callers can receive counseling or emergency services, if needed, close to home.**

**Argentina  
23-930430**

**Armenia  
2-538-194 or 2-538-197**

**Australia  
1800-198-313**

**Austria  
01-713-3374**

**Barbados  
429-9999**

**Brazil  
21-233-9191**

**Canada  
514-723-4000**

**China  
852-2382-0000**

**Costa Rica**  
**506-253-5439**

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**Cyprus**  
**0-777-267**

**Denmark**  
**70-201-201**

**Egypt**  
**7621602**

**Estonia**  
**6-558-088**

**Finland**  
**040-5032199**

**France**  
**01-45-39-4000**

**Germany**  
**0800-1110-111**

**Guatemala**  
**502-254-1259**

**Holland**  
**0900-0767**

**Honduras**  
**504-237-3623**

**Hungary**  
**62-420-111**

**India**  
**91-22-307-3451**

**Italy**  
**06-7045-4444**

**Japan**  
**3-5286-9090**

**Lithuania**  
**8-800-2-8888**

**Malaysia**  
**03-756-8144**

**Mauritius**  
**46-48-889 / 800-93-93**

**Mexico**  
**525-510-2550**

**New Zealand  
4-473-9739**

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**Nicaragua  
505-268-6171**

**Norway  
815-33-300**

**Poland  
52-70-000**

**Portugal  
239-72-10-10**

**Republic of Ireland  
1850-60-90-90**

**Russia  
8-20-222-82-10**

**Singapore  
800-221-4444  
24 hrs / 7 days  
000-227-0309**

**Southern Africa  
0861-322-322  
24 hour Crisis Number**

**South Korea  
2-715-8600**

**Spain  
91-459-00-50**

**Sri Lanka  
1-692-909**

**St. Vincent  
809-456-1044**

**Sweden  
031-711-2400**

**Switzerland  
143**

**Thailand  
02-249-9977**

**Trinidad & Tobago  
868-645-2800**

**Ukraine  
0487-327715 / 0482-226565**

**United Kingdom  
08457-90-90-90**

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**United States  
1-800-Suicide OR 1-800-784-2433  
24 hours a day, 7 days a week**

**National Youth Crisis & Suicide Hotline 1-800-621-4000**

**Yugoslavia  
021-623-393**

### **Befrienders**

**<http://www.befrienders.org>**

**If you're feeling depressed or suicidal now and need to talk to someone, we're here to listen.**

### **LGBT Trevor Hotline**

**<http://www.suicide.org/gay-and-lesbian-suicide.html>**

**Information on gay and lesbian suicide counseling.**

### **Suicide support groups**

**<http://www.suicidology.org>**

**Find suicide support groups in the US.**

### **Samaritans**

**<http://www.samaritans.org.uk/>**

**Samaritans' mission Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.**

### **Suicide support group directory**

### **Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**



References:

Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.

rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>

Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.

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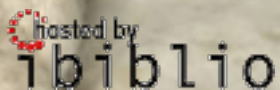
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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

# Find a rape crisis center near you

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**International directory**

## **Rape crisis hotlines**

- 1. RAINN is the leading national organization that runs the 1-800-656-HOPE rape crisis hotline. That hotline forwards calls to the local rape crisis center phone number. The online counseling is run by RAINN volunteers.**
- 2. State coalitions organize the local crisis centers.**
- 3. Local rape crisis centers provide hotline assistance, often offer free counseling and support groups.**
- 4. University rape crisis and women's centers offer free counseling and referrals. They also hold women's week survivor awareness raising events.**

## **Rape crisis centers**

**Rape Crisis Centers by zip code or state or the online hotline (chat)**

**<http://www.rainn.org/counseling.html>**

**You can call the National Sexual Assault Hotline, operated by RAINN, 24 hours a day at 1-800-656-HOPE (4673), or you can search for your local rape crisis center. This site provides a search engine to find rape crisis centers in your town. You just need to type in your zip code.**

**Rape Crisis Centers by Country and State**

**<http://pandys.org/forums/index.php?showforum=42>**

**This directory was created by the founders and contributed to by members of the Pandora's Aquarium support group.**

<http://www.nsvrc.org/>

**State sexual violence coalitions.**

**Violence Against Women**

<http://womenshealth.gov/violence/>

**Organizations are listed by state.**

**State websites**

[http://www.firstgov.gov/Agencies/State\\_and\\_Territories.shtml](http://www.firstgov.gov/Agencies/State_and_Territories.shtml)

**The first thing to do is click on the state you live in and then click on the word search and type in rape. It can help you find resources available to you locally. Also see the legal section of the rape crisis pathfinder resources.**

**INTERNATIONAL CRISIS CENTERS and HOTLINES**

**World wide / International abuse and crisis help lines**

<http://www.ibiblio.org/rcip//internl.html>

**World Wide Directory of Abuse Lines**

<http://www.hotpeachpages.net/index.html>

**A world wide directory of abuse help lines.  
Very comprehensive.**

**AiR- abuse info and resources**

<http://hotpeachpages.net/canada/air/>

**Do you have a resource or rape crisis center to add?**

**Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

**Search terms: rape crisis**

**Related links: Victim blame**

**References:**


**Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.**

**rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>**

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**Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).**

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# Rape Crisis Support Groups

## Message Boards

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**Telling your story with images- creative arts exercise**

**What kind of support might you find?**

**Please read "If you were my sister..."**

**These categories may help you decide which support group is right for your needs. You can always join several from each category and decide which is best for you.**

**Feminist~Faith based~General support~Specific types**

**Politically liberal message boards**

**Pandora's Aquarium**

**<http://www.pandys.org/>**



**Pandora's Aquarium. You can view the discussion forums (but only read wonderful threads and research) from the above link. This Message board is inspired by Tori Amos. It has several different forums for discussion including healing song lyrics. The discussions are very well organized and interesting. You will get responses more quickly at this board than some others. The members are for the most part very politically liberal. There are forums for lgbtq members, male survivors and partners of survivors.**

**Why join a support group?**

**"Others might have feared letting such troubles out of the box, but Pandora knew that when you keep a box closed, you also close off hope<sup>40</sup> She knew that hope lies in opening the box, in revealing the truth, in releasing the trauma. She was not afraid. She knew that girls are healed every time women's sexual trauma is let out of its box and released into the world."**

**-Invisible Girls: The Truth About Sexual Abuse, Dr. Patti Feuereisen**

**Rainbowhope or Rainbowhope newsletter**

**<http://www.rainbowhope.org/>**

**Message board for lesbian rape survivors. This board is very well organized and safety oriented. The theme is healing oriented. Archive, site, news**

**After Silence**

**<http://www.aftersilence.org/forum/>**

**A community designed to help survivors communicate in the recovery of rape, sexual abuse and domestic violence. It is also inspired by Tori Amos. It has a lot of members which means you will get a response more quickly. This board has a forum for LGBT survivors.**

**Perfectly Still**

**<http://www.aftertherain.com/messageboard/>**

**'Perfectly Still' is a forum for SUPPORT of Survivors dealing with any form of Sexual Abuse as well as Aftermath issues. It is a Tori Amos inspired community which is well organized and nice look to at.**

**LGBTQ support groups, male survivors**

**Faith based recovery boards**

**Rape survivors**

**<http://groups.yahoo.com/group/rapesurvivors/>**

**This is a message board associated with hope for healing. Hope for healing is a faith based resource. You can get a daily digest emailed to yourself. It is moderated by the founder of hope for healing. In this forum you can have posts sent to your email address automatically. I found the**



## **Rape recovery 2**

<http://health.groups.yahoo.com/group/raperecovery2/>

### **Raperecovery2**

This is another message board associated with hope for healing. Hope for healing is a faith based resource. You can get a daily digest emailed to yourself. It is moderated by the founder of hope for healing. In this forum you can have posts sent to your email address automatically. I found the sequence of responses to be disorienting but it saves time and is convenient.

### **A hope for healing message board**

<http://forums.delphiforums.com/rapehealing/>

A Christian message board associated with hope for healing.

## **I am a survivor**

<http://iamasurvivor.myfreeforum.org/index.php>

This is a faith based (Christian) support group for sex abuse survivors - with a forum for (former) sex workers.

## **General rape crisis support groups**

### **Rape crisis and suicide support**

<http://messageboards.ivillage.com/iv-rlcrisis>

Rape, crisis, stalking and suicide support. Have you or someone you know been raped or stalked or thought about suicide? Don't go it alone. Find help, support and friendship here. This is a supportive environment hosted by a women's health site. Members tend to be all ages, races and faiths. It is a good place to join if you are looking for a general support group for rape crisis.

## **Enchanted Forest**

[http://z13.invisionfree.com/The\\_Enchanted\\_Forest/index.php](http://z13.invisionfree.com/The_Enchanted_Forest/index.php)

A Community for Survivors of Sexual Abuse. This board has a nice feel and great emoticons! Founded by a message board veteran I am sure you will find it a safe place to be.

### **Taking Back Control**

<http://www.taking-back-control.com/board/index.php>

**A message board with lovely aesthetics, nice mood and optional themes including Fiona Apple. This forum has an lgbt sub forum.**

### **Souls self help**

<http://www.soulselfhelp.on.ca/elists.html>

**This site also has a lot of good information presented in a cheerful way (lots of butterflies). Scroll down and subscribe to one of the email lists given.**

### **Male survivor board**

<http://www.malesurvivor.org/>

**For more male survivor boards see the section on male survivors**

### **Related message boards**

### **Search this directory of self help support groups**

<http://www.mentalhelp.net/selfhelp/>

### **Self injury support group**

<http://gabrielle.self-injury.net/>

**Talk with and get support from others who hurt themselves and also those who have loved ones who hurt themselves.**

### **A Mind's Journey- online support group for DID**

[http://s3.invisionfree.com/A\\_Minds\\_Journey/index.php](http://s3.invisionfree.com/A_Minds_Journey/index.php)

**"A Mind's Journey" is a safe, supportive community where you can feel comfortable discussing personal issues related to dissociation.**

<http://www.stigmatized.org/>

**A support group for individuals conceived in rape or incest. We also provide support to women who have been pregnant by assault or are raising rape or incest conceived children. For more information, please browse the links to the left, or email stigma@kc.rr.com.**

**Community of Hurricane Katrina Rape Survivors**

<http://health.groups.yahoo.com/group/rskatrina/>

**This is a support group for sexual assault and rape survivors from Hurricane Katrina, Rita, Wilma or any other disaster.**

**Grrl Activistas**

<http://health.groups.yahoo.com/group/grrlactivistas/>

**Grrl Activistas is a group for those interested in sexual violence. You can share:**

**Complaints about media and other organisations provide information about sexual-violence related campaigns of any kind discuss issues relating to sexual violence in the media details of local events such as V-Day events and survivor conferences details of new books, articles, and papers.**

**Psychological support groups- use the page numbers to scroll to the psychology section.**

<http://health.ivillage.com/messageboards/0,,3,00.html>

**Rape crisis support group directory from As Waters Passing By**

**Rape support group directory**

[http://health.dir.groups.yahoo.com/dir/Health\\_\\_\\_Wellness/Support/Rape](http://health.dir.groups.yahoo.com/dir/Health___Wellness/Support/Rape)

**Sexual abuse chats and forums**

[http://www.google.com/Top/Society/Support\\_Groups/](http://www.google.com/Top/Society/Support_Groups/)

[Sexual\\_Abuse/Chats\\_and\\_Forums/](http://www.google.com/Top/Society/Support_Groups/Sexual_Abuse/Chats_and_Forums/)

## Rape survivor support group directory

[http://directory.google.com/Top/Society/Support\\_Groups/Sexual\\_Abuse/Survivors/](http://directory.google.com/Top/Society/Support_Groups/Sexual_Abuse/Survivors/)

## Support group directory

[http://directory.google.com/Top/Society/Support\\_Groups/Rape/](http://directory.google.com/Top/Society/Support_Groups/Rape/)

## Search for more rape crisis online support groups

### Resources to research this subject:

#### Journals and articles

[Search the NCJRS Abstracts Database](#)

[Google scholar or Findarticles](#)

[Finding books at the library](#)

[Online Libraries on sexual assault](#)

[Encyclopedias and Dictionaries](#)

[Search terms: rape crisis](#)

[Related links: Victim blame](#)

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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

## Therapy

- [Message board I, II,](#)
- [Community links](#)
- [Effects of rape](#)

To find a therapist (referral) call the APA at [1-800-964-2000](#), the NMHA at [1.800.969.6642](#), RAINN at [1-800-656-HOPE](#) or (UK) [0845.766.0163](#)

The first thing you can do after an assault is to speak to a counselor at a [rape crisis center](#) free of charge. [1-800-656-HOPE \(4673\)](#)

It's very important to also find a regular therapist. Healing is possible. Some good advice from the below resources is to interview three therapists and choose the one you feel fits you best. Listed below are referral organizations, such as the APA, which tell you how to find a therapist near you. Other sources of referrals are RAINN, community mental health centers, medical schools, and the local medical society. During this interview you may want to ask what area they specialize in and if there are any topics they are uncomfortable with such as religion or LGBT issues. Many people are interested in support groups or group therapy which is available at many rape crisis and women's centers. You may want to consider online support groups as a supplement to in person support sources. If you are in crisis now please call a hotline operator. We are here to listen.

[Find rape crisis services near you from Medline.](#)

[Find in-patient programs for trauma.](#)

Referral Organizations- Find a therapist

[International information](#)  
[Non-profit resources](#)

### [Why is therapy important?](#)

[http://www.rasac.org/therapy/why\\_counseling.html#top](http://www.rasac.org/therapy/why_counseling.html#top)

You may need a safe, nurturing environment to freely express your thoughts and emotions. In order to regain control of your emotions, it is essential to feel secure enough in your environment to express your anger, grief, fear, self-blame, without feeling judged.

[Mental health services locator](#)

**This Locator provides you with comprehensive information about mental health services and resources and is useful for professionals, consumers and their families, and the public. You can access this information in several ways by selecting a State of U.S. Territory from the map or drop-down menu.**

**The ADAA provides a [therapist directory](#).**

<http://www.adaa.org/Public/Find.cfm>

**Find a counselor**

<http://www.nbcc.org/counselorfind2>

**You can also find a cognitive therapist [here](#).**

<http://academyofct.org/>

**How do I find treatment?**

<http://www.nmha.org/infoctr/FAQs/treatment.cfm>

**These resources from the National Mental Health Association can be used to help you find mental health treatment services in your community.**

**The American Psychological Association- for a referral call 1-800-964-2000.**

<http://helping.apa.org/locator/>

**Although the American Psychological Association is not able to provide direct referrals, you can obtain a referral to a psychologist in your area by calling 1-800-964-2000. The operator will use your zip code to locate and connect you with the referral service of the state psychological association.**

**Resources For Survivors**

<http://www.sidran.org/survivor.html>

**Information, Resources and Therapist Listings from Sidran's Help Desk.**

**Private Sector Resources**

**How to choose a therapist**

<http://www.1-800-therapist.com/>

**From Dr. Kevin Groid- Find three therapists specializing in your problem and interview them each to decide which works best with you.**

**EMDR**

"EMDR (Eye Movement Desensitization and Reprocessing) therapy has emerged as a procedure to be reckoned with in psychology....Almost a million people have been treated .... Also, further research appears to support the remarkable claims made for EMDR therapy."

Ask your therapist to teach you:

**EMDR needs meeting skills for self esteem**

<http://www.dnmsinstitute.com/>

**More...**

<http://www.ibiblio.org/rcip//emdrskills.html>

or

**Safe place**

<http://www.ibiblio.org/rcip//safeplace.html>

other sources:

If you are a student free counseling is probably available through your University. For rape crisis information for your school try this [www.google.com](http://www.google.com) search. Please enter the name of your University. Example : Rape and LSU and Counseling

**A National Directory of Family & Marriage Counselors**

<http://www.counsel-search.com/>

**Types of therapy:**

**Therapeutic Approaches Commonly Used to Treat PTSD (common in rape victims):**

- "Cognitive-behavioral therapy (CBT) involves working with cognitions to change emotions, thoughts, and behaviors." which includes learning skills for coping with anxiety.  
(Cognitive therapy is also recommended for self blame)
- Pharmacotherapy (medication)
- Eye Movement Desensitization and Reprocessing (EMDR) is a relatively new treatment for traumatic memories
- Group treatment is often an ideal therapeutic setting because trauma survivors are able to share traumatic material
- Brief psychodynamic psychotherapy focuses on the emotional conflicts
- Psychiatric disorders that commonly co-occur with PTSD include depression, alcohol/substance abuse, panic disorder, and other anxiety disorders.



## **International**

For information call 0845.766.0163

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### **Seeking a therapist in the UK**

[http://www.bacp.co.uk/seeking\\_therapist/index.html](http://www.bacp.co.uk/seeking_therapist/index.html)

### **Find a Psychologist in the UK**

<http://www.bps.org.uk/e-services/find-a-psychologist/psychoindex.cfm>

### **Find a Therapist in the UK**

[http://www.psychotherapy.org.uk/find\\_a\\_therapist.html](http://www.psychotherapy.org.uk/find_a_therapist.html)

### **Find a Therapist in the UK**

<http://www.ufindus.com/>

### **Find an EMDR specialist in the UK**

<http://www.emdr-europe.org/>

### **International directory of therapists**

<http://www.sachinternational.com/therapists.htm>

### **UK mental health resources directory**

<http://libraries.nelh.nhs.uk/mentalhealth/>

### **UK mental health care**

<http://www.mentalhealthcare.org.uk/>

### **British mental health resources**

<http://www.mind.org.uk/Information/Factsheets/Sexual+abuse/>

### **SANE - Britain's longest standing mental health helpline**

[http://www.sane.org.uk/public\\_html/index.shtml](http://www.sane.org.uk/public_html/index.shtml)

**SANELINE 0845 767 8000 is SANE's national telephone helpline offering support and information to callers throughout the UK.**

### **International Therapist Registry from The American Academy of Experts in Traumatic Stress**

<http://www.aaets.org/searchnew.htm>

### **International therapy links from World Federation for Mental Health**

<http://www.wfmh.org>

### **UK Cognitive Therapy site**

<http://www.eabct.com/>

**What are some of the different kinds of traditional therapies?**

- **EMDR**
- **Behavioral Therapy**
- **Cognitive Therapy**
- **Cognitive/Behavioral Therapy**
- **Couples Counseling and Family Therapy**
- **Electroconvulsive Therapy**
- **Group Therapy**
- **Interpersonal Psychotherapy**
- **Light Therapy**
- **Play Therapy**
- **Psychoanalysis**
- **Psychodynamic Psychotherapy**
- **Biomedical Treatment**

### **Psychology movements and books**

**General**

**Behaviorism**

**Comparative**

**Descriptive**

**Humanistic  
Jungian  
Phenomenological  
Psychodrama  
Rational-Emotive**

## **Articles**

**Brewin, Chris R. (2006). Understanding cognitive behaviour therapy: A retrieval competition account. Behaviour Research & Therapy, 44 (6), p765-784, 20p.**

**Abstract: Vulnerability to emotional disorders is thought to lie in memory representations (e.g. negative self-schemas) that are activated by triggering events and maintain negative mood. There has been considerable uncertainty about how the influence of these representations can be altered, prompted in part by the development of new metacognitive therapies. This article reviews research suggesting there are multiple memories involving the self that compete to be retrieved. It is proposed that CBT does not directly modify negative information in memory, but produces changes in the relative activation of positive and negative representations such that the positive ones are assisted to win the retrieval competition. This account is related to the treatment of common symptoms typical of emotional disorders, such as phobic reactions, rumination, and intrusive images and memories. It is shown to provide a parsimonious set of principles that have the potential to unify traditional and more modern variants of CBT.**

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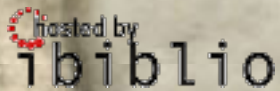
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# TO DO LIST FOR HEALING

**Homepage|Research|Crisis Information|Hotlines**

**Home page|Research|Topics|Journal articles|Encyclopedias and Dictionaries|Crisis Information|Hotlines|Rape crisis centers|How to help rape victims|Effects of rape|Therapy|Path to healing|Male survivors|Victim blame|Other topics**

**Please print this list out**

**This list is to help you remember to explore all the resources you choose to. You have control over your life now and these are some things you can do to act on that. Use your discretion about which resources you seek.**

## **\_\_\_ Call for help**

**You can call the National Sexual Assault Hotline, operated by RAINN, 24 hours a day at**

**1-800-656-HOPE (4673) or World Wide Directory of Abuse Lines. By calling this hotline you can find references to local counseling and therapy resources.**

<http://www.ibiblio.org/rcip//internl.html>

## **\_\_\_ Find a support group**

**Online support group message boards are recommended as a good first step (if you are not ready to talk in person). You also need to speak to a rape crisis counselor and a therapist.**

<http://www.ibiblio.org/rcip//crisiscenters.html#mb>

## **\_\_\_ Get free counseling**

**You may want to seek *free counseling* from your local rape crisis center. <http://www.ibiblio.org/rcip//internl.html>**

In the US call 1-800-656-HOPE and you will be connected to the nearest center.

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You may also find free student counseling

from your university.

<http://www.google.com> or call 411 and ask information.

## **\_\_\_ Find a therapist**

<http://www.ibiblio.org/rcip//therapy.html>

Seek treatment from a trained therapist specializing in Rape Trauma Syndrome as soon as possible. RAINN also provides therapist referrals. For information call The APA for referrals- 1.800.964.2000

or the NMHA at 1.800.969.6642 or (UK) 0845.766.0163

## **\_\_\_ Learn coping skills for panic attacks**

Ask your therapist to teach you coping skills such as safe place and cognitive restructuring (telling yourself a better story).

<http://www.ibiblio.org/rcip/copingskills.html>

One of the important coping skills, when you are ready, is to learn about the effects of rape. This may be a coping skill that should wait until you are in the care of a therapist and stable.

<http://www.ibiblio.org/rcip//effectsofrape.html>

For other ways of regaining control see:

<http://www.ibiblio.org/rcip/selfblame.html#controlnow>

## **\_\_\_ Address the issue of blame: it was not your fault.**

The first thing you should know if you were raped or sexually assaulted is that: Rape is never the victim's fault. It's the perp's fault.

<http://www.ibiblio.org/rcip/selfblame.html>

\* Author is not a trained counselor or therapist - This site's owners are providing Information for reference only, and do not intend said Information to be used for the diagnosis or treatment of any medical conditions, or for any other purposes. See disclaimer.

**Please list your own personal healing goals below:**

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**Resources to research this subject:****Journals and articles****Search the NCJRS Abstracts Database****Google scholar or Findarticles****Finding books at the library****Online Libraries on sexual assault****Encyclopedias and Dictionaries****Search terms: rape crisis****Related links: Victim blame****References:**


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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

## Partners of rape survivors

[Partners](#) | [LGBTQ partners](#) | [Message boards](#) | [Sexuality](#) | [Books](#) | [Advice/quotes](#)

Most survivors of sexual abuse know that partners of survivors need help coping too. This page has links to other support sites as well as advice from survivors to help partners understand what is most important to us. Often these are things we cannot find the words to say.

Those most frequently mentioned are:

- Be willing to talk about things but do not force me if I am not ready.
- Respect that I was doing what I needed to in order to survive (whether physically or emotionally).
- Do not ask too many questions about why I made decisions and choices.
- Please read literature about rape trauma syndrome and how to help a survivor.
- When I am not feeling affectionate or sexual, it's not about you or how I feel about you. Many survivors indicated this is an important issue.
- It would be helpful if partners were to educate themselves on the issue and seek out support for themselves.
- Some survivors expressed that partners learning grounding techniques (like safe place) would be helpful.
- When I am triggered by something please don't take it personally. (It is not necessarily about what's happening now so much as that I am reminded of something harmful from the past.)  
What is a trigger? What is a panic attack?
- Please read this vocabulary page on rape survivor terms

### What is a secondary survivor?

[http://www.youthresource.com/our\\_lives/sexual\\_assault/articles/secondary.htm](http://www.youthresource.com/our_lives/sexual_assault/articles/secondary.htm)

You are a secondary survivor if a friend, partner, girlfriend, boyfriend, mother, sister, child, or anyone you are very close to is a survivor of sexual

assault or physical or emotional abuse. It does not matter if you knew this person when the assault or abuse happened-or even if you knew them and did not know about the assault until much later. 59

### **Secondary Survivors**

<http://www.survivingtothriving.org/secondariesurvivors>

**If you are a secondary survivor, you are here because you care about the person in your life who has been the victim of sexual violence. Sexual violence can affect the people in the survivor's life in many ways. You have every right to feel angry, sad and upset and there are resources for you to help you deal with those emotions. Many people feel helpless while watching someone go through such terrible pain, but you are not. If a survivor has come to you, it means that you are trusted and you can have an enormous influence in your friend's healing.**

### **Partners of survivors from ClinicalSocialWork.com**

<http://www.clinicalsocialwork.com/partners.html>

### **Survivors and Friends**

<http://www.survivors-and-friends.org/>

**Survivors and Friends is a non-profit organization that was founded by annie, a Survivor of sexual abuse herself. Survivors and Friends exists to provide hope, encouragement, and support for survivors of sexual abuse, their friends, and their family.**

### **Partners of abuse survivors**

<http://partners.aest.org.uk/>

**Partners of abuse survivors, self-harm and related other issues are often, sadly, overlooked when it comes to support. There are few enough real life support groups for survivors themselves, so it is not surprising that they are seldom any at all for partners of survivors.**

### **Parents and loved ones of abuse survivors**

<http://www.geocities.com/HotSprings/2656/>

**Dedicated to the non-offending parent and to all those who have suffered the hurt of someone they love being abused or raped. Has two message boards listed at the bottom of the page.**

<http://www.needid.bizland.com/linkco.html>

What is DID? A complex mental process known as disassociation allows children and adults to survive very painful situations, such as rape or incest. The memory of a traumatic experience is blocked from one's ongoing memory, which creates a temporary mental escape from the pain of the trauma. Because this process can produce changes in memory, people who frequently disassociate cannot recall important personal information. <http://www.4woman.gov/wwd/wwd.cfm?page=45>

**A National Directory of Family & Marriage Counselors**

<http://www.counsel-search.com/>

**Personal sites**

**Partners of Survivors**

<http://www.geocities.com/HotSprings/2402/partners.html>

**Partners of survivors go through many of the same feelings as survivors do. Answers and support are needed during this time but is hard to come by.**

**Message boards**

**Herodes' Cave Spring-Board & Live Chat Room - Secondary survivor support group**

<http://www.freewebs.com/springboard>

"A message board and live chat room for people helping partners, family members or friends heal from rape, child sexual abuse or any form of sexual violence. "Survivors" are very welcome to join, but the focus is on supporting "supporters". We want you to know that your feelings matter too! Many people whose loved ones go through this kind of trauma experience secondary trauma themselves. This board has both common areas and private "supporter"-only areas, where you can talk freely with other people who know what it's like. Share friendship, advice and support and use the large and growing set of links to crisis services, resources and other information, some of which, like "building communication during flashbacks", is based on members' personal experiences. Please come and visit, look around and see what you think! Welcome to our friendly and secure online community!"

**Secondary circle for parents and loved ones.**

<http://www.egroups.com/subscribe/secondarycircle>

**Parents of survivors**

<http://www.egroups.com/subscribe/parents-of-survivors>

## **Supportive partners**

[http://www.healthyplace.com/Communities/Abuse/holli/supportive\\_partners.htm](http://www.healthyplace.com/Communities/Abuse/holli/supportive_partners.htm)

**Share with others how you, as a partner, got through a particularly rough time. What kinds of feelings have you experienced? How are you coping?**

## **After the Silence**

<http://dancinginthedarkness.com/ipb/index.php>

## **Positive Partners**

<http://health.groups.yahoo.com/group/positivepartnersofsurvivors/>

**"Do you have someone you love that has been sexually abused in some way? You are welcome to join others here who understand that YOU need support too! Others are struggling in the world of the sexually abused. You are not alone."**

*Subscribe to lesbian\_partner\_support*



Powered by [health.groups.yahoo.com](http://health.groups.yahoo.com)

[http://health.groups.yahoo.com/group/lesbian\\_partner\\_support/](http://health.groups.yahoo.com/group/lesbian_partner_support/)

## **Lesbian Partners of Survivors**

<http://forums.delphiforums.com/steph515/start>

**This is a message board for partners of lesbian sexual assault survivors.**

## **Pandora's Aquarium Partners forum**

<http://www.pandys.org/forums>

**Pandys has a forum for secondary survivors (partners and loved ones). It also has an lgbt forum as well.**

**SEXUAL ASSAULT OF LESBIANS: SOME ISSUES**

<http://danenet.wicip.org/dcccrsa/saissues/lesbian.html>

**"It is obvious that a sexual assault affects not only the victim, but those closest to her. However, unlike straight couples, in which the man may be sympathetic but basically a stranger to the issue, assault may be a personal experience for both partners in a lesbian relationship. "More often than not," comments a woman who has counseled victims of anti-lesbian violence, "when you're dealing with a lesbian couple, you're dealing with someone who's been raped ten years earlier, and someone who's been raped recently." In other words, so many women are victims of assault at one point in their life that one woman's assault can trigger upsetting or traumatic memories in her lover. This may either allow the partner of a rape victim to be especially supportive; or it may lead to tension and distance if she is unable to cope with her own memories. And like all partners of rape victims, the partner may feel inadequate for not having protected her lover properly, or even angry at her lover for letting the assault happen. All of these reactions are common ones, and a combination of both individual and couple counseling is generally recommended when a lesbian couple is affected by an anti-lesbian assault."**

**Lesbian partners from Kali Monro****Recommendations from lesbian survivors:**

**"I guess it comes down to four things.**

- 1. Know that she can not change my past or change the choices that I made.**
- 2. Respect that I was doing what I needed to in order to survive (whether physically or emotionally).**
- 3. Understand that I am more than my past, but the past did make me (at least in part) who I am today.**
- 4. Be willing to talk about the good, the bad and the ugly; to the extent that I am able to."**

**"Please believe me." Do not assume the survivor knows you believe them. Many survivors have been cross examined and questioned by people they trust and are very sensitive on this issue. Please make it clear you believe and support the victim.**

**"If I have some issues relative to sexual healing, I would need to feel I could discuss this with her in an open manner. "**

**\*\*"If I need to talk, I will ... but if I don't want to, don't push it ... I can only express myself when I'm ready and/or want to ... again, it's not personal ... "**  
**"Please only ask multiple questions if you know it's okay to continue. If a person does not want to talk about it - it may be because they are having a traumatic reaction to the memory."**

**"When I am not feeling affectionate or sexual, it's not about you or how I feel about you, it's about me .... it's never personal .... "**

**"I would also want my partner to be aware of her own issues either with her own past abuse and/or feelings about abuse. In this way, we are both confronting our own "demons" and not projecting them onto one another. (And, of course, I should be supportive of her in her self discovery process as**

well.)"

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**"Just like you're not a mind reader, neither am I ... if you need or want something from me, tell me ... if I can provide it, I will ... if I can't, we will either find a way to compromise or hold it off for a bit for whatever reason ..."**

**"It would be helpful if my partner were to educate herself on the issue and seek out support for herself relative to taking care of her own needs in being with me. "**

**"I wouldn't be comfortable if she started to psychoanalyze me or try to solve this for me so we could "get on with our lives." "**

**"I would want my partner to allow for my healing and self-discovery process within our relationship."**

**Please do not threaten to hurt the perpetrator. It causes the victim to feel unsafe and creates psychological trauma. This is also recommended on many survivor sites.**

**Do not judge the victim for not handling the situation the way you would have. Rape trauma syndrome is not understood very well but it affects the judgement of those suffering from it.**

**"I am trying to take care of myself and heal myself and though I may be in crisis sometimes, ...I am not always in crisis. " While rape victims are wounded, they are also survivors, and do not always want to be treated as fragile. "see me as sensitive with issues and problems but not weak or fragile like glass...."**

**"I'd also like my partner to know that not all of my reactions are about her. When I am triggered by something she does (especially when it comes to sex) it's not her that I am reacting to, it's my past. Being open to that communication is essential. "**

**"We can't be all things to each other nor can we meet all of our needs at all times ... avoiding relationship burn-out is important ... so just as I need space or time alone for me, you have that right as well ... whether it's alone or going out with your friends ...."**

**"Do not ever tell me to "put it behind me" or forget it or forgive it."**

**"Do not tell me how to heal....as long as i'm working on it some fashion."**

## **LGBTQ specific sexuality**

**Scroll down for more sexuality resources**

## **Nonprofit**

### **Survivor's Guide To Sex Archive**

**Open Enterprises is a worker-owned, women-owned cooperative providing**

access to accurate sex information and sex toys, books and videos through its retail, call center and publishing companies, to promote healthy attitudes about sex. Please use caution viewing this site as it links to graphic descriptions of LGBTQ sexuality and products. 64

**Lesbian partners from Kali Monro - articles for survivors**

**Books on relationships**

**Permanent Partners: Building Gay & Lesbian Relationships That Last**

**Support groups**

**Support for and by partners of lesbian rape survivors**

[http://health.groups.yahoo.com/group/lesbian\\_partner\\_support/](http://health.groups.yahoo.com/group/lesbian_partner_support/)

**This is a group to provide support for lesbian and LGBTQ partners of abuse, sexual assault and rap survivors. Please join in and help form a support source for partners.**

*Subscribe to lesbian\_partner\_support*



Powered by [health.groups.yahoo.com](http://health.groups.yahoo.com)

**Lesbian Partners of Survivors**

<http://forums.delphiforums.com/steph515/start>

**This is a message board for partners of lesbian sexual assault survivors.**

**Sexuality resources for all survivors**

More resources available here: [Sexuality](#)

**Books**

**Haines, Staci. (1999). The Survivor's Guide to Great Sex : How to Have a Great Sex Life - Even if You've Been Sexually Abused. Cleis Press. Paperback, 1st ed., 200pp. ISBN: 1573440795**

**Maltz, Wendy. (2003). Treating the Sexual Intimacy Concerns of Sexual Abuse**



"The article presents a study on the measures taken to treat intimate concerns in sexual abuse survivors. Due to the extremely high prevalence of sexual abuse in the culture, and the fact that sexual abuses causes a variety of sexual problems, a large proportion of patients seeking sex and relationship therapy will have inevitably histories of incest, rape, molestation and other types of sexual exploitation. To work effectively, therapists need to understand the sexual impact of sexual abuse and be familiar with the special sexual healing strategies and techniques that have been developed for survivors and their intimate partners. Sexual abuse occurs whenever one person dominates and exploits others by means of sexual activity or suggestion. In abusive sex, perpetrators exploits sexual feelings and behaviors to degrade, humiliate, control, hurt or otherwise mistreat the victims. Coercion and manipulation often play into sexual abuse. Sexual healing is an empowering process that enables survivors to address and overcome sexual problems caused by past abuse."

### **Online resources**

**see also the [survivor sexuality page](#)**

#### **Recovering from Rape: Healing Your Sexuality**

<http://www.sectx.com/rape.html>

"Recovering from a sexual assault is an ongoing process that occurs over time. In this pamphlet we offer many suggestions for dealing with the sexual part of your life during this recovery period. Some approaches will be more helpful depending on your background and life situation. We urge you to experiment with some of these ideas. There is not a "right way" for handling sexual relations following an assault - see what feels safe and comfortable for you."

#### **Sexuality & Abuse Survivors**

<http://www.m-a-h.net/library/sexuality/index.htm>

#### **Reclaiming Sex: Tips for Multiples, Survivors, and Significant Others**

[http://www.2multiples.com/twcrew/7\\_page.html](http://www.2multiples.com/twcrew/7_page.html)

#### **Sexual Healing: Stacie Haines**

<http://www.curvemag.com/Detailed/52.html>

#### **Women's sexuality - lesbian oriented but also good for general use.**

[http://www.kalimunro.com/article\\_womens\\_sexualexpression.html](http://www.kalimunro.com/article_womens_sexualexpression.html)

### **Personal sites**

#### **Emergence**

This site has information about how to make romantic relationships work post<sup>66</sup> assault. "this section of emergence is dedicated to a particular area of healing, that which involves romance, love, and sexuality. this is one of the hardest areas of healing for me, i know, and many others have also expressed this."

Keeping the kisses sweet emphasizes the survivor feeling safe in romantic situations without feeling pressure. "work on being comfortable with your lover. cuddle, hold hands, kiss lightly, brush each other's hair, spend plenty of time together. it will help you build trust and establish familiarity with your lover, and this way more intense physical contact won't be as much of a shock."

### **Advice for partners from all survivors:**

**"Avoid asking why questions when talking about what happened. Dont ask why we did something, why we reacted the way we did, why didn't we fight harder. We're already asking ourselves these questions enough,"**

**"Please understand that healing takes time, it is a journey with ups and downs. Please try not to get frustrated when things finally seem okay, but then something trips us up again, like an anniversary or a triggering event like a move, accident, violent movie, etc."**

**"I guess it comes down to four things.**

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- 2. Respect that I was doing what I needed to inorder to survive (whether physically or emotionally).**
- 3. Understand that I am more than my past, but the past did make me (at least in part) who I am today.**
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**"If I have some issues relative to sexual healing, I would need to feel I could discuss this with them in an open manner. "**

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**\*\*"If I need to talk, I will ... but if I don't want to, don't push it ... I can only express myself when I'm ready and/or want to ... again, it's not personal ... "**  
**"Please only ask multiple questions if you know it's okay to continue. If a person does not want to talk about it - it may be because they are having a traumatic reaction to the memory."**

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**"We can't be all things to each other nor can we meet all of our needs at all times ... avoiding relationship burn-out is important ... so just as I need space or time alone for me, you have that right as well ... whether it's alone or going out with your friends ...."**

**"Do not ever tell me to "put it behind me" or forget it or forgive it."**

**"What I would love for my partner to know.....in regards to Interaction**

**1. Validation, validation, validation - can never be validated enough.**

**2. When I'm emotionally distressed from memories and flash backs....pay attention...sometimes I can't voice it (b/c I'm in silent distress)...but if you paid attention ....you would realize the possible depths of my distress and try to help ground me.....it would be really lovely if you could just talk to me...and tell me that its not real, that I'm safe, that I'm here now with you.....actually say your name....so I can (know) the association that its you....and no one else.....**

**-I suppose I would want my partner to know of helpful grounding methods...that we could use together...just so I don't feel so alone....so lost....so trapped in the dark abyss of the moment**

**3. I would want him to remember that I am a sexual being and that I sometimes have self confidence and shame issues tied into my experiences...but that doesn't mean that I don't want new sexual experiences with him**

**-Sometimes when I reject advances...don't take it personally. I know that he loves me and desires me....but at that moment...my shame and guilt at wanting sexual experiences come out. Instead of getting equally mad at me....it would be great to talk to me about it.**

**4. Some days will be better than others...but it doesn't mean that I am regressing. It just means that I'm processing things a lot more that day...**

**5. Sometimes...I go through bouts...of wanting other men to desire me...its just a self confidence issue etc.**

**6. Hugs are awesome...and being affectionate....and cuddling...sometimes I need that and I hate to ask. Please don't deny me hugs or turn your back on me...esp when we fight....it really hurts.**

**7. Please express interest in our history....sometimes I need direct questions asked so I can share...but I really want to share with you...and sometimes I just can't shut up....please ask so I can share so we can heal together ....so we can grow.....and become stronger together.....**

**8. I suppose ...just remember that the same way you want to be treated...chances are we want to be treated the same.....we are all human...with the same basic wants and need....the need to be loved...and to love....**

**to be affectionate and have affection shown towards us....**

**to be expressive, and not be silenced....**

**to be respected...and not hurt or further abused.....**

**to be believed and not told that we are liars....**

to be free from judgement and guilt tactics and shaming.....b/c we have spent enough time shaming ourselves....feeling guilt, judging ourselves...we've let you in to our lives....don't hurt us further....don't discredit us....

**-Don't ever say "Its your fault" for whatever reason you may have."**

Also see [advice for lgbtq partners](#)

## Resources

### Books

#### Featured:

#### When You Are the Partner of a Rape or Incest Survivor: A Workbook for You

**Barshinger, Clarke E. & Larowe, Lojan E. (1995). Haunted Marriage; Overcoming the Ghosts of Your Spouse's Childhood Abuse. Intervarsity Press, USA.**

**Bear, Euan, & Dimock, Peter T. (1988). Adults Molested As Children: A Survivor's Manual For Women And Men. Safer Society Series Number Four. Orwell, VT: Safer Society Press.**

**Chapter Five: "For Lovers and Others." Excellent chapter as an introduction for partners who have just discovered their partner is a survivor.**

**Also available from: Safer Society Press, R. R. #1 Box 24-B, Orwell, VT 05760-9756.**

**Brewster, Susan. (1997) To Be an Anchor in the Storm : A Guide for Families and Friends of Abused Women. New York: Ballantine Books, Inc.**

**Cameron, Grant. (1995). What about me? A Guide for Men Helping Female Partners Deal with Childhood Sexual Abuse. Carp, Ontario, Canada: Creative Bound Publishers, Inc.**

**Cheston, Sharon E. (1994). As You and the Abused Person Journey Together. Paulist Press. Paperback, 80 pp. ISBN: 0809135132**

**Courtright, John, & Rogers, Sid, Dr. (1994). Your Wife Was Sexually Abused. (With discussion guide.) Grand Rapids, MI: Zondervan Publishing House.**

**A Christian-centered book for partners -- available at most Christian bookstores nationwide.**

**Davis, Laura (1991). Allies in Healing: When the Person You Love Was Sexually Abused as a Child, a Support Book for Partners. New York: HarperPerennial.**

**DeBeixedon, Yvette S. (1995). Lovers & Survivors: A Partner's Guide to Living with & Loving a Sexual Abuse Survivor.. San Francisco, CA: Robert D. Reed Publishers. Available at self-help sections in bookstores nationwide.**

**Deblinger, Esther & Heflin, Anne Hope. (1996). Treating Sexually Abused**

**Engel, Beverly. (1993). Partners in Recovery: How Mates, Lovers, & Other ProSurvivors Can Learn to Support & Cope with Adult Survivors of Childhood Sexual Abuse. New York: Fawcett Books.**

**Gil, Eliana. (1992). Outgrowing the Pain Together: A Book for Spouses & Partners of Adults Abused as Children. New York: Dell Trade Publishing, Inc.**

**Graber, Ken. (1991). Ghosts in the Bedroom; A Guide for Partners of Incest Survivors. Deerfield Beach, FL: Health Communications.**

**Hansen, Paul. Survivors and Partners: Healing the Relationships of Adult Survivors of Child Sexual Abuse. ISBN: 0962996041**

**Haines, Staci. (1999). The Survivor's Guide to Great Sex : How to Have a Great Sex Life - Even if You've Been Sexually Abused. Cleis Press. Paperback, 1st ed., 200pp. ISBN: 1573440795**

**Lew, Mike. (1990) Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse. Foreword by Ellen Bass / Paperback. ISBN: 0060973005.**

**Loulan, JoAnn. (1987). Lesbian Passion: Loving ourselves and each other. San Francisco, CA: Spinsters/Aunt Lute Publishers. Available at self-help sections in bookstores nationwide. :**

**Maltz, Wendy, & Holman, Beverly. (1987). Incest and Sexuality; A Guide to Understanding and Healing. Lexington, MA: Lexington Books. It is the first book to detail how sexuality is influenced by early abuse and will relate to the needs of both men and women.**

**Ch. 10: Survivors and Partners Working Together. Very good book along the lines of THE SEXUAL HEALING JOURNEY.**

**Matsakis, Aphrodite. (1998). TRUST AFTER TRAUMA: A Guide to Relationships for Survivors and Those Who Love Them. Oakland, CA: New Harbinger Publications.**

**McEvoy, A. and J. Brookings. If She is Raped: A Book for Husbands, Fathers and Male Friends. Florida: Learning Publications, Inc. 1984. ASIN: 0918452554 This title is out of print**

**"Living with a Female Sexual Abuse Survivor: Male partner's perspectives" by Brenda Bacon and Laura Lein, published in the Journal of Child Sexual Abuse, Vol. 5 p. 1-16, 1996.**

**"The Effects of Recovery from Childhood Sexual Abuse on Marital Relationships," by Eric McCollum, published in the Journal of Family Psychotherapy, 1993, Vol. 4, pages 35-46.**

**"Partners of Survivors: Saying (and Hearing) I Love You," by Robert Staten,. Changing Men. Winter/Spring 1993. Issue #25. pp. 46,47**

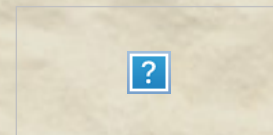
**"The Other Victims of Incest: Partners of Incest Victims Suffer, Too." Graber, Ken. Changes. May/June 1991, pp. 48-50.**

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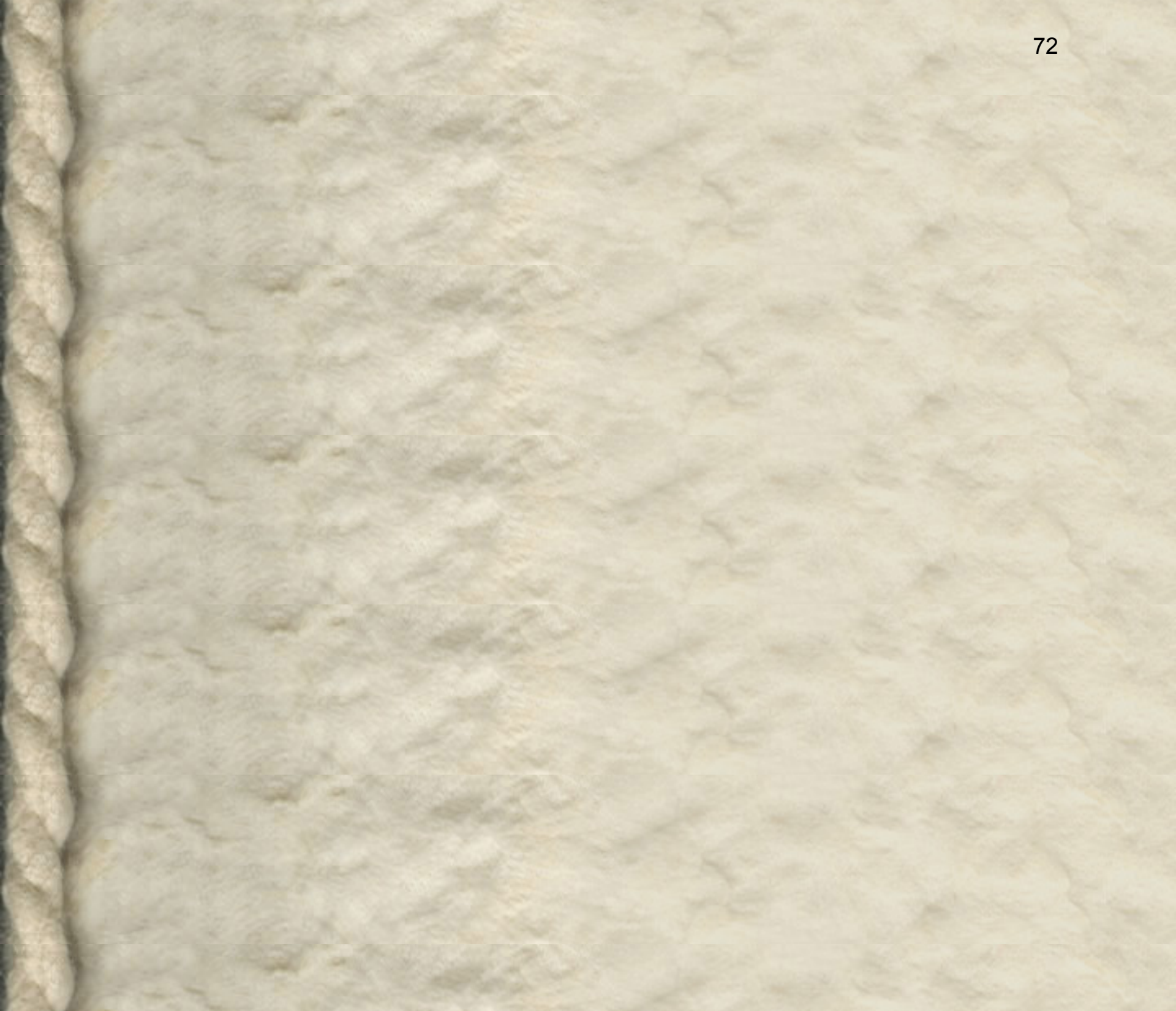
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## **Communicating with rape victims**

**Homepage|Research|Crisis Information|Hotlines**

**Home page|Research|Topics|Journal articles|Encyclopedias and Dictionaries|Crisis Information|Hotlines|Rape crisis centers|How to help rape victims|Effects of rape|Therapy|Path to healing|Male survivors|Victim blame|Other topics**

### **Overview**

**Communicating with rape victims as a service provider (medical, law enforcement or other) can be a very frustrating experience. It helps to understand why it is difficult for rape survivors to relay information and how to best encourage them to tell their stories.**

**For one thing "Clients often feel words are too immediate and too explicit to describe the experience and the resulting emotional response generated by sexual abuse. Created within the context of what psychiatrist Winnicott (1971) described as the "good enough" therapeutic relationship, artwork may be viewed as more concrete and symbolic, or less immediately explicit and therefore safer than verbal communications." (Clukey, 2003). Art work can also be used as a 'first step' or introduction to telling their story in narrative (words). Sometimes it's easier to get used to telling the story in image form before writing, and then saying the words. (Lev-Wiesel, 1998)**

**Some therapists who work with trauma patients are working on "integrating both verbal and nonverbal therapy with a client with severe anxiety and depression." (McNamee, 2004) The reason for this is the way the brain works. The right brain works with images and the left brain works with logic and words. PTSD victims temporarily loose communication (essentially) with the left side of the brain. The creative, image oriented side has to take over**

those functions. That makes logic and words more difficult. This is due to the passage between the two sides (corpus callosum) being damaged by PTSD. (Villarreal, G. et.al., 2004) , (Seritan, 2005). There is also new evidence that PTSD patients actually store traumatic memories in image form in a different part of the brain than normal memories. (Turner, 2004)

**An example of what this means is:**

**What if your computer could only show graphics or pictures because it had a virus? There would be no text accessible. You could only see the parts of webpages that contained images. That is sort of what it's like to not have functioning on the left side of the brain (language, math and logic). Because of this it may be better to use visual aids when explaining things to victims with PTSD who are using their right brain (images and creativity).**

**More information on this is available here.**

**Many rape victims also have a temporary disfunction called psychomotor retardation.**

**For service providers "careful communication with the patient is vital. As with any severe emotional trauma, patients who have been raped may not be able to hear or understand information and/or instructions. All information should be presented often and in many different ways so that the patient can absorb it. The patient should be informed of what is to happen at each phase of the examination and, whenever possible, should be allowed choices about her examination and treatment. This begins to restore some sense of control. If the protocol involves plucking hair or scraping nails, the patient should be allowed to collect these samples herself rather than having medical providers reenact her assault. Psychomotor retardation is very common in women who have been sexually assaulted and can be maddening to busy providers, but the patient must be allowed to move at her own pace." (emedicine)**

**Psychomotor retardation is described as " (slowed thinking, speech, body movements) or agitation (inability to sit still, hand-wringing, pulling at clothing, skin, or other objects) that is apparent to others." (minddisorders) It is**

**also one of the five criteria for major depressive episode according to the Diagnostic and Statistical Manual of Mental Disorders. In addition it is a part of combat stress and eating disordered behavior. For GHB date rape drug victims psychomotor retardation may be effected or compounded by this drug. (NIH)**

### **Online resources**

#### **Telling your story- a tutorial**

**<http://www.ibiblio.org/rcip/yourstory.html>**

#### **A directory of resources for people having trauma and mental issues**

**<http://info.med.yale.edu/chldstdy/autism/links.html>**

#### **Attainment Company**

**<http://attainmentcompany.com/>**

**This company makes systems which help communicate with a combination of sounds and images.**

#### **Flash cards for communication via images**

**<http://aba-materials.com/>**

**These cards are for children with autism but the idea is that communication via images is better for those with trauma issues. The Flash! Pro2 CD-ROM has a huge collection of over 10,000 color photographic images in 65 categories (click above on "Samples") that you can preview and print to teach speech, language and communication to children of all ages.**

## **Medline directory**

<http://www.nlm.nih.gov/medlineplus/rape.html>

## **Journal articles**

### **Communication and rape victims**

**McNamee, Carole M. (2004). Using both sides of the brain: Experiences that integrate art and talk therapy through scribble drawings. Art Therapy. 21(3), 2004. pp. 136-142. link**

**"Neuroscience researchers identify a cerebral cortex with two functioning hemispheres: a left hemisphere associated with language and speech and a right hemisphere associated with visual-motor activities. Additionally, neuroscientists argue that contemporary lifestyles favor the verbal, logical left brain and often ignore the truths that present in the right brain. Psychotherapy techniques range in their use of left-brain verbal discourse and right-brain nonverbal discourse. In a case study, the author describes experiences integrating both verbal and nonverbal therapy with a client with severe anxiety and depression. Nonverbal therapy involved annotated scribble drawings. Images in the drawings became the stimuli for verbal discourse with the client. Other client responses to the annotated scribble drawings are described."**

**Lev-Wiesel, Rachel (1998). Use of drawing technique to encourage verbalization in adult survivor of sexual abuse. ; Arts in Psychotherapy. 25(4), 1998. pp. 257-262. link**

**"Demonstrates the effectiveness of drawings (art therapy) in encouraging an adult survivor of childhood sexual abuse to speak about the past traumatic experiences. This ability to speak up not only breaks the conspiracy of family members to keep the secret, but also enables the victim to deal with negative feelings toward himself/herself and his/her parents. The drawing technique is illustrated in 4 therapeutic sessions (out of 24) with an adult female who was sexually abused by her father in childhood."**

**"This article describes a method for the holistic assessment of rape victims. This method consists of assessing the effect the rape has on the victims' affective, cognitive and behavioural functioning. By assessing the severity of the trauma in these areas counsellors are able to develop appropriate treatment strategies.**

**"The TAF permits counsellors to assess clients' level of impairment with respect to affective, cognitive and behavioural reactions to a crisis. Space is provided on the TAF for counsellors to make notation of any significant clinical findings. Affective categories are: (a) anger/hostility (may be present as agitation or a desire for possible retaliation); (b) fear/anxiety (may be present as sense of disorientation or jittery tension); and (c) sadness/melancholy (may be present as emotional and/or physical exhaustion accompanied by a sense of hopelessness). Counsellors are asked to identify clients' affective reaction to the crisis event using these categories and also assess the level of impairment. Should more than one affect be present, counsellors must judge which affect is primary, secondary and tertiary."**

**Art speaks in healing survivors of war: The use of art therapy in treating trauma survivors. Baker, Barbara Ann; Journal of Aggression, Maltreatment & Trauma, Vol 12(1-2), 2006. pp. 183-198.**

**"Mental health clinics can use creative art therapies as a means of reaching out to war refugees in their communities who may not respond to traditional talk therapy. In this case, the use of quilting and other artwork was utilized by the staff at Chicago Health Outreach to assist displaced Bosnians to cope with their war-related trauma and integration into their new environment in the United States. It can be difficult to reach refugee populations within a community whose culture and language are different from the majority, but finding other means of communicating can make a real difference for these individuals as they find safety and understanding by working on and sharing special creative projects."**

**Burmark, Lynell (2004). Visual Presentations That Prompt, Flash & Transform. Media & Methods, 40 (6), p4-4.**

**"This article suggests ways to conduct classroom sessions using projectors. Flashcards remain a stable way to help students retain information. Instead of spending hours laminating paper flash cards, create a digital template. A projector is used to show the flash slides for specific areas of study. Teach students word processing commands like cut, paste and move in a fun way by projecting scrambled jokes. Use the move command in the word processor to show students how the word processor tools work. By projecting this process, a large class can see how simple the transfer of information can be. This kind of text sequencing can be used to reorder not just jokes, but also event timelines, size of numbers or objects, and other selections. Have a full-screen photographic image projected in your classroom when students walk into class. Then have them write their interpretations of the projected image. By using these readily you can create compelling curriculum and reach those learners who have failed to learn from text-only media. Images are more than illustration. They are the heart of comprehension and the fastest route to academic success."**

**The healing art: The integration of art therapy into the modern psychoanalytic approach. Sharon, Ruth Velikorsky; Dissertation Abstracts International: Section B: The Sciences and Engineering, Vol 65(7-B), 2005. pp. 3724.**

**"In this study I want to illustrate how the production of drawings and written associations of a patient in the psychoanalytic framework can be a springboard for progressive verbalization and communication. It is helpful because it can facilitate the expression of pre-verbal and non-verbal material. Experiences of the patient, before the age of language acquisition, fall into this category. I will do this using a case study approach, by presenting the case of Rachel, a preoedipal patient whom I treated through the use of art in the psychoanalytic framework. Her case will be presented,**

and the repetitive material which signalled the presence of the resistance and the unconscious material in her art work and written associations to it will be summarized and explored. I will discuss the presence of the transference, countertransference, and resistance in our therapeutic relationship-as present in her work, her actions, and her behavior as treatment progressed. My purpose in doing that is to explore the ways in which the use of art effected those elements. I also hope to open this field for more research in this area."

**A descriptive study: Selection and use of art mediums by sexually abused adults: Implications in counseling and art psychotherapy. Clukey, Frances Harlow; Dissertation Abstracts International: Section B: The Sciences and Engineering, Vol 64(4-B), 2003. pp. 1679.**

"This research was designed to explore what happens in the process of therapy when clients, having persisting symptoms of sexual abuse and having disclosed that abuse, have access to a wide variety of art materials to select and use in treatment. A blend of qualitative and quantitative research in design, the study is an initial step towards a greater understanding of the potentially transformative experience of art making and the role of art mediums in the practice of therapy. Treatment for abuse is a long, complex and arduous process. Persistent aspects of abusive experience remain deeply buried within the body and cause periodic, cyclical, somatic and psychological problems in an individual's life. Clients often feel words are too immediate and too explicit to describe the experience and the resulting emotional response generated by sexual abuse. Created within the context of what psychiatrist Winnicott (1971) described as the "good enough" therapeutic relationship, artwork may be viewed as more concrete and symbolic, or less immediately explicit and therefore safer than verbal communications. Sensory-based therapies such as art therapy are, therefore, particularly useful in accessing traumatic memories and transforming the experience to a less damaging state. For this study, the author set up private practice to work as therapist with eight individuals for eight fifty-five minute sessions in a traditional art therapy studio. Each session was documented on videotape. Artwork was photographed. Videotapes, artwork, intake histories and the researcher/therapist's notes were analyzed. Brief case studies were developed. Data were considered by frequencies and ordinal comparisons for

immerging patterns. The data described art mediums as accessing cognitive, symbolic, emotional, perceptual, kinesthetic and sensory levels of understanding. A spiral model facilitated understanding the process. The potential to pace the process of therapy by direction and selection of more or less mediated, fluid and controllable art mediums was shown to exist. Through the spatial and kinesthetic processes of art making in art therapy, the individual controls recollection, comprehension, integration and resolution of trauma. Art mediums are central in art therapy as they safely provide the means of expression and reflection to transform trauma in the bodymind."

**Three art assessments: The Silver Drawing Test of cognition and emotion; draw a story: Screening for depression; and stimulus drawings and techniques. Silver, Rawley; New York, NY, US: Brunner-Routledge, 2002. xxiv, 315 pp.**

"(from the jacket) Art can be an invaluable means of communication. It can bypass language and hearing impairment and become a means of communicating thoughts or feelings too difficult to express with words. This book uses three original art assessments that use stimulus drawings to elicit response drawings that provide access to a patient's emotions and attitudes toward themselves and others while testing for the ability to solve problems and convey ideas. Each assessment includes studies of reliability, validity, and normative data, drawing on international research in the field and on the author's own body of work spanning more than forty years. Stimulus drawings are provided as well as drawing from imagination tasks, and rating scales to assess emotional and cognitive content."

**Arts as language: Access to thoughts and feelings through stimulus drawings. Silver, Rawley; New York, NY, US: Brunner-Routledge, 2001. xix, 187 pp.**

"from the cover) Discusses the use of the visual medium as a linguistic parallel to verbal or written communication. While recognizing that language expands and facilitates thought, the author illustrates the existence of high-level thinking in its absence and demonstrates the usefulness of drawing as an expressional tool for patients who are unable, or unwilling, to express themselves through the conventional use of language. Covering areas such as cognition, creativity, and emotion, this book provides the reader with an introduction to and



**explanation of stimulus drawing assessment. In this approach, drawings serve as the principal channel for the exchange of ideas. Stimulus drawings are provided to the patient to evoke a response drawing. These response drawings allow patients to sketch their fantasies, thus allowing some sort of gratification. The drawings may also serve as a means of acceptably expressing feelings the patient deems inappropriate, such as fear or anger. Reviews of qualitative and quantitative studies follow the introduction. By reviewing studies of children, adolescents, and adults suffering from various impairments and injuries, the author shows the broad applicability of stimulus drawing assessments."**

**Mandala artwork by clients with DID: Clinical observations based on two theoretical models. Cox, Carol Thayer; Cohen, Barry M.; Art Therapy, Vol 17(3), 2000. pp. 195-201.**

**"The authors have explored the compositional patterns and thematic imagery in mandala drawings by a large group of patients diagnosed with multiple personality/dissociative identity disorder (MPD/DID). In approaching this work, they used both the Ten Category Model (G. M. Cohen & C. T. Cox, 1995) and the Great Round of Mandala theory (J. Kellogg, 1978, 1997) looking for parallels between the two systems of analysis to help therapists better understand the nonverbal communications of their clients. Although not a formal research study, the observations based on the synthesis of these two unrelated models are nonetheless consistent with the assessment and treatment literature on DID."**

**Art psychotherapy groups: Between pictures and words. Skaife, Sally; Huet, Val; Florence, KY, US: Taylor & Francis/Routledge, 1998. x, 209 pp.**

**"(from the cover) Presenting an account of the challenges encountered in art psychotherapy practice, this book explores new theoretical material arising from the merging of art and group psychotherapy. The contributors present in-depth discussion of case studies with client groups such as children, forensic patients, patients on acute psychiatric wards, the cognitively impaired elderly, institutionalized patients moving into the community, and drug and alcohol abusers. A common theme which emerges from the book is that the physical use of art materials and the space of the art room offer a possibility for communication of feelings which is not possible in purely verbal groups. This allows clients with severe mental health problems, and groups who would not normally be**

considered for purely verbal group therapy, to benefit from a psychodynamic group process.

The book is intended to be a resource for practising and trainee art therapists, and all professionals working psychodynamically with clients who have severe mental health problems."

**Therapeutic presence: Bridging expression and form. Robbins, Arthur; Philadelphia, PA, US: Jessica Kingsley Publishers, Ltd., 1998. 280 pp.**

**"(from the cover) In the therapeutic workplace, the interaction between patient and therapist is built upon cognitive, affective and expressive experiences. The contributors to this book explore this interaction, examining the concept of therapeutic presence, and the therapist's ability to maintain it. The theory integrates a creative framework that synthesizes traditional and non-traditional approaches to treatment, and will be of use to all mental health professionals.**

**The author suggests that, since therapeutic presence calls for an openness and awareness of the intersubjective space between therapist and patient, therapists who become receptive to the subtle cues of sensory perceptual communication, as well as to the playful mirroring and meditative interaction, will achieve more successful and meaningful interactions with patients. Therapeutic presence requires a sensitivity to the temporal characteristics of the therapeutic frame, and an experience of energy that may open, shut down, or disrupt the field of therapeutic contact. This stance can be applied to therapeutic modalities ranging from psychoanalysis to creative arts therapy, in work with both short term and long term populations. The author suggests that the full use of the therapist's creative energies may provide the only solution to overwhelming therapeutic situations."**

**Seritan, A., (2005) Hysteria and the Mind-Brain Connection. Psychiatric Times, 52 (13), 41-42.**

**Abstract: "The article focuses on the development of theories on conversion disorder. The drawback of the theory that nonverbal memory content could be processed into a verbal form is that it relates consciousness to the left brain function. The derealization and depersonalization in posttraumatic stress disorder is caused by the failure of left hemisphere to function during states of extreme arousal. According to Pierre Janet, hysteria is a deficit of selective attention or undoubling**

**Lee Park, Hye-Suk (2005). Multiple exemplar instruction and transformation of stimulus function from auditory-visual matching to visual-visual matching. ; Dissertation Abstracts International Section A: Humanities and Social Sciences, Vol 66(5-A). pp. 1715.**

**"The present study examined (1) whether MEI was needed for children with developmental disabilities to acquire bidirectionality across listener responses and speaker responses as naming; (2) whether naming was prerequisite for reading comprehension; and (3) whether there was an effect of MEI on rudimentary reading comprehension. Four children with developmental disabilities with a range of 2 to 4 years in age participated in Experiment I, and four four-year old children with developmental disabilities participated in Experiment II. A multiple baseline design across participants with multiple probes within participants was implemented in a time lagged fashion. Three sets of four items were presented as stimuli in flash cards. The participants received instruction either on listener responses or speaker responses with a set of stimuli, and received probes for untaught speaker responses or listener responses as emergent naming, and for untaught reading comprehension in form of matching symbols to the corresponding written words. Responses (listener or speaker) the participants received instruction on during the pre-intervention phases were counterbalanced across the participants in Experiment I and Experiment II. "**

**Cherney LR. Aphasia, alexia, and oral reading. [Review] [79 refs] [Journal Article. Review] Topics in Stroke Rehabilitation. 11(1):22-36, 2004.**

**"Alexia is an acquired disturbance in reading. Alexias that occur after left hemisphere damage typically result from linguistic deficits and may occur as isolated symptoms or as part of an aphasia syndrome. This article presents an overview of the classification of the alexias, including both the traditional neuroanatomical perspective and the more recent psycholinguistic approach. Then, assessment procedures are reviewed, followed by a summary of treatment approaches for alexia. Finally, two case studies illustrate how oral reading of connected language (sentences and paragraphs rather than single words) has been used as a technique for treating alexia in patients with aphasia". [References: 79]**

## **Books**

**American Psychiatric Association. (1994). Diagnostic and statistical manual of mental disorders, fourth edition. Washington, DC: American Psychiatric Association.**

## **Bibliographies**

### **Art Therapy Bibliography**

**[http://www.baat.org/baat\\_book\\_list.pdf](http://www.baat.org/baat_book_list.pdf)**

### **Resources to research this subject:**

#### **Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

### **Training manuals**

- **Media and rape**
- **Medical Training**
- **Law enforcement toolkit**
- **Communication with rape victims**
- **For therapists**

**Search terms: \*Art Therapy; \*Drawing; \*Oral Communication; \*Psychotherapeutic Techniques, \*Art Therapy; \*Explicit Memory; \*Life Experiences; \*Psychotherapy; \*Sexual Abuse; Art; Counseling; Emotional Responses; Symptoms, \*Art; \*Art Therapy; \*Drawing; \*Measurement; \*Psychological Assessment; Attitudes; Cognitive Processes; Communication; Emotions; Problem Solving; Projective Personality Measures; Projective Techniques; Screening Tests**

**Related links: PTSD and communication, Victim blame**

**References:**

**American Psychiatric Association. (1994). Diagnostic and statistical manual of mental disorders, fourth edition. Washington, DC: American Psychiatric Association.**

**Clukey, Frances Harlow. (2003). A descriptive study: Selection and use of art mediums by sexually abused adults: Implications in counseling and art psychotherapy. ; Dissertation Abstracts International: Section B: The Sciences and Engineering, 64(4-B), 2003. pp. 1679.**

**Villarreal, G. et.al., (2004). Reduced area of the corpus callosum in posttraumatic stress disorder. Psychiatry Research: Neuroimaging Section, 131(3), 227-235. Link**

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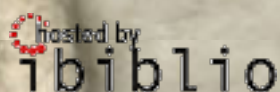
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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

# Why do rape victims blame themselves?

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## Instead... try walking the beauty path

**Victim blame and self blame in sexual assault**

**Research**

**Recommended therapy: Cognitive behavioral therapy**

**The first thing you should know if you were raped or sexually assaulted is that it was not your fault.**

**Always remember The Only Person Who Responsible For An Assault Is The Perpetrator.**

**If you have been assaulted, no matter what you do, or don't do, in any case It Is Not Your Fault.**

**It's one thing to say that and another to really *understand why*.**

**Why do rape victims feel guilty for being the victim of a crime? It doesn't make sense. Cognitive restructuring is a way of looking at the facts and seeing them in a better light. This worksheet can help you reason out exactly why you are not to blame.**

**Some popular theories on why self blame happens are:**

- **If it was all our fault at the time- then changing that behavior can prevent it from ever happening again. Losing control is a basic human fear. It's more comfortable to believe that we always had control over our lives. The truth is that we didn't have control then - the perp**

did have control over our bodies and lives for that brief period.

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What is important to know is that we have control over our healing process NOW. Posting on support groups, seeking therapy and learning coping skills are just a few ways to take back control. This is associated with the assumptive world theory on self blame.

- People want to believe that the world is just. This means that if something bad happens that no one can fix or explain - we think we deserved it for some cosmic reason. The term victim means that someone did something bad to a *good* person. People resort to the just world theory because there isn't much known in the general public about how to help us. This concept is associated with the just world theory.
- Sometimes it's because no one supported us when we reported. It is easier to believe that a rape victim lied than to believe that someone would commit such a horrible crime. This is also a part of the just world theory.
- Do you ever get angry at the wrong person when you have repressed anger? Getting mad at someone who is "safe" to yell at - when a dangerous person really deserves it is pretty common. The dangerous person might find out and retaliate. Turning anger and blame against yourself may be part of this problem. This is a concept associated with stockholm syndrome.
- A related scenario of self blame : Children of divorce often self-blame. No matter what anyone else says the child believes that they could have stopped the divorce by being better. The lessons we learn in childhood are the ones that stick with us the longest, so once you start self-blaming (for whatever reason) it grows and mutates into something bigger.

Why was it not your fault?



Go

Out of the 2 types of self blame (guilt and shame) shame is the most harmful because it is so hard to route out. It has the most subtle but lethal stigma. It is so difficult because if there is nothing faulty in you, you will never find what you are looking for. That is because you are a good person and it's not your fault. What you need is to join a community in which you as yourself are considered normal (not stigmatized) and to readjust your world view to see your present circumstances as normal for what you have been through. 1 in 4 women in the US have or will experience sexual assault within their lifetimes. When someone tells me they feel stigmatized by their assault I usually tell them 'Welcome to the majority. You are normal.'

It has been suggested that the way to reduce the amount of shame a person is feeling is:

By walking the beauty path.



**This means redefining 'normal' and what that is in our society.**

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**One way of doing that is through cultural phenomenons like the Vagina Monologues. This play takes taboo subjects and transforms them into a beautiful experience of empowerment and art. It has been described as "incredibly intimate and amazingly universal". Part of it's power is the use of language to describe experiences around the reality of being female and sexuality. It also explores themes of sexual abuse without a sense of shame. You can rent it at most movie rental stores. Other sources of normalcy for survivor issues are survivor music (such as Tori Amos) and participating in women's week events like the clothesline project. You can also explore personal survivor sites.**

**Please read this article on self blame by Shannon who founded the Pandora's Aquarium support group.**

**Everytime I have given a presentation on rape crisis resources several women approach me afterwards and tell me: "I've never told anyone before- but that happened to me too."**

**Unfortunately being an assault victim IS normal for a quarter of the women in this country. There is no reason to feel alone.**

**Another solution to rid shame is:**

**Belonging to and being welcomed by a community**

**One of the first things people who feel shame want to do is withdraw. Having been through this myself I know it's hard to stay in the same social circle while having this on your mind. Finding community is an important part of your life. Where do you belong? One place you definitely belong is with a rape survivor support group. I know it sounds like it might be scary telling your story to people- but the thing about survivor communities is- they are inclusive. You will likely find that you share alot of things in common with the other members. Things you thought only you had to deal with. Maybe things you didn't even associate with rape trauma syndrome. I had no idea what SI or PTSD were before I became a part of the survivor community. I have seen many people blossom in support groups. It is a process from the moment they joined, finally opened up to someone, and then transitioned from victim to survivor.**

**Here is a list of online rape survivor support groups**

**There are also types of counseling and therapy which are recommended for victims feeling undeserved self blame. These are also some ways to reaffirm that**

**Learning about rape trauma syndrome, seeking positive support sources, learning about victim blame and cognitive restructuring or cognitive therapy. You can also find a cognitive therapist here. <http://academyofct.org/> or UK <http://www.eabct.com/>**

***Ways you have control NOW* are also listed here.**

**This theory is supported by Tedeschi and Calhoun who propose that post-traumatic growth occurs in the three areas of (1) self-perception (particularly with regard to strength), (2) interpersonal relations, and (3) philosophy of life according to Dr. Carl Auerbach.**

**If you need to step back and put these feelings on hold please try the container exercise:**

**"Visualize a "container." For me, this is usually a purple box. I imagine that I am putting the memories, or whatever was causing me mental pain at the time, into the box. Then I visualize myself burying the box. My therapist says the point of this exercise is to "put things away" for awhile, until I am ready to handle them later, when I'm feeling stronger. It's so I don't have to feel a sense of urgency or panic. I know that those thoughts and memories are safely stored away. And I know that I can do my meditation, and go "open" that box again, when I'm ready."**

**from: [http://www.psyke.org/coping/coping\\_skills/](http://www.psyke.org/coping/coping_skills/)**

**I make pottery and I used to do this all the time. I made clay containers with lids sometimes. I would write what was upsetting me on a slip of paper and put it in the container and close the lid. I felt safer then - as though the feeling were under control and I didn't have to deal with it if I didn't feel safe.**

Why was it not your fault?



Go

**We are still struggling with WHY victims feel guilt and shame for something that is NOT their fault. No one feels guilty for being mugged or stolen from. It is still somewhat of a mystery.**

**The answer to that revolves around several issues:**

**1 ) The definitions of guilt and shame - only the perpetrator deserves these feelings.**

**2) Control (which you did not have during an assault and DO**

have now). You control the present and can decide to take steps towards healing.

3) Cognitive restructuring- reasoning out *why* it's not appropriate that you should feel guilt or shame. Try this worksheet.

4) Find out what types of counseling help reduce self blame.

Rape victims often confuse the undeserved shame they feel at having been stigmatized with the guilt meant for someone who has committed a crime. This is reinforced by secondary victimization and victim blame. This explains the difference between guilt (meant for a perpetrator) and shame (meant also for perpetrators and confused with guilt.)

The difference between

**guilt v/s shame**

[http://www.healthyplace.com/Communities/Abuse/link/guilt\\_shame.htm](http://www.healthyplace.com/Communities/Abuse/link/guilt_shame.htm)

Try using this exercise from the **Courage to Heal**

**Letting go of shame**

The worksheet from **The Courage to Heal**  
(The Courage to Heal Workbook. Laura  
Davis. pp 257-260)

The misunderstandings around guilt v/s shame are still more complex. Guilt is associated with actions while shame is associated with character. Although guilt is only meant for someone who HAS done something wrong - some victims second guess their innocent actions or defense strategies. This does cause victims to feel undeserved guilt. Shame is likewise undeserved as there is nothing wrong with the character of a victim. There is something wrong with the character of a perpetrator.

Rape victims often blame themselves for the crime committed against them. Self blame is an avoidance coping skill which inhibits the healing process. This page discusses the different theories, aspects and recommended counseling strategies for understanding self blame.

**There are two main types of self blame: undeserved blame based on character and undeserved blame based on actions.**

**These are called Characterological and Behavioral.**

**Behavioral self blame refers to victims feeling they should have done something differently (therefore they feel it is their fault).**

**Characterological self blame is when victims feel there is something inherently wrong with them (causing them to deserve to be assaulted). This type of blame is associated with more psychological negative effects.**

**This is illogical thinking (known as counterfactual thinking) which can be remedied by a therapeutic technique known as cognitive restructuring.**

**Cognitive restructuring is way to stop illogical thought patterns.**

**Basically that means sorting out thoughts that don't make sense and looking at the truth in a better light. The Courage to Heal has an exercise on this topic as does mind tools.**

### **Example I**

**This is a Behavioral self blame thought: 'It might have turned out better if I had done something else. I should have cooperated / I should have fought back.'**

**This is a more reasonable thought: 'I might have been hurt worse if I hadn't done what I felt I needed to in order to stay alive.' or 'If I hadn't gone to the party I might have been assaulted anyway somewhere else. I deserve to go to a party and not be raped.' In other words: you didn't do anything wrong.**

### **Example II**

**This is a Characterological self blame thought: 'I must be a bad person to deserve to be raped and not believed by anyone.'**

**This is a more reasonable thought: 'The only reason people don't believe me is their belief in the Just World Theory. If people knew more about rape trauma syndrome**

then they would know how to help me instead of derogating me to my fate.' In other words: there is nothing wrong with you. Your character is just fine. There is something wrong with society and with the perpetrator.

If a person makes someone angry and they killed the person- would that be considered justified bc they made them angry enough to loose control?

People are expected to control themselves enough not to commit crimes.

Related theory: Stockholm Syndrome

The Truth Chart	Behavioral Blame / Guilt - Appropriate?	Characterological Blame / Shame - Appropriate?
<i>Victim</i>	<b>NO</b>	<b>NO</b>
<i>Perpetrator</i>	<b>YES</b>	<b>YES</b>

Try this worksheet on changing counterfactual thoughts or the worksheet from *The Courage to Heal* (*The Courage to Heal Workbook*. Laura Davis. pp 257-260)

There are two main theories behind victim blame:

The just world theory and the invulnerability theory.

The Just world theory states that:

"Individuals that have a strong belief in a just world can have this belief challenged when they encounter a victim of random misfortune such as a rape victim. The individual wants to believe that the world is a safe, just place where people get what they deserve and deserve what they get. Even when evidence suggests otherwise, the individual is very reluctant to give up this belief that the world is not just. In the face of contradicting evidence, research suggests

(Kleinke and Meyer, 1996) that people with a high belief in a just world will do one of two things: either they will try to eliminate the suffering of the innocent victims or else they will derogate them for their fate. Since it is impossible to reverse the crime of rape, and thus relieve the victim of her suffering, the rape victim is often subjected to derogation and blame. In this manner, the person who believes in a just world can maintain this belief as there is no longer a suffering person, but a woman who deserves her misfortune."

**The invulnerability theory states that:**

**Some people blame themselves because it is a way to think 'you' had control over the situation. If it was your fault, then you were in control. It wasn't your fault and you weren't in control - but *you are in control now*. Understanding that there are some things we don't have control over (like world peace and the actions of criminals) is part of letting go of shame. You can control your healing process. You can reach out for help, educate yourself about rape trauma syndrome and start therapy.**

**Remind yourself:**

**"I am a human being and deserve support from others in my efforts to address problems."**

**"I deserve support and help to address these problems for my self-growth."**

### **Control over your life**

**Wanting to think you were in control during the assault (negative results):**

**Self blame is thought by some to be a way to feel one had never lost control over the situation. If it is your fault- then you always had control over things and you feel less vulnerable. This type of thinking is called past control or behavioral self-blame. Feeling this way is associated with more distress partly because it is associated with greater social withdrawal.**

**Thinking you are in control NOW (positive results):**

**Present control (control over the recovery process) is associated with less distress partly because it was associated with less social withdrawal and more**

**cognitive restructuring. If you have control NOW (in the present) then there are actually productive things you can do to improve the situation (Frazier, 2005).**

**Ways you have control or can take control over your life NOW:**

- **Learning about rape trauma syndrome. see: Effects of rape. Researchers find that learning about your condition assists in the healing process.**
- **Learn about Victim blame or Self blame**
- **Try this worksheet on changing counterfactual thoughts or the worksheet from The Courage to Heal (The Courage to Heal Workbook. Laura Davis. pp 257-260)**
- **Seek therapy or counseling.**
- **'Walking the beauty path' (transmuting the idea of normal to include the stigma- by watching the Vagina Monologues and viewing survivor sites).**
- **Joining a support group. Inclusion of the victim into a community is helpful in reducing undeserved shame. The Challenge of Bonding**

### **Types of Counseling and Therapy**

**Three types of Rape Crisis Center counseling responses were judged to be helpful in reducing feelings of self-blame:**

**(a) Supportive responses see: *Please read "If you were my sister..."***

**(b) Psychoeducational responses (learning about rape trauma syndrome) see: Effects of rape**

**(c) Those responses addressing the issue of blame. (Matsushita-Arao, 1997 ) see: Victim blame or Self blame**

**A recommended type of treatment (by a trained therapist) is cognitive restructuring or cognitive therapy. Other recommended treatments for PTSD can be found here. This type of therapy helps with reduction in Behavioral Self-Blame. It is thought that reduction in Behavioral Self Blame drives recovery. (Koss & Figueredo, 2004)**

**Present control (control over the recovery process) is similar to learning about rape trauma syndrome and**

seeking therapy. Feeling that you did NOT control the assault but control the present situation is associated with less social withdrawal and more cognitive restructuring (Frazier, 2005). You control the present and can decide to take steps towards healing.

**Suggested ways of getting rid of shame are:**

- **The shame-rage connection**
- **'Walking the beauty path' (transmuting the idea of normal to include the stigma- as in the Vagina Monologues)**
- **Inclusion of the victim into a community (such as a support group) The Challenge of Bonding**

**Is self blame a negative thing? Yes.**

**Self blame is sometimes associated with avoidance coping which inhibits the healing process. (Littleton, 2006)**

### **More about the nature of shame and guilt**

**Some theories state that rape victims are confusing shame with guilt. They are distinct from each other. Research has found that:**

- **Embarrassment was associated with transgressions of conventions that govern public interactions,**
- **Shame with the failure to meet important personal standards, and**
- **Guilt with actions that harm others or violate duties. (Dacher, 1996)**

**What are the roles of shame and guilt in the aftermath of rape?**

- **Shame has been found to be a factor in substance abuse problems whereas guilt has not. (Collete & Nicholas, 1995)**
- **Abusive environments have also been linked to shame-prone tendencies as opposed to guilt-prone. (Collete & Nicholas, 1995)**
- **There is a distinct difference between shame and guilt, who feels it and why.**
- **Shame is also linked to repressed anger in both men and women. It manifests as shame more often in women and anger more often in men.**



**Shame-proneness is also described as "(the tendency to feel bad about the self) relates to a variety of life problems, whereas guilt-proneness (the tendency to feel bad about a specific behavior) is more likely to be adaptive." (Dearing et. al., 2005) This perhaps explains why perpetrators of crimes may fare better psychologically than victims. If shame is related to more psychological problems than guilt then the perpetrator of the crime would suffer less complications. This relates to the invulnerability theory in that the victim leans toward accepting responsibility for something they did not do in order to maintain psychological stability. Guilt is psychologically easier to bear than shame for a reason. Guilt is the result of actions taken. Shame is the result of a feeling about one's character. It is easier to alter actions and feel removed from them than it is to change character or self. Research on shame and guilt**

**Of the three self conscious emotions (shame, embarrassment and pride) PRIDE is the one a survivor should feel. You survived the assault, you survived the secondary victimization. You prevailed over your situation and you lived. You have a lot to be proud of. Pride is also a way to "normalize" your self image. In the same genre as gay pride there ought to be survivor pride events. That is essentially what women's week is.**

**All of this is a part of counterfactual thinking: Meaning, literally, contrary to the facts. It also refers to thinking about 'what might have been'.**

**Counterfactual thinking is also linked to greater attributions of self blame. (Mandel & Dhimi, 2005), (Niedenthal et., al. 1994), more research on counterfactual thinking**

**This can be stopped by using cognitive restructuring: Stop telling yourself the bad story and tell yourself a good story instead. One that says you did the right thing - things might have been worse had you not done what you needed to do to stay alive.**

**Other factors to consider in self blame (see below articles) are the role of PTSD in shame and guilt,**

see also: Research on self blame in rape victims

### Related Links

Reactions to victimization.

<http://victimservices.ucf.edu/Reactions.html#>

Another aspect to consider in understanding self blame is when the victim identifies with the perpetrator's world view in order to understand what will help them survive. One such phenomenon is known as the Stockholm Syndrome.

"Victims of especially severe abuse often 'identify with the abuser' in order to survive. This means she will actually begin to agree with the criticisms and perspectives of the abuser while her own personality, opinions, and views fade to the background. This is a serious set of psychological events called the 'Stockholm Syndrome.'"

<http://www.nicholls.edu/wrso/facts.html>

"It has been found that four situations or conditions are present that serve as a foundation for the development of Stockholm Syndrome. These four situations can be found in hostage, severe abuse, and abusive relationships:

- The presence of a perceived threat to one's physical or psychological survival and the belief that the abuser would carry out the threat
- The presence of a perceived small kindness from the abuser to the victim
- Isolation from perspectives other than those of the abuser
- The perceived inability to escape the situation

"The victim has the sense they are always "walking on eggshells" – fearful of saying or doing anything that might prompt a violent/intimidating outburst.

For their survival, they begin to see the world through the abuser's perspective.

They begin to fix things that might prompt an outburst, act in ways they know makes the abuser happy, or avoid aspects of their own life that may prompt a problem...in Stockholm Syndrome there is a daily preoccupation with "trouble". Trouble is any individual, group, situation, comment, casual glance, or cold meal that may produce a temper tantrum or verbal abuse from the controller or abuser...The abusing partner may

threaten to spread rumors or tell intimate details or secrets. A type of blackmail using intimacy is often found in these situations."

<http://www.mental-health-matters.com/articles/article.php?artID=469>

### **Survivor guilt**

<http://www.bartleby.com/59/17/survivorguil.html>

"A deep sense of guilt, combined often with feelings of numbness and loss of interest in life, felt by those who have survived some catastrophe....

Challenge irrational thoughts. Ask yourself what you truly could have done at the time of the disaster. Remind yourself who is to blame -- you are not to blame. Grieve for those who perished and for the loss of innocence. But, do not accept responsibility for that loss."

### **Origins of Self-Blame and Survivor Guilt**

<http://www.wordwebonline.com/en/SURVIVORGUILT>

"Self-blame arises in part from the fact that powerlessness and helplessness are two of the worst feelings any human being can experience. Yet being and feeling powerless or helpless in the face of great danger is the very definition of trauma. However, people prefer to think that they are able to control their lives, so it is easier to blame themselves for negative events than to acknowledge that sometimes life is unfair or arbitrary and innocent people can be victimized for no reason.

Consequently, to maintain a sense of being in control you may view yourself, rather than chance, as responsible for one or more aspects of the trauma--perhaps for all of it. In this way, self-blame can be a means of regaining the power that was lost during the traumatic event." Eating disorders and sexual assault research

### **PTSD and survivor guilt**

<http://www.nursing-standard.co.uk/archives/ns/vol14-22/cpd.pdf>

"The study of guilt has received increased prominence over the past ten years, allowing guilt experiences to be further categorised, assessed and treated (Glover 1984 and 1988, Hendin and Haas 1991, Kubany 1994). Guilt can be categorised in a number of ways, two common categories associated with PTSD are:

- **Survivor guilt: evidenced by ruminating about the person's self-worth when compared to others;**

**'My child deserved to live more than I', with self blame and self punishment being prominent themes as the person feels responsible and guilty for surviving a trauma where a friend/family member died.**

- **Commissioned guilt: evidenced by ruminating about one's responsibility and wrong-doing due to an act – for example, a police officer who shoots and kills an armed robber, but later finds out that the robber's gun was a replica.**

## **Books**

**NiCarthy, G. (1982). Emotional abuse. In Getting Free. Seattle: WA: Seal Press: 285-304.**

**Book chapter focuses on personal life dilemmas such as terror, inability to act independently due to erosion of self esteem. Issues of control, manipulation by perpetrator and self-blame as examined. Biderman's Chart of Coercion is included as well as questionnaires to measure levels of abuse. Recommended for general public and professionals.**

## **Journal articles**

**Scholarly journal article citations on survivor guilt**

<http://scholar.google.com/scholar?hl=en&lr=&q=survivor+guilt+and+sexual+assault>

**Koss, M. & Figueredo, A. (2004). COGNITIVE MEDIATION OF RAPE'S MENTAL HEALTH IMPACT: CONSTRUCTIVE REPLICATION OF A CROSS-SECTIONAL MODEL IN LONGITUDINAL DATA. *Psychology of Women Quarterly*, 28 (4), p273-286.**

**Quote:**

**"The model's central features were confirmed and showed that Psychological Problem History exacerbated Characterological Self-Blame, leading to more Maladaptive Beliefs, which determined initial Psychosocial Distress and its rate of decline."**

**Matsushita-Arao, Yoshiko. (1997). Self-blame and depression among forcible rape survivors. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 57(9-B). pp. 5925.**

**Quote:**

**The purposes of this study were four-fold. The first purpose was to determine the relationship between rape survivors' self-blame (behavioral, characterological, and total amount of self-blame) and time (retrospective and current assessments). For the retrospective assessment, survivors rated their feelings of self-blame immediately following their rape and before receiving Rape Crisis Center (RCC) treatment. For the current assessment, survivors rated their feelings of self-blame at the time of completing this study's questionnaire and after having received RCC treatment. The second purpose was to identify whether perceived severity was a better predictor of current total amounts of self-blame and depression than actual severity. The third purpose was to determine the relationships between current self-blame and depression and various pre-assault, assault, and post-assault variables. The fourth**

purpose was to identify the relationships between RCC contacts (number of contacts and amount of satisfaction) and current self-blame and depression. Participants were women survivors of adult forcible rape identified by staff members at 14 RCCs. Questionnaires were mailed to 50 women who agreed to participate, and of these, 42 (84%) returned them. Wilcoxin Signed-Ranks test for matched pairs, simple correlations, and multiple regression were used to analyze the data. The major findings were: (1) RCC survivors reported experiencing less total, behavioral, and characterological amounts of self-blame currently than they retrospectively reported experiencing right after their rape. (2) The best predictor of current total amount of self-blame using pre-assault, assault, and post-assault variables was the relationship to the assailant(s). Survivors who knew their assailant(s) reported experiencing more self-blame. (3) The best predictor of current amount of depression was the amount of time since the rape. As the amount of time increased, the survivors reported experiencing less depression. (4) Three types of RCC counseling responses were judged to be helpful in reducing feelings of self-blame: (a) supportive responses, (b) psychoeducational responses, and (c) those responses addressing the issue of blame. (5) There was an inverse relationship between the number of RCC counseling contacts for the rape and the current total amount of self-blame. As the number of contacts increased, the survivors reported experiencing less self-blame. Implications of the findings are discussed.

Branscombe, N., Wohl, M., Owen, S., Allison, J. & N'gbala, A. (2003). Counterfactual Thinking, Blame Assignment, and Well-Being in Rape Victims. *Basic & Applied Social Psychology*, 25 (4). p265, 9p.

Quote:

Blame assignment and well-being among women who had been raped (N = 85) were investigated as a function of counterfactual thinking. The more upward counterfactuals (i.e., ways the rape might have been avoided) victims concurred with where some aspect of the self was mutated, the poorer their well-being. The effect of such upward counterfactual thinking on well-being was mediated by increases in self-blame. The amount of blame assigned to both the rapist and society did not mediate the effect of counterfactual thinking on well-being. These observed effects of counterfactual thinking on blame assignment are consistent with those obtained with uninvolved observers and with victims of other types of trauma. Models testing other possible relationship orderings were not supported. Implications for intervention strategies with rape victims are considered.

Frazier, P., Mortensen, H., Steward, J. (2005). Coping Strategies as Mediators of the Relations Among Perceived Control and Distress in Sexual Assault Survivors. *Journal of Counseling Psychology*, 52 (3). p267-278.

Quote:

Two studies assessed whether coping strategies mediate the relations among 2 forms of perceived control (past and present control) and postassault distress among female sexual assault survivors. In Study 1, longitudinal data were gathered from 2 weeks to 1 year postassault (N = 171). Past control (behavioral self-blame) was associated with more distress partly because it was associated with greater social withdrawal. Present control (control over the recovery process) was associated with less distress partly because it was associated with less social withdrawal and more cognitive restructuring. In Study 2, cross-sectional data were gathered from a community sample of nonrecent survivors of sexual assault (N = 131). Coping strategies again mediated the relations among the measures of past and present control and distress.

Littleton, Heather; Breitkopf, Carmen Radecki. (2006). COPING WITH THE EXPERIENCE OF RAPE. *Psychology of Women Quarterly*, 30 (1), p106-116.

Quote:

The coping strategies that a victim of a rape engages in can have a strong impact on the development and persistence of psychological symptoms. Research provides evidence that victims who rely heavily on avoidance strategies, such as suppression, are less likely to recover successfully than those who rely less heavily on these strategies. The present study utilized structural path analysis to identify predictors of avoidance coping following rape and examined factors in the assault itself (e.g., force, alcohol use), sequelae of the assault (e.g., self-blame, loss of self-worth), and social support as potential direct and indirect predictors of avoidance coping. From a sample of 1,253 university women, the responses of 216 women who endorsed an experience of rape were examined. Results suggested that sequelae of the assault such as feelings of self-blame and negative reactions received from others are potentially important predictors of avoidance coping. Implications of the results for future rape recovery research are discussed.

Walker, Jayne; Archer, John; Davies, Michelle. (2005). Effects of Rape on Men: A Descriptive Analysis. *Archives of Sexual Behavior*, 34 (1). p69-80, 12p.

**Quote:**

Previous studies of the effects of rape on men have focused mainly on clinical populations. This study<sup>102</sup> extended current research by investigating the effects of rape on a non-clinical sample of men recruited from the general population by media advertising. A total of 40 male rape victims were asked to provide details of their assaults, levels of psychological disturbance, long-term effects, and reporting issues. Results revealed that most assaults had been carried out using physical or violent force, in a variety of different circumstances. All of the victims reported some form of psychological disturbance as a result of being raped. Long-term effects included anxiety, depression, increased feelings of anger and vulnerability, loss of self-image, emotional distancing, self-blame, and self-harming behaviors. Findings are discussed in relation to previous research in the area and perceptions of rape.

Panepinto, Amberly R. (2005). Meaning reconstruction and recovery in rape survivors. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 66(1-B). pp. 568.

**Quote:**

While some research has focused on the meanings created by women after an episode of violence, none has focused on the meaning-making process. The present study explores the meaning-making process after a rape, specifically investigating how women's constructions of the rape and the self change over time. The study was rooted in personal construct psychology, a theory that focuses on the ways that we create meanings. Narrative methods were used, and the data analysis was conducted through grounded theory. Themes will be presented for each participant individually and across participants. Themes across participants include finding a sense of purpose, confronting the perpetrator, rejecting self-blame, taking responsibility for the recovery process, finding a support network, and struggles with relationships and body image. Implications for recovery models, therapy, and personal construct psychology will be discussed.

Foa, Edna B.; Rauch, Sheila A. M. (2004). Cognitive Changes During Prolonged Exposure Versus Prolonged Exposure Plus Cognitive Restructuring in Female Assault Survivors With Posttraumatic Stress Disorder. *Journal of Consulting and Clinical Psychology*, 72(5). pp. 879-884.

The authors report on changes in cognitions related to posttraumatic stress disorder (PTSD) among 54 female survivors of sexual and nonsexual assault with chronic PTSD who completed either prolonged exposure alone or in combination with cognitive restructuring. Treatment included 9-12 weekly sessions, and assessment was conducted at pretreatment, posttreatment, and a modal 12-month follow-up. As hypothesized, treatment that included prolonged exposure resulted in clinically significant, reliable, and lasting reductions in negative cognitions about self, world, and self-blame as measured by the Posttraumatic Cognitions Inventory. The hypothesis that the addition of cognitive restructuring would augment cognitive changes was not supported. Reductions in these negative cognitions were significantly related to reductions in PTSD symptoms. The addition of cognitive restructuring did not significantly augment the cognitive changes. Theoretical implications of the results are discussed.

Branscombe, Nyla R.; Wohl, Michael J. A.; Owen, Susan; Allison, Julie A.; N'gbala, Ahogni. (2003). Counterfactual Thinking, Blame Assignment, and Well-Being in Rape Victims. *Basic & Applied Social Psychology*, 25 (4). p265, 9p.

**Quote:**

Blame assignment and well-being among women who had been raped (N = 85) were investigated as a function of counterfactual thinking. The more upward counterfactuals (i.e., ways the rape might have been avoided) victims concurred with where some aspect of the self was mutated, the poorer their well-being. The effect of such upward counterfactual thinking on well-being was mediated by increases in self-blame. The amount of blame assigned to both the rapist and society did not mediate the effect of counterfactual thinking on well-being. These observed effects of counterfactual thinking on blame assignment are consistent with those obtained with uninvolved observers and with victims of other types of trauma. Models testing other possible relationship orderings were not supported. Implications for intervention strategies with rape victims are considered.

Frazier, Patricia A. (2003). Perceived control and distress following sexual assault: A longitudinal test of a new model. *Journal of Personality and Social Psychology*, 84(6) pp. 1257-1269.

**Quote:**

Longitudinal data were collected from female sexual assault survivors (N=171) at 4 points postassault. Consistent with the predictions of the temporal model (P. Frazier, M. Berman, & J. Steward, 2002), past, present, and future control were differentially related to posttrauma distress. Both personal past (behavioral self-blame) and vicarious past (rapist blame) control were associated with higher distress levels. In addition, the belief that future assaults are less likely was more strongly associated with lower

distress levels than was future control. Present control (i.e., control over the recovery process) was most adaptive. Hierarchical linear modeling analyses revealed that changes in perceived control were associated with changes in distress after linear change in distress over time was accounted for. 103

Nadon, Susan Margaret. (1972). The relationship between blame and symptomatology among female victims of acquaintance rape. *Dissertation Abstracts International Section A: Humanities and Social Sciences*. 64(6-A).

Quote:

In recent years, awareness of the rape of women by acquaintances has been brought to public attention. The empirical literature suggests that while the consequences of stranger rape (SR) victims are also common among acquaintance rape (AR), AR victims tend to blame themselves at a higher rate than their SR counterparts. Although blaming others for the victimization has received less research attention, a small body of literature indicated that other blame was related to negative consequences following threatening events. Out of a sample of 804 female Introductory Psychology students, 66 participants were identified as victims of AR. When the victim-offender relationship was restricted to include only romantic and non-romantic acquaintances and exclude victims of stranger rape, there was a trend toward significance suggesting that assaults by less intimate acquaintances were related to higher self-blame, not less, as predicted. Backward multiple regressions showed that low resistance by the victim was associated with high self-blame whereas high resistance was related to high perpetrator blame. As expected, AR victims reported more psychological symptoms compared to a matched comparison group of non-acquaintance rape victims or non-victims. Unexpectedly, prior childhood sexual victimization was unrelated to self-blame, perpetrator blame, or psychological distress. Self-blame was the only significant predictor of symptomatology. Implications for treatment and suggestions for future research are presented.

Koss, Mary P.; Figueredo, Aurelio José; Prince, Ronald J. (2002). Cognitive mediation of rape's mental, physical and social health impact: Tests of four models in cross-sectional data. *Journal of Consulting and Clinical Psychology*, 70(4). pp. 926-941.

Quote:

Four nested, theoretically specified, increasingly complex models were tested representing cognitive mediation of rape's effects on mental, physical, and social health. Data were cross-sectional (N = 253 rape survivors). Outcomes were standardized assessments of social maladjustment, physical, and psychological symptoms, including posttraumatic stress disorder (PTSD). The best-fitting model was not fully cognitively mediated. Personal and rape characteristics influenced the level of self-blame experienced and the intensity of maladaptive beliefs about self and others. Self-blame and maladaptive beliefs predicted psychological distress, which strongly influenced all health outcomes. Self-ratings of rape memory characteristics contributed little to predicting postrape distress. The model accounted for 56% of the variance in general distress, including 91% of psychological symptom severity; 54% of PTSD symptoms; 65% of social maladjustment; and 17% of physical symptoms. Longitudinal replication is planned.

Shimp, Lana Noel (2002). A model of sexual assault acknowledgment: Blame, social support, posttraumatic stress, and posttraumatic growth. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 62(11-B). pp. 5392.

Quote:

Previous research has indicated that approximately half of the women who have experiences which are consistent with legal descriptions of rape do not identify themselves as having experienced a rape. A model of sexual assault/rape acknowledgment was proposed, which attempts to integrate previous research in the area which suggests that the circumstances of the assault (i.e., relationship with the assailant, resistance and force), perceptions of significant others' and societal attitudes towards rape, attributions of blame, disclosure, unsupportive behavior from others, posttraumatic stress symptomatology, and posttraumatic growth may be important in terms of understanding acknowledgment. Path analysis was used to test this model as applied to sexual assault acknowledgment. The final sample consisted of 238 university women who had experiences consistent with legal definitions of sexual assault. This sample was obtained after screening 2552 female students based on their previous unwanted sexual experiences. The proposed model received partial support and a better fitting model was derived. Contrary to expectations, sexual assault acknowledgment was not associated with greater posttraumatic growth, as posttraumatic stress accounted for the observed relationship between sexual assault acknowledgment and posttraumatic growth. Thus, the results of this study contradict clinical and feminist literature, which suggests that acknowledgment is necessary in order to facilitate growth following a sexual trauma. More forceful assaults, greater perpetrator blame, more posttraumatic stress symptomatology, less negative perceptions of significant others' attitudes towards rape, and more negative perceptions of societal attitudes towards rape were all directly related to greater sexual assault acknowledgment. The relationship with the perpetrator, self blame, resistance, and unsupportive behavior were indirectly related to sexual assault acknowledgment. As expected, women who had experiences which were consistent with legal definitions of rape/sexual

assault were more likely to use the term "sexual assault" rather than the term "rape" to describe their forced sexual experience. This study illustrates the complexity of the process of sexual assault acknowledgment, as there are many possible paths to acknowledgment. The results are discussed in terms of sexual assault reporting, clinical applications, and theoretical issues. 104

Neville, Helen A.; Heppner, Mary J.; Oh, Euna; Spanierman, Lisa B.; Clark, Mary. (2004). General And Culturally Specific Factors Influencing Black And White Rape Survivors' Self-Esteem. *Psychology of Women Quarterly*, 28(1). p83-94, 12p.

Quote:

Grounded in a culturally inclusive ecological model of sexual assault recovery framework, the influence of personal (e.g., prior victimization), rape context (e.g., degree of injury during last assault), and post-rape response factors (e.g., general and cultural attributions, rape related coping) on self-esteem of Black and White college women, who were survivors of attempted and completed rape, were examined. As predicted, Black and White women identified similar general variables (e.g., general attributions) as important in the recovery process. Black women, however, identified a cultural factor (i.e., cultural attributions) as more important in influencing their reactions to the last rape compared to their White counterparts. Using path analysis, findings from this cross-sectional study indicated that severity of the last assault and prior victimization were related to lower self-esteem indirectly through avoidance coping strategies, and victim blame attributions for the latter. Results also suggested that the link between cultural attributions and self-esteem was explained through victim blame attributions, primarily for Black participants. The model accounted for 26% of variance in self-esteem.

Ullman, Sarah E. (1996). Social reactions, coping strategies, and self-blame attributions in adjustment to sexual assault. *Psychology of Women Quarterly*, 20(4). pp. 505-526.

Quote:

The present study investigated the impact of social reactions of others to sexual-assault victims on disclosure of their victimization. A convenience sample of adult sexual-assault victims (N = 155) completed a mail survey in which they reported information about their sexual assaults and post-assault experiences. As expected, all negative social reactions were strongly associated with increased psychological symptoms, whereas most positive social reactions were unrelated to adjustment. The only social reactions related to better adjustment were being believed and being listened to by others. Victims experiencing negative social reactions also reported poorer adjustment even when other variables known to affect psychological recovery were controlled. Avoidance coping mediated the association of negative social reactions with adjustment. Implications of these findings for research and treatment of sexual-assault survivors are discussed.

Foster MD, Matheson K., Poole M. (1994). Responding to sexual discrimination: the effects of societal versus self-blame. *J Soc Psychol*, 134(6), 743-54. link

Abstract

Although self-blame has been considered to be a useful coping tool for victims, its benefits within the context of group discrimination are equivocal. The present research hypothesized that women encouraged to engage in self-blame for sex discrimination would be more likely to endorse accepting the situation or to endorse the use of individual, normative actions. In contrast, women encouraged to engage in societal blame for sex discrimination would be more likely to participate in nonnormative actions aimed at enhancing the status of women as a group. Female students in Canada were subjected to a situation of discrimination and were encouraged to blame either themselves or society. They were then given the opportunity to respond to the discrimination by endorsing various actions. A profile analysis of the endorsed actions indicated that the women encouraged to blame themselves were most likely to endorse accepting the situation, whereas the women encouraged to blame society endorsed nonnormative individual confrontation.

Janoff-Bulman R. (1979). Characterological versus behavioral self-blame: inquiries into depression and rape. *J Pers Soc Psychol*, 37(10):1798-809. link

Quote:

"Two types of self-blame--behavioral and characterological--are distinguished. Behavioral self-blame is control related, involves attributions to a modifiable source (one's behavior), and is associated with a belief in the future avoidability of a negative outcome. Characterological self-blame is esteem related,



involves attributions to a relatively nonmodifiable source (one's character), and is associated with a belief in personal deservingness for past negative outcomes. Two studies are reported that bear on this self-blame distinction. In the first study, it was found that depressed female college students engaged in more characterological self-blame than nondepressed female college students, whereas behavioral self-blame did not differ between the two groups; the depressed population was also characterized by greater attributions to chance and decreased beliefs in personal control. Characterological self-blame is proposed as a possible solution to the "paradox in depression." In a second study, rape crisis centers were surveyed. Behavioral self-blame, and not characterological self-blame, emerged as the most common response of rape victims to their victimization, suggesting the victim's desire to maintain a belief in control, particularly the belief in the future avoidability of rape. Implications of this self-blame distinction and potential directions for future research are discussed."

Miller, Dale T., Simon Fraser U, Burnaby, Canada

Porter, Carol A. (1983). Self-blame in victims of violence. *Journal of Social Issues*, 39(2) pp. 139-152.

Quote:

"Various types of victim self-blame are delineated (e.g., blame for causing the violence, blame for not being able to modify the violence, and blame for tolerating the violence)... Additional distinctions are made between the acts of (1) blaming oneself for being a cause vs simply being an occasion for the violence and (2) blaming one's abuse on personal characteristics about which one feels positively vs characteristics about which one feels negatively."

Rekowski, L., Miejan, T. (2006). *Victim No More: How To Break Free From Self-Judgement*. Hampton Roads Publishing; Charlottesville. Retrieved

Jan 14, 2006, from National Criminal Justice Reference Service Abstracts.

"Based on her own experiences, the author discusses how four major life challenges--health, relationships, self-worth, and abundance--are linked to the consciousness of being a victim, which can lead to a cycle of self-judgment and the abuse of one's self and others; guidance is given on how this state of mind can be transformed into self-love and spiritual empowerment. The author speaks out of her own experiences of abuse, including a violent date rape, multiple incidents of domestic abuse...She outlines five steps for this escape. First, commit yourself to removing the dominant self-consciousness of being a victim. Second, make a commitment to use the tools offered in this book for beginning and maintaining a plan of action. Third, say "no" to old negative thoughts from yourself or others that have for so long determined how you feel about yourself. Fourth, be aware of and catch yourself when you start talking negatively about yourself. Finally, surround yourself with others who want you to succeed in developing a new sense of self and will join you in the journey not only to help you but also them."

Coffey, P., Leitenberg, H., Henning, K., Turner, T., & Bennett, R.T. (1996). Mediators of the long term impact of child sexual abuse: Perceived stigma, betrayal, powerlessness, and self-blame. *Child Abuse & Neglect*, 20, 447-455.

Libow, J. & Doty, D. (1979). An exploratory approach to self-blame and self-derogation by rape victims. *American-Journal-of-Orthopsychiatry*, 49(4), 670-679.

### Non-Rational Guilt in Victims of Trauma

The guilt many victims of physical and psychological trauma experience in response to their victimization often contains non-rational content which, when analyzed, is more appropriate to the perpetrator. This non-rational perpetrator guilt is imposed on the victim under two primary conditions: 1) attribution, in which the perpetrator disavows guilt and blames the victim for the victimization; and 2) terror, which results in the victim's rapid incorporation of essentially the entire world view of the perpetrator, including the perpetrator's guilt. Guilt results when some aspect of a moral system is transgressed. There are four aspects of a moral system reflecting different levels of guilt and four basic components of guilt within each level. The perpetrator's violation of one aspect of a moral system may be processed by the victim at the level of another aspect, making resolution difficult. Resolution involves careful analysis of the content of the guilt to enable the victim to identify its source.

see also: [Research on self blame in rape victims](#)

See also: [Discussion forum on self blame](#)

Resources to research this subject:

[Journals and articles](#)

[Google scholar or Findarticles](#)

Encyclopedias and Dictionaries

Search terms: avoidance coping, avoidance strategies, suppression, Past control (behavioral self-blame), maladaptive beliefs, personal construct psychology, a theory that focuses on the ways that we create meanings, prolonged exposure; cognitive changes; cognitions; cognitive restructuring; female assault survivors; posttraumatic stress disorder, survivor self-blame,

Thoughts for further research: The role of avoidance coping in self blame as well as the negative effects avoidance coping has on the healing process. Coping skills to replace avoidance coping and how to distribute those to the survivor community.

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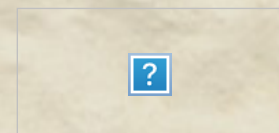
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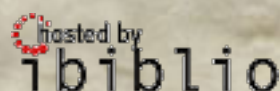
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### Resources to research this subject:

#### Journals and articles

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**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

**Search terms: rape crisis**

**Related links: Victim blame**

#### References:

**Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.**

**rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>**

**Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.**

**Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).**

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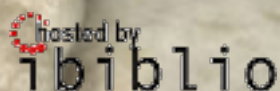
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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

# Victim Blame

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## **Why people blame the rape victim A victim blame bibliography**

- **Rape Crisis Homepage**
- **Scholarly journal articles**
- **Online resources and articles**
- **Popular resources**
- **Self blame**
- **Further research**

**Rape is the only crime in which the victim must prove his or her innocence.**

**There is an age old question: Whose fault is it when someone is raped?**

**The answer: Rape is always the fault of the rapist.**

**"In real life, however, rape victims are brutalized, ignored and harassed by the system that is designed to help them. They are traumatized stigmatized or shamed for life if they are not killed during the attack." p. 262**

**The Encyclopedia of Rape**

**What is victim blame?**

**"Victim blaming is holding the victim responsible for what has happened to her/him. One way in which victim blaming is perpetuated is through rape myths. Rape myths allow us to blame the victim and are often common false beliefs." Safe Campus Project**

**<http://www.umaine.edu/SafeCampusProject/RS.htm>**

**The two main theories behind victim blame are the Just World Hypothesis and the Assumptive World Theory (Invulnerability Theory).**

**Summary:**

**Just World Theory: For the most part victim blame occurs when someone initially attempts to assist a rape victim and is unable to remedy the situation satisfactorily. This is likely due to lack of knowledge about rape trauma syndrome, what to expect**

and how to best help victims. At this point the would-be helper feels the need to re-establish their idea of the world as a just place. In order to retain this comfort zone, it is sometimes concluded that the victim must have deserved his or her fate because a remedy cannot be found. 10

Detailed explanation:

"The tendency to blame rape victims has resulted in competing theories to explain those conclusions reached by fault-finding observers. Observers' motivational needs have been broached by the "just world" theory (Lerner & Miller, 1978) and the need to protect one's own sense of invulnerability." (Schneider et. al., 1994).

The most well known theory behind victim blaming is the just world hypothesis. "Individuals that have a strong belief in a just world can have this belief challenged when they encounter a victim of random misfortune such as a rape victim. The individual wants to believe that the world is a safe, just place where people get what they deserve and deserve what they get. Even when evidence suggests otherwise, the individual is very reluctant to give up this belief that the world is not just. In the face of contradicting evidence, research suggests (Kleinke and Meyer, 1996) that people with a high belief in a just world will do one of two things: either they will try to eliminate the suffering of the innocent victims or else they will derogate them for their fate. Since it is impossible to reverse the crime of rape, and thus relieve the victim of her suffering, the rape victim is often subjected to derogation and blame. In this manner, the person who believes in a just world can maintain this belief as there is no longer a suffering person, but a woman who deserves her misfortune."

The invulnerability theory states that rape victims are a glaring reminder of our own vulnerability. No one likes to think they could lose control over their own body or life. By deciding a rape victim did something concrete to deserve the assault the observer creates a false sense of safety. If they can avoid doing that particular thing or action then they create the illusion of invulnerability for themselves.

According to the World Book Encyclopedia 2007 entry for "Rape" only 2% of accused rapists are convicted. In contrast FBI studies indicate that only 2% of all rape reports are false. "Low conviction rates result from insufficient evidence to prosecute, dismissal of trial due to technicalities and reluctance of victims to testify. For these reasons, low conviction rates do not imply false reporting". According to The New Encyclopædia Britannica rapists also have high acquittal rates due to the fact that there are often no witnesses to the crime.

A recent poll found that a third of respondents believe women who flirt are partially responsible for being raped. Amnesty International

Who deserves to be hurt?

No one wonders what the victim of a mugging or violent murder did to deserve it.

Rape is a crime of violence, power and control. No one "deserves" it.

In the article "The Rape of Mr. Smith" It is pointed out that the law discriminates against rape victims in a manner that would not be tolerated by victims of any other crime. In the situation, a lawyer asks questions of a hold-up survivor.

It is sometimes claimed that a rapist can't stop their sexual urges once the victim has 'provoked' them in some way. If you made someone very, very angry- is it justifiable that they lose control of their impulses and kill you? No. Under the law people are required to control themselves.

The only factors that come into play in increasing the risk of rape are those that make people vulnerable. The greatest predicting factor is having been sexually assaulted previously (because of PTSD). Having been abused as a child or adolescent doubles the likelihood that a person will be sexually assaulted as an

adult.

See also: self blame research which addresses the question of why rape victims feel<sup>111</sup> guilty for being the victim of a crime.

Related topics: Stockholm syndrome (the victim identifies with the perpetrator's world view in order to understand what will help them survive), it's four criteria and Hate crimes (which now includes gender bias crimes and PTSD related hate crimes), cognitive dissonance.

### **Rape Trauma Syndrome:**

Not knowing the symptoms of rape trauma syndrome may add to victim blaming. What kind of symptoms can you expect?

### **Behaviour characteristics involved in Rape Trauma Syndrome.**

The main thing to know is that there are two types of reactions: controlled and expressed. This means some people are very outwardly upset and others repress their feelings. This is sometimes called wearing a 'mask' to appear normal and avoid stigma.

"In the expressed style. the victim demonstrated such feelings as anger, fear and anxiety. They were restless during the interview, becoming tense when certain questions were asked, crying or sobbing when describing specific acts of the assailant, smiling in an anxious manner when certain issues were stated.

In the controlled style, the feelings of the victim were masked or hidden, and a calm, composed or subdued affect could be noted." from The Minnesota Coalition Against Sexual Assault Training Manual

Borkenhagen, C. K. (1975). The Legal Bias Against Rape Victims (The Rape of Mr. Smith). *American Bar Association Journal*, 61. discussion.

Macdonalds, J. (2007). Rape. In *The World Book Encyclopedia*. United States of America: World Book Inc.

Rape (2007). In *The New Encyclopædia Britannica* (Vol. 9). Chicago, Il.: Britannica.

Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).

### **Resources to research this subject:**

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### Scholarly Journal Articles

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1)

**Article title: An exploratory approach to self-blame and self-derogation by rape victims**

**Journal title: American-Journal-of-Orthopsychiatry Find this in a library**

**Database to look in: Social Work Abstracts**

**APA citation:**

**Libow, J. & Doty, D. (1979). An exploratory approach to self-blame and self-derogation by rape victims. American-Journal-of-Orthopsychiatry, 49(4), 670-679.**

**Quote:**

**A study was undertaken to determine whether self-attributed blame or self-derogation is empirically verifiable for acute rape victims, and whether belief in a just world and avoidance of harm or blame are relevant explanatory constructs. Quantitative and interview data were gathered from seven rape victims. Results supported self-blaming as an important aspect of response to rape, and future avoidance of harm rather than a belief in a just world was found as the most relevant motive. The factor of compensation to the victim appeared important as a means to reduce the victim's need to derogate herself as a result of the rape. The phenomenon of compassion for, or identification with, the rapist also emerged from the data. Clinical implications of these findings for the adjustment of victims, the therapeutic exploration of compensation, counseling strategies, and the legal system are discussed.**

**Find this journal article**

2)

**Article title: Social Perception of Rape: How Rape Myth Acceptance Modulates the Influence of Situational Factors**

**Journal title: Journal-of-Interpersonal-Violence Find this in a library**

**Database to look in: Psychinfo**



**Frese, B., Moya, M., & Megius, J. L. (2004). Social Perception of Rape: How Rape Myth Acceptance Modulates the Influence of Situational Factors. *Journal-of-Interpersonal-Violence*, 19(2), 143-161.**

**Quote:**

**"This study assessed the role of rape myth acceptance (RMA) and situational factors in the perception of three different rape scenarios (date rape, marital rape, and stranger rape). One hundred and eighty-two psychology undergraduates were asked to emit four judgements about each rape situation: victim responsibility, perpetrator responsibility, intensity of trauma, and likelihood to report the crime to the police. It was hypothesized that neither RMA nor situational factors alone can explain how rape is perceived; it is the interaction between these two factors that best account for social reactions to sexual aggression. The results generally supported the authors' hypothesis: Victim blame, estimation of trauma, and the likelihood of reporting the crime to the police were best explained by the interaction between observer characteristics, such as RMA, and situational clues. That is, the less stereotypic the rape situation was, the greater was the influence of attitudes toward rape on attributions.**

**Find this journal article**

**3)**

**Article title: Perceptions of Stranger and Acquaintance Rape: The Role of Benevolent and Hostile Sexism in Victim Blame and Rape Proclivity**

**Journal title: *Journal-of-Personality-and-Social-Psychology* Find this in a library**

**Database to look in: Psychinfo**

**APA citation:**

**Abrahms, D., Vicky, G., Masser, B., & Gerd, B. (2003). Perceptions of stranger and acquaintance rape: The role of benevolent and hostile sexism in victim blame and rape proclivity. *Journal-of-Personality-and-Social-Psychology*, 84(1), 111-125.**

**Quote:**

**"In Studies 1 and 2, after reading an acquaintance-rape but not a stranger-rape scenario, higher benevolent sexist but not hostile sexist participants blamed the victim significantly more. In Study 2, higher hostile sexist but not benevolent sexist male participants showed significantly greater proclivity to commit acquaintance (but not stranger) rape. Studies 3 and 4 supported the hypothesis that the effects of benevolent sexism and hostile sexism are mediated by different perceptions of the victim, as behaving inappropriately and as really wanting sex with the rapist. These findings show that benevolent sexism and hostile sexism underpin different assumptions about women that generate sexist reactions toward rape victims.**

**Find this journal article**

**4)**

**Article title: Blaming the victim of rape: The culpable control model perspective.**

**Journal title: *Dissertation-Abstracts-International* Find this in a library**

**Database to look in: PsycINFO**

APA citation:

114

**Pauwels, B. (2002). Blaming the victim of rape: The culpable control model perspective. Dissertation-Abstracts-International:-Section-B:-The-Sciences-and-Engineering, 63(5-B),.**

**This is a scholarly article examining why we blame the victim rather than the perpetrator of rape.**

**Quote:**

**"Three vignette-based studies are presented that represent the first attempt to examine rape victim blame within the context of an explicit, comprehensive theory of blame. Study 1 examined the hypothesis that evaluative information about a victim of rape would have a greater effect upon victim blaming when the victim's personal control over the rape was portrayed as somewhat elevated, rather than unambiguously low."**

**Find this journal article**

**5)**

**Article title: High school and college students' attitudes toward rape.**

**Journal title: Adolescence Find this in a library**

**Database to look in:Social Work Abstracts**

**APA citation:**

**Blumberg, M. & Lester, D. (1991). High school and college students' attitudes toward rape. Adolescence, 26(103), 727-729.**

**Quote:**

**This study explores the relationship between agreement with myths about rape and the tendency to blame the victim in a sample of high school and college students. It was found that high school males believed more strongly than did both high school females and college males in myths about rape, and they assigned greater blame to the victims of rape. For both high school males and females, belief in myths about rape was associated with assigning more blame to the victims. (Journal abstract.)**

**Find this journal article**

**6)**

**Article title:**

**Models of Rape Judgment: attributions concerning event, perpetrator, and victim.**

**Journal title:**

**Journal of Offender Rehabilitation Find this in a library**

**Database to look in:**

**PsycInfo**

**APA citation:**

**Langley, T., Yost, E.A., O'Neal, E.C., Taylor, S.L., et al. (1991). Models of Rape Judgment: attributions concerning event, perpetrator, and victim. Journal of Offender Rehabilitation, 17, (1-2), 43-54.**

**Quote:**

"Discusses analytical models developed to identify perceptions that may serve as cognitive mediators of rape judgments, including blaming victims, attribution of rape culpability, date rape attribution, and the influence of violent behavior. Victim blame appears to play little role in mediating judgment regarding punishment, restitution, and whether or not rape occurred. Earlier onset of victim protest increased recognition of the incident as rape, the likelihood that the offender would be convicted, and the likelihood that Ss would choose to award civil damages to the victim. The effects of onset were mediated by perception of the victim as desiring sexual intercourse. The degree of force used by the perpetrator yielded similar effects, mediated by the judges' perception of the incident as violent but only for male judges." 115

Find this journal article

7)

Article title: Blaming the victim of rape: The culpable control

model perspective

Journal title: Dissertation-Abstracts-International:-Section-B:-The-Sciences-and-Engineering Find this in a library

Database to look in: PsycInfo

APA citation:

Pauwels, B. (2002). Blaming the victim of rape: The culpable control model perspective. *Dissertation-Abstracts-International:-Section-B:-The-Sciences-and-Engineering*, 63(5-B).

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Find this journal article

8)

Article title: Attribution of rape blame as a function of victim gender and sexuality, and perceived similarity to the victim

Journal title: Journal of Homosexuality Find this in a library

Database to look in: contemporary womens issues

APA citation:

Shaver (2002). Attribution of rape blame as a function of victim gender and sexuality, and perceived similarity to the victim. *Journal of Homosexuality*, 43(2).

Quote:

This study examined respondents' perceived level of blame and responsibility for three victims of rape, as a function of attitudes toward homosexuals, and perceived similarity to the victim, as indicative of Shaver's (1970) Defensive Attribution Hypothesis. Victims were a homosexual and heterosexual male, and a female. A

sample of 168 university students completed questionnaires, which included three rape scenarios and subsequent questions, the Index of Attitudes Toward Homosexuals (Hudson & Ricketts, 1980), and the short-form Marlowe-Crowne Social Desirability Scale (Reynolds, 1982). Results indicated that respondents higher in homophobia (regardless of gender) blamed the homosexual male rape victim and the behavior and character of the heterosexual male rape victim, more than the female rape victim. Male respondents in general also blamed the heterosexual male rape victim, more than female respondents. Shaver's defensive attribution hypothesis was not supported. Results are discussed in terms of the possible link between homophobia and male rape blame.

Find this journal article

9)

**Article title: Madcap Misogyny and Romanticized Victim-Blaming: Discourses of Stalking in There's Something About Mary**

**Journal title: Women & Language Find this in a library**

**Database to look in: contemporary womens issues**

**APA citation:**

**Anderson , K. J. & Accomando, C. (1999). Madcap Misogyny and Romanticized Victim-Blaming: Discourses of Stalking in There's Something About Mary. Women & Language, 1, 24-28.**

**Quote:**

**"One aspect of victim-blaming is the belief in rape myths. Rape myths serve a patriarchal world view, in which men possess and deserve greater power and privilege than women. Such myths include the construction that women cause, deserve, or even enjoy being raped. Blaming the victim of rape also shifts causality in interesting ways. On the one hand, in stereotypical representations, men are depicted as powerful and active while women are depicted as powerless and passive. On the other hand, rape myths shift causality to preserve male privilege (in this case the right of access to women's bodies) by constructing women as agents of their own rape. Women become temptresses and men appear at the mercy of women and of their own hormones. A more general theory to explain victim-blaming is the belief in a just world. The "just world" hypothesis is the tendency to believe that the world is a fair and just place and that good things happen to good people and bad things happen to bad people. Thus, to maintain this belief, one must search for evidence to suggest that victims instigated their misfortune (see Lonsway & Fitzgerald, 1994, for a review). Ryan (1971) explains victim-blaming as a strategy to avoid the hard work of societal change. He argues that by blaming victims for their misfortunes, society can then work to change specific unfortunate individuals rather than change institutional and widespread prejudices. Therefore, instead of examining why some men stalk women and why that is viewed as normal, one can examine women for characteristics about them that must have caused them to be stalked."**

Find this journal article

10)

**Article title: The relationship of optimism, empathy, internality, interpersonal violence, and gender to rape blame under four victim conditions Journal title: Dissertation-Abstracts-International:-Section-B:-The-Sciences-and-Engineering Find this in a library**

**Database to look in: PsycINFO**

**APA citation:**

**Quote:**

"The relationships of optimism, rape empathy, locus of control, degree of acceptance of interpersonal violence, and gender upon attributions of rape blame were examined in four experimental conditions. The conditions were four variations on one rape scenario. These conditions varied a positive or negative character portrayal and a positive or negative behavior portrayal of the victim. Behavioral and characterological assessments of victim blameworthiness were obtained. The dependent measures for victim blameworthiness were an index for behavioral blame and an index for character blame. Predictor variables selected for study were those indicated in the literature as potential mediators for rape blame attributions. Participants were 321 undergraduate and graduate students at Howard University. A questionnaire was used to assess type of blame attributed to the victim based on the scenario as well as demographic and attitude information. Other blame sources and victim experiences were also examined. It was hypothesized that participants would be expected to blame a rape victim's behavior rather than character, the higher their optimism, empathy, internal locus of control and rejection of interpersonal violence. Further, it was hypothesized that blame type would vary dependent upon participant's gender and victim descriptions. Hypotheses were partially confirmed. Attitudes found to be related to victim-blame were primarily interpersonal violence and secondarily empathy. In the conditions of negative behavior portrayals for victims, despite character, higher behavioral blame was attributed. It appeared that a victim's behavior rather than character influenced attributions of either behavior or character victim-blame. Finally, regardless of victim description, men blamed the victim's character significantly more than women did. As another research interest, age was examined in relation to type of victim-blame. Students over the age of 25 placed significantly less behavioral blame on the rape victim. Breaking this analysis up by scenario did not reveal any differences in this pattern. A final research inquiry was added by examining change in victim-blame should the rape victim insist upon condom use. Results indicated an increase in both victim-blames, which was augmented in the scenarios with negative character descriptions."

**Find this journal article**

**11)**

**Article title: The association between the offender & victim relationship, severity of offence and attribution of blame in mentally disordered offenders.**

**Journal title: Psychology, Crime & Law Find this in a library**

**Database to look in: PsycINFO**

**APA citation:**

**Fox, Simone. (2000). The association between the offender victim relationship, severity of offence and attribution of blame in mentally disordered offenders. *Psychology, Crime & Law* Sep2005, Vol. 11 Issue 3, p255-264 10p**

**Quote:**

"The aim of this research was to investigate the association between the offender-victim relationship, severity of violence and attribution of blame for a violent act. Data were collected from 65 male psychiatric inpatients from two secure units. Participants were divided into three groups according to how well they knew their victim: victim well-known, victim acquaintance and victim stranger. Violent acts were further ranked according to offence severity. Participants were administered the Quick Test (QT) and the Gudjonsson Blame Attribution Inventory (GBAI).

Although there was a trend towards higher guilt attributions when the victim was well-known to the perpetrator, this relationship was complicated by the severity of the violent act. The most severe ranking of offence (i.e. murder/manslaughter) was most common in the offender group who knew their victim well. Furthermore, guilt-feeling attributions were highest in the most severe ranking of offence. The implications of these findings for assessment and intervention programmes are considered."

Find this journal article

12)

**Article title: The Effect of Participant Sex, Victim Dress, and Traditional Attitudes on Causal Judgments for Marital Rape Victims.**

**Journal title: Journal of Family Violence Find this in a library**

**Database to look in: PsycINFO**

**APA citation:**

**The effect of participant sex, victim dress, and traditional attitudes on causal judgments for marital rape victims. (Author Abstract). Mark A. Whatley. Journal of Family Violence 20.3 (June 2005): p191(10). From InfoTrac OneFile.**

**Quote:**

**"This study investigated the effects of participant sex, victim dress, and attitudes influencing the tendency to blame a marital rape victim. College undergraduates completed the Attitudes toward Marriage Scale, an intervening cognitive task, and a read fictitious scenario of a marital rape incident where the victim was dressed somberly or seductively. Participants then completed a brief questionnaire. As predicted, males rated the victim more deserving of the attack than females. As predicted, the suggestively dressed victim was rated more responsible and deserving than the somberly dressed victim. As predicted, participants holding more traditional attitudes toward marriage were more likely to assign more victim responsibility and deservingness than participants with more egalitarian attitudes. These findings are discussed within an attitudinal framework."**

Find this journal article

13)

**Article title: Victim Derogation and Victim Enhancement as Alternate Routes to System Justification.**

**Journal title: Psychological Science Find this in a library**

**Database to look in: PsycINFO**

**APA citation:**

**Kay, Aaron C., Jost, John T. & Young, Sean (2005) Victim Derogation and Victim Enhancement as Alternate Routes to System Justification. Psychological Science 16 (3), 240-246. doi: 10.1111/ j.0956-7976.2005.00810.x**

**Quote:**

**"Numerous studies have documented the potential for victim-blaming attributions to justify the status quo. Recent work suggests that complementary, victim-enhancing stereotypes may also increase support for existing social arrangements. We seek to reconcile these seemingly contradictory findings by proposing that victim derogation and victim enhancement are alternate routes to system**

justification, with the preferred route depending on the perception of a causal link between trait and outcome. Derogating "losers" (and lionizing "winners") on traits (e.g., intelligence) that are causally related to outcomes (e.g., wealth vs. poverty) serves to increase system justification, as does compensating "losers" (and downgrading "winners") on traits (e.g., physical attractiveness) that are causally unrelated to those outcomes. We provide converging evidence using system-threat and stereotype-activation paradigms." 19

Find this journal article

14)

**Article title: Belief in a just world and social perception: evidence for automatic activation**

**Journal title: J Soc Psychol Find this in a library**

**APA citation:**

**Murray JD, Spadafore JA, McIntosh WD. (2005) Belief in a just world and social perception: evidence for automatic activation. J Soc Psychol. Feb;145(1):35-47.**

**Database to look in: PubMed**

**Quote:**

**"The authors tested the hypothesis that beliefs in a just world are automatically activated and used in social perception. Under the guise of a perceptual vigilance task, the authors exposed 34 undergraduate women preconsciously to words that were either rape-related or neutral. Immediately after the exposure, participants read a date scenario that was ambiguous with respect to the man's aggressiveness and the extent to which the woman was responsible for the man's behavior. Afterwards, all participants evaluated the target man and woman on an impression task. The primary finding was that participants holding stronger beliefs in a just world perceived the target woman more negatively after experiencing the rape-related prime words than after experiencing the neutral words. This pattern is consistent with a research literature that shows that believers in a just world will often "blame the victim" in cases of rape. The present findings are important because they provide evidence that general, orienting beliefs are automatically activated in a manner similar to that shown by stereotype beliefs. The authors discussed implications for social perception."**

Find this journal article

15)

**Article title: Broken Spirits: The Treatment of Traumatized Asylum Seekers, Refugees, and War and Torture Victims**

**Journal title: American Journal of Psychiatry Find this in a library**

**APA citation:**

**Broken Spirits: The Treatment of Traumatized Asylum Seekers, Refugees, and War and Torture Victims. Waugaman, Richard M.; Waugaman, Adele; American Journal of Psychiatry, Vol 162(9), Sep 2005. pp. 1768-1769.**

**Database to look in: PsycINFO**

**Quote:**

**"Reviews the book "Broken Spirits: The Treatment of Traumatized Asylum Seekers, Refugees, and War and Torture Victims" edited by John P. Wilson and Boris**

Drozdek (2004). Wilson and Drozdek have put together a superb collection of chapters by 44 contributors, nearly all of whom work outside the United States. We all need to become better informed about the tragic stories told in this book. Mental health professionals will benefit from this overview of effective treatment interventions that are specially adapted to victims of war, political oppression, and torture. We may sometimes turn a blind eye to these victims, partly because of our survivor guilt in relationship to fellow human beings who have suffered from unspeakable horrors. Several other themes recur throughout the book. It is reassuring to see that all authors emphasize the initial and essential goal of establishing safety for survivors of trauma. Cultural variables receive the attention they deserve. Refugees experience cultural dislocation. The book's final two chapters address legal and political issues. Relevant international laws and treaties offer some protection for displaced persons, but draconian policies and unresponsive bureaucracies all too often interfere with effective and compassionate approaches to traumatized refugees." Find this journal article by journal title

16)

**Article title: Victims as pariahs**

**Journal title: Christian Century Find this in a library**

**APA citation:**

**Kern, Kathleen (2006). Victims as pariahs. Christian Century. 123 (2), p9-9, 3/4p.**

**Database to look in: Student research center by ebscohost**

**Quote:**

**The article focuses on the efforts of the UWAKI Catholic organization to provide counselling, medical care and housing for raped and rejected women in Congo. Militia members rape women in front of their husbands and children as a form of military weapon, which has led to an increase in sexual assaults among civilians. The Congolese government has neglected the needs of women and children. Hundreds of thousands of women have been raped since 1998 according to the estimate of the United Nations and human rights groups who assist the victims.**

**"One of their weapons is systematic rape. Militia members rape women in front of their husbands and children. Afterward, the husbands or the husbands' families drive the "contaminated" women and their children from the village. Even when the women are not forced to leave, the husbands may demand that children born from the rapes be killed; caring for these children is considered acquiescing to the assault. The children of rape who survive become pariahs. Many end up as street children in the cities--a phenomenon unknown before 1996, according to several Congolese who spoke to our delegation from Christian Peacemaker Teams."**

17)

**Article title: Rape myth beliefs and prejudiced instructions: Effects on decisions of guilt in a case of date rape**

**Journal title: Legal & Criminological Psychology Find this in a library**

**APA citation:**

**Gray, Jacqueline M. (2006). Rape myth beliefs and prejudiced instructions: Effects on decisions of guilt in a case of date rape. Legal & Criminological Psychology, 11 (1), p75-80, 6p; DOI: 10.**



**Quote:**

**"The purpose of this study was to investigate the potential effects of pro and anti rape myth bias in judges' summing up statements on verdicts given by individuals. Method. A convenience sample of 90 male and 90 female students from a British university completed the Rape myth acceptance (RMA) scale (Burt, 1980). A scenario depicting a date rape was read, ending with guidance that was either pro or anti rape myth, or neutral. Results. Rape myth supporting guidance was associated with innocent verdicts, and anti rape myth guidance with guilty verdicts, regardless of degree of rape myth acceptance. Level of rapemyth acceptance and gender were also found to predict verdict. Conclusion. Rape myth biased guidance may influence verdicts in a rape scenario in which the attribution of blame to the man and woman depicted could be perceived as being ambiguous."**

**18)**

**Article title: Silent and silenced: The disclosure and non-disclosure of sexual assault.**

**Journal title: The Sciences and Engineering Find this in a library**

**Database to look in: PsycINFO**

**APA citation:**

**Ahrens, Courtney Elizabeth (2002). Silent and silenced: The disclosure and non-disclosure of sexual assault. Dissertation Abstracts International: Section B: The Sciences and Engineering, Vol 63(3-B), Sep 2002. pp. 1553.**

**Quote:**

**"Nearly one quarter of all women will be sexually assaulted in their lifetime, but prevalent myths and stereotypes prevent many victims from disclosing the assault to their friends, families, law enforcement officials, medical professionals, or social service providers. Although previous research has identified common reasons for non-disclosure, little is known about why some victims may initially disclose the assault, but then cease to talk about the assault for prolonged periods of time. For many victims, negative reactions from support providers may silence them, halting disclosure for a significant period of time. To address this limitation in the literature, the current study examined periods of silence among rape victims who initially disclosed but then stopped disclosing for an average of seven years. Qualitative narratives from eight rape survivors who initially disclosed the assault within the first three days, received at least one negative social reaction, and stopped disclosing for at least nine months were selected from a larger sample of 102 rape survivors for further analysis. Qualitative analyses revealed three pathways to silence. Three survivors were silenced by blaming and insensitive reactions from formal support providers that heightened concerns about the effectiveness of disclosure and increased fears of negative reactions. Three survivors were silenced by inappropriate and ineffective support attempts by informal support providers that increased feelings of guilt and shame and led them to question the efficacy of disclosure. The remaining two survivors were silenced by both formal and informal support providers whose adherence to rape myths led these survivors to question whether their experiences qualified as rape. Further analysis suggested that negative reactions from support providers related to rape myths and stereotypes about "credible" assaults, "deserving" victims, and "appropriate" behavior. No matter how many stereotypical characteristics were met in a particular case, the violation of a single stereotype was sufficient for casting doubt on the legitimacy of victims' claims. When more than one stereotype was violated, the mismatch between victims' characters and stereotypes about "deserving" victims was the primary mechanism for discrediting victims."**

19)

Article title: **Coping With Threats to Just-World Beliefs: Derogate, Blame, or Help?**<sup>122</sup>

Journal title: **Journal of Applied Social Psychology** Find this in a library

Database to look in: **Academic Search Premier**

APA citation:

**HAYNES, G. & OLSON, J. (2006). Coping With Threats to Just-World Beliefs: Derogate, Blame, or Help? Journal of Applied Social Psychology, 36 (3), p664-682, 19p, 1 chart, 1 graph; DOI: 10.1111/j.0021-9029.2006.00023.x; (AN 20274147)**

Quote:

**"The present research investigated Lerner's (1970, 1980) just-world theory by manipulating victim-related factors in a scenario and measuring several possible strategies for dealing with the threat to participants' just-world beliefs created by the victim's intense suffering. Participants read a story about a victim who varied in terms of his character (likeable vs. unlikeable) and behavioral responsibility for causing his accident (high vs. low). The general pattern of results showed that for the unlikeable low-responsibility victim, the primary response to protect justice beliefs appeared to be character derogation; for the likeable high-responsibility victim, the primary protective strategy appeared to be blame; and for the likeable low-responsibility victim, the primary protective strategy appeared to be compensation."**

20)

Article title: **Victim characteristics and attribution of rape blame in Australia and South Africa.**

Journal title: **Journal-of-Social-Psychology** Find this Journal in a library

Database to look in: **Social Work Abstracts**

APA citation:

**Heaven, P-C-L, Connors, J., & Pretorius, A. (1998). Victim characteristics and attribution of rape blame in Australia and South Africa. Journal-of-Social-Psychology, 138(1): 131-33.**

Quote:

**"Several researchers from the United States and Britain have suggested that attributions of rape blame depend on the characteristics of the victim..The study results suggest that victim blame was not a function of victim characteristics but rather of the cultural group of the respondents."**

Additional articles:

**Bibliography of a victim blame article**

**McCaul, K. D., Veltum, L. G., Boyechko, V., & Crawford, J. J. (1990). Understanding attributions of victim blame for rape: Sex, violence, and foreseeability. Journal of Applied Social Psychology, 20, 1-26.**

**Hirschberger, G. (2006). Terror Management and Attributions of Blame to Innocent Victims: Reconciling Compassionate and Defensive Responses. Journal of Personality and Social Psychology v. 91 no. 5 (November 2006) p. 832-44**

**Rye, B. J., et. al., (2006). The Case of the Guilty Victim: The Effects of Gender of Victim and Gender of Perpetrator on Attributions of Blame and Responsibility. *Sex Roles* v. 54 no. 9/10 (May 2006) p. 639-49**

**"There was an interaction of gender of perpetrator and gender of victim such that female victims were held less responsible and their perpetrators were judged more harshly, especially when the perpetrator was male. Male victims were held the most responsible, especially when the perpetrator was male."**

**Haynes, G. A., et. al., (2006). Coping With Threats to Just-World Beliefs: Derogate, Blame, or Help?. *Journal of Applied Social Psychology* v. 36 no. 3 ( p. 664-82**

**"The general pattern of results showed that for the unlikeable low-responsibility victim, the primary response to protect justice beliefs appeared to be character derogation; for the likeable high-responsibility victim, the primary protective strategy appeared to be blame; and for the likeable low-responsibility victim, the primary protective strategy appeared to be compensation. Implications for just-world theory are discussed."**

To find these and further journal articles click here.

#### Online resources

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1)

<http://www.scu.edu/ethics/publications/iie/v3n2/justworld.html>

**The Just World Theory**

**Author: Claire Andre and Manuel Velasquez**

**Issues in Ethics - V. 3, N. 2 Spring 1990**

**Quote:**

**"The need to see victims as the recipients of their just deserts can be explained by what psychologists call the Just World Hypothesis. According to the hypothesis, people have a strong desire or need to believe that the world is an orderly, predictable, and just place, where people get what they deserve. Such a belief plays an important function in our lives since in order to plan our lives or achieve our goals we need to assume that our actions will have predictable consequences. Moreover, when we encounter evidence suggesting that the world is not just, we quickly act to restore justice by helping the victim or we persuade ourselves that no injustice has occurred. We either lend assistance or we decide that the rape victim must have asked for it, the homeless person is simply lazy, the fallen star must be an adulterer. "**

2)

[http://www.findarticles.com/p/articles/mi\\_m2294/is\\_2001\\_August/ai\\_82782443](http://www.findarticles.com/p/articles/mi_m2294/is_2001_August/ai_82782443)

**Beyond rape myths: A more complex view of perceptions of rape victims -**

**Author: Amy M. Buddie, Arthur G. Miller**

**Quote:**

**"This research examined personal beliefs and perceptions of cultural stereotypes surrounding rape victims. Students (ages 18-21) at a primarily Caucasian University listed either their personal beliefs or their perceptions of cultural stereotypes surrounding rape victims and rated a specific rape victim either according to their personal beliefs or their perceptions of cultural stereotypes. Personal beliefs about rape victims tended to focus more on perceptions of victim reactions to the rape (e.g., depression, anxiety, etc.) rather than on rape myths (e.g., she asked for it, was promiscuous, etc.). Perceptions of cultural stereotypes, however, comprised rape myths rather than the victim reactions to rape. We propose that perceptions of rape victims are more multifaceted than has previously been suggested."**

**3)**

**[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=1742238&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1742238&dopt=Abstract)**

**Victim blame and the disinhibition of sexual arousal to rape vignettes.**

**Author: Sundberg SL, Barbaree HE, Marshall WL.**

**Violence Vict. 1991 Summer;6(2):103-20.**

**Quote:**

**"The present study examined the effects of differing levels of victim blame on the sexual arousal of males to rape vignettes. In the first experiment, a between-subjects experimental design was used to compare four groups of eight university males for their erectile responses to vignettes rated as low, medium, and high along a victim blame continuum. All groups found a consenting vignette more arousing than a nonconsenting vignette, however, this difference was significantly smaller for subjects in the high blame condition compared to the low and medium blame conditions. A second experiment supported the disinhibiting effect of the high victim blame manipulation using 12 university males in a within-subjects experimental design. The disinhibiting influence of victim blame on male sexual arousal to rape cues was discussed in relation to our broader understanding of sexual assault."**

**4)**

**[http://articles.findarticles.com/p/articles/mi\\_m2294/is\\_2002\\_Sept/ai\\_96736804](http://articles.findarticles.com/p/articles/mi_m2294/is_2002_Sept/ai_96736804)**

**But she was unfaithful: benevolent sexism and reactions to rape victims who violate traditional gender role expectations - Brief Report**

**Author: Viki G. Tendayi**

**Sex Roles: A Journal of Research, Sept, 2002**

**Quote:**

**"In the present research we examine victim blame in relation to different types of victims of acquaintance rape. In predicting victim blame, we consider the role of rape myth acceptance, but our main focus is on the role of benevolent sexist beliefs."**

**5)**

## **Non-Rational Guilt in Victims of Trauma**

**Author:Gail M. Price, Ph.D.**

**The author is associated with the Trauma Clinic at Massachusetts Mental Health Center in Boston, MA**

### **Quote:**

**"The guilt many victims of physical and psychological trauma experience in response to their victimization often contains non-rational content which, when analyzed, is more appropriate to the perpetrator. This non-rational perpetrator guilt is imposed on the victim under two primary conditions: 1) attribution, in which the perpetrator disavows guilt and blames the victim for the victimization; and 2) terror, which results in the victim's rapid incorporation of essentially the entire world view of the perpetrator, including the perpetrator's guilt. Guilt results when some aspect of a moral system is transgressed. There are four aspects of a moral system reflecting different levels of guilt and four basic components of guilt within each level. The perpetrator's violation of one aspect of a moral system may be processed by the victim at the level of another aspect, making resolution difficult. Resolution involves careful analysis of the content of the guilt to enable the victim to identify its source."**

**6)**

**[http://www.latebloomerpublishing.com/mr\\_smith.htm](http://www.latebloomerpublishing.com/mr_smith.htm)**

### **The Rape of Mr. Smith**

**From Borkenhagen, C. K. (1975). The Legal Bias Against Rape Victims (The Rape of Mr. Smith). American Bar Association Journal, 61. discussion.**

### **Quote:**

**"The law discriminates against rape victims in a manner that would not be tolerated by victims of any other crime. In the following situation, a lawyer asks questions of a hold-up survivor."**

**7)**

**<http://www.cambridgedocumentaryfilms.org/media/guides/RIdiscussion.pdf>**

### **Rape is...discussion guide**

### **Quote:**

**"From a feminist perspective, the reason people are focused on the woman's responsibility is because it lets sexual coercers off the hook for their predatory behavior. If you can blame the victim, you don't have to take responsibility for your own actions. It is best to steer conversations away from this pitfall. Instead, ask, "How does this fit into the larger picture?" Part of the effort of this film is to look at the larger picture of rape, outside of the "he said, she said" debate. What does it mean that we try to hold the victim responsible for her rape? Does this mean we believe that women can't wear tank tops and short skirts? Does this mean we are saying women can't go out at night? Are we saying that anyone who goes to a bar and meets someone gets what he or she deserves? Are we saying that we don't have the right to drink and be safe from sexual assault and rape? Are we saying that being drunk is a form of consent?"**

**8)**

**<http://www.northwestmedia.com/research/rape-i.pdf>**

**Quote:**

**"Irrational beliefs about women and sexuality (rape myths) such as "Women really want to be raped" and "If a man pays for a date then he is entitled to sex" cause men to rape. Finkelhor (1986) also suggests that the endorsement of rape myths act as a factor that reduces internal inhibitions to rape. In Pithers' (Hildebran & Pithers, 1992) model of sexual offending apparently irrelevant decisions and poor victim empathy (a cognitive-affective variable) contribute to sexual offending. McFall (1990, p. 318) has stated in his information processing model of rape: "This evidence paints the following portrait of sexually aggressive men. They enter heterosexual relationships holding distorted cognitive schemata that predispose them to sexual misunderstandings and misguided actions. It is as though these men were 'primed' by their schemata to read positive sexual connotations into women's neutral or negative messages; to believe that women secretly wish to be victims of sexual coercion; to misinterpret women's refusals of sexual advances merely as coquettish acceptances; to dismiss women's physical resistance as a primeval sexual ritual; to misperceive women's cries of pain as squeals of pleasure; and to redefine any attempted rebuffs as proof that women are 'teases' who deserve whatever they get."**

9)

<http://www.radford.edu/~gstudies/speakers/currier/violence.htm>

**The Culture of Violence Against Women**

**Author: Dr. Danielle Currier**

**Quote:**

**"different forms of violence, the gendered nature of violence, cultural aspects of and variations in violence against women, and the things unique to a college campus that make it an environment in which violence against women is prevalent. Dr. Currier's presentation is part of the Sexual Assault/Domestic Violence Awareness Month activities. Sources and links listing these activities are indicated below Dr. Currier may contacted via Email at: dmcurrier@radford.edu " Includes a bibliography and online resources.**

10)

[http://www.findarticles.com/p/articles/mi\\_m2294/is\\_2001\\_April/ai\\_79856432](http://www.findarticles.com/p/articles/mi_m2294/is_2001_April/ai_79856432)

**Blaming the Target of Sexual Harassment: Impact of Gender Role, Sexist Attitudes, and Work Role - Statistical Data Included**

**Author: Margaret De Judicibus, Marita P. McCabe**

**Quote:**

**This study was conducted to examine factors associated with blaming the target of sexual harassment. Participants' experiences of sexual harassment, sexist attitudes, gender, gender role identity, age, worker or student status, and belief in a just world were included as independent variables. Level of blame was evaluated using a series of 12 vignettes that manipulated the gender of the target and harasser as well as the seriousness of the harassing behavior. The sample comprised 30 female and 32 male workers from two workplaces, whose ages ranged from 18 to 65 (M = 35) years, and 102 female and 18 male university students whose ages ranged from 17 to 40 (M = 21) years. Approximately 70% of**

the sample were from Anglo Australian background, and 30% from European, Middle Eastern or Asian background. Females experienced more sexual harassment<sup>127</sup> than males did, although the male rate was higher than expected. Although the majority of subjects attributed little blame to the target, males blamed the target of sexual harassment more than females did, and workers blamed the target of harassment more than university students did. Worker status, sexist attitudes, and gender significantly predicted blame for the total sample. Gender-typing increased the blame of the target by males but not by females. Attribution of blame was significantly influenced by worker versus student status, which supports the social psychological perspective that gender-related behavior is context dependent. The findings from this study suggest that organisational culture and environment influence respondents' attitudes to sexually harassing behavior.

11)

### **An Investigation of the Relationship between Religiosity and Victim Blame in Cases of Sexual Assault**

<http://lmc246.tripod.com/>

**Author: LMC**

**Quote:**

This study investigated the relationship between religiosity and tendencies toward victim blame in sexual assault cases. Thirty-two individuals were given surveys that included items measuring acceptance of rape myths, sex role stereotyping, and sexual conservatism. The survey also asked subjects to self-identify as either religious or non-religious. In the final analysis, ten subjects were in each condition, and the mean scores of each were compared using an independent-samples t-test. The results of this test,  $t(18) = .610$ , showed that the means were not significantly different when  $p < .05$ . Thus it could be concluded that both religious and non-religious individuals have similar victim blame propensities. However, insufficient sample size and a relatively undiversified sample could have been the cause of these insignificant results.

### **Online Popular Resources**

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1)

<http://koti.mbnet.fi/neptunia/essays/soblame1.htm>

**Author: Anyara 2003**

**Quote:**

"Perhaps we can't see the victim as innocent, because by so doing we would have to admit that similar things might happen even to us. We blame the victim in order to feel more in control. "

2)

<http://people.morehead-st.edu/students/ar/aeruck01/culturalrapemyths.html>

**Cultural rape myths from survivors emerging**

**Author: Astrid**

**Quote:**

**"we have the right to live our lives without threat of harm. The fact that women find this to nearly impossible must be changed. We face this fear every time we leave our homes. We will find our empowerment when we can place the blame where it belongs-"**

128

**3)**

**<http://www.fair.org/extra/best-of-extra/rape-blame.html>**

**Rape Coverage: Shifting the Blame**

**Author: Laura Flanders**

**Quote:**

**"Rape, and in particular acquaintance rape, has become something of a human interest story-of-choice for mainstream newspaper editors recently. But more coverage has usually not meant better. ...Instead of hearing the cries of survivors, the press is hearing the complaints of apologists; instead of condemning cruelty, the press promotes excuses."**

**4)**

**<http://www.feminista.com/archives/v2n1/aaron.html>**

**Dont blame victim of sexual violence**

**Author: Ron Aaron**

**Quote:**

**"Failing to lock doors and windows or going out alone at night doesn't cause rape. Indeed, it's not her responsibility to prevent rape. It's his obligation to stop doing it. "**

**5)**

**[http://www.feminist.com/resources/ourbodies/viol\\_blame.html](http://www.feminist.com/resources/ourbodies/viol_blame.html)**

**Blaming the Victim**

**Author: Boston Women's Health Book Collective**

**Quote:**

**"The most common emotional responses to sexual harassment, battering, and rape are guilt, fear, powerlessness, shame, betrayal, anger, and denial. Guilt is often the first and deepest response."**

**6)**

**Online Resources**

**<http://www.feminista.com/archives/v2n1/aaron.html>**

**Victim Blame- "the extraordinary focus on what women should do to prevent rape reinforces one of the most troubling myths about rape, that victims not perpetrators are responsible for sexual assault. That's simply not true."**

**7)**

**<http://www.meganslaw.ca.gov/facts.htm>**

**Victims of sexual assault often share some blame for the assault.**



False. Adult and child victims of sexual abuse are never to blame for the assault, regardless of their behavior. Because of the age difference, children are unable to<sup>129</sup> legally consent to sexual acts. They are often made to feel like willing participants, which further contributes to their shame and guilt.

8)

Victims blame themselves, but "it's never their fault"

By Bibbi Seidel, Posted by the Asbury Park Press on 07/17/06

""They'll say it was their short skirt or how they looked," Altieri says. "But you can totally debunk that myth by looking at the victims. We have elderly victims. We have very, very young victims — 3-month-old babies being raped.

"It's never their fault. Never," Altieri says."

## Books

Raine, N. (1998). *After Silence: Rape and My Journey Back*. New York: Crown Publications, Inc., .

Reviews available from amazon Find this in a library

## Professional Review:

"Very soon after she was raped, Raine discovers that talking about the rape--even to her closest friends and family--was "dangerous." Throughout the book, Raine describes how she negotiates the mine-field of others' resistance, and she reflects on how their resistance impacted her. This focus allows for a deep and insightful appreciation of how our cultural myths about women and rape work to marginalize survivors' speech and, as a result, dramatically impede the healing process. She succinctly and powerfully sums up this dilemma, "Other people's embarrassment or discomfort makes me feel as if I were the rapist's co-criminal, an accomplice who is 'confessing' something ... everyone keeps saying I need to 'come to terms' 'integrate' the rape into my life. [How] can I come to terms if the terms are not shared?" (pp. 212-213)." Cosgrove, Lisa PhD

For further online resources on victim blame and rape click here. Type in "victim blame and rape or sexual assault". (no quotation marks)

Search terms: Just world theory, invulnerability, invulnerable, self blame, victim blame, rape, sexual assault, sexual abuse, effective treatment interventions; Guilt; \*Interpersonal Interaction; \*Life Satisfaction; \*Self Defeating Behavior; victims of war; political oppression; torture; cultural variable, Refugees, Torture, Treatment, Victimization, War; Sociocultural Factors

Library of congress search terms:

Blame--Social aspects--United States., Victims--Psychology., Social justice--United States. Social justice--Europe., Distributive justice--United States., Distributive justice--Europe. Welfare economics., Poverty--Public opinion., United States--Social policy--Moral and ethical aspects. Europe--Social policy--Moral and ethical aspects.

For search terms (words to enter into databases or google) for victim blame see this page.

Testimonials of victim blame experiences

Resources to research this subject:

[Search the NCJRS Abstracts Database](#)

[Google scholar or Findarticles](#)

[Finding books at the library](#)

[Online Libraries on sexual assault](#)

[Encyclopedias and Dictionaries](#)

[Search terms: rape crisis](#)

[Related links: Victim blame](#)

[References:](#)


**Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.**

**rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>**

**Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.**

**Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).**

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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

## Secondary Victimization

See also: [Testimonials of secondary victimization](#) and [Honor killings](#)

### Overview

#### What is secondary victimization?

Secondary victimization is the re-traumatization of the sexual assault, abuse or rape victim. It is an indirect result of assault which occurs through the responses of individuals and institutions to the victim. The types of secondary victimization include victim blaming, inappropriate behavior or language by medical personnel and by other organizations with access to the victim post assault. ([Campbell et. al., 1999](#))

### Online resources

#### Information about secondary victimization

##### [Student Material to Victim Empowerment: Bridging The Systems Mental Health and Victim Service Providers](#)

<http://www.ojp.usdoj.gov/ovc/new/victempow/student/student.txt>

"After the trauma of a crime, many report being victimized by the very systems that were designed to help them. The media, health services and criminal justice system can respond to victims of crime in ways that make them feel traumatized again. A counselor can help to reduce the chances of secondary victimization by helping victims to understand their rights. "

#### Secondary injuries

[http://www.nycagainstrape.org/survivors\\_factsheet\\_49.html#6](http://www.nycagainstrape.org/survivors_factsheet_49.html#6)

"Victims not only have to struggle with primary injuries in the aftermath of the crime, but they must also battle with the "secondary" injuries. Secondary injuries are injuries that occur when there is a lack of proper support. These injuries can be caused by friends, family and most often by the professionals victims encounter as a result of the crime. Law enforcement officers, prosecutors, judges, social service workers, the media, coroners, clergy, and even mental health professionals can cause secondary injuries. Those individuals may lack the ability or training to provide the necessary comfort and assistance to the victim. Often, those individuals blame the victim for the crime. Failing to recognize the importance of the crime or to show sympathy can be damaging to the victim's self-worth and recovery process.

Perhaps the most agonizing experience for victims involves dealing with the

criminal justice system if and when an offender is apprehended. At this level, the crime is considered to have been committed against the state, and victims become witnesses to the crimes." 193

### **Crime Victims and the Media\***

**"In its rush to be the first with the news, the media can often inflict a "second victimization" upon crime victims or survivors. Common complaints that victims have include: interviewing survivors at inappropriate times; filming and photographing gruesome scenes; searching for the "dirt" about the victim; seeking interviews with friends or neighbors', interviewing or photographing child victims; printing victims' names, addresses or places of employment; and scrutinizing victims' past. After a crime, victims are frequently physically and mentally numb. They are confused and disoriented.**

A recent study shows that television news directors agree in principle that crime victims have privacy rights and the individual's right to privacy is not outweighed by the public's desire to know. However, directors are less likely to adhere to this principle if they know a competitor is going to break the story.

While victims have rights when dealing with the media, many yield to media pressures and answer questions that they would not consider answering under other circumstances. In most cases, there are no legal remedies if his or her rights are violated.

The National Victim Center developed this list of rights for victims:

- To say "no" to an interview
- To select the spokesperson or advocate of the victim's choice
- To select the time and location for media interviews
- To request a specific reporter
- To refuse an interview with a specific reporter even though he or she has granted interviews to other reporters
- To say "no" to an interview even though the victim has previously granted interviews
- To release a written statement through a spokesperson in lieu of an interview
- To exclude children from interviews
- To refrain from answering any questions with which the victim is uncomfortable or that the victim feels are inappropriate
- To avoid a press conference atmosphere and speak to only one reporter at a time
- To demand a correction when inaccurate information is reported
- To ask that offensive photographs or visuals be omitted from airing or publication
- To conduct a television interview using a silhouette or a newspaper interview without having a photograph taken
- To completely give the victim's side of the story related to the victimization
- To refrain from answering reporters' questions during a trial
- To file a formal complaint against a reporter
- To grieve in private"

### **Rape Coverage: Shifting the Blame**

**"Rape, and in particular acquaintance rape, has become something of a human interest story-of-choice for mainstream newspaper editors recently. But more coverage has usually not meant better."**

<http://www.victimology.nl/onlpub/hb/node9.html>

**Secondary victimization of rape victims: insights from mental health professionals who treat survivors of violence**

**Secondary Victimization**

[http://www.gmu.edu/facstaff/sexual/Helping\\_SV.htm](http://www.gmu.edu/facstaff/sexual/Helping_SV.htm)

**Journal articles**

**Ahrens, Courtney Elizabeth (2002). Silent and silenced: The disclosure and non-disclosure of sexual assault. Dissertation Abstracts International: Section B: The Sciences and Engineering, Vol 63(3-B), Sep 2002. pp. 1553. [Find this journal title in a library](#)**

**Quote:**

**"Nearly one quarter of all women will be sexually assaulted in their lifetime, but prevalent myths and stereotypes prevent many victims from disclosing the assault to their friends, families, law enforcement officials, medical professionals, or social service providers. Although previous research has identified common reasons for non-disclosure, little is known about why some victims may initially disclose the assault, but then cease to talk about the assault for prolonged periods of time. For many victims, negative reactions from support providers may silence them, halting disclosure for a significant period of time... eight rape survivors who initially disclosed the assault within the first three days, received at least one negative social reaction, and stopped disclosing for at least nine months were selected from a larger sample of 102 rape survivors for further analysis. Qualitative analyses revealed three pathways to silence. Three survivors were silenced by blaming and insensitive reactions from formal support providers that heightened concerns about the effectiveness of disclosure and increased fears of negative reactions. Three survivors were silenced by inappropriate and ineffective support attempts by informal support providers that increased feelings of guilt and shame and led them to question the efficacy of disclosure. The remaining two survivors were silenced by both formal and informal support providers whose adherence to rape myths led these survivors to question whether their experiences qualified as rape. Further analysis suggested that negative reactions from support providers related to rape myths and stereotypes about "credible" assaults, "deserving" victims, and "appropriate" behavior. No matter how many stereotypical characteristics were met in a particular case, the violation of a single stereotype was sufficient for casting doubt on the legitimacy of victims' claims. When more than one stereotype was violated, the mismatch between victims' characters and stereotypes about "deserving" victims was the primary mechanism for discrediting victims. Implications of these findings for future research and practice are discussed."**

**Campbell R, Raja S. (1999) Secondary victimization of rape victims: insights from mental health professionals who treat survivors of violence. Violence Vict. 14(3):261-75. [Link Find this journal title in a library](#)**

**Quote:**

**"Rape victims may turn to the legal, medical, and mental health systems for assistance, but there is a growing body of literature indicating that many survivors are denied help by these agencies. What help victims do receive often leaves them feeling revictimized. These negative experiences have been termed "the second rape" or "secondary victimization." If indeed secondary victimization occurs, then these issues may be raised in rape survivors' mental health treatment. In the current study, probability sampling was used to survey a representative sample of licensed mental health professionals about the extent to which they believe rape victims are "re-raped" in their interactions with social system personnel. Most therapists believed that some community professionals engage in harmful behaviors that are detrimental to rape survivors' psychological well-being. Implications for future research on secondary victimization are discussed."**

**Campbell, Rebecca (2006). Rape Survivors' Experiences With the Legal and Medical Systems. Violence Against Women, 12 (1), p30-45, 16p, 2 charts. [link Find this journal title in a library](#)**

**Quote:**

**"This study used a naturalistic quasi-experimental design to examine whether rape survivors who had the assistance of rape victim advocates had more positive experiences with the legal and medical systems compared to those who did not work with advocates. Eighty-one survivors were interviewed in two urban hospitals about what services they received from legal and medical system personnel and how they were treated during these interactions. Survivors who had the assistance of an advocate were significantly more likely to have police reports taken and were less likely to be treated negatively by police officers. These women also reported less distress after their contact with the legal system. Similarly, survivors who worked with an advocate during their emergency department care received more medical services, including emergency contraception and sexually transmitted disease prophylaxis, reported significantly fewer negative interpersonal interactions with medical system personnel, and reported less distress from their medical contact experiences."**

**Golding, Jacqueline M.; Siegel, Judith M.; Sorenson, Susan B.; Burnam, M. Audrey; Stein, Judith A. (1989). Social Support Sources Following Sexual Assault. Journal of Community Psychology. 17 (1). p92-107, 16p. [Find this journal title in a library](#)**

**Quote:**

"Considerable research suggests that social support plays a crucial role in coping with stressful life events. The present study used data from 3,132 <sup>136</sup> randomly selected survey respondents to investigate the use and helpfulness of seven potential social support sources in coping with a particular life crisis: sexual assault. About two-thirds or the 447 sexually assaulted respondents had told someone about the assault. Over half had talked to a friend or relative (59.3%). Fewer respondents consulted police (10.5%), mental health professionals (16.1%), physicians (9.3%), clergy (3.9%), rape crisis centers (1.9%), and legal professionals (1.6%). Assault by a stranger, physical threat, fighting against the assailant, a high degree of sexual contact, and emotional distress concerning the assault were associated with talking about the assault, especially with police and physicians. Most of those who told someone found at least one person helpful (13.8%). Rape crisis centers (94.2%) and legal professionals (82.7%) were most frequently described as helpful, followed by mental health professionals (70.1%), friends and relatives (66.6%), clergy (63.1%), physicians (55.6%), and police (38.2%). Results are compared to previous findings, and implications for research and intervention are discussed."

Hattendorf, J., & Tollerud, T.R. (1997). Domestic Violence: Counseling Strategies That Minimize the Impact of Secondary Victimization. *Journal Perspectives in Psychiatric Care*, 33(1), 14-23. [Find this journal title in a library](#)

Quote:

"This paper reviews developmental factors associated with domestic violence, describes the processes of secondary victimization and traumatic response, and discusses the implications for intervening appropriately with battered women."

Mcauslan, Pamela (1999). After sexual assault: The relationship between women's disclosure, the reactions of others, and health. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 60(1-B), pp. 0411. [link](#)

Quote:

"negative social reactions were a strong predictor of negative health outcomes. These results are considered within the theoretical frameworks of the psychosomatic theory of inhibition and social support theory."

Winkel, F., (1991) Rape victims' style of self-presentation and secondary victimization by environment : an experiment. *Journal of Interpersonal Violence*. 6(1):29-40. [Find this journal title in a library](#)

Quote:

"Rape victims differ in their style of communicating their experience to others in their environment. The present experiment tests the hypothesis that a numbed style of self-presentation, as compared an emotional one, will result more strongly in secondary victimization by those around her."

See also : [Secondary victimization bibliography \(more articles\)](#)



## Books

**Madigan, L. and Gamble, N. (1991). The Second Rape: Society's Continued Betrayal of the Victim. New York: Lexington Books. [Find this in a library](#)**

**Websdale, N. (1998). Indigenous archaeology: American Rural woman battering and the justice system. Thousand Oaks, Calif: Sage Publications. [Find this in a library](#)**

**Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

**Search terms: revictimization, secondary victimization, Psychic trauma--Social aspects--Handbooks, manuals, Post-traumatic stress disorder--Handbooks, manuals,**

**Related links: [Multiple victimization](#), [Testimonials of secondary victimization](#), [Hate crimes](#), [Invisible community](#), [Victim blame](#), [Prevention](#),**

**See also : [Secondary victimization bibliography \(more articles\)](#)**

**References:**


**Binder, Charles J. (2005). Sexual Assault: The Victims, the Perpetrators, and the Criminal Justice System. Corrections Today. 67 (7). p110-110. Review of a book of the same name.**

**Campbell R, Raja S. (1999) Secondary victimization of rape victims: insights from mental health professionals who treat survivors of violence. Violence Vict. 14 (3):261-75**

**Martin, P. Y., & Powell, R. M. (1995). Accounting for the second assault: Legal organizations' framing of rape victims. Law and Social Inquiry, 19, 853-890.**

**Williams, J. (1984). Secondary victimization: Confronting public attitudes about rape. Victimology: An International Journal, 9(1), 66-81.**

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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

## Reporting Rape

### How to report rape or sexual assault

- [Support group at witness justice](#)
- [Community links](#)
- [Crisis Information index](#)

The most important thing to know when reporting is that you need a victim's advocate from your local rape crisis center. Some other aspects to consider are:

[Sexual Assault Exam](#) | [Victim Advocate](#) | [Victim Compensation](#) | [Victim Notification](#) | [Pursuing Charges](#) | [No Contact Order](#) | [Restitution](#) | [Victim Impact Statement](#).

"Survivors who had the assistance of an advocate were significantly more likely to have police reports taken and were less likely to be treated negatively by police officers. These women also reported less distress after their contact with the legal system. Similarly, survivors who worked with an advocate during their emergency department care received more medical services, including emergency contraception and sexually transmitted disease prophylaxis, reported significantly fewer negative interpersonal interactions with medical system personnel, and reported less distress from their medical contact experiences." (Campbell, 2006)

[State crime victim phone numbers](#) for Crime Victim Compensation, Domestic Violence Coalitions and Sexual Assault Coalitions.

[Federal agencies phone numbers](#).

[Resources for International Victims](#).

The officers will likely ask why the victims waited to report. Common factors are:

- Fear of reprisals,
- Not being able to identify an assailant,
- Anxiety about having own conduct scrutinized.
- Undeserved guilt combined with embarrassment
- Victim/self-blaming (Fraser, 2006) [more](#)

Ways to get a better conviction rate:

- **Emphasizing the psychological impact of the attack on victims through a victim's impact statement.** 140
- **When writing the victim impact statement consider the four injuries: physical, financial, social and emotional.**

**You have the right to ask for information about**

- **The course of the proceedings**
- **Victim's rights throughout the proceedings**
- **Support available in case of threats by the perpetrator**
- **Confusing legal language**
- **Psychological counseling**

**"One of the basic rights of crime victims granted under victim-orientated legislation introduced during the last 20 years in more than 100 countries worldwide is the right to be referred to victim support by the police." (Winkel et. al., 2004)**

### **Steps in reporting:**

**Since the order and procedure varies by location it is a good idea to ask your local rape crisis center.**

**"For victims, the experience of reporting rape falls into several different stages. Depending on the circumstances of the case, some of the stages may overlap, some may be omitted and the order in which they occur may vary but broadly speaking they are as follows [in the UK]:**

- (i) Contacting the police**
- (ii) First encounter with the police**
- (iii) The medical**
- (iv) Making a statement**
- (v) Investigation of the case**
- (vi) Follow-up**
- (vii) Court " (Temkin, 1999)**

**Diagram on crime victim treatment from JONATHAN SHEPHERD's Editorial on Victim services in the National Health Service (NHS)**



### **How to find an advocate - International**

<http://www.ibiblio.org/rcip//vassist.html>

### **Would you like to add a resource?**

## **USA Information on reporting**

### **Reporting a sexual assault**

### **Reporting an assault from better health**

### **Reporting information and advocacy services in the US**

[http://www.mass.gov/dasuffolk/help\\_sav.html](http://www.mass.gov/dasuffolk/help_sav.html)

### **US Army reporting**

<http://www.sexualassault.army.mil/>

## **International resources on reporting**

## **UK Information on reporting**

**A detailed outline on reporting in the UK**

[http://www.rightsofwomen.org.uk/pdfs/report\\_to\\_court.pdf](http://www.rightsofwomen.org.uk/pdfs/report_to_court.pdf)

**Sexual Offences Interview Techniques**

<http://www.womenagainstrape.net/Initiatives/Compensation/Policefnl.htm>

**UK Reporting****Scotland Reporting**

<http://www.rapecrisiscentralscotland.co.uk/support/support-2.htm>

**Glasgow Reporting**

<http://www.gvawp.org.uk/InfoWomen/Orgs/WrapCC.htm>

**Canada****Canadian reporting laws****Victim advocacy in Canada - MAKING THE CRIMINAL JUSTICE SYSTEM MORE RESPONSIVE TO VICTIMS**

<http://www.canada-justice.ca/en/dept/pub/dig/victims.htm>

**Crime prevention resources in Canada**

Sexual assault: Guide to the criminal justice system in Canada. Women's International Network News, Winter95, 21(1), p41, 1/3p

Review of:

**WOMEN AND VIOLENCE BY: KATHLEEN GALLIVAN AND SUSAN BAZILLI; METRO ACTION COMMITTEE ON PUBLIC VIOLENCE AGAINST WOMEN AND CHILDREN (METRAC) 158 Spadina Rd., Toronto, Ontario M5R 2T8 CANADA CONTENTS:**

"This guide provides information about each step of the criminal process, from the option of reporting a sexual assault to the police, through sentencing, to appeals of a trial verdict. This guide does not pretend to advise women about whether they should report sexual assault or enter the system. What it does hope to do is provide some idea of the hazards and hurdles that will be experienced at each and every step . . ."

Davies, Graham; Lloyd-Bostock, Sally; McMurrin, Mary; Wilson, Clare; Oxford, England: Walter De Gruyter, (1995). The criminal justice response to sexual assault in Canada. Roberts, Julian V. In: Psychology, law, and criminal justice: International developments in research and practice. pp. 384-393. [Original Chapter] [link](#)

**Australia****What happens when you report****A fact sheet on going to court**

**Child Abuse Information and Resources**

**New Zealand**

**How to report rape**

**Research on reporting in NZ**

**Africa**

**Reporting a rape in South Africa**

<http://www.capegateway.gov.za/eng/directories/services/11457/9669>

**Books**

**Reporting Sexual Assault: A Social Ecology Perspective**

<http://www.amazon.com>

**Books on reporting sexual assault and rape**

<http://www.amazon.com>

**The encyclopedia of violence : origins, attitudes, consequences**

DiCanio, Margaret. (1993). The encyclopedia of violence : origins, attitudes, consequences. New York : Facts on File

HM291 .D4857 1993 Davis Ref, UL Ref, HSL books

Rape p. 211

This entry covers the definition of rape, statistics on rape, the history of rape and the fact that less than 10% of rapes are reported. It states that "psychological trauma and humiliation overwhelm many victims... trying, alone, to regain their sense of personal integrity that was destroyed by the intrusion of rape." p. 211

Interestingly it states that in 1960 law enforcement cited false reporting at 20%. By 1973 the statistics had dropped to 15%. After 1973 the New York city police department used female officers to investigate sexual assault cases and the rate dropped to 2% according to the FBI.

**Statistics**

**Bureau of Justice Statistics**

<http://www.ojp.usdoj.gov/bjs/abstract/rsarp00.htm>

"45% of injured female victims of a reported attempted rape compared to 22% of injured victims of an

unreported attempted rape received medical treatment, 1992-2000"

In 1960 law enforcement cited false reporting at 20%. By 1973 the statistics had dropped to 15%. After <sup>144</sup>1973 the New York city police department used female officers to investigate sexual assault cases and the rate dropped to 2% according to the FBI.

DiCano, Margaret. (1993). The encyclopedia of violence : origins, attitudes, consequences. New York : Facts on File

## Ways to improve conviction rates

- **Emphasizing the psychological impact of the attack on victims**
- **Explaining why victims wait so long to report**
  - "Failure to report was associated with personal, physical, social, or sexual disorders stemming from the rape; denial of the rape act and its consequences; rationalization and the attempt to find an explanation for the rape in terms of the victim's own actions; and the attempt to work through the experience by themselves. Ss reporting the 1st incidence of rape were significantly more likely to show responses reflecting anxiety, humiliation, and anger and to be familiar with the rapist. Ss who did not report their first rape were more likely to express embarrassment, whereas reporting Ss showed higher levels of fear, guilt, and stigma." (Peretti, 1983)
  - "Factors influencing victims' likelihood of reporting a rape include the victim-offender relationship, the rapist's method of approaching the victim, and the occurrence of physical injury or sexual humiliation." (LeBeau, 1988)
  - "Factors influencing police reporting include fear of reprisals, not being able to identify an assailant, antagonistic attitudes towards the police and anxiety about having own conduct scrutinized (Clarkson et al., 1994)."

## Research on improving the reporting procedure

### Barriers to reporting

"Nine themes describing the existence of barriers to reporting.

- (1) difficulties encountered when reporting;
- (2) doubts by providers about the validity of the accusation;
- (3) lack of services, inadequate number of hours, too few providers;
- (4) community and family reluctance to acknowledge the problem of sexual assault;
- (5) fear of the perpetrator, the examination and of public exposure;
- (6) acquaintance with the perpetrator;
- (7) impaired cognitive ability and
- (8) feelings of vulnerability, guilt, humiliation and the desire for secrecy.
- (9) An unexpected and disconcerting finding was the admitted reluctance of service providers to provide service for victims of sexual assault." (Young, 2002) [link to article](#)



"Findings indicate that barriers prevalent 30 years ago, prior to efforts by the rape reform movement, continue to be considered important among college men and women. The barriers rated as the most important were (1) shame, guilt, embarrassment, not wanting friends and family to know; (2) concerns about confidentiality, and (3) fear of not being believed. Both genders perceived a fear of being judged as gay as an important barrier for male victims of sexual assault or rape and fear of retaliation by the perpetrator to be an important barrier for female victims." (Sable & Danis, 2006)

"Of 500 questionnaires distributed to women undergraduates, graduates, and faculty members at a university, 167 (33%) were returned. Analysis of these revealed that only 18% of the adult women's rapes and only 11% of the assaults on children were reported. For adult women, the primary reason for not reporting seemed to combine a type of guilt with embarrassment. The implication is that although external social factors have changed, the internal psychological barriers to rape reporting may remain." (Binder, 1981)

"125 adult victims receiving care at 19 sexual assault centers (SACs) in the State of Maryland. More than one half of the victims (55.6%) waited years before disclosing, with delays in reporting especially likely if the assault was perpetrated by a family member (the most frequent perpetrators at 42.4% of respondents). About one half of the victims (51.3%) had been previously sexually assaulted, yet only 9% of these victims had sought treatment. The majority of respondents (69.4%) indicated they would not be filing charges against perpetrators, and of those who did, 46.2% reported dissatisfaction with the interview with police. Psychological symptoms such as depression and anxiety were the most common reasons for seeking care at the centers. Nearly all of respondents rated the care they received at the centers as very good or excellent. Respondents recommended more SACs, better advertising of their services, more mental health care within them (especially group therapy), and improved laws and law enforcement of perpetrators." (Monroe, 2005)

"Secondary victimization can be reduced by offering victims more legal and psychological counseling during the criminal proceedings. Legal counseling issues address information about the course of the proceedings, about the victim's rights throughout the proceedings, about support available in case of threats by the perpetrator, and about confusing legal language (Bennett et al., 1999). Psychological counseling can help victims to prepare for, and go through with the trial, and then to cope with their experience in the criminal proceedings." (Orth, 2002)

"The under-utilization of psychological services by crime victims who are objectively in need of external support is substantial. Current legal procedures tend to perpetuate this unwanted condition. Programs aimed at the early detection and prevention of persistent postvictimization distress are more in line with the ideals of therapeutic jurisprudence. The RISK (10) screening instrument, which was specifically developed to be administered by police officers, may provide a basis for early detection. RISK (10) consists of a selection of 10 Risk factors with prior empirical evidence and theoretical significance." (Winkel, 2004)

**Protocol for the Acute Care of the Adult Patient Reporting Sexual Assault**

## Issues of Cost, Quality, and Access to Sexual Assault Services

<http://www.ahrq.gov/research/victsexual/victsex3.htm>

### Directory of crime victim sites

<http://www.google.com/Top/Society/Crime/Victims/>

Search terms:

In google: Reporting a sexual assault

These searches worked best using a multi-search of several databases on general, sociological, current events (news) and psychological subjects:

DE "Crime Victims" and reporting

DE "Crime Victims" and reporting and procedure

DE "Crime Victims" and reporting and procedure and rape

DE "Crime Victims" and reporting and rape

\*Crime Victims; \*Criminal Justice; \*Family Violence; \*Health Care Services; \*Legislative Processes; Crime; Enactments; Health, \*GOVERNMENTAL investigations, \*RAPE -- Investigation, \*RAPE victims, \*SEXUAL harassment of women, \*SOLDIERS, \*ARMED Forces, \*WOMEN soldiers, Sexual behavior UNITED States, Crimes against \*Abuse Reporting; \*Cross Cultural Differences; \*Human Females; \*Law Enforcement; \*Rape; Asians; Whites, \*Abuse Reporting; \*Crime Victims; \*Laws; \*Rape; Victimization \*Abuse Reporting; \*Blacks; \*Human Females; \*Myths; \*Rape; Authority; Crime Victims; Legal Personnel,

Library of Congress Subject Headings:

Rape -- United States -- Investigation.

Police questioning -- United States.

Criminal justice, Administration of -- United States.

Criminal statistics -- United States. RAPE; REPORTING-OF-OFFENSES; U.S.-NATIONAL-CRIME-SURVEY

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"Victims were significantly more likely to report a rape if the offender had used physical force and if the victim had received medical attention for injuries sustained during the commission of the crime. Unlike earlier research, the present study found that victims were not more likely to report a rape if the perpetrator was a stranger or if the victimization occurred away from the victim's home."

**Binder, Renee L. (1981). Why women don't report sexual assault. *Journal of Clinical Psychiatry*. 42(11) 437-438. [link](#)**

Clay-Warner, J.; Burt, C. H. (2005). Rape reporting after reforms: Have times really changed? *Violence Against Women*, 11(2). pp. 150-176.

"rapes committed after 1990 were more likely to be reported than rapes occurring before 1974. Aggravated rape continues to be more likely to be reported than simple rape"

Du Mont, J., Miller, K., Myhr, T. (2003). The role of `real rape' and `real victim' stereotypes in the police reporting practices of sexually assaulted women. *Violence Against Women*, 9(4), pp. 466-486.

"This research investigates whether, as some feminists have argued, myth-associated characteristics of sexual assaults play a role in the police reporting behaviors of women. The sample included 186 sexual assault victims seen at a hospital-based sexual assault care center in a large urban area in Ontario, Canada in 1994. Logistic regression analysis revealed a positive association between reporting a sexual assault to the police and two overtly violent components of the so-called real rape myth: the use of physical force and the occurrence of physical injury."

Frasier, Robert (2006). Rape myth acceptance and deterrents to rape reporting among women. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, Vol 66(8-B), 2006. pp. 4481. [link](#)

Jordan, J. (2004). "Beyond belief? Police, rape and women's credibility." *Criminal Justice*, 4 (1) pp. 29-59.

"Cues and triggers that appeared to influence officers' assessments of complainants' credibility included intoxication, delayed reporting, previous consensual sex with the alleged offender, previous complaint of rape, psychiatric disturbance and intellectual impairment, perceived immorality of the complainant, previous false complaint, and concealment. In general, the study substantiates that many female rape complainants continue to battle to gain credibility in the eyes of police officers, and that stereotypically based judgments continue to negatively affect police perceptions and decision making."

Keilty, J., Connelly, G. (2001). Making a statement: An exploratory study of barriers facing women with an intellectual disability when making a statement about sexual assault to police. *Disability & Society*, 16(2), pp. 273-291.

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Young CL (2002). Barriers to reporting sexual assault as identified by sexual assault service providers: a qualitative study. *University of Tennessee Center for the Health Sciences*, D.N.Sc. (66 p). [link](#)

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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>


## Victim assistance, victim advocates and legal resources for rape survivors

If you are reporting a rape you need to find a victim's advocate who will walk you through the process. For immediate victim assistance call RAINN at 1 800-656-HOPE, 1 800-879-6682 or 1 800-211-7996 - 24 hours a day. For victim assistance or attorney referrals call 1 (800) FYI-CALL, email [gethelp@ncvc.org](mailto:gethelp@ncvc.org) or write to:

Victim Services, National Center for Victims of Crime, 2000 M Street, NW, Suite 480, Washington, DC 20036

For further assistance resources [scroll down](#).

For information on [Reporting a rape](#) click [here](#).

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### How can a victim's advocate help you?

**You may want to obtain a victim's advocate first. You can find one at your:**

- **Local rape crisis center via RAINN 1-800-656-HOPE**

<http://www.rainn.org>

- **The National Organization for Victim Assistance**

<http://www.try-nova.org>

- **Services provided to sexual assault victims from the Office for Victims of Crime**

<http://www.ojp.usdoj.gov/ovc/help/index.html>

- **Victim assistance resources by state from the Office for Victims of Crime**

<http://ovc.ncjrs.gov/findvictimservices/>

For International resources see the international directory, the international section of this page or contact your local crisis center, Victim Support, International victim assistance, the International Bar Association or The Rights of Women site. <http://www.victimsupport.org/> or <http://www.vaonline.org/> or <http://www.ibanet.org/> or <http://www.ibiblio.org/rcip//internl.html> or <http://www.rightsofwomen.org.uk/>

**Do You Need to Find Legal Help? Try the ABA Consumers' Guide to Legal Help**

<http://www.abanet.org/legalservices/findlegalhelp/home.cfm>

The National Victim Center (2111 Wilson Boulevard, Suite 300, Arlington VA 22201, Tel 703-276-2880, Fax 703-276-2889) maintains a list of victims' lawyers in each

**Women's Law - state by state domestic violence legal directory.**

**Other hotlines in the US**

**Directory of victim assistance**

**State crime victim phone numbers for Crime Victim Compensation, Domestic Violence Coalitions and Sexual Assault Coalitions.**

**Federal agencies phone numbers.**

**This section contains**

**Legal resources , victim assistance, disability payments, what help is available in your state, statute of limitations on rape by state, and statute of limitations information for child sexual abuse.**

**Are you doing legal research?**

**Over-view:**

**ABA Consumers' Guide to Legal Help**

<http://www.abanet.org/legalservices/findlegalhelp/home.cfm>

**A state by state directory of legal assistance from the American Bar Association. You may also try the State and Local Bar Association Directory**

<http://www.abanet.org/barserv/stlobar.html>

**Statute of limitations by state from RAINN**

<http://www.rainn.org/public-policy/public-policy-resources.html>

**Legal definition of rape or**

**sexual assault**

<http://criminal.findlaw.com/crimes/a-z/rape.html>

**The legal definition of rape from findlaw. Enter your zip code for state specific information.**

**Criminal law sexual assault information from findlaw**

<http://criminal.findlaw.com/>

Type in your zip code for basic information for the public. Scroll down or click here for [victim assistance](#). Sexual assault information is located under the alphabetic menu.

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[http://criminal.findlaw.com/crimes/crime\\_victims.html](http://criminal.findlaw.com/crimes/crime_victims.html)

**Find a lawyer:**

**[Do You Need to Find Legal Help? Try the ABA Consumers' Guide to Legal Help](#)**

<http://www.abanet.org/legalservices/findlegalhelp/home.cfm>

**[Directory of Attorneys](#)**

<http://www.martindale.com/xp/Martindale/home.xml>

**[American Bar Association](#)**

<http://www.abanet.org/legalservices/probono/directory.html>

**[National Crime Victim Bar Association](#)**

[http://www.ncvc.org/vb/main.aspx?dbID=DB\\_VictimsInfo126](http://www.ncvc.org/vb/main.aspx?dbID=DB_VictimsInfo126)

**[State and Local Bar Association Directory](#)**

<http://www.abanet.org/barserv/stlobar.html>

## **Non-profit resources**

**[Victim Assistance](#)**

[http://www.ncvc.org/ncvc/main.aspx?dbID=DB\\_VictimAssistance207](http://www.ncvc.org/ncvc/main.aspx?dbID=DB_VictimAssistance207)

**The National Center for Victims of Crime works to make sure all crime victims get the assistance and information they need. We are committed to doing our best to help you.**

**[Victim assistance resources](#)**

<http://www.aardvarc.org/victim/>

**A comprehensive collection of victim assistance resources. See the menu on the left side.**

**[National Organization for Victim Assistance](#)**

[www.try-nova.org](http://www.try-nova.org)



**The National Organization for Victim Assistance is a private, non-profit, 501(c)(3) organization of victim and witness assistance programs and practitioners, criminal justice agencies and professionals, mental health professionals, researchers, former victims and survivors, and others committed to the recognition and implementation of victim rights and services.**  
**(202) 232-6682**  
**(800) try-nova**

### **Disability payments**

**Mental illness, like a physical illness, can be disabling. Persons with a serious mental illness are just as entitled to disability payments as persons with a serious physical illness. If you or your relative has a mental illness such as schizophrenia, obsessive-compulsive disorder, manic depression, or another disabling brain disorder (mental illness), you may be entitled to benefits from the Social Security Administration. For all inquiries, call the Social Security Administration at 1-800-772-1213.**

### **National Center for Victims of Crime**

[www.ncvc.org](http://www.ncvc.org)

**The National Center maintains a comprehensive collection of on-line resources in addition to our extensive database of service providers for referrals. The NCVI has a toll-free helpline (1-800-FYI-CALL or 1-800-211-7996 (tty/tdd)) or (202) 467-8700 for assistance finding information.**

### **Find out what the statute of limitations on rape and sexual assault is in your state (from RAINN)**

<http://www.rainn.org/what-should-i-do/criminal-statutes-of-limitation.html>

### **Sign up (or sign in) for- ask a lawyer- free legal advice forum on delphiforums.**

### **American Bar Association**

<http://www.abanet.org/legalservices/probono/directory.html>

**A directory of pro bono legal resources.**

### **State and Local Bar Association Directory**

<http://www.abanet.org/barserv/stlobar.html>

[http://www.ncvc.org/vb/main.aspx?dbID=DB\\_VictimsInfo126](http://www.ncvc.org/vb/main.aspx?dbID=DB_VictimsInfo126)

**Civil Justice for Victims of Crime- How to find an attorney, what information to have ready, and a guide for crime victims interested in civil justice. (800) FYI-CALL for a referral.**

**Consumers guide to legal help**

<http://www.abanet.org/legalservices/findlegalhelp/home.html>

**From the American Bar Association- a guide to seeking legal help.**

**National Sexual Violence Resource Center**

<http://www.nsvrc.org/>

**The National Sexual Violence Resource Center (NSVRC) is a comprehensive collection and distribution center for information, statistics, and resources related to sexual violence. It serves as a resource for state, territory, and tribal anti-sexual assault coalitions, rape crisis centers, allied organizations, community projects, policy-makers, government entities, media, educators, health care providers and others working to address and eliminate sexual assault.**

**Manual for prosecution in ghb and date rape drug cases**

[http://www.ndaa-apri.org/publications/apri/violence\\_against\\_women.html](http://www.ndaa-apri.org/publications/apri/violence_against_women.html)

**American Bar Association Legal Research page**

<http://www.abanet.org/tech/ltrc/lawlink/home.html>

**Lawlink provides quick access to important legal information from the American Bar Association and other resources. Each site is selected and evaluated by a member of the ABA's Legal Technology Resource Center staff.**

**American Bar Association Legal Guide for Women**

**The ABA Legal Guide for Women covers what every woman needs to know about the law and her rights. It explains women's rights to prevent sex discrimination and sexual harassment at school and work; pregnancy leave, parental leave, and working from home; rights and responsibilities in marriage; the rights of unmarried couples and same-sex couples; divorce and separation; and child support, custody and visitation. Special chapters deal**

with women's health and reproductive issues, including infertility, contraception, pregnancy, and abortion. Chapters also deal with the law on sexual assault and domestic violence, credit issues for women, and retirement and estate planning. Written in a plain, direct style, without legal jargon, it will help women understand and deal with these important legal aspects of their lives.

## **Private Sector Resources**

### **One-click search of sex offender databases**

<http://www.criminalcheck.com/>

**PublicData.com is providing one-click search of sex offender databases in most states.**

### **Legal resources for victims of sexual abuse**

<http://www.smith-lawfirm.com/resources.html>

**General information for victims including how to find a lawyer (directory), statute of limitations, current events and recommended reading.**

### **Directory of women lawyers**

<http://www.womenlawyers.com/direct1.htm>

**Listings by state- if you are unable to locate an attorney in our directory, you might want to try your local bar associations**

### **Directory of Attorneys**

<http://www.martindale.com/xp/Martindale/home.xml>

**Martindale directory of lawyers. Most attorneys submit profile information to this directory. This is a good place to look if you are trying to locate a specific attorney by name or area.**

### **Directory of state legal organizations**

[http://www.alllaw.com/legal\\_organizations/bar\\_associations\\_state/](http://www.alllaw.com/legal_organizations/bar_associations_state/)

**This includes state bar associations.**

<http://www.ojp.usdoj.gov/ovc/help/rape.htm>

**National Registry of Sex Offenders**

<http://www.fbi.gov/hq/cid/cac/states.htm>

**National Registry of Sex Offenders. You can view photographs and names of registered offenders by State and City in many areas of the US.**

**Victim assistance by state**

<http://www.ojp.usdoj.gov/ovc/help/state.htm>

**Click on the map of states to view local resources.**

**Office for Victims of Crime Resource Center**

**Criminal Justice Reference Center**

[www.ojp.usdoj.gov/ovc](http://www.ojp.usdoj.gov/ovc)

**The Office for Victims of Crime (OVC) was established by the 1984 Victims of Crime Act (VOCA) to oversee diverse programs that benefit victims of crime.  
(800) 627-6872**

**What is a victim impact statement?**

<http://www.ncvc.org/>

**"The term "victim impact statement" refers to written or oral information about the impact of the crime on the victim and the victim's family. Victim impact statements are most commonly used at sentencing. Such statements provide a means for the court to refocus its attention, at least momentarily, on the human cost of the crime. They also provide a way for the victim to participate in the criminal justice process. The right to make an impact statement generally is extended beyond the direct victim to homicide survivors, the parent or guardian of a minor victim, and the guardian or representative of an incompetent or incapacitated victim."**

**Courts, by State**

[http://www.ncsconline.org/D\\_KIS/info\\_court\\_web\\_sites.html#state](http://www.ncsconline.org/D_KIS/info_court_web_sites.html#state)

**Attorney General Guidelines for Victim and**

**Witness Assistance**

**"The many provisions for crime victims' rights and remedies are**

## **International Victim Assistance / Legal Resources**

### **International victim assistance**

<http://www.vaonline.org/>

**This site has a world wide directory of victim assistance organizations.**

### **ONTARIO WOMEN'S JUSTICE NETWORK**

<http://www.owjn.org/index.htm>

**"An online legal resource for women's organizations and individuals working on issues related to justice and violence against women and children."**

### **Legal Aid Ontario**

<http://www.legalaid.on.ca/en/>

**"Legal Aid is available to low income individuals and disadvantaged communities for a variety of legal problems..."**

### **The Global Legal Information Network (GLIN)**

<http://www.glin.gov/>

**The Global Legal Information Network (GLIN) is a database of laws, regulations, judicial decisions, and other complementary legal sources contributed by governmental agencies and international organizations. These GLIN members contribute the official full texts of published documents to the database in their original language. Each document is accompanied by a summary in English and subject terms selected from the multilingual index to GLIN.**

### **International Bar Association**

<http://www.ibanet.org/>

**The truly global law organisation for individual legal professionals, bar associations and law societies.**

### **Rights of Women**

**"Rights of Women works to attain justice and equality by informing, educating and empowering women on their legal rights."**

## **Legal Research**

### **Educational Resources**

**If you are doing legal research I would recommend making an appointment to speak with a librarian at an area Law Library. If you call and make an appointment ahead of time you will be sure to get the time and attention you need. You can also just stop at the reference desk and ask a research question without calling ahead. Local Universities often have law libraries.**

**That way the librarian can direct you to the exact resource you need and show you how to use it most efficiently.**

### **American Bar Association Legal Research page**

<http://www.abanet.org/tech/ltrc/lawlink/home.html>

**Lawlink provides quick access to important legal information from the American Bar Association and other resources. Each site is selected and evaluated by a member of the ABA's Legal Technology Resource Center staff.**

### **Supreme Court decisions 1990 - present, from LLI**

<http://straylight.law.cornell.edu/supct/search.html>

**Under archive of decisions select "by topic" 1990- present. Click the criminal law link and then add the search term "sexual assault" in the text box.**

### **Reference books for legal research**

<http://memory.loc.gov/ammem/awhhtml/awlaw3/catalogs.html>

**This is an example of a library of congress search heading:  
Trials (Rape)**

**"Today, there are two major legal encyclopedias:**

- **Corpus Juris Secundum (CJS) (1936-) and**
- **American Jurisprudence (AmJur), 2nd edition, (1952-)**

**For historical research, the older editions, Corpus Juris (1914-37) and American Jurisprudence (1936-52), are useful, as well as The American and English Encyclopaedia of Law (1887-96; 2nd edition, 1896-1905) and Ruling Case Law (1914-21). It is important to remember that each of these encyclopedias is different. Different topics, different subject headings, and different case law may be provided in**

each. In Corpus Juris Secundum each section has a summary of the law, usually in boldface type, and a reference to a topic heading (a key number) used in the West Digest System, which gives further access to related case law. In American Jurisprudence, research references (usually to American Law Reports, or ALR) are given under each major heading."

<http://memory.loc.gov/ammem/awhhtml/awlaw3/legal.html>

## **Other Encyclopedias**

[http://www.law.usyd.edu.au/~library/pathfind/intlaw\\_p.htm](http://www.law.usyd.edu.au/~library/pathfind/intlaw_p.htm)

**Bledsoe, RL and Boczek, BA International law dictionary, Santa Barbara, Calif, ABC-CLIO, 1987.**

**Location: Law Ref 341.03 4. This has 368 entries grouped by subject matter into twelve chapters.**

**Fox, JR Dictionary of international and comparative law, 2nd ed, New York, Oceana Publications, 1997**

**Location: Law Ref 341.03 6A This has journal abbreviations, popular international law case and convention names.**

**Parry, C et al Encyclopaedic dictionary of international law, New York, Oceana Publications, 1986**

**Location: Law Ref 341.03 3. This too includes journal abbreviations, popular international law case and convention names.**

**Encyclopaedia of public international law, Amsterdam, North-Holland Publishing Co, 1981-1990, Vols 1-12. Location: Law Ref 341.03 1. Each volume covers a particular subject then within each volume are numerous entries. This was updated, partly in 1992 and 1995 with the publication of Encyclopaedia of public international law, Vol 1 A-D; Vol 2 E-I. Other volumes forthcoming.**

## **Databases**

**The two main legal databases are Westlaw and Lexis / Nexis.**

**Often these are only available for second year law students and are pass-worded because they are very expensive. Sometimes you can access LEXIS-NEXIS Academic Universe through the main database listings but it is not the same as the one law students use.**

**Other databases:**

- **APAIS: social sciences and public affairs**
- **LegalTrac: A major general law index. Produced in the U.S. but indexes journals from other countries and has a wide coverage.**
- **Wilson's Index to Legal Periodicals (WilsonWeb): It has an American focus and also has a wide coverage of other jurisdictions.**
- **Legal Journals Index: This is a British publication and its coverage is Britain and Europe.**
- **Women's Resources International: Described by the US publisher as the ultimate women's studies resource. It includes Child Abuse and Neglect and a Family Studies database as well as covering all women's issues**

## **Further Online Resources**

### **Find law legal dictionary**

<http://dictionary.lp.findlaw.com/>

Other legal resources: [Black's Law Dictionary, 8th](#)

### **Legal definition of rape from findlaw by state**

<http://criminal.findlaw.com/crimes/a-z/rape.html>

The legal definition of rape from findlaw. Enter your zip code for state specific information. [Sexual assault](#) See also: criminal law from findlaw in the legal section of this site.

### **Cornell Legal Research Encyclopedia**

<http://www.lawschool.cornell.edu/library/encyclopedia/>

See: women and the law. This is a good research tool as it has links to other research sites under each subject. There is a link to InSITE: InSITE highlights selected law-related World Wide Web sites.

[Cornell's Legal information Institute](#)

[FindLaw](#)

[Law.com \(legal news\)](#)

### **Subscribe to Sexual Violence Legal News**

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From the New England School of Law.

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## **References**

\*sorted by relevance

## **Evaluations of the victim advocacy system:**

**Campbell, Rebecca (2006). Rape Survivors' Experiences With the Legal and Medical Systems: Do Rape Victim Advocates Make a Difference? Violence Against Women, 12 (1), p30-45, 16p. [Find this journal in a library, Find your local library home page- you can access online articles from home.](#)**



"This study used a naturalistic quasi-experimental design to examine whether rape survivors who had the assistance of rape victim advocates had more positive experiences with the legal and medical systems compared to those who did not work with advocates. *Eighty-one survivors were interviewed in two urban hospitals about what services they received from legal and medical system personnel and how they were treated during these interactions. Survivors who had the assistance of an advocate were significantly more likely to have police reports taken and were less likely to be treated negatively by police officers.* These women also reported less distress after their contact with the legal system. Similarly, survivors who worked with an advocate during their emergency department care received more medical services, including emergency contraception and sexually transmitted disease prophylaxis, reported significantly fewer negative interpersonal interactions with medical system personnel, and reported less distress from their medical contact experiences."

**Wasco, S. M., Campbell, R., Howard, A., Mason, G. E., Staggs, S. L., Schewe, P. A., et al. (2004). A statewide evaluation of services provided to rape survivors. *Journal of Interpersonal Violence, 19, 252-263.* [Find this journal in a library](#), [Find your local library home page](#)- you can [access online articles from home](#).**

Quote: "Results of the evaluation suggest that, overall, services provided to rape victims provided support, increased information and knowledge, and helped victims to understand options and make decisions. The evaluation approach is notable for its collaborative nature and its sensitivity to rape victims during help-seeking and delivery; however, due to the high levels of distress common among rape survivors, some evaluation methods may not be appropriate for crisis intervention services such as hotline or advocacy."

**Campbell, R. (1998). The community response to rape: Victims' experiences with the legal, medical, and mental health systems. *American Journal of Community Psychology, 26, 355-379.* [10.1023/A:1022155003633](#). [Find this journal in a library](#), [Find your local library home page](#)- you can [access online articles from home](#).**

Quote: Of 168 subjects "Results from hierarchical and iterative cluster analysis reveal 3 patterns in victims' experiences with the legal, medical, and mental health systems. One group of victims had relatively positive experiences with all 3 systems, a 2nd group had beneficial outcomes with only the medical systems, and the final group had difficult encounters with all 3 systems. Multinomial logistic regression was then used to evaluate an ecological model predicting cluster membership. Community-level factors as well as features of the assault and characteristics of the victims predicted unique variance in victims' outcomes with the legal, medical, and mental health systems. Findings support a basic tenet of ecological theory: environmental structures and practices influence individual outcomes."

**Campbell, R., Wasco, S. M., Ahrens, C. E., Sefl, T., & Barnes, H. E. (2001). Preventing the "second rape": Rape survivors' experiences with community service providers. *Journal of Interpersonal Violence, 16, 1239-1259.* [Find this journal in a library](#), [Find your local library home page](#)- you can [access online articles from home](#).**

**Campbell, R., Sefl, T., Barnes, H. E., Ahrens, C. E., Wasco, S. M., & Zaragoza-Diesfeld, Y. (1999). Community services for rape survivors: Enhancing psychological well-being or increasing trauma? *Journal of Consulting and Clinical Psychology, 67, 847-858.* [10.1037//0022-006X.67.6.847](#). [Find this journal in a library](#), [Find your local library home page](#)- you can [access online articles from home](#).**

## General rape victim advocacy:

**Konradi, Amanda,(1996) Understanding rape survivors' preparations for court. Violence Against Women, 2 (1), p25, 37p, 2 charts. [Find this journal in a library](#), [Find your local library home page](#)- you can [access online articles from home](#).**

**Wemmers, Jo-Anne; Cyr, Katie (2005). Can Mediation Be Therapeutic for Crime Victims? An Evaluation of Victims' Experiences in Mediation with Young Offenders. Canadian Journal of Criminology and Criminal Justice. 47(3) pp. 527-544. [link Find this journal in a library](#), [Find your local library home page](#)- you can [access online articles from home](#).**

### Quote:

"The results described here suggest that procedural justice facilitates healing. When victims feel that they have been treated fairly, they are more likely to feel able to put their victimization behind them. As Lind and Van den Bos (2002) suggest, it may be that fair procedures help victims to reduce uncertainty and to regain a sense of control over their lives, thus permitting them to heal."

"When victims suffered re-victimization, they attributed this to the offender who had failed to take responsibility for his or her actions...In order for restorative justice to have a therapeutic effect, the offender must accept full responsibility for the crime (Scheff 1998). When cases are selected for mediation, great attention must be paid to screening offenders, excluding any who do not take full responsibility for their actions."

"Victims' experiences in the justice system may help or hinder their healing process. Restorative justice aims to heal the suffering caused by victimization (Zehr 2002). However, some victim advocates have expressed concern that restorative justice may augment victims' suffering. This article presents the results of an evaluation of the experiences of crime victims who were invited to participate in a mediation program. Using therapeutic jurisprudence as a framework, the study looks at how victims' fear was affected by the program and whether their participation in the program helped with their recovery."

**Wasco, S. M., Campbell, R., Barnes, H., & Ahrens, C. E. (1999, June). Rape crisis centers: Shaping survivors' experiences with community systems following sexual assault. Paper presented at the Biennial Conference of the Society for Community Research and Action, New Haven, CT. [Find this journal in a library](#), [Find your local library home page](#)- you can [access online articles from home](#).**

**Lerner, Melvin (1980). Belief in a Just World: A Fundamental Delusion. New York: Plenum Press. [Find this journal in a library](#), [Find your local library home page](#)- you can [access online articles from home](#).**

**Campbell, R., & Martin, P. Y. (2001). Services for sexual assault survivors: The role of rape crisis centers. In C. M. Renzetti, J. L. Edleson, & R. K. Bergen (Eds.), Sourcebook on violence against women (pp. 227-241). Thousand Oaks, CA: Sage. Chapter**

**Campbell, R., & Raja, S. (1999). Secondary victimization of rape victims: Insights from mental health professionals who treat survivors of violence. *Violence & Victims*, 14, 261-275. Find this journal in a library, Find your local library home page- you can access online articles from home.**

**Campbell, R., & Bybee, D. (1997). Emergency medical services for rape victims: Detecting the cracks in service delivery. *Women's Health*, 3, 75-101. Find this journal in a library, Find your local library home page- you can access online articles from home.**

**Campbell, R. (in press). "What really happened?" A validation study of rape survivors' help-seeking experiences with the legal and medical systems. *Violence and Victims*. Find this journal in a library, Find your local library home page- you can access online articles from home.**

**Frazier, P. A., & Haney, B. (1996). Sexual assault cases in the legal system: Police, prosecutor, and victim perspectives. *Law and Human Behavior*, 20 (6), 607-628. Find this journal in a library, Find your local library home page- you can access online articles from home.**

**Martin, P. Y. (2005). Rape work: Victims, gender, and emotions in organization and community context. *New York: Routledge*. Find this journal in a library, Find your local library home page- you can access online articles from home.**

**Martin, P. Y., & Powell, R. M. (1995). Accounting for the second assault: Legal organizations' framing of rape victims. *Law and Social Inquiry*, 19, 853-890. Find this journal in a library, Find your local library home page- you can access online articles from home.**

## **Overall victim's rights**

**Daly, Kathleen (2004) A Tale of Two Studies: Restorative Justice from a Victim's Perspective,**

[http://www.gu.edu.au/school/ccj/kdaly\\_docs/kdaly\\_part2\\_paper7.pdf](http://www.gu.edu.au/school/ccj/kdaly_docs/kdaly_part2_paper7.pdf)

**Find this journal in a library, Find your local library home page- you can access online articles from home.**

**Fattah, Ezzat A. (2001). Victims' rights: Past, present and future.**

**Maguire, Michael (1991). The needs and rights of victims of crime. In Michael Tonry (ed.). Crime and Justice: A Review of the Research. Chicago: University of Chicago Press. Find this journal in a library, Find your local library home page- you can access online articles from home.**

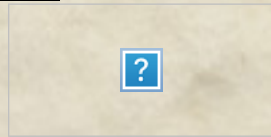
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# How to describe your assault

**Homepage|Research|Crisis Information|Hotlines**

**Home page|Research|Topics|Journal articles|Encyclopedias and Dictionaries|Crisis Information|Hotlines|Rape crisis centers|How to help rape victims|Effects of rape|Therapy|Path to healing|Male survivors|Victim blame|Other topics**

**Sometimes it can be hard to describe (put into words) what happened to you. You may be embarrassed or feel undeserved shame.**

**There is a simple formula you can use to give a comprehensive answer to medical, legal and law enforcement personnel.**

**Most survivors know that telling people what physically took place is really just the tip of the iceberg. The whole scope of the effects an assault can have is what victim impact statements address. You don't want to read a whole page to someone so here is a format you can use (if you choose to) to briefly state your experience in your own words:**

**There are 3 parts: TYPE / PERP /EFFECTS**

**1/ Type of rape. Was it stranger rape, acquaintance rape, gang rape? See more examples here.**

**2/ Type of rapist or perceived intent of rapist. Did you think they were trying to control you or obtain sexual gratification? See examples here.**

**3/ Effects of rape: Psychological / or the four injuries: Body, Mind, Financial, Social. More examples here.**

**Here is an example:**

**Drug facilitated fraternity gang rape with perceived intent to humiliate, control and degrade. The effects being life long PTSD, a life threatening eating disorder, temporary self injury and permanent OCD as well as social injuries of stigma of shame.**

## **Bibliographies**

### **Research resources on defining rape**

**<http://www.questia.com/search/rape-defining>**

### **Resources to research this subject:**

#### **Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

**Search terms: rape crisis**

**Related links: Victim blame**

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**Yehuda, Na'ama (2005). The Language of Dissociation. *Journal of Trauma & Dissociation*, 6(1), pp. 9-29.**

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**Esposito, Noreen (2006). Women with a History of Sexual Assault. *American Journal of Nursing*, 106 (3), p69-73, 4p**

**Stein, Murray B.; Lang, Ariel J.; Laffaye, Charlene; Satz, Leslie E.; Lenox, Rebecca J.; Dresselhaus, Timothy R. (2004). Relationship of sexual assault history to somatic symptoms and health anxiety in women. *General Hospital Psychiatry*, 26 (3), p178**

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<http://www.britannica.com/eb/article?tocId=9376486>**

Sedney, Mary Anne, "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).

**You may want to print out this page and try writing your description below:**

**1/ Type of rape.**

**Was is stranger rape, acquaintance rape, gang rape?**

**2/ Type of rapist or percieved intent of rapist.**

**Did you think they were trying to control, humiliate or obtain sexual gratification?**

**3/ Effects of rape:**

**Psychological or the four injuries: Body, Mind, Financial, Social.**

**Paste the above together to make a full statement:**

\* Author is not a trained counselor or therapist- please see disclaimer. If this triggers you please read these coping skills and seek professional therapy.

**Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**



Related links: Victim blame

References:

Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.

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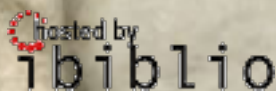
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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

## **Descriptive terms for types of rape and sexual assault**

reconstructing rape descriptions

***The Pain of rape is often invisible.***

**The purpose of this page is to help build up the vocabulary of sexual trauma in order to help victims communicate better.**

**See also: [Vocabulary of trauma](#)**

**Part of the politically correct movement was to create a vocabulary so that people could discuss issues around discrimination more easily. This discussion by and large left rape survivors out of the fold. It is still considered a gray area of which the public knows little. The purpose of an agreed on vocabulary is to make sure that everyone knows what you mean when you use a certain word. This makes sure everyone is on the same page. It is very useful to some survivors in the sense that giving a name to pain can be empowering. It can also help survivors communicate with providers if both have the common language to understand concepts like self injury and self blame. Otherwise nothing will be communicated and no one will be helped. If there is not a word for it- how can you say it?**

**Studies have found that people who dissociate also have communication disorders. "Grounding techniques and specific language interventions can assist ... in acquiring the vocabulary needed for communicating both their daily experiences and traumatic histories."(Yehuda, 2005) Part of this is due to the fact that PTSD shuts off communication with the part of the brain that controls/operates language and logic functions.**

**The pain of rape is invisible. It's not the physical scars or stitches that need to heal. Rape actually damages the brain when the victim develops PTSD from the trauma and the stigma. This is what needs to heal. Therefore the description of the rape-type needs to include it's psychological impact rather than solely the physical interaction.**

**"Though a rape victim may not sustain substantial physical tissue damage, rapists may inflict significant psychological trauma by asserting uninvited domination, control, and power over the unwilling other" (Brownsmiller, 1975). This is called victim impact.**

**"Talking about non-violent rape is sort of like talking about a poisoning."I am not violent.I only poisoned her.It is not like I shot her or beat her"To which I reply"Umm she is DEAD that is as violent as it gets.It doesn't matter if you used poison or a gun.You took her life from her"" (Allen Bradbury)**

**An example of the type of non-physical suffering experienced:**

"Ream, of course, was anything but fine. No court of law could lock away her pain and anger as she worked to rebuild her life. For the next two years, "I had a lot of trouble sleeping," she says. "I was very depressed." And scared. "You have nightmares, and you're afraid if someone walks up behind you, even if it's someone you know," she says. Even some distant friends and family couldn't grasp the depth of her trauma. "I was living with three girlfriends at the time, and I'd wake up two or three nights a week screaming," she says. "One of my roommates' friends-a woman-said, 'This happened six months ago; shouldn't she be over this by now?...In 2003 she launched the Voices and Faces Project'" (Comander, 2006).

In reconstructing the description of rape the victim's perspective is essential. There is a dichotomy between how rape survivors think about rape and how spectators think of it. A group discussion within the survivor community produced the following format for communicating a description of the victim's experience:

1) Category of physical contact/

2) Type of rapist (percieved intent of rapist) /

3) Effects of rape: psychological and-or physical results and aftermath (victim impact)

The description would follow this format:

Physical/Intent/Effects

1/Types of rape (category of physical contact):

[This category mostly appeals to non-survivors. Survivors know that the psychological pain is pretty much the same regardless of what level of violence was used. If someone beat you up in a bar that might be extremely violent-but not give you PTSD. If someone you thought cared about you violated you personally that probably would cause you alot of greif.]

- **Stranger rape**
  - Blitz Sexual Assault
  - Contact Sexual Assault
  - Home Invasion Sexual Assault
- **Statutory rape**
- **Child sexual abuse and incest**
- **Acquaintance or "date" rape**
- **Spousal rape or partner rape**
- **Gang rape**
- **Drug facilitated rape**
- **Communicative or verbal / Virtual reality rape and abuse (such as A Rape in Cyber Space- graphic)**
- **Forcible touching** - intentionally and for no legitimate purpose forcibly touch the sexual or other intimate parts of another for the purpose of degrading or abusing their victim or gratifying the actor's sexual desire.
- **Nonconsensual "noncontact"** - such as voyeurism is also considered sexual violence." (Esposito, 2006)
- **Sexual coercion** - is defined as any situation in which one person uses verbal or physical means (including the administration of drugs or alcohol, with or without the other person's consent) to obtain sexual activity against consent. ( Adams-Curtis & Forbes, 2004)
- **Non-consensual tribadism or frottage.**

- **Non-consensual cunnilingus.**

~

- **Types of abuse** : Psychological abuse, Humiliation / Intimidation, Mobbing / Bullying, Hate speech / Manipulation, Stalking / Relational aggression, parental alienation, Psychological torture, Psychiatric torture, Mind control / Shunning, Coercive persuasion
  - **Mobbing** - "This phenomenon has been referred to as "mobbing", "ganging up on someone", "bullying" or "psychological terror". In this type of conflict, the victim is subjected to a systematic, stigmatizing process and encroachment of his or her civil rights." (The Mobbing Encyclopaedia)
  - **Hate speech** - See hate crimes.
  - **Secondary victimization/wounding** - see sv page.

**2/Type of rapist - victim's perception of the intent of the rapist/motive** - These are based on rapist's profiles: power-assertive rapist, power-reassurance rapist, anger-retaliatory rapist, anger-excitation rapist. (Groth)

[This category is important to include because most rapes are not about lust or sex. They are about power, control and at times violence. While not relevant to a court of law- perceived intent is important for the victim to be able to voice their feelings about what type of interaction the sexual assault was.]

#### **Perceived...**

- **Intent to humiliate**
- **degrade**
- **disempower**
- **intent to punish (power, hate crime)**
- **intent to control (power)**
- **intent for sexual gratification**
- **intent to inflict bodily harm**
- **intent to terrorize**
- **sexual exploitation**
- **shame**
- **to show ownership of the victim**
- **all of the above**

**3/ Victim impact / Effects of the rape** - To most victims the effects of the rape are the most important thing of all. It addresses the changes in self image, thinking, functioning and major life changes suffered as a direct result of the rape. This is something the victim often has to deal with for their entire life. It's not usually temporary.

**"Victim impact statements usually describe the harm the offense has had on the victim, including descriptions of the financial, physical, psychological or emotional impact, harm to familial relationships, descriptions of any medical treatments or psychological services required by the victim or the victim's family as a result of the victimization, and the need for any restitution. "**

**Rape has certain consistent effects which many survivors suffer regardless of the type of interaction with the perpetrator. This also includes somatic (body) symptoms** "Sexual assault was also a significant statistical predictor of having multiple sick days in the prior 6 months and of being a high utilizer of primary care visits in the prior 6 months. These data confirm a strong association between sexual trauma exposure and somatic symptoms, illness attitudes and healthcare utilization in women." ( Stein et. al., 2004)

**PTSD brain altering damage**

**Undeserved shame or guilt as part of self blame**

**PSYCHIC trauma**

- Immediate symptoms
- PTSD
- OCD
- DID
- Eating disorders and rape
- Self Injury
- Self blame
- Flashbacks
- Memory and ptsd
- Panic attacks
- Body memories
- The mask
- Sleeping problems
- PTSD and communication
- Secondary victimization
- Physical symptoms
- Pregnancy
- Date rape drugs

**b/ Pain and suffering ---Long term life-altering changes/effects of rape - loss of ability to work, having to drop out of school, ostracism due to the stigma of rape such as secondary victimization (reactions of others).**

**c/ Physical--- Scars or injuries.**

**d/ Advocates also list the four injuries all crime victims suffer: physical, financial, social and emotional.**

**About social injuries or secondary victimization:**

**"Social Injury**

In the earlier section on The Four Injuries, the social injury was described. If a victim is treated with dignity, compassion and respect, she may have less difficulty dealing with these immediate and long-term crisis reactions. If she is treated poorly, these reactions may be made worse. When such reactions are worsened, the actions of others are called the "social injury." Some examples of social injuries are as follows:

\* The law enforcement officer or a family member may not believe the victim when she tries to report a crime. For a crime victim with a disability, in particular, the social injury may occur when the victim realizes that other people may not believe her simply because of her disability.

\* The story about the crime may be reported in the newspaper, on the television or radio, or may be a source of "gossip" in the community. This can embarrass the victim, especially if the facts are reported incorrectly, if personal information about the victim is given, or if the victim is made to appear foolish.

\* Family, friends or even a clergy member may not be helpful or understanding. They may "blame" the victim (not always on purpose) for what happened or they may not want the victim to talk about it because it could cause the family shame.

\* Doctors or nurses may not always identify physical injuries as being crime-related.

### **Example sentence:**

**Type of rape/Type of rapist or perceived intent of rapist/Effects of rape: psychological or the four injuries**

### **It might sound like this:**

**Drug facilitated fraternity gang rape with perceived intent to humiliate, control and degrade. The effects being life long PTSD, a life threatening eating disorder, temporary self injury and permanent OCD as well as social injuries of stigma of shame.**

## **Books on defining rape**

### **Defining Rape by Bourque, Linda Brookover**

#### **Find this in a library**

"Defining Rape consists of four sections. The first illustrates the variability of rape definitions used in court cases and by professionals, victims, perpetrators, and laypeople. The second reviews in detail existing research on women victims and male assailants, social-psychological findings based on attribution theory, changing legal definitions of the crime of rape, and studies of community attitudes toward rape. The third section reports the design, findings, and conclusions of the Los Angeles County survey. In the final section survey results are compared with previous research, showing the implications for theory and practice."

## **Bibliographies on defining rape**

### **Research resources on defining rape**

<http://www.questia.com/search/rape-defining>

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**Adams-Curtis, Leah E.; Forbes, Gordon B. (2004). COLLEGE WOMEN'S EXPERIENCES OF SEXUAL**

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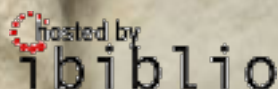
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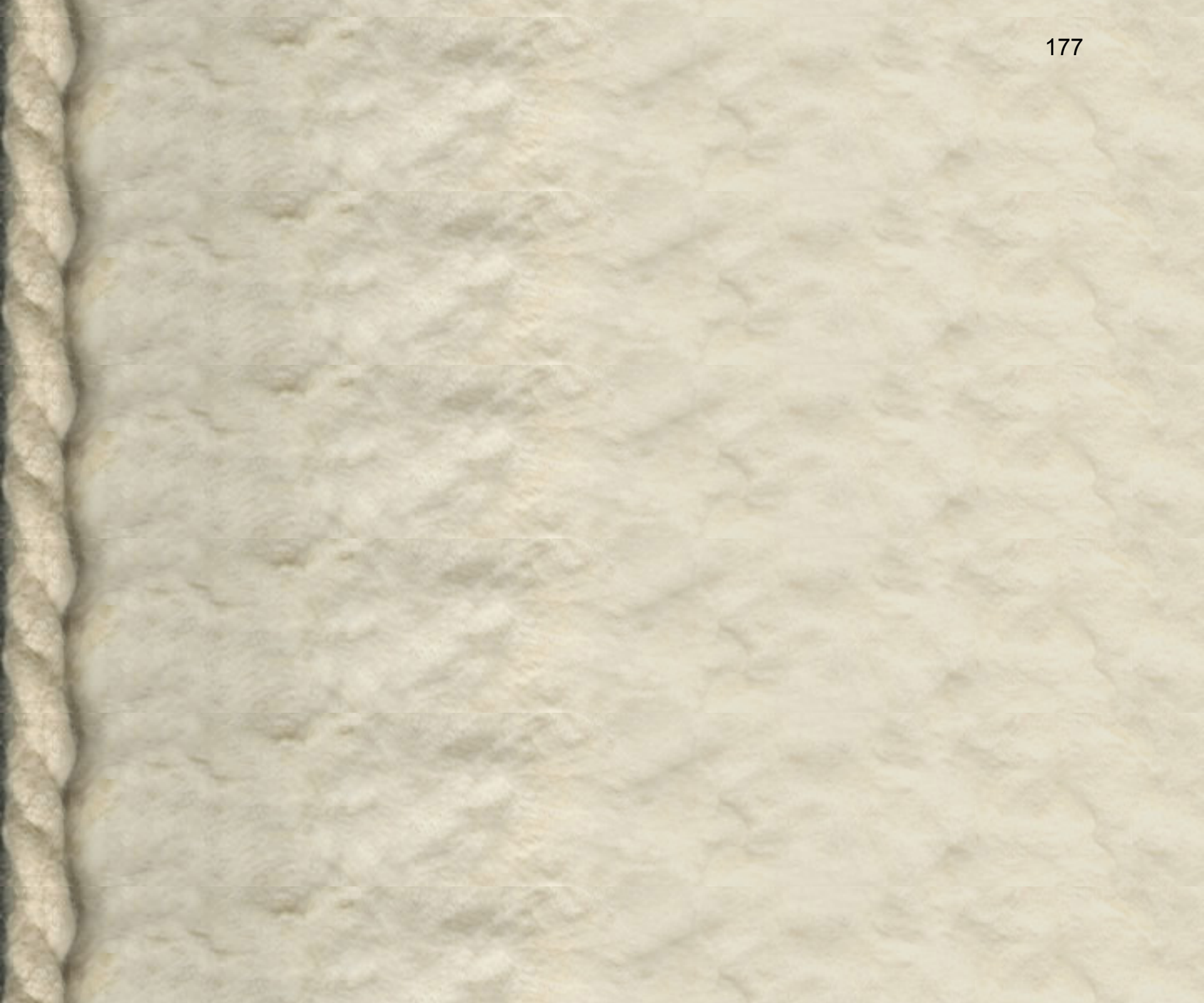
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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>





## **Privacy and Control**

**their role in sexual assault**

**The concept of rape as a violation of privacy**

**Homepage|Research|Crisis Information|Hotlines**

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### **Privacy**

**A rape victim is more than the sum of his or her parts.**

**The concept of rape victims being "damaged property" has a historical basis dating back to when women were literally owned by a member of their family.**

**"The origin of rape laws can be traced to the once-widespread belief that women were the property of men. A female was considered first the property of her father. Because her virginity was valued as her principal asset, rape was considered a theft. Once a woman was married, she belonged to her husband. Rape then was treated as a crime against the husband's exclusive sexual rights to her. Because marriage gave these rights to the husband, legally, it was not possible for him to rape his own wife."  
Grolier Multimedia Encyclopedia**

**This is what is known as an underlying cultural assumption. They are incredibly difficult to even notice much less change. One way in which society can circumnavigate this 'subconscious' idea is to begin looking at sexual assault as a violation of rights rather than a violation of the flesh. It is a violation of the body but the person inside the body is more important. The physical wounds will heal but the psychological ones will take a lifetime. Women and men both have the right to control who has access to them and their bodies. Privacy is one of the rights of the rape victim which have been violated.**

**"Though a rape victim may not sustain substantial**

physical tissue damage, rapists may inflict significant psychological trauma by asserting uninvited domination, control, and power over the unwilling other" (Schneider et. al., 1994)

**Women are not property- Crimes against the person v/s crimes against property**

**"A fundamental categorization of crime is based on criminological theory and is commonly used to detect patterns in the crime rate. This classification divides crime broadly into two categories: crimes against the *person* and crimes against *property*. Crimes against the person are predatory in nature: the offender intends, threatens, or commits physical harm against the victim. *Such crimes include homicide, rape, and armed robbery.* Crimes against property involve no physical threat to the victim and include arson, burglary, larceny, and motor-vehicle theft." Grolier Multimedia Encyclopedia**

**The correlation between the psychological effects of violation of privacy and the principles of both eating disorders and sexual assault are noteworthy.**

**One of the key aspects of the definition of privacy according to psychological analysis literature is the following:**

**Privacy is not the absence of other people from one's presence but the *control* over the contact one has with them. (Pedersen, D. 1997)**

**"Selective *control* of access to the self"  
(Margulis, S. 2003)**

**"*Control* over or regulation of or, more narrowly, limitations on or exemption from scrutiny, surveillance, or unwanted access."  
(Margulis, S. 2003)**

### **Control**

**Control is a key feature in most definitions of privacy in current literature. It is also a key aspect of sexual assault and the resulting psychological traumas. Many sexual assault survivors suffer from eating disorders which also center around control issues. This page discusses the concept of rape as a violation of privacy rather than as damage of property.**

**Some of the key reasons control is important are that it**

**provides what we need for normal psychological functioning, stable interpersonal relationships and personal development.(Pedersen, D. 1997)**

**It is a boundary issue in that people need to regulate who, how often and what type of contact they have with each other. It is important that individuals be able to regulate contact by both increasing and decreasing contact.(Pedersen, D. 1997) "Schoeman rightly argues that privacy... is not generally in order to isolate people but to enable them to relate intimately." (Ben-Ze'ev, A. 2003)**

**Westin determined that privacy provides opportunity for self assessment and experimentation. Privacy is also the basis for development of individuality, protects personal autonomy and supports health by providing opportunities to relax, be one's self, vent, escape stress, and cope with loss, shock and sorrow. (Pedersen, D. 1997)**

### **The negative effects of loss of privacy**

**-Loss of opportunities due to failure to psychologically control privacy related behaviors in situations in which more powerful people seek to control others. (Margulis, 2003)**

**-Some theories suggest that loss of privacy results in loss of control and resulting disorders. (Margulis, 2003)**

**-A potential long term consequence is coming to "believe that certain opportunities for privacy are simply not available."(Margulis, 2003)**

**-Learning the limits of autonomy.**

**-When privacy is violated it is lost. "Invasions occur when initial conditions for privacy are not achieved. Examples include being surreptitiously over heard or being unable to prevent physical access to self." (Margulis, 2003)**

**-Failure to meet privacy needs has also been linked to anti social and aggressive behaviors. (Pedersen, D. 1997)**

**-Stigmas result in the person being devalued, lowered in status, stereotyped and victimized by prejudice and discrimination. (Margulis, 2003) They also result in further breaches of privacy because the unstigmatized treat them as objects of curiosity. If the subject is unable to handle these social interactions they feel embarrassed and unwanted. (Margulis, 2003)**

### **Control and Sexual Assault**

Violations of privacy come in many forms. Sexual assault is one of the most explicit forms of invasion of privacy. Control issues are key to current theories on why privacy and its loss have negative effects on humanity. Rape has been regarded since the 1970's to be a crime of violence and control as well as sex.

"Rape is not about sex to the rapist; it has to do with control and power." "Experts say that rape is an expression of sexual aggression rather than an expression of sexuality. Rape is rooted in nonsexual motivation in the psychology of the offender; it is tied to hostility and anger and the need to exert power and control." 3

**In some ways it makes more sense to look at the issue of sexual assault as an invasion of privacy.**

"The more comfortable a person is with talking about invasion of privacy and in insisting that he or she has privacy that deserves respect, the clearer that person's understanding of rape will be..." It is important to be aware of the approach of this subject through the concept of privacy because of the historical background and the need to bypass certain stigmas.

The word 'rape' has a long history of sexual property implications. Originally the rape of a woman meant she was damaged property of either the father or the husband (of whom she was the legal property). No one would want to purchase damaged goods.

Because of these factors it was in the best interest of women to keep this information to themselves. This is also the reason that in some countries it is impossible for a husband to be convicted of raping his wife. A man cannot steal his own property.

**It is therefore a valid and useful approach to view the concept of *rape as a violation of privacy rather than as damage of property.***

"Though a rape victim may not sustain substantial physical tissue damage, rapists may inflict significant psychological trauma by asserting uninvited domination, control, and power over the unwilling other (e.g., Brownsmitter, 1975)." (Schneider et. al., 1994) It is important that society be aware of it's boundaries regarding privacy. "An environment that tolerates rape will also tolerate a range of invasions of one's own privacy..." and perhaps the other way around. The feeling of being "soiled" experienced in rape is linked to that of personal disclosures of an unpleasant nature. Rape is a crime of "sex, violence, power, and an invasion of privacy... in a rape, power is asserted by invading privacy through sexual means with violence implied or threatened. All elements are there together." (McClean, D. 1995) Violation of privacy is an abuse of power. "Often the motive for invading privacy is to

**exert power over the person whose privacy is invaded...this is a motive to not merely control another person's behavior but to also break his or her heart or spirit so that one's dominator can approach completeness." (Mclean, D. 1995)**

**Links:**

**"Privacy of Rape Victims Clashes With Trial Rights"**

<http://www.rapeis.org/activism/legal/privacyofvictim.html>

"If she is looking for counsel and letting out her feelings to someone," she said of her granddaughter, "she would hope it would be kept confidential."

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**Further definitions of control:**

Altman's definition of privacy emphasized "the selective control of access to the self." 16 The psychological analysis of privacy yields the following definition: "Privacy, as a whole or in part, represents control over the transactions between the person(s) and other(s), the ultimate aim of which is to enhance autonomy and / or to minimize vulnerability... as well as regulation of access to self." 17 Most concepts concerning privacy are derived from A. F. Westin's literature on the subject. Altman is another prominent figure in the field. 16 Privacy has also been described as that which is of legitimate concern only to the self (not of others). 5 Privacy is an individual's claim to determine what information should be known to others as well as when and what uses will be made of it. 29 The difference between privacy and solitude is that the later is the wish to be alone. Privacy involves control over that situation in either direction. 5 Altman had a very large influence on how researchers understand privacy.

The four types (or states) of privacy according to Westin are:

Solitude - Freedom from the observation of others.

Intimacy - Being alone with others.

Anonymity - Being among others but without personal surveillance by them.

Reserve - Unwillingness to disclose personal aspects of the self to others. 22, 16

**Privacy diagram**

**Resources to research this subject:**

**Journals and articles**

Finding books at the library

Online Libraries on sexual assault

Encyclopedias and Dictionaries

### Rape, Control and Privacy

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### **Resources to research this subject:**

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### o Encyclopedias and Dictionaries -

A good place to start your research is with an Encyclopedia to get an overview.

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You may also want to look up at least *three types* of resources:

1) *Websites* - Be sure to evaluate them.

2) *Peer reviewed journal articles* - Scholarly journal articles

are found in databases such as psychology and

women's studies databases (Contemporary Women's Issues). You can view a list here.

&

3) *Books* - Find books at your local library.

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- **Online Libraries on sexual assault - The best research sites for this topic.**
- **Basic informative websites on sexual assault - RAINN and other resources.**
- **Finding books at the library**
- **Journals and articles - How to find journal articles and which databases to use.**
- **Statistics - Use statistics to back up your research with facts.**
- **Biographies - Biographical books**
- **Books on healing - General books on healing and how to find them.**
- **Websites - An index of topics relevant to rape survivors and selected sites explaining them.**
- **Films - Films and audio (music) about sexual assault.**
- **Bibliographies - Online bibliographies on sexual assault.**
- **Grant research - Grant information for nonprofits.**
- **Current events - Current events resources.**
- **Lesson plans - Online lesson plans for awareness raising and class presentations.**  
(Includes visual aids & Public service announcements)
- **Law enforcement tool kit- Research**
- **Are you doing legal research?**
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  - **Secondary victimization - Retraumatization.**
  - **Media and rape**
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  - **Eating disorders and sexual assault**
  - **Women are not property - rape as a violation of**
  - **Privacy**
  - **Invisible community - Rape as the invisible crime.**

- **Secondary victimization as a hate crime - Disability based bias crimes.**
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#### **Choosing a topic - Resources**

**Interesting topics - Victim Blame, Secondary Victimization, Self Blame, Rape Trauma Syndrome, Marital Rape, Acquaintance Rape, Male Victims of Sexual Assault, Gay/Lesbian Victims, Same Sex Sexual Assault, Elderly, Disabled, Child Sexual Abuse, Date Rape Drugs, Sexual Assault and the Law, Rape in Literature, Hate Crimes, Awareness Raising Events, The Vagina Monologues, History of Rape, Origins of Rape Crisis Centers, Sexual Assault of Minority Groups, Gang rape, Statutory Rape, Rape in Literature, Rape in Mass Media, Rape in Motion Pictures, Rape Mythology, Rape Press Coverage, Rape Psychological Aspects, Rape Trauma Syndrome Treatment, More rape crisis research subjects (Library of Congress subject headings).**

**Boolean search terms - example words and search strings.**

**How to write a thesis statement**

**Research methods for doing research on sexual assault**

**Citing your sources - Try the citation builder for MLA, APA or CBE/CSE formats.**

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**Search databases by subject for books: Amazon database, hard to find books at abebooks. You can then look them up in the library catalog or in Worldcat (a database).**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

## **Lesson Plans on Sexual Assault**

**Coaching Boys Into Men Play book**

<http://www.coaches-corner.org/>

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**Lesson plans from the film Rape is...**

<http://www.rapeis.org/discussion.html>

**Positively informed**

<http://www.iwhc.org/resources/positivelyinformed>

**Working with Men and Boys to Prevent Gender-Based Violence - End Abuse**

<http://toolkit.endabuse.org/Home>

**Advocates for Youth**

<http://www.advocatesforyouth.org/lessonplans/index.htm>

**Choose respect**

<http://www.chooserespect.org/scripts/>

**Healthy relationships**

<http://www.m4c.ns.ca/outline.html>

**Sexual violence resources and lesson plans**

<http://www.vahealth.org/civp/sexualviolence/pubs.asp>

**Lesson plans from planned parenthood - Safety First**

**Lesson plan on RAPE -- SEXUAL ASSAULT clergy oriented but also a good general overview**

<http://www.ojp.usdoj.gov/ovc/publications/infores/clergy/rape.htm>

**Visual aids and handouts**

**Relationship of rapist to victim- a graph**

<http://www.rainn.org/images/statistics/perptovic3.png>

### **About the Rape Crisis Information Research Pathfinder**

This pathfinder is for rape victims and their loved ones who are trying to heal and seeking resources to do so. Most rape victims suffer from ptsd, ocd and eating disorders. This pathfinder was created by the researcher as a graduate student in the MLS program (Library Science) at UNC Chapel Hill.

Scope: This pathfinder covers international rape crisis resources and research with a focus on the United States. This includes crisis information pages on North Carolina and Louisiana. Subjects dealt with are rape and sexual assault research and rape crisis resources. The research section includes: journal articles, statistics, reference resources, victim blame research, films, bibliographies and online research tools and databases. The crisis resources include international rape crisis center directories, information on health and the psychological effects of rape, date rape drugs, LGBT sexual assault, male sexual assault victims, victim assistance / legal resources, war and rape and

The categories of resources are based on an analysis of the information needs of the online rape survivor community for a collection development research project. A third project on how to communicate the mind set of rape trauma syndrome (PTSD, OCD and panic attacks) via images and text was completed as well. The bulk of the information is found under online resources based in part on the need for privacy for assault survivors. The most up to date and useful sources also tend to be online. The biographies are also a good source of healing and catharsis. What happens to a person in the aftermath of rape can make all the difference in the amount of post traumatic stress disorder one suffers in years to follow. Resources change quickly in a world of date rape drugs and general ignorance by the mainstream. You are not alone. The more you understand about what you are going through the more quickly the sharpness will become softer. Many other people have experienced this trauma and what they have learned can help guide you in your healing path.

This website is divided into two categories:

I Rape and Sexual Assault Research

II Rape Crisis Information- Health, diversity and hotlines

The research resources are primarily reference books and online resources. The crisis resources are largely online for privacy and convenience.

Rape Crisis Information Pathfinder

UNC Chapel Hill, N.C.

<http://www.ibiblio.org/rcip/>

**Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

**Search terms: rape crisis**

**Related links: Victim blame**

Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.

rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>

Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.

Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).

Please select a topic from the menu

Hotlines- do you need help now?

Home page  
of site

Books  
Websites

Cite this resource  
Clear your  
computer history

Last updated 8/4/19  
About.Contact

Find Journal Articles on  
this subject

Home|Finding books at the library|Encyclopedias and Dictionaries|Biographies|Books on healing|Statistics|Websites |Films|Journals and articles|Bibliographies|Online Libraries|Victim blame|Theories|Privacy|Grants|Crisis hotlines|Crisis Information |Rape crisis sites|Rape crisis centers|Help rape victims|Message boards|Suicide hotlines|Louisiana|N.C. rape crisis| Victim Assistance|Effects of rape|Health|Therapy|Medical|Lesbian sexual assault|Feminist|Petitions|War and rape|Partners|Male survivors|Created by|More Information|Blog|Community

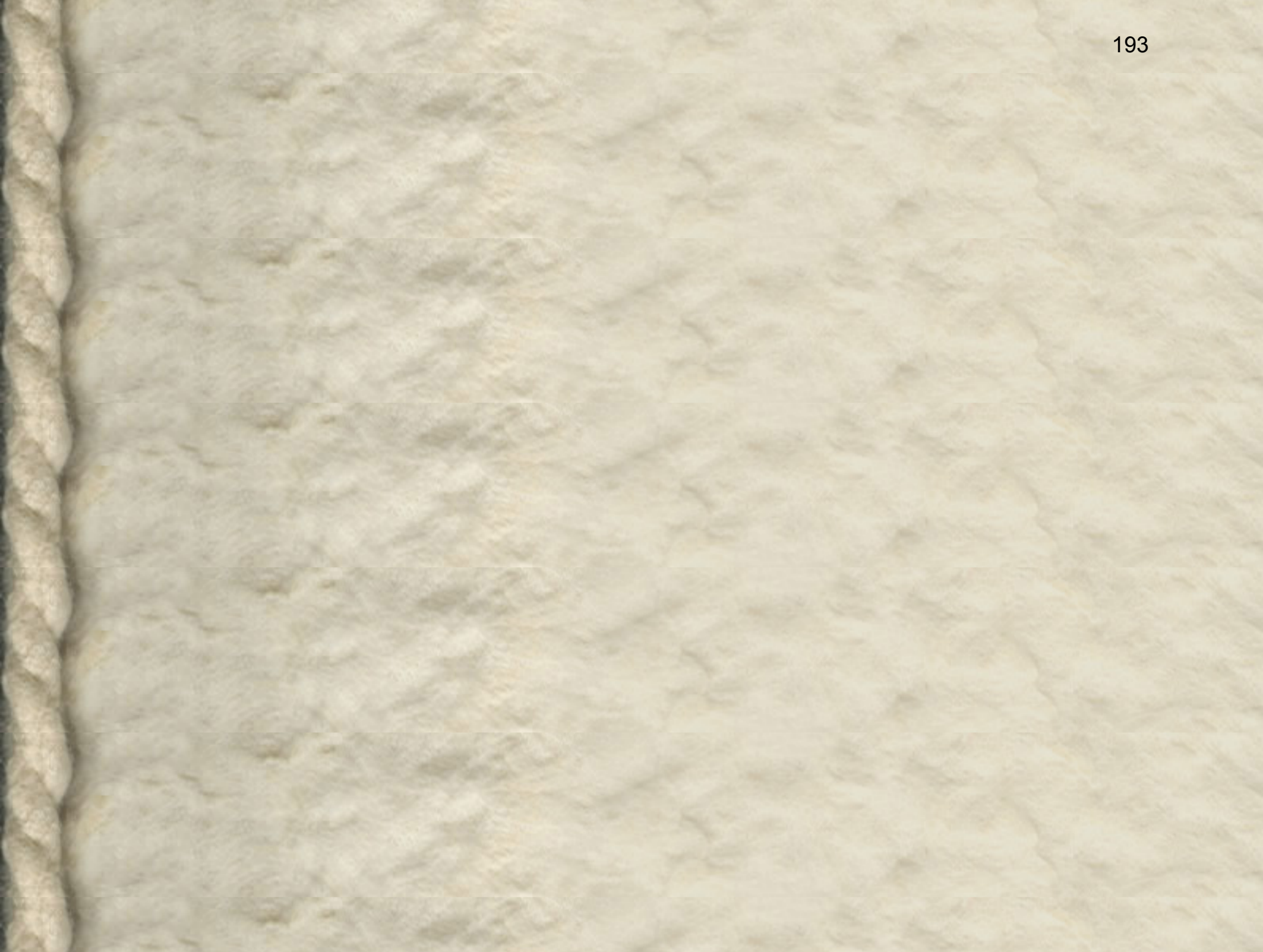
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# Rape Crisis Research Sites

**Online Libraries and Research Tools on Sexual Assault**

**A list of the best research websites on sexual assault**

**Homepage|Research|Crisis Information|Hotlines**

**Home page|Research|Topics|Journal articles|Encyclopedias and Dictionaries|Crisis Information|Hotlines|Rape crisis centers|How to help rape victims|Effects of rape|Therapy|Path to healing|Male survivors|Victim blame|Other topics**

Online Libraries

**See also: basic informative websites on sexual assault.**

**For basic research information see RAINN and aardvarc.**

**Also see the research page.**

**World Criminal Justice Library Network from Rutgers**

**<http://www.andromeda.rutgers.edu/%7Ewcjlen/WCJ/>**

**A site dedicated To developing specific ways of sharing services and criminal justice information on a global scale. The World Criminal Justice Library Network was formed at a meeting of librarians and criminal justice information specialists in April, 1991, at the Rutgers School of Criminal Justice. There is also a discussion list.**

**National Archive of Criminal Justice Data from UM**

**<http://www.icpsr.umich.edu/NACJD/>**

**The National Archive of Criminal Justice Data (NACJD) preserves and distributes computerized crime and justice data from Federal agencies, state agencies, and investigator initiated**

research projects to users for secondary statistical analysis. Search terms: victimization, National Crime Victimization Survey. This site has some very interesting information and articles.

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## **National Criminal Justice Reference Service**

**from NCJRS**

**Find documents on Improving the Community Response to Sexual Assault Victims at the website for the National Criminal Justice Reference Service website. Among them: Looking Back - - Moving Forward: A Guidebook for Communities Responding to Sexual Assault analyzes the progress of the past two decades in the response to sexual assault cases by law enforcement agents, prosecutors and emergency medical care providers. Looking Back also speaks to the development of rape crisis centers and other victim services that concentrate on meeting the needs of the victim.**

## **Office for Victims of Crime criminal justice library from USDOJ**

**<http://www.ojp.usdoj.gov/ovc/ovcres/welcome.html>**

**The Office for Victims of Crime Resource Center (OVCRC) is your information clearinghouse for emerging victim issues. This site has a database of abstracts as well as victim services directory.**

## **National Sexual Violence Resource Center library database from NSVRC**

**<http://207.67.203.54/N80002Staff/OPAC/index.asp>**

**This library database contains the library collections of both the National Sexual Violence Resource Center (NSVRC) and the Pennsylvania Coalition Against Rape (PCAR).**

## **Violence Against Women Online Resources**

**<http://www.vaw.umn.edu/>**

**This site provides law, criminal justice, advocacy, and social**

**Virtual Library-**

**Articles, Documents and Their Sources from Victim Assistance Online from VAO**

**<http://www.vaonline.org/documents.html>**

**Victim Assistance Online is an information, research and networking resource for victim assistance specialists, professionals in related disciplines and all interested in the field of victimology.**

**Violence against women publications from NIJ programs**

**<http://www.ojp.usdoj.gov/nij/vawprog/pubs.html>**

**Research reports on violence against women from the National Institute of Justice.**

**Violence Against Women Resource Guide from UM**

**<http://www.icpsr.umich.edu/NACJD/VAW/>**

**This Violence Against Women (VAW) Resource Guide was designed by the National Archive of Criminal Justice Data (NACJD) staff to provide easy access to data collections on the topic of violence against women, such as Quick Links to certain types of VAW studies and links to studies available for online data analysis.**

**Minnesota Center Against Violence and Abuse (MINCAVA) Research from MINCAVA**

**<http://www.mincava.umn.edu/>**

**The mission of the Minnesota Center Against Violence and Abuse (MINCAVA) is to support research, education, and access to violence related resources.**

**<http://www.vawnet.org/>**

**The mission of the Violence Against Women Network (VAWnet), the National Online Resource Center on Violence Against Women, is to harness and use electronic communication technology to end violence against women.**

**LaFASA's Resource Library.**

**<http://www.lafasa.org/>**

**A large collection of books, articles, and information packets available to assist survivors of sexual assault and providers of services. Resources include: LAFASA Publications, American Prosecutors Research Institute, Related Links, Law & Legislature, Webliographies, Current Events, Databases and Collections of Articles.**

**CAVNET International Resources**

**<http://www.cavnet2.org>**

**Community resources- international and by state in the US.**

**Online Library of books from the Alliance Library from NYC**

**[http://www.nycagainstrape.org/research\\_library.html](http://www.nycagainstrape.org/research_library.html)**

**The Alliance Library is the newly established library of the NYC Alliance Against Sexual Assault. The library, although small, is growing rapidly: its holdings include books, curricula, training manuals, research guides, journals, reports, and videotapes. This is a very comprehensive listing of books on sexual assault listed by title and author (rather than subject) with links to online purchasing from amazon.com.**

**American Bar Association legal research page from ABA**

**<http://www.abanet.org/tech/ltrc/lawlink/home.html>**

**Lawlink provides quick access to important legal information**

**from the American Bar Association and other resources. Each site is selected and evaluated by a member of the ABA's Legal<sup>198</sup> Technology Resource Center staff.**

**A directory of online libraries concerning sexual assault from NSVRC**

**<http://www.nsvrc.org/>**

**Research Gateways from stop violence against women**

**[http://www.stopvaw.org/Research\\_Gateways.html](http://www.stopvaw.org/Research_Gateways.html)**

**Links to sites containing articles, studies, brochures and research on women, domestic violence, sexual assault and sexual harrasment. International in scope.**

**Sidran Catalog by Subject from Sidran**

**<http://www.sidran.org/topic.html>**

**Books, videos and cassettes on psychology and understanding trauma.**

**Questia online library search on "rape"**

**Government databases available on the web from SM**

**<http://library.stmarytx.edu/acadlib/doc/electronic/dbases.htm>**

**A selected number of U.S. and Texas government databases that are available on the Web. The only databases included are those which are considered substantial research sources; almost all have some kind of search capability unless otherwise noted. See "social scientific fields" for criminal justice information or "health".**

**Gender based violence from the WHO**

**<http://www.who.int/gender/violence/en/>**

## **Sexual Assault from the World Health Organization**

**[http://www.who.int/violence\\_injury\\_prevention/violence/global\\_campaign/en/chap6.pdf](http://www.who.int/violence_injury_prevention/violence/global_campaign/en/chap6.pdf)**

**This is a very comprehensive global overview of the problem of rape, sexual assault and domestic violence around the world. It has risk factors, statistics and recommendations for treatment.**

## **The Sexual Violence Research Initiative from the Who**

**<http://www.who.int/svri/en/>**

## **Research resources from the Who**

**<http://www.who.int/research/en/>**

**Gender-based violence, or violence against women (VAW), is a major public health and human rights problem throughout the world.**

## **Supreme Court decisions 1990 - present, from LLI from Cornell**

**<http://straylight.law.cornell.edu/supct/search.html>**

**Under archive of decisions select "by topic" 1990- present. Click the criminal law link and then add the search term "sexual assault" in the text box.**

## **Institute for Women's Policy Research**

**<http://www.iwpr.org/>**

## **The status of women in the USA**

## **Full text articles on sexual assault research from VAO**

**[http://www.vaonline.org/doc\\_sa.html](http://www.vaonline.org/doc_sa.html)**

**Institute on Domestic Violence and Sexual Assault from UT**

<http://www.utexas.edu/research/cswr/idvsa/>

**Scroll down to see the Sexual Assault Bibliography. The mission of the Institute on Domestic Violence and Sexual Assault (IDVSA) is to advance the knowledge base related to domestic violence and sexual assault in an effort to end violence.**

**The Research Collection of Australia from AIFS**

<http://www.aifs.gov.au/acssa/research/docsmenu.html>

**The Research Collection contains selected references and online documents published predominantly within the last five years on key topics within sexual assault research fields, including journal articles, reports and conference presentations from Australian and selected international sources.**

**Sexual Assault Report by subscription from CRI**

<http://www.civicresearchinstitute.com/vi4.html>

**Sexual Assault Report brings together ideas from experts in criminal and civil law, nursing and emergency medicine, law, nursing and emergency medicine, law enforcement, counseling and social services.**

**GRHF Harvard Research Library: Reproductive Rights: Sexual Assault and Harassment from Harvard**

<http://www.hsph.harvard.edu/Organizations/healthnet/reprorights/topic10.html>

**The Global Reproductive Health Forum @ Harvard (GRHF) is an internet networking project that aims to encourage the proliferation of critical discussions about reproductive health and gender on the net.**

**Criminal justice responses to sexual assault The Research**



**<http://www.aic.gov.au/research/projects/0055.html>**

**This project involves the collection and analysis of information on the underreporting and 'hidden' recording of sexual assault within national and cross-national perspectives; promotion and implementation of research on sexual assault against women; and the identification of the rate of recidivism amongst sexual assault offenders and their key characteristics. The project is funded by the Office for Women (previously the Office of the Status of Women).**

**Try an Open WorldCat search from OCLC**

**<http://www.oclc.org/worldcat/open/tryit/default.htm>**

**Open WorldCat helps people outside the library environment find library-owned materials**

**Domestic Violence Project**

**[http://www.growing.com/nonviolent/research/dvl\\_disp.htm](http://www.growing.com/nonviolent/research/dvl_disp.htm)**

**A very comprehensive directory of information about violence against women. Information includes diversity and minority groups.**

**Partnerships Against Violence Network virtual library**

**<http://www.pavnet.org/>**

**"Partnerships Against Violence Network is a "virtual library" of information about violence and youth-at-risk, representing data from seven different Federal agencies."**

**Questia online library Rape Research books, journal articles and magazine articles**

**Current events found here.**

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**Amnesty International information on violence against women**

**<http://web.amnesty.org/library/eng-373/index>**

**News, reports and urgent actions.**

**RAINN current events**

**<http://www.rainn.org/news/index.html>**

**Rape crisis news and current events**

**<http://news.google.com/nwshp?hl=en&tab=wn&q=>**

**Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

**Search terms: rape crisis**

**Related links: Victim blame**

**References:**

**Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.**

**rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>**

**Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.**

**Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).**

**Please select a topic from the menu**

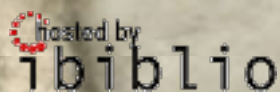
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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

## Finding books at your library -

### L. C. subject headings

**Homepage|Research|Crisis Information|Hotlines**

**Home page|Research|Topics|Journal articles|Encyclopedias and Dictionaries|Crisis Information|Hotlines|Rape crisis centers|How to help rape victims|Effects of rape|Therapy|Path to healing|Male survivors|Victim blame|Other topics**

Hotlines- do you need help now? 

**Most libraries have online catalogs telling you what books they have listed under a certain subject and if it is available. To find the web site of your local library type in a key word or two here and then click on the appropriate institution. It will give you a link to their library home page. You might try a college or a city.**

**Search for your local library**

**<http://www.libdex.com/>**

**Library of Congress subject headings and browsing categories can be used as search terms in the online catalog. If your library does not have the book you need you may request it through inter-library loan.**

**L.C. call numbers are read in alphabetical and numerical order from left to right.**

**Try an Open WorldCat search**

**<http://www.oclc.org/worldcat/open/tryit/default.htm>**

**Open WorldCat helps people outside the library environment find library-owned materials. This website tells you which libraries in your zip code have a certain book or journal title. This database is also available in your library under "W" for WorldCat.**

**Subject Headings are:**

**Rape**

**Rape Abstracts**

**Rape Bibliography**

**Rape Bosnia and Hercegovina**

**Rape Case studies**

**Rape Drama**

**Rape Handbooks**

**Rape in art Exhibitions**

**Rape in literature**

**Rape in marriage United States**

**Rape in mass media**

**Rape in the Bible**

**Rape Indexes**

**Rape Investigation**

**Rape Investigation United States**

**Rape Investigation United States Case studies**

**Rape Law and legislation United States Handbooks, manuals, etc.**

**Rape Philosophy**

**Rape--Encyclopedias**

**Acquaintance rape**

**Trials (Rape)**

**More subject headings (search terms)**

**Key**

**Davis = Walter Royal Davis Library at UNC Chapel Hill, NC**

**UL = Under Graduate Library at UNC Chapel Hill, NC**

**Browsing areas**

**The resources in this pathfinder can be found at The**

**University of North Carolina Chapel Hill in Davis Library and the Under Graduate Library. The Dictionaries and Encyclopedias can be found in reference on the first floor.**

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**HM 291 (first floor)**

**HM 425 (first floor)**

**Z 1035 (first floor)**

**Other books on rape can be found in Davis on the fifth floor. The call numbers are HQ and HV primarily (5th floor).**

**HQ 471 (fifth floor)**

**HQ 21 (fifth floor)**

**HV 6250 (fifth floor)**

**At the Under Graduate library books on rape can be found on the third (top) floor in the front of the building.**

**HQ 471 (third floor)**

**HQ 21 (third floor)**

**HV 6250 (third floor)**

**Online access to UNC Libraries**

**Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

Search terms: rape crisis

Related links: Victim blame

References:

Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.

rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>

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Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).

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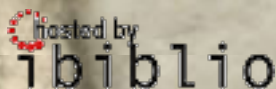
Last updated 8/6/19  
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intended to replace medical, psychiatric or legal care. Please seek professional attention as needed. The Information provided is not intended to replace obtaining medical evaluations and health care advice from qualified health care providers. This site's owners are providing Information for reference only, and do not intend said Information to be used for the diagnosis or treatment of any medical conditions, or for any other purposes. The owner/author of this site MAKES NO WARRANTIES, EXPRESS OR IMPLIED, WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF SAID INFORMATION, OR THE FITNESS OF THE INFORMATION TO BE USED FOR A PARTICULAR PURPOSE, AND SHALL NOT BE LIABLE FOR ANY CLAIM, LOSS, EXPENSE, OR DAMAGE OF ANY KIND TO USER, OR TO ANY THIRD PARTY, RELATED TO THE USE OF SAID INFORMATION. Persons accessing any Information of the rape crisis information web site, directly or indirectly, assume full responsibility for the use of the Information and understand and agree that the author of rape crisis information is not responsible or liable for any claim, loss, or damage arising from the use of said Information.

Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>



# How to find journal articles :

an online tutorial

**Homepage|Research|Crisis Information|Hotlines**

**Home page|Research|Topics|Journal articles|Encyclopedias and Dictionaries|Crisis Information|Hotlines|Rape crisis centers|How to help rape victims|Effects of rape|Therapy|Path to healing|Male survivors|Victim blame|Other topics**

**Open a web browser (safari, firefox or other) and type in the url for your local library homepage (example: <http://www.lib.unc.edu/>).**

**Click on databases or database finder.**

**Databases work like google except instead of pulling up websites they pull up journal articles.**

**Some useful database titles are listed below. Either look up the databases listed below alphabetically or use the subject finder (usually a down arrow).**

**Scroll to women's studies, sociology, psychology or justice administration (law). You can view a list of databases here.**

**Some good databases are PsycINFO, Academic Search Elite, Sociological Abstracts and Contemporary Women's Issues.**

**Read the description listed under each of the database titles. Choose the one you think is best for your topic and click on its title.**

**You should see a search box. Enter the search term "rape" or else "rape or sexual assault" without quotations.**

**A list of article titles should appear. Click on one of the titles for more information. If you see a link that says "full text" - click on it and the full article should pull up. At this point you can either print it out (\$) or copy paste the text into an email message and send it to yourself.**

**If it does not have full text online then find the paper copy. Write down the journal title, year published, volume, issue number, page numbers and article title. Note: Journal articles are found by the journal title rather than the article title. You will search for the journal by title, then the year it was published, then volume, issue and page number. In that order.**

**It should look like this:**

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**"Available from LibraryAU: Wasco,-Sharon-M; Campbell,-Rebecca; Howard,-April; Mason,-Gillian-E; Staggs,-Susan-L; Schewe,-Paul-A; Riger,-Stephanie  
TI: A Statewide Evaluation of Services Provided to Rape Survivors.  
SO: Journal-of-Interpersonal-Violence. 2004 Feb; Vol 19(2): 252-263  
WEBLH: Check for holdings"**

**Either click on "check for holdings" or type the journal title into the online catalog .**

Search for an item in libraries

near you:

Enter title, subject or author



[WorldCat.org](http://WorldCat.org) >>

**Locate the correct year, volume and issue of the journal. Write down the call number and ask a librarian where the periodicals are located in the library (it varies).**

**Don't forget to use boolean search terms: and (limits search), or (expands search), \* (looks for multiple endings such as assault\*, assaults, assaulted). You can also use these to search the internet. You may also be interested in finding a bibliography on your subject. If you can't find the journal ask the librarian to order it through interlibrary loan.**

**Further information:**

**What is the difference between a scholarly journal and a popular magazine?**

**Use the citation builder for your bibliography.**

**Databases to search:**

#### **Contemporary Women's Issues**

**"A database of full text contributions on a broad range of women's issues, extracted from over 600 sources world wide, including more than 100 periodicals. Coverage starts with 1992." This database often has full text online articles. Includes both popular and scholarly journal articles. The search function is extremely well organized. I recommend this database for almost any subject related to women (such as marriage and religion etc.)**

#### **GenderWatch**

**"GenderWatch (enlarging the scope of Women 'R') is a full-text collection of international journals, magazines, newsletters, regional publications, special reports and conference proceedings devoted to women's and gender issues"**

#### **Women's Studies International**

**"This is an interdisciplinary database combined from Women Studies Abstracts (1984-present), Women's Studies Database (1972-present), New Books on Women and Feminism (1987-present), Women of Color and Southern Women (1975-1995), The History of Women and Science, Health, and Technology: A**

**Bibliographic Guide to the Professions and Disciplines (1970-1995), Women's Health and Development: An Annotated Bibliography (1995), Women, Race, and Ethnicity: A Bibliography (1970-1990), WAVE: Women's Audiovisuals in English: A Guide to Nonprint Resources in Women's Studies (1985-1990), and POPLINE Subset on Women (1964-present)."**

### **PsycInfo**

**"The American Psychological Association's PsycINFO database, with over 1,125,000 records, is the most comprehensive international database of psychology."**

### **Social Work Abstracts**

**"The Social Work Abstracts database, produced by the National Association of Social Workers, Inc., contains more than 35,000 records, spanning 1977 to the present, from social work and other related journals on topics such as homelessness, AIDS, child and family welfare, aging, substance abuse, legislation, community organization, and more."**

### **Sociological Abstracts**

**"Sociological Abstracts provides access to the world's literature in sociology and related disciplines, both theoretical and applied."**

**Criminal Justice Abstracts "Comprehensive coverage of international journals, books, reports, dissertations, and unpublished papers on criminology and related disciplines."**

**NCJRS Abstracts "Summaries of more than 150,000 publications on criminal justice, including government reports, books, research reports, journal articles, and unpublished research."**

### **CQ Researcher**

**"Offers in-depth, non-biased coverage of political and social issues, with regular reports on topics in health, international affairs, education, the environment, technology and the U.S. economy. Each report includes a background and chronology; an assessment of the current situation; tables and maps; pro/con statements from representatives of opposing positions; and bibliographies of key sources."**

### **ERIC**

**Educational resources such as lesson plans. "Contains annotated references to nonjournal material issued in the monthly Resources in Education (RIE) and to journal articles issued in the monthly Current Index to Journals in Education (CIJE)."**

### **Free Online Resources for finding articles:**

**Looksmart's Findarticles - search and read 5.5 million articles from over 900 publications**

**<http://www.findarticles.com/>**

**Google scholar - finds citations and full text journal articles from reputable publishers.**

**<http://scholar.google.com/>**

**PubMed - free medical database**

**<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?DB=pubmed>**

**Full text articles on sexual assault research**

**[http://www.vaonline.org/doc\\_sa.html](http://www.vaonline.org/doc_sa.html)**

**Articles**

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**Horeck , T. (2000). "They did worse than nothing": Rape and Spectatorship in The Accused. Canadian Review of American Studies, 30(1).**

**Database: MasterFILE Premier**

**This article is an analysis of a very moving film about a woman who was gang raped in a public bar. It is a triggering article describing how the spectators regarded the attack as either entertainment or none of their business. The title The Accused brings to light the question of whether the victim or the criminal is being accused of a crime. Find the full text article here.**

**related links: "The film addresses the concept of sexual assault victims who are targeted as responsible for the crime, as well as the role that bystanders play in the occurrence of a serious offense...the film follows the pursuit of what seems to be an unobtainable justice."**

~

**Pauwels, B. (2002). Blaming the victim of rape: The culpable control model perspective. Dissertation-Abstracts-International:-Section-B:-The-Sciences-and-Engineering, 63(5-B).**

**Database: PsycINFO**

**This is a scholarly article examining why we blame the victim rather than the perpetrator of rape.**

**"Three vignette-based studies are presented that represent the first attempt to examine rape victim blame within the context of an explicit, comprehensive theory of blame. Study 1 examined the**

**hypothesis that evaluative information about a victim of rape would have a greater effect upon victim blaming when the victim's personal control over the rape was portrayed as somewhat elevated, rather than unambiguously low." 213**

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**Dunn, P., Vail-Smith, K., & Knight, S. (1999). What date/acquaintance rape victims tell others: A study of college student recipients of disclosure. Journal of American College Health, Mar;(5), 213-219.**

**Database: PsycINFO**

**"Presents information on a study concerning the response of college students to disclosure of date/acquaintance rape victims. Relationship of the victim to the person to whom the rape was disclosed; Results of open-ended questions; Responses to disclosure."**

**"Date and acquaintance rape appears to be a significant problem in American society in general and accounts for approximately 80% of all rapes on college campuses; in every college classroom with 50 female students, 6 to 7 women have been victims of date or acquaintance rape within the past year.(n1) Access to "good support from the people in her life is extremely important to the rape survivor,"(n2)(p106) according to Mufson and Kranz, particularly because a lack of support may impede successful recovery from the trauma of rape. Although rape is a traumatic, destructive, life-altering experience, some researchers suggest that a significant proportion of victims do not tell anyone about being assaulted when it happens, particularly if they have experienced date or acquaintance rape, and a majority of rape victims seek no follow-up counseling.(n3) "**

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**Hanson, R. (2002 ). Adolescent dating violence: Prevalence and psychological outcomes. Child Abuse Negl, 26 (5), 449-453.**

**Database: PsycINFO**

**"In support of the authors' hypotheses, findings from this study indicated that dating violence was associated with significantly higher rates of eating disordered behaviors (e.g., binge-eating, fasting, skipping meals, taking diet pills, vomiting, taking laxatives), lower self-esteem, higher rates of suicide attempts, and lower levels of emotional well-being. "**

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**Heppner, M., Good, Glenn E (1995). Examining sex differences in altering attitudes about rape: A. Journal of Counseling & Development, Vol. 73 , p640.**

**Database: PsycINFO**

**This article is about rape and public opinion from a psychological view point. It examines the changing attitudes about rape in both men and women.**

Another search tactic is to look on a search engine for bibliographies on rape and sexual assault. Type in: rape and bibliography.

### **Bibliographies on rape and assault**

**Return to menu**

**Victim Blame. Rape is never the victims fault.**

**<http://www.ibiblio.org/rcip/vb.html>**

**The History of Rape - Rape bibliography that is very comprehensive and well organized by category. Contents by geographical area, chronological, topic, Lectures, Research**

**[http://de.geocities.com/history\\_guide/horb/horb-index-04.html](http://de.geocities.com/history_guide/horb/horb-index-04.html)**

**Rape, Sexual Assault, and Sexual Harassment International Bibliography of NIJ Acquisitions**

**<http://www.mincava.umn.edu/documents/bibs/intlrsh/intlrsh.html>**

**Sexual Assault and Rape**

**<http://www.lib.duke.edu/reference/subjects/saar.htm>**

**Representations of rape in popular culture : Books and films**

**<http://faculty.law.lsu.edu/ccorcos/lawhum/RAPEBIBLIOGRAPHY.htm>**

**Campus sexual assault**

**<http://www.purdue.edu/push/SWO/INCSAPP/resources/Bib/prevalence.htm>**

**A list of paper based bibliographies**

**<http://www.campusoutreachservices.com/resources/biblioaid.htm>**

**Sexual Assault bibliography from aardvarc**

**<http://www.aardvarc.org/rape/about/bibliography.shtml>**

**Sexual Assault bibliography**

**<http://fbilibrary.fbiacademy.edu/Templates/B=rapesexualassault.htm>**

**Rape/Sexual Assault- 2003 from the FBI Library.**

**Bibliographies from the World Criminal Justice Library Network**

**<http://newark.rutgers.edu/%7Ewcjlen/WCJ/mainpages/bibliogs.htm#S2>**

**Bibliographies from the Minnesota Center Against Violence and Abuse (MINCAVA)**

<http://www.mincava.umn.edu/cgi-bin/documents/documents.pl?category=492&detail=1&sort=cat#531>

**Annotated Bibliography: Emotional Abuse Of Women By Their Intimate Partners**

[http://www.womanabuseprevention.com/html/emotional\\_abuse\\_bibliography.htm](http://www.womanabuseprevention.com/html/emotional_abuse_bibliography.htm)

**Trauma & Sexuality Seminar Bibliography**

<http://dynamic.uoregon.edu/~jfreyd/psy607-fall99/bibliography.html>

**Bibliography of psychology and criminal justice/legal resources**

<http://wwwcj.mnstate.edu/classes/CJ400/Monograph/Referen2.html>

**Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

**Search terms: rape crisis**

**Related links: Victim blame**

**References:**

**Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.**

**rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>**

**Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.**

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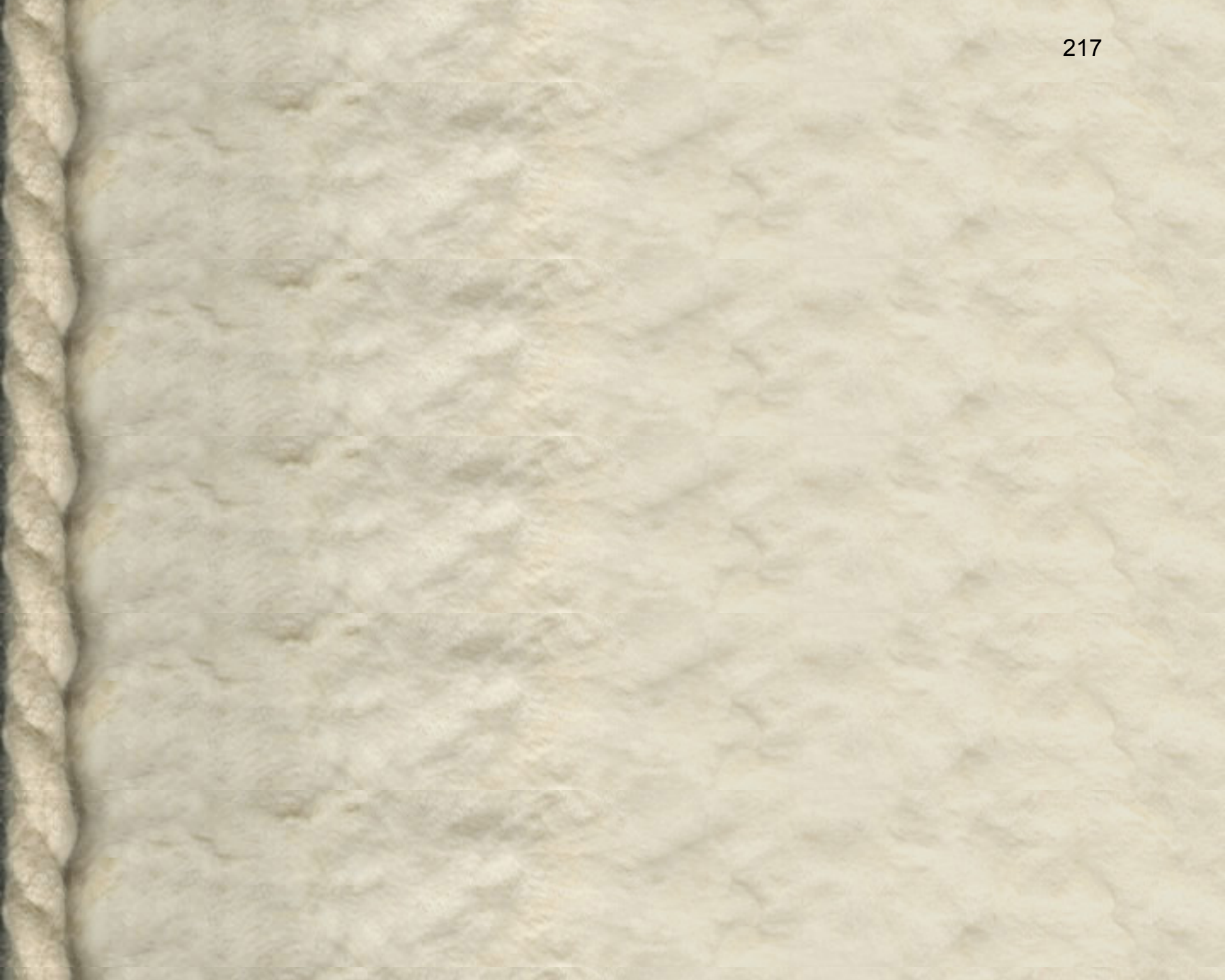
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## **Encyclopedias, Dictionaries and Reference Books on Rape and Sexual Assault**

**Homepage|Research|Crisis Information|Hotlines**

**Home page|Research|Topics|Journal  
articles|Encyclopedias and Dictionaries|Crisis  
Information|Hotlines|Rape crisis centers|How to  
help rape victims|Effects of rape|Therapy|Path to  
healing|Male survivors|Victim blame|Other topics**

### **Online Dictionaries**

#### **Medline Plus- Merriam Webster Online Medical Dictionary**

<http://www.nlm.nih.gov/medlineplus/mplusdictionary.html>

#### **Merriam Webster Dictionary**

<http://www.m-w.com/>

#### **Find law legal dictionary**

<http://dictionary.lp.findlaw.com/>

**For legal professionals. See below link for state specific information.**

#### **Legal definition of rape from findlaw by state**

<http://criminal.findlaw.com/crimes/a-z/rape.html>

**The legal definition of rape from findlaw. Enter your zip code for state specific information. Sexual assault See also: criminal law from findlaw in the legal section of this site.**

#### **Other legal resources: Black's Law Dictionary, 8th**

#### **Center for Disease Control operational definition of sexual assault**

<http://www.cdc.gov/ncipc/wisqars/nonfatal/definitions.htm#assault-sex>

**This help file section provides in-depth definitions of the terms used to represent data elements in statistics for the causes of death or injury for WISQARS. Sexual Assault injuries (nonfatal) for 2003 per 100,000 people totaled 73,834 according to the National Center for Injury Prevention and Control.**

**Encyclopedias are a good place to start research on any topic. They give a general overview of the subject and are a starting point to research more specific aspects.**

**For the topic of rape and sexual assault online Encyclopedias generally have more up to date information than paper based resources.**

### **Groliers Online Encyclopedia**

<http://www.ncwiseowl.org/>

<http://gme.grolier.com/cgi-bin/article?assetid=0242590-0>

**To access Groliers Online Encyclopedia free of charge- just click on high school/ online /Groliers Encyclopedia and then text only version (pop up window) and type in search term rape. It is the top return. This entry is one of the best overviews for the topic of rape that I have found. It covers recent aspects (date rape) as well as the history of rape in our society. It includes the concept that women are a legal possession of their spouse or father, information on date rape drugs such as rohypnol and ghb and the Bosnia rape trials.**

**See also separate entry:**

### **Encyclopedia Americana**

**You can locate this by logging into grolier through your library and then pasting in this url:**

<http://ea.grolier.com/cgi-bin/article?assetid=0328610-00>

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### **Medline Plus Medical Encyclopedia**

<http://www.nlm.nih.gov/medlineplus/ency/article/001955.htm>

**Medline is a reliable source of medical and statistical information. "According to most estimates, 80-90% of rapes are not reported to authorities. Current trends project that 1 in 3 American women will be sexually assaulted at some point during her life. "**

§

### **Funk & Wagnalls New World Encyclopedia**

<http://eresources.lib.unc.edu/eid/list.php?letter=F>

**This online source is much more satisfactory than most paper based**

entries for rape. It mentions the overall definition of rape as well as statutory rape. Also mentioned is the history of the rape crisis 220 movement within the women's movement of the 1970's and it's efforts to change rape laws to give rape victims more sympathetic treatment. It also covers statistics and the Bosnia and Hercegovina war rape crimes.

§

### **Encyclopædia Britannica**

<http://www.britannica.com/>

**The entry for rape covers: Statutory rape, same-sex attacks, psychological responses of victims, distressing cross-examination in court , rape as a weapon of war and other topics. "Encyclopædia Britannica, Inc., headquartered in Chicago, Illinois, is a leading provider of learning and knowledge products. We're proud to be one of the world's most trusted sources of information on every topic imaginable - from the origins of the universe to current events and everything in between."**

§

### **Columbia Encyclopedia**

<http://www.bartleby.com/65/ra/rape3.html>

### **The Columbia encyclopedia. Sixth edition, 2001-04**

**This entry for the definition of rape in law covers most of the current issues in sexual assault. Some of those are date rape, proof of injury, feminism's role in improving victim resources and rape as a war crime. Free to the public.**

§

### **Cornell Legal Research Encyclopedia**

<http://www.lawschool.cornell.edu/library/encyclopedia/>

**See: women and the law. This is a good research tool as it has links to other research sites under each subject. There is a link to InSITE: InSITE highlights selected law-related World Wide Web sites.**

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### **Quick reference**

<http://www.lib.unc.edu/reference/quick/>

**Primarily free online resources such as dictionaries, thesauri and encyclopedias from UNC Chapel Hill.**

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### **Evaluation of the Groliers and Funk & Wagnalls online Encyclopedias:**

**Both Online Encyclopedias were much more thorough than the paper based counterparts. There were two returns each for the term rape. 221 Subjects covered were generally the definition of rape, statutory rape, recent statistics on rape, the history of the issue, International law regarding Bosnia trials, and the previously unmentioned category of date rape and date rape drugs.**

**The primary difference between the two online encyclopedias is that Grolier's is much more comprehensive than Funk and Wagnalls. Both carry the same tone and mention feminism and its fight to improve conditions and rights of rape victims. Funk and Wagnall's statistics report that a rape is reported in the US every 6 minutes. It also mentions that in court "for the crime to constitute rape, the victim must resist, unless he or she is incapable of resistance because of mental or physical weakness or deterred by fear of bodily harm." Grolier's takes it a step further by explaining the history of rape in terms of underlying assumptions by our society. "The origin of rape laws can be traced to the once-wide spread belief that women were the property of men. A female was considered first the property of her father. Because her virginity was valued as her principal asset, rape was considered a theft. Once a woman was married, she belonged to her husband. Rape then was treated as a crime against the husband's exclusive sexual rights to her. Because marriage gave these rights to the husband, legally, it was not possible for him to rape his own wife." This statement points to flaws in the criminal justice system. The author of this site's general conclusion is that rape victims and researchers can get better information from internet resources that allow modern ideas on the subject to easily be expressed and updated.**

**§**

**Rape entry from the Encyclopedia of Psychology**

**"Rape is essentially an act of power and dominance. Although an estimated 15 to 40 percent of American women are victims of rape or attempted rape, men are raped as well. Women are more likely to be raped by someone they know; between 50 and 70 percent of all rapes occur within the context of a romantic relationship, and more than half the time the assault takes place in the victim's home."**

**§**

**Rape Crisis Online Encyclopedia Wiki**

**<http://rapesurvivor.pbwiki.com/>**

**This is an editable online encyclopedia wiki. It is a community effort to research and provide information about rape and sexual assault. Includes definitions and theories about rape but is not an authoritative resource.**

**§**

**Information on rape from the National Atlas**

[http://nationalatlas.gov/articles/people/a\\_crimereport.html](http://nationalatlas.gov/articles/people/a_crimereport.html)

## Encyclopedias and Reference Books

You may also view a list of reference books here.

§

### Encyclopedia of Rape

Smith, M. D. (2004). Encyclopedia of Rape. USA: Greenwood Press.

HV6558 .E53 2004 Davis, UL, Law Reference

This encyclopedia has a 3 page alphabetical listing of topics on page xx. There are a lot of ancient, mythological and historical references as well as modern legal information. The history of rape is detailed on page 172 covering the 1600's - 1900's.

Quote:

"In real life, however, rape victims are brutalized, ignored and harassed by the system that is designed to help them. They are traumatized, stigmatized or shamed for life if they are not killed during the attack." p. 262

"Book Description-

Rape has been perpetrated throughout history and worldwide, and today ours has been called a rape culture, because sexual violence, mainly against women and children, is prevalent and tolerated to some extent. The Encyclopedia of Rape offers 185 entries in an A-to-Z essay format covering the historical scope and magnitude of the issue in the United States and globally. Written by a host of scholars from diverse fields, it provides informed perspectives on the key dimensions of the topic, from concepts, social movements, offenders, high-profile cases, legislation, influential activists, landmark texts, and victimology to representations in literature and art. This solid, accessible ready-reference will allow students and the general reader to contextualize current events and reading and viewing in history, literature and the Bible, film, art history, gender studies, psychology, criminology, popular culture, and more. "

§

### World Book Encyclopedia

Macdonalds, J. (2007). Rape. In The World Book Encyclopedia. United

The 2007 entry defines several types of rape and covers the topics of law, marital rape, the rape crisis centers founded by the women's movement during the 1970's as well as the following quotes:

"Rape is one of the nation's most under reported crimes...The actual number committed may be 2 or more times the number reported."

"Many victims do not report the crime to police because of shame or fear. Some victims dread the possible humiliation of media publicity or being asked embarrassing questions by police."

"Only about 2 percent of all rapists are convicted and imprisoned and, on average, convicted rapists serve only one half of their original sentence... the low conviction rate is due to the difficulty of proving rape under most state laws."

The 2004 entry from World Book goes into detail regarding the overall failure of the justice system and how that occurs. Some examples are the fact that only 2% of rapists are convicted due to difficulty proving the attack. In some instances proof that the victim struggled is required. World Book includes information relating all this demand for proof with intimidation in regards to reporting rape. It is also stated that defense attorneys try to prove the lack of the victim's morals. Entries are relatively similar for each yearly edition of this encyclopedia. The 2004 Encyclopedia covered the following topics:

- The definition of rape
- The definition of statutory rape
- The fact that most rapists are not convicted (only 2% mentioned by world book)
- Explanations for why victims are intimidated into not reporting the crime.
- The fact that in trials the issue becomes whether the woman consented to sex.
- The psychological definition of rape as an antisocial act of power rather than sex.
- The traumatic after effects suffered by the victim.

## §

### The New Encyclopædia Britannica

Rape (2007). In The New Encyclopædia Britannica (Vol. 9). Chicago, Il.: Britannica.

"Rape is often explained or excused as a manifestation of racial, ethnic and class hatred or as stemming from a patriarchal system in which women are viewed as property of men."

The 2007 entry defines the types of victims by gender and age. It also mentions legal procedures, the fact that rapists have high acquittal rates due to the fact that there are often no witnesses, rape shield laws, the after effects of rape, societies response, secondary victimization

§

### **Black's Law Dictionary**

**Black's Law Dictionary, 8th Edition (2004). St. Paul: West Publishing Co.**

**This dictionary covers both common law and current definitions, synonyms and legal definitions. This includes "unlawful sexual intercourse without consent after the perpetrator has substantially impaired his victim by administering, without the victims knowledge or consent, drugs or intoxicants for the purpose of preventing resistance."**

**Individual definitions include: acquaintance rape, date rape, marital rape, prior relationship rape, rape by means of fraud, relationship rape, statutory rape and rape shield law.**

§

### **Black's Medical Dictionary**

**Macpherson, G. (2004). Rape in Black's Medical Dictionary. Lanham MD, Oxford: Scarecrow Press.**

**The rape entry covers the following:**

- **Statistics - The numbers are rising**
- **That rape is about domination not sexuality**
- **Low reporting of rape is due to shame, fear of publicity and fear of reprisals.**
- **The after effects on the victim**
- **Date rape**
- **Use of date rape drugs is increasing.**

§

### **Handbook of American Women's History**

**Howard, Angela & Kavenik Francis. (2000). Handbook of American Women's History. CA: Sage Publications Inc.**

**This is a good resource on the history of the rape crisis movement. Other topics to look up might be Andrea Dworkin and the women's movement of the 1970's.**

**"Both sexist stereotypes and common law conspired to make rape a criminal proceeding on which the victim and her behavior were tried rather than the defendant." p. 465, Rape / Sexual Assault**

**HQ 1410.H36 2000**

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### **Encyclopedia of Associations**

**Available Online**



**R060G152, 2003 vol 1 pt 3**

**"A guide to more than 22,000 national and international organizations including...social welfare."**

**Example entry topics:**

**11510 National Clearinghouse on Marital and Date rape - description and website.**

**11511 RAINN - description and website.**

**§**

**The Encyclopedia of Child Abuse**

**Clarke, Robin & Clarke, Julia. (2001). The Encyclopedia of child abuse 2nd edition. New York: Facts on File.**

**Davis Reference HV6626.5.C57 2001 UL Reference HV6626.5. C57 2001.**

**§**

**Encyclopedia of criminology**

**Wright , R., & Miller, M. (2005). Encyclopedia of criminology. New York: Routledge.**

**HV6017 .E5295 2005 Davis Ref**

**§**

**Encyclopedia of feminist literature**

**Whitson, Kathy J. (2004). Encyclopedia of feminist literature. Westport, Conn. : Greenwood Press**

**PN471 .W455 2004 Davis Ref**

**Search terms: Andrea Dworkin (take back the day), rape crisis centers, 1970s women's movement**

**§**

**Violence in America : an encyclopedia**

**Gottesman, Ronald., Brown, Richard Maxwell. (1999). Violence in America : an encyclopedia. New York : Charles Scribner's Sons**

**HN90.V5 V5474 1999 Davis Ref, HSL Ref**

**§**

**The encyclopedia of violence : origins, attitudes, consequences**

**HM291 .D4857 1993 Davis Ref, UL Ref, HSL books**

**Rape p. 211**

**This entry covers the definition of rape, statistics on rape, the history of rape and the fact that less than 10% of rapes are reported. It states that "psychological trauma and humiliation overwhelm many victims... trying, alone, to regain their sense of personal integrity that was destroyed by the intrusion of rape." p. 211**

**Other individual sub topics covered are acquaintance rape, gang rape, war and rape, male rape victims, rape as an act of violence, precipitation (vulnerability factors) in victims, and false reporting rates. Interestingly it states that in 1960 law enforcement cited false reporting at 20%. By 1973 the statistics had dropped to 15%. After 1973 the New York city police department used female officers to investigate sexual assault cases and the rate dropped to 2% according to the FBI.**

**§**

**Encyclopedia of sex and gender : men and women in the world's cultures**

**Ember, Carol R., Ember, Melvin. (2003). Encyclopedia of sex and gender : men and women in the world's cultures. New York : Kluwer Academic/Plenum Publishers**

**HQ16 .E53 2003 Davis Ref**

**§**

**Sexuality and the law : an encyclopedia of major legal cases**

**Leonard, Arthur S. (1993). Sexuality and the law : an encyclopedia of major legal cases. New York : Garland Pub**

**KF9325.A7 L46 1993 Davis Ref, Law Stacks**

**§**

**Encyclopedia of psychology**

**Kazdin, Alan E. (2000). Encyclopedia of psychology. Washington, D.C. : American Psychological Association ; Oxford ; New York : Oxford University Press**

**BF 31 E563 2000 Davis Ref, UL Ref, HSL Ref**

**Search terms: Rape trauma syndrome, Post traumatic stress disorder, Obsessive compulsive disorder, Dissociative identity disorder, Eating disorder**

**§**

**Kittleson, M., Harper, J., & Hilgenkamp, K. (2005). The Truth About Rape. USA: Facts on File. from: The Truth About series, find this in a library**

**"Sexual crimes can take many different forms, and sexual assault is the most underreported of all serious crimes. Every year more than 100,000 forcible rapes are reported in the United States. Since many rapes are left unreported, this number is usually regarded as lower than the actual number.**

**Due to the myths and stigma surrounding it, rape remains a difficult crime to discuss. The Truth About Rape looks beyond common myths to give a factual account essential to understanding, preventing, and coping with rape and sexual assault. An important topic for all teenagers, this resource offers trusted advice, information, and accounts from real people, making this volume an invaluable addition to any home, school, or library." links**

**Review from School Library Journal:**

**"Although comprehensive in coverage and clear in presentation, the information included here is arranged as a mini-encyclopedia rather than in a logical progression of articles and chapters. Topics include different types of rape, prevention, sexual assault, statistics, abusive relationships, the roles of male and female as perpetrator and victim, drugs and alcohol, the law, and educating the public. The discussion is somewhat clinical in emphasis, with numerous studies cited repeatedly. The A to Z entries themselves include a good level of detail for reports." Burner, Joyce Adams (2006). School Library Journal. 52 (1), p154-154, 1/6p**

### **Research books**

#### **Rape and Sexual Assault III**

**Burgess, Ann. (1991). Rape and Sexual Assault III: A Research Handbook. New York: Garland. Find this in a library.**

**HV6561 .R369 1991**

**List of rape crisis information research books with reviews**

**List II of rape crisis research books**

**Books and reading material by topic. Very comprehensive.**

**Find these books in a library**


**Resources to research this subject:****Journals and articles****Search the NCJRS Abstracts Database****Google scholar or Findarticles****Finding books at the library****Online Libraries on sexual assault****Encyclopedias and Dictionaries****Search terms: rape crisis****Related links: Victim blame****References:**

**Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.**

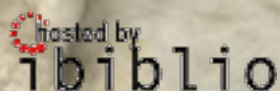
**rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>**

**Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.**

**Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).**

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# Rape and Sexual Assault Statistics

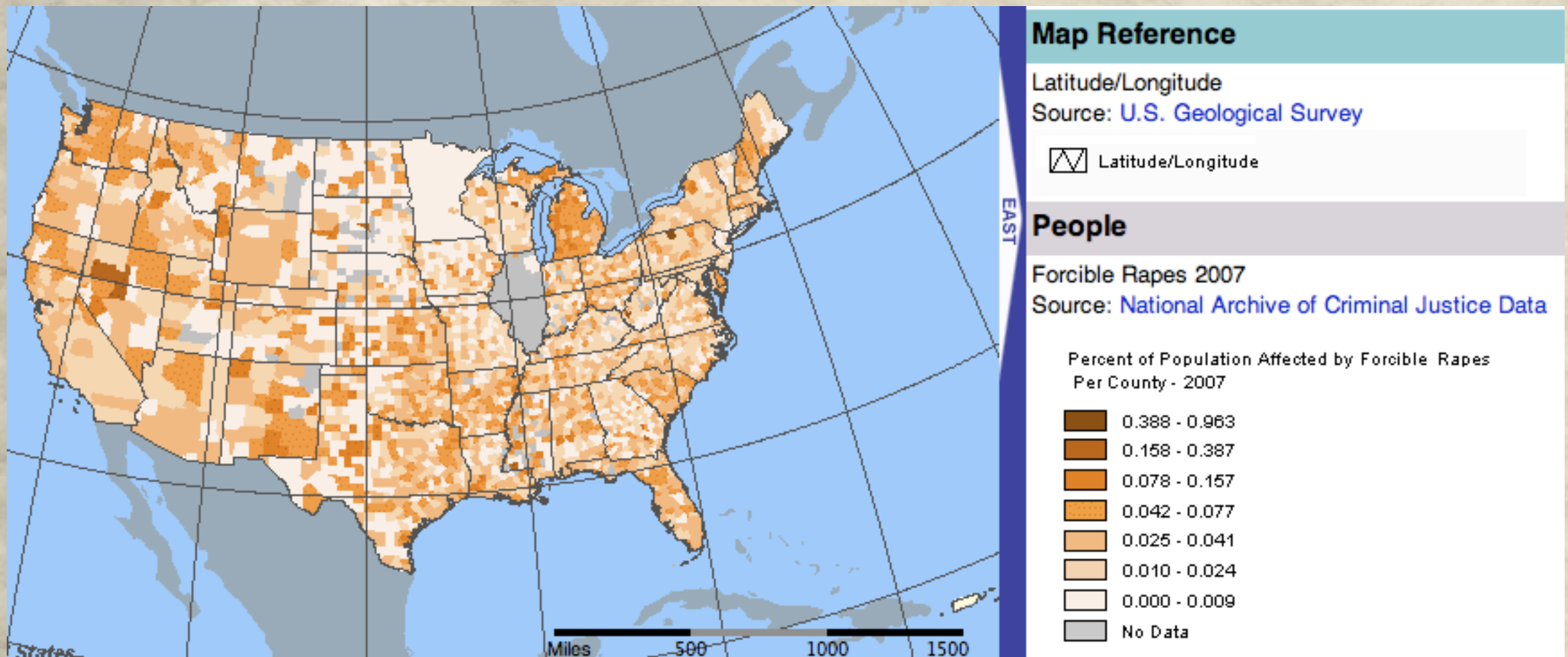
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## Some facts about sexual assault:

- Every two and a half minutes, somewhere in America, someone is sexually assaulted.
- Between 1 in 4 women experienced completed or attempted rape during their college years (Fisher, Cullen, and Turner 2000). Statistics vary according to how the numbers are processed and RAINN reports the figure as 1 in 6.
- Over 32,000 pregnancies result from rape every year (Holmes et al., 1996) CDC
- In 1960 law enforcement cited false reporting at 20%. By 1973 the statistics had dropped to 15%. After 1973 the New York city police department used female officers to investigate sexual assault cases and the false reporting rate dropped to 2% according to the FBI. False reporting statistics are from: DiCanio, M. (1993). *The encyclopedia of violence : origins, attitudes, consequences*. New York : Facts on File

Scroll down for more statistics.

<http://www.rainn.org/statistics.html>



National Archive of Criminal Justice Data from [nationalatlas.gov](http://nationalatlas.gov)

**These resources have good narrative statements on statistics**

### - Quote Resources-

#### Statistics from RAINN

<http://www.rainn.org/statistics.html>

#### Guide to Statistics from AARDVARC

<http://www.aardvarc.org/rape/about/statistics.shtml>

#### Sexual Violence statistics from National Center for Injury Prevention and Control

<http://www.cdc.gov/ncipc/factsheets/svfacts.htm>

#### The extent, nature and consequences of sexual victimization

<http://www.ncjrs.gov/pdffiles1/nij/210346.pdf>

### Chart format statistics

The main government resources from which most organizations derive their data are:

#### Department of Justice FBI

<http://www.ojp.gov/bjs/welcome.html>

#### Statistics from the FBI - Uniform Crime Reporting from the DOJ

**National Crime Victimization Survey (NCVS) from the DOJ.**

<http://www.ojp.usdoj.gov/bjs/cvict.htm>

**An explanation:**

"The U.S. Department of Justice administers two statistical programs to measure the magnitude, nature, and impact of crime in the nation: the Uniform Crime Reporting (UCR) Program and the National Crime Victimization Survey (NCVS). Each of these programs produces valuable information about aspects of the nation's crime problem. Because the UCR and NCVS programs are conducted for different purposes, use different methods, and focus on somewhat different aspects of crime, the information they produce together provides a more comprehensive panorama of the nation's crime problem than either could produce alone." [US Dept. of Census](#)

UCR: "Uniform Crime Reports (UCR)—The FBI's UCR Program, which began in 1929, collects information on the following crimes reported to law enforcement authorities: murder and nonnegligent manslaughter, forcible rape, robbery, aggravated assault, burglary, larcenytheft, motor vehicle theft, and arson."

NCVS: "National Crime Victimization Survey (NCVS)—A second perspective on crime is provided by this survey of the Bureau of Justice Statistics. Details about the crimes come directly from the victims. No attempt is made to validate the information against police records or any other source."

[US Dept. of Census http://www.census.gov/prod/2006pubs/07statab/law.pdf](http://www.census.gov/prod/2006pubs/07statab/law.pdf)

**Additional resources on crime statistics:**

**A Directory: General Statistics - The gateway to statistics from over 100 US federal agencies.**

<http://www.fedstats.gov>

**Statistical Abstract of the United States from the US Census Bureau- click on section 5 (Law Enforcement)**

"The major sources of these data are the Bureau of Justice Statistics (BJS), the Federal Bureau of Investigation (FBI), and the Administrative Office of the U.S. Courts."

<http://www.census.gov/prod/www/statistical-abstract.html>

**Statistics of how much health care for rape victims costs**

<http://www.ahrq.gov/research/victsexual/victsex3.htm>

**Statistics on rape and domestic violence from the UK**

<http://www.homeoffice.gov.uk/rds/pdfs05/hors293.pdf>

**Statistics on intimate crime from the Bureau of Justice**

[http://www.ojp.usdoj.gov/bjs/cvict\\_c.htm#relate](http://www.ojp.usdoj.gov/bjs/cvict_c.htm#relate)

**Find statistics on rape at the Bureau of Justice web site- Reporting to Police and Medical Attention**

<http://www.ojp.usdoj.gov/bjs/abstract/rsarp00.htm>

**DOJ Research and Statistical Publications**

<http://www.usdoj.gov/ovw/statistics.htm>

**National Criminal Justice Reference Service statistics on rape and sexual assault**

<http://www.ncjrs.gov/viewall.html#R>

**Sexual victimization of college women**

<http://www.cdc.gov/ncipc/factsheets/svfacts.htm>

**Educational resources from Universities**

**Find statistics on various types of crime in the US**

<http://www.lib.umich.edu/govdocs/stsoc.html#crime>

**The Sourcebook of Criminal Justice Statistics**

<http://www.albany.edu/sourcebook/>

**Statistics on crime internationally**

<http://www.lib.umich.edu/govdocs/stsoc.html#intlcrime>

<http://www.lib.umich.edu/govdocs/stsoc.html#wabuse>

**Further Statistics**

<http://www.lib.umich.edu/govdocs/stats.html>

**Statistics from non-profits and private organizations**

**Statute of limitations by state from RAINN**

<http://www.rainn.org/public-policy/public-policy-resources.html>

**How many people were raped each year in the US?**

<http://www.disastercenter.com/crime/uscrime.htm>

**Search crime statistics by University**

<http://www.securityoncampus.org/crimestats/index.html>

**Databases you can access from a library**

**Statistical Universe**

"Contains statistical data produced by the U.S. government; important international intergovernmental organizations; professional and trade organizations, business organizations, commercial publishers, independent research organizations, state government agencies, and universities." (Lexis-Nexis)

**National Criminal Justice Reference Service**

"Summaries of more than 150,000 publications on criminal justice, including government reports, books, research reports, journal articles, and unpublished research". (CSA)

**Government Links**

**US Department of Justice office on violence against women.**

This site has great information on laws concerning sexual assault, support programs, articles and related links.

**National Criminal Justice Reference Service website.**

Find documents on Improving the Community Response to Sexual Assault Victims at the website for the National Criminal Justice Reference Service website. Among them: Looking Back -- Moving Forward: A Guidebook for Communities Responding to Sexual Assault analyzes the progress of the past two decades in the response to sexual assault cases by law enforcement agents, prosecutors and emergency medical care providers. Looking Back also speaks to the development of rape crisis centers and other victim services that concentrate on meeting the needs of the victim.

**Further research:**

**National Archive of Criminal Justice Data**

<http://www.icpsr.umich.edu/NACJD/>

The National Archive of Criminal Justice Data (NACJD) preserves and distributes computerized crime and justice data from Federal agencies, state agencies, and investigator initiated research projects to users for secondary statistical analysis. Search terms: victimization, National Crime Victimization Survey. This site has some very interesting information and articles.

This site includes the following:

**Adjusting the National Crime Victimization Survey's Estimates of Rape and Domestic Violence for 'Gag' Factors,**

1986-1990. Coker, Ann L., and Elizabeth A. Stasny.

<http://webapp.icpsr.umich.edu/cocoon/NACJD-STUDY/06558.xml>

The researchers considered whether the type of interview (personal or telephone) and the presence of another person (particularly a spouse) influenced or "gagged" the reporting of rape and domestic violence in the NCVS. It is hypothesized that the inclusion of such yes/no questions would more easily allow victims to report rape or domestic violence incidents in telephone interviews, even with spouses present in the home during the interview.

also includes: Cost of Mental Health Care for Victims of Crime in the United States, Criminal Justice Response to Victim Harm in the United States, National Crime Victimization Survey, 1992-2003 (search for latest version)



<http://www.cia.gov/cia/publications/factbook/>

The World Factbook provides national-level information on countries, territories, and dependencies including subjects such as HIV rates, suffrage, legal systems, diplomacy, religions and transnational/international disputes (such as the civil war in Sudan where rape is being used as a tool of war). Information includes [how to interpret numbers](#)

( <http://www.cia.gov/cia/publications/factbook/docs/notesanddefs.html> )

**National Center for Injury Prevention and Control**

<http://webappa.cdc.gov/sasweb/ncipc/nfirates2001.html>

Sexual Assault injuries (nonfatal) in the US per 100,000 people totaled 73,834 for 2003. Of these 67,085 were women and 6,749 were men. 10,259 for every 100,000 women died as a result of violence in the US in 2002 while 39,418 males died as a result of general violence in 2002.

This database allows you to find the number of injuries or deaths per year by cause or intent. It also allows you to limit the criteria in a variety of ways for each search.

**Leading cause of injury to women in 2003 by age group (includes sexual assault)**

Of the 93,000 forcible rapes reported in 2004 only 33% of victims reported their assault to police.

- Of those who did report 79,000 rapes occurred in metropolitan areas, 8,000 in other cities and 7,000 in rural areas.
- Of the 93,000 forcible rapes 8,007 were attempted rape and the rest completed. FBI's Uniform Crime Reports
- More than half of all rapes of women (54%) occur before age 18; 22% of these rapes occur before age 12. For men, 75% of all rapes occur before age 18, and 48% occur before age 12 (Tjaden and Thoennes 2000). [CDC](#)
- Women who are raped before the age of 18 are twice as likely to be raped as adults, compared to those without a history of sexual abuse (Tjaden and Thoennes 2000). [CDC](#)
- In 2004 in the US, there were 209,880 victims of rape, attempted rape or sexual assaults. From the [National Crime Victimization Survey](#).
- 84% of women did not report their rapes to police. From The National Women's Study (Kilpatrick, Edmunds, and Seymour, 1992).
- According to the FBI's Uniform Crime Reports, rapes reported to police increased 0.8 percent in 2004. Since 2000, FBI totals show rapes reported to police up nearly 5%.
- Ratio of victims by gender: (1.5 : .2)
  - female 1.5
  - male victims .2
- More victims were found to be in lower income brackets than higher income. [CDC](#)
- More than one half of the victims (55.6%) waited years before disclosing, with delays in reporting especially likely if the assault was perpetrated by a family member. (Monroe, 2005)

DiCanio, Margaret. (1993). *The encyclopedia of violence : origins, attitudes, consequences*. New York : Facts on File.

Fisher BS, Cullen FT & Turner MG (2000). The sexual victimization of college women. Washington: Department of Justice (US), National Institute of Justice. Publication No. NCJ 182369.


Holmes M. (1999). Sexually transmitted infections in female rape victims. *AIDS Patient Care and STDS*, 13(12):703-8.

Holmes MM, Resnick HS, Kilpatrick DG, Best CL. (1996). Rape-related pregnancy: estimates and descriptive characteristics from a national sample of women. *American Journal of Obstetrics and Gynecology*, 175:320-4.

Monroe, Laura M.; Kinney, Linda M.; Weist, Mark D. (2005). The Experience of Sexual Assault: Findings From a Statewide Victim Needs Assessment. *Journal of Interpersonal Violence*, 20(7) pp. 767-776.

Tjaden P, Thoennes N. (2000). Full report of the prevalence, incidence, and consequences of violence against women: findings from the national violence against women survey. Washington: *National Institute of Justice*. Report NCJ 183781.

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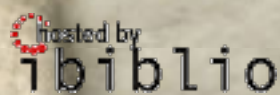
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## Types of Rape by category


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## Books on healing from rape

and research on sexual assault

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### Books on Healing

#### Recommended

**Bass, E. & Davis L. (1994). *The courage to heal: A guide for women survivors of child sexual abuse*. NY: Harper Collins Publishers. 585p. see also: [work book](#), [Find this in a library](#)**

**Review:** "The courage to heal: A guide for women survivors of child sexual abuse (3rd edition) is an invaluable resource when working with female, adult survivors of childhood sexual abuse. This book takes various therapeutic factors into account such as universality and instillation of hope. These factors are very important in psychotherapy in general, but when it comes to working with survivors of sexual abuse, these factors become absolutely crucial. Bass and Davis' approach to the book offers hope to readers and assists them in the healing process."

**Blume, E. S. (1990). *Secret Survivors: Uncovering Incest and its Aftereffects in Women*. New York: Wiley and Sons. [Find this in a library](#)**

**Review:** "A resource of excellent caliber...Highly recommended for those who suspect that they are unconscious survivors of abuse and especially for therapists to dig into the darkest shadow part of human existence."  
ELIZABETH KUBLER-ROSS, M.D.

**Maltz, W. (2001). *The Sexual Healing Journey: A Guide for Survivors of Sexual Assault* (pp 53) Harper NY: Collins Publishers. [Find this in a library](#)**

**Review:** "Maltz, author of *Incest and Sexuality* (Lexington: Macmillan, 1986) offers this how-to, personal therapy book written in the form of an informative if somewhat repetitive case study. She gives concrete details on what constitutes abuse and shatters the myths surrounding double standards (e.g., actor Don Johnson being seduced by a female babysitter when he was 12 constitutes abuse, yet this "older woman on younger boy" style of abuse is sometimes written off). In addition to identifying the many types of abuse, Maltz demonstrates how abuse may get buried in a victim's unconscious mind and subsequently cause sexual dysfunction." Michael Tierno, "Medical Aspects of Human Sexuality"

**Matsakis, A. (1996). *I Can't Get Over It*. Oakland, CA : New**

"This is the first book to guide trauma survivors through the healing process one step at a time. It helps readers cope with memories and emotions, explains secondary wounding, and identifies the triggers that reactivate traumatic stress. Written for people with post-traumatic stress disorder (PTSD) and their families."

**De Becker, G. (1997). *The Gift of Fear*. NY: Bantam Doubleday. [Find this in a library](#)**

**Review:** "Perhaps we have a bad feeling about someone we've just met, or a little gnawing perception that a situation just doesn't "feel right," or perhaps even a fear that a co-worker might do something harmful. What de Becker, renowned expert on violent behavior, explains here is that instead of shrugging off these fears, we need to listen to them, see why we're having them, and act accordingly. Far from being silly intuitions, often these can truly show when something is wrong and violence might be imminent; if listened to, along with information about how violent people behave, these feelings might protect us from harm."

**Allen, J. (1999). *Coping with Trauma: The Guide to Self-Understanding*. USA : American Psychiatric Association. [Find this in a library](#)**

**Review:** "Dr. Allen has written a much-needed 'primer' for trauma that is not only scientifically well grounded and informative, but also eminently readable. He has researched the material thoroughly and organized his presentation in such a manner as to appeal to a diverse audience including survivors of traumatic stress, as well as mental health professionals."- Sharon Wills, M.Ed., and Jean M. Goodwin, M.P.H., Department of Psychiatry and Behavioral Sciences, University of Texas Medical Branch, Galveston, TX."

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**Sidran Catalog by Subject - see resources**

<http://www.sidran.org/>

**Books, videos and cassettes on psychology and understanding trauma.**

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**How to purchase books on healing**

**Guide to self help books for rape survivors**

I know it's very difficult for survivors to concentrate on reading when they are in crisis. From personal experience I have found it much more effective to listen to books on tape. The site below allows you to order tapes online. You can also find audio books at your local library for free.

**Guide to audio books you can order online**

## Books and reading material

### **Books available at UNC Chapel Hill are listed below**

I have provided quotes from some of the texts available to give the general tone of the work.

~

Ledray, L. (1986). *Recovering from rape*. New York : H. Holt.

Location: Davis HV6250.4.W65 L42 1986  
UL HV6250.4.W65 L42 1986

"For generations women have been socialized to defer their worth, power, and authority to men..."  
Find this in a library

~

Ganim, B. (1999). *Art and healing : using expressive art to heal your body, mind, and spirit*. New York : Three Rivers Press.

Davis RC489.A7 G36 1999

This book explains art therapy and how it can aid in the healing process. Find this in a library

~

### **Care and treatment for rape victims**

Pearson, N., Pagaduan-Lopes, J. & Cunningham, M. (1998). *Recipes for healing : gender-sensitive care for women survivors of torture*. Quezon City: University of the Philippines.

Davis HV6250.4.W65 R42 1998

Innovative research and practices related to women torture and trauma survivors. It has beautiful illustrations and meditations. Find this in a library

~

Schnicke, M. & Resick, P. (1993). *Cognitive processing therapy for rape victims : a treatment manual*. Newbury Park, Calif.: Sage Publications.

Davis RC560.R36 R47 1993

This manual is a session by session outline of what should take place in therapy for a rape victim. It lists skills to be taught, issues to be discussed, and homework to be assigned. It would be very useful to rape survivors in understanding the therapy process.

Introductory quote:

"Rape is a crime against sleep and memory; it's afterimage imprints itself like an irreversible negative from the camera obscura of dreams... Violence sends deep roots into the heart; it has no seasons; it is always ripe, evergreen."

Pat Conroy, *The Prince of Tides* Find this in a library

### **Political issues regarding sexual assault**

Lalumiere, M., Harris, G., Quinsey, V. & Rice, M. (2005). *The causes of rape : Understanding individual differences in male propensity for sexual aggression* 1st ed. Washington, DC: American Psychological

HV6558 .C38 2005 Davis - review

General background on the subject (the history of rape) as well as identifying and making sense of individual differences and Implications. This text covers the rape of Nanking and the Russian use of rape in Berlin as a matter of policy. It also dicusses the relationship of pornography with rape. Find this in a library

~

Girshick, L. (2002). *Woman-to-woman sexual violence : does she call it rape?* . Boston: Northeastern University Press.

Davis HQ75.5 .G56 2002

This book deals with a topic relatively new in the arena of sexual violence: Sexually abused lesbians and violence in the lesbian community. Find this in a library

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Bergen, R. (1998). *Issues in intimate violence*. Thousand Oaks: Sage Publications.

Davis HN90.V5 I77 1998

This book deals with Violence, Family violence, Sex crimes and Child sexual abuse. Find this in a library

~

Kroeger, C. & Beck, J. (1996). *Women, abuse, and the Bible : how Scripture can be used to hurt or to help*. Grand Rapids, Mich: Baker Books.

Davis BS680.W7 W54 1996

This book addresses the role religious beliefs play in the lives of victims and perpetrators of sexual abuse and domestic violence. "As I have listened to people in my clinical practice and interviewed hundreds of others for various research projects, I have come to identify certain religious beliefs that I believe are related to the abuse of women." Find this in a library

~

Bevacqua, M. (2000). *Rape on the public agenda : feminism and the politics of sexual assault*. Boston: Northeastern University Press.

DavisHV6561 .B49 2000

This book deals with Rape, Feminism, and the anti-rape movement. Find this in a library

~

Buchwald, E., Fletcher, P. & Roth, M. (1993). *Transforming a rape culture*. Minneapolis, MN : Milkweed Editions.

Davis HV6556 .T73 1993

This book is an analysis of the following:  
What is a rape culture? It is a complex of beliefs that encourages male sexual aggression and supports violence against women. Find this in a library


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Questia onine library search on "rape"

Research on rape is available online through Questia, the worlds largest online library. You can get a

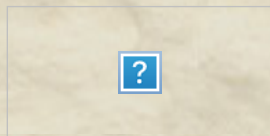


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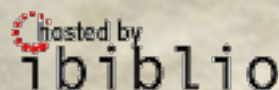
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## Biographies of rape survivors

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How to find books on healing -

Search for the book at your local library first. If the library doesn't have what you are looking for you can ask for the book through inter library loan. You can also use the database at amazon to look for books by subject and then find them in the library catalog and check them out free of charge. If you are unable to go to the library you may order it online from [www.amazon.com](http://www.amazon.com).

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[WorldCat.org](http://WorldCat.org) >>

Each citation is followed by the opening lines of the first chapter. I thought this would give the reader a feel for the tone and content of the book. They are listed in order of priority. Biographies can be very triggering so make sure you have emotional support if you choose this path.

§

Francisco, P. (1999). *Telling : a memoir of rape and recovery*. New York : Cliff Street Books. Find this in a library

Davis HV6561 .F73 1999 UL HV6561 .F73 1999

Also available through interlibrary loan from D.H. Hill library (through the consortium) - ask for it at the circulation desk.

"One summer evening on the terrace of a Minneapolis restaurant, two women and I unexpectedly found ourselves telling rape stories. Ours.

**We barely knew one another.."**

243

**This is the story of one womans experience with rape. The author is a life long writer sharing her experience of a rape which took place ten years earlier. She explores the sociological as well as personal issues dealt with in coming to terms with her experiences. The text also deals with disclosure to family members and the healing qualities of telling your story.**

**The subjects dealt with are rape victims, psychology, rehabilitation, and Self-disclosure.**

**Find this in a library**

**§**

**Sebold, A. (1999). *Lucky*. New York: Scribner. Find this in a library**

**Davis HV6561 .S44 1999 UL HV6561 .S44 1999**

**"In the tunnel where I was raped, a tunnel that was once an underground entry to an ampitheater; I will always think of her when I think of the pink hair tie"**

**The above quote refers to a police officer telling the author she was lucky not to have been killed like the previous victim raped in the same location. The book deals with the topics of PTSD (post traumatic stress disorder) and the victim's subsequent heroin addiction resulting from her pain. It is told with considerable wit and candor.**

**Find this in a library**

**§**

**Raine, N. (1998). *After silence : rape and my journey back*. New York : Crown Publishers. Find this in a library**

**Davis HV6561 .R33 1998 UL HV6561 .R33 1998**

**"On an October afternoon in 1986 I was raped by a stranger who crept through the open back door of my apartment"**

**This book is an account of a five year journey made by a survivor of stranger rape. It also explains the process of healing therapy with her Doctor.**

**Find this in a library**

**§**

**Pierce-Baker, C. (1998). *Surviving the silence : Black women's stories of rape*. New York : W.W. Norton. Find this in a library**

**"There was a void; an absence;a silence. There were no voices. There were no structures of feeling or support. So I went in search of structures and voices- in search of community."**

**"There is a balm in Gilead to make the wounded whole.."  
Traditional African American Spiritual**

**This is the story of a graduate student from Philadelphia who moves to North Carolina for a year to heal. She tells of her experience of rape and the process of testifying and being cross examined. The defense attorney tried to prove she was lying about her claim of rape after her entire family was robbed at knife and gun point.**

**The subjects this book deals with are rape and African American women. The quote i chose indicates the type of content you will find in the text. Find this in a library**

**§**

**Kalven, J. (1999). *Working with available light : a family's world after violence*. New York : W. W. Norton. Find this in a library**

**Davis HV6568.C4 K35 1999 UL HV6568.C4 K35 1999**

**"It's as if a deep wound, long buried, has been laid open."**

**This is a very emotional account told by the husband of a rape victim. Very triggering. This text is recommended only if you have reliable therapeutic and moral support available. It could possibly be very cathartic if you are prepared for the content. Find this in a library**

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**It's very difficult for survivors to concentrate on reading when they are in crisis. From personal experience I have found it much more effective to listen to books on tape. The site below allows you to order tapes online. You can also find audio books at your local library for free.**

**Find this in a library**

**Guide to audio books you can order online.**

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Search the NCJRS Abstracts Database

Google scholar or Findarticles

Finding books at the library

Online Libraries on sexual assault

Encyclopedias and Dictionaries

Search terms: rape crisis

Related links: Victim blame

References:


Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.

rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>

Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.

Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).

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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

## Films, Performances and Music On Sexual Assault and Rape

**Homepage|Research|Crisis Information|Hotlines**

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### Directories

**Directory of research films you may find at your local library**

**Domestic Violence & Sexual Assault: Film & TV**

**<http://creativefolk.com/abusedvd.html>**

**Escaping Hades**

**<http://escapinghades.pandys.org/triggeringmedia.html>**

**A list of triggering films that have rape scenes included in them.**

**Video Resources About Rape**

**<http://www.rapeis.org/activism/videos/videos.html>**

**A list of films from rapeis.org.**

**Directory of educational films on sexual abuse and assault**

**"This site provides information about sexual violence resources available both in Virginia and nationally. You may browse the resources or search our database."**

### Films

**Vagina Monologues**

**<http://www.vaginamonologues.com/index.html>**

**The Vagina Monologues- Contains moving feminist perspectives on rape in war torn countries as well as our attitudes towards our own bodies. Many college campuses put on annual Theater presentations of this play during women's week in April. Available at most movie rental centers.**

**Speak- the movie or Book on tape**

"The feature film debut of writer/director Jessica Sharzer, **SPEAK** is the tragicomic story of a smart, spirited high school freshman who has been stunned into silence<sup>248</sup> by an unspeakable event – a date rape by an upperclassman. Based on the award-winning novel of the same name by Laurie Halse Anderson, **SPEAK** echoes its heroine's stubborn honesty and sardonic humor as it follows her journey from traumatized isolation to brave disclosure. Sharzer vividly renders a teenager's world, displaying a brightness and sensitivity that is perfectly matched to character and story. Unfolding over the course of the school year, **SPEAK** captures the absurdities and torments of high school, where speaking up can lead to trouble for students and teachers alike. But for the film's protagonist, expressing herself is the only way to confront a shattering experience, and thus cope with it."

### **NO! The Documentary**

<http://notherapedocumentary.org/>

**NO!** unveils the reality of rape, other forms of sexual violence, and healing in African-American communities. What does it look like to visually make central that which has been placed on the margins and on the periphery?

### **Rape Is...**

<http://www.cambridgedocumentaryfilms.org/> or <http://www.rapeis.org/index.html>

**Rape is...**a documentary film which explores the meaning and consequences of rape. It is about "a human rights outrage that leaves millions of women, children and men in a state of terror and pain". This film is just out and has great reviews.

**Rapeis.org** has great links and is an excellent supplement for research or presentations on rape crisis resources.

"Cambridge Documentary Films produced the documentary, "Rape is...," as one part of the global effort to stop rape in all of its complex forms...This discussion guide provides supplementary information and discussion resources for the Cambridge Documentary Films production, "Rape is..."

We believe that "Rape is..." is an effective tool for social change when used in conjunction with an organized post-viewing discussion. The film introduces important and controversial ideas and the discussion allows viewers to explore and make those ideas their own.."

### **Other titles from Cambridge:**

**Rape Culture** - examines the relationship between our culture's sexual fantasies and rape through film and other media. The film defined "rape culture" for the first time.

### **Defending Our Lives (cc)-**

**\*ACADEMY AWARD® WINNER for Best Documentary Short\***

About the magnitude and severity of domestic violence in this country, the film features four women imprisoned for killing their batterers and their terrifying personal testimonies.

**The Strength to Resist: The Media's Impact on Women and Girls (cc)-** It documents the fight against the toxic and degrading messages to girls and women that dominate the media. It features the ideas of Gloria Steinem, Carol Gilligan, Gail Dines, Amy Richards, Valerie Batts, and Catherine Steiner-Adair.



**Thelma & Louise is a feminist manifesto writ large on the big screen, a smart and funny gender reversal of the standard Hollywood buddy formula, a road movie extraordinaire, with characters who became instant cultural icons. No matter how you define it, Ridley Scott's 1991 box-office hit pinched a nerve and made the cover of national news magazines for tweaking gender politics like no movie before or since. Callie Khouri's screenplay overhauls the buddy formula with its story about two best friends (Susan Sarandon and Geena Davis) who embark on a liberating adventure that turns into an interstate police chase after a traumatic incident makes both women into fugitives; they are en route to a destiny they could never have imagined. The perfect casting of Sarandon and Davis makes Thelma & Louise a movie for the ages, and Brad Pitt became an overnight star after his appearance as the con-artist cowboy who gives Davis a memorable (but costly) night in a roadside motel. editorial review by Jeff Shannon**

### **Searching for Angela Shelton**

**<http://www.searchingforangelashelton.com/>**

**"In "Searching for Angela Shelton," filmmaker Angela Shelton journeys across the United States to meet other Angela Sheltons and through them survey women in America. What she wasn't prepared for was to learn that like herself, 24 out of the 40 Angela Sheltons she spoke to had been raped, beaten or molested. The first Angela Shelton the filmmaker meets rents out space to a foster care company and it brings up the filmmaker's memories of being in a foster home as a child. Then there is an Angela Shelton who tracks sexual predators and just happens to live in the same town as the filmmaker's father who molested her and her stepsiblings for years."**

### **Awful Normal**

**<http://www.amazon.com/Awful-Normal-Celesta-Davis/dp/B000JLTSD0>**

**Our journey follows them from their first family conference where they decide to find him, through a revealing therapy session and many intimate conversations between sisters, revealing some of the affects the abuse has had on their lives. As they move both physically and emotionally closer to finding their perpetrator, they make some surprising discoveries.**

**A sure testament to the fragility and stamina of the human spirit, this film explores the ripple effects of a single action across generations and families, and puts these women literally face to face with their demons.**

### **North Country - Speak Out**

**<http://northcountrymovie.warnerbros.com/>**

**"What Josey Aimes wants is a decent job so she can put food on the table and take care of her kids. What she gets is threatened, insulted, ogled, fondled, belittled, attacked and called filthy names. "Take it like a man," her callous male boss says. Instead, she takes it like a human being - and fights back. Charlize Theron portrays Josey in North Country, the searing story of women who broke the gender barrier laboring in hazardous Minnesota iron mines... and broke legal ground with the nation's first class-action sexual-harassment lawsuit. Frances McDormand, Sissy Spacek, Woody Harrelson and Sean Bean star with Theron in this emotionally explosive tale of taking on the odds to achieve what everya range of abuse while**

### **The Magdalene Sisters**

**This film is a good illustration of secondary victimization.**

**"Dickens updated. No, worse! Compared to life at the Magdalene Sisters convent-run sweatshops, Oliver Twist had it easy...And the reality—from the 1960s to the end of this past century, thousands of "fallen women" passed through the convent homes ...And their sexual misdeeds? Margaret (Duff) is raped by a cousin at a family wedding and makes the mistake of talking about it (her attacker, of course, gets off scott free). Bernadette (Noone), a free-spirited orphan, is deemed too attractive to boys (who merely flirt with her from afar). And Rose (Duffy) and the simple-minded Crispina (Walsh) have illegitimate babies which are forcibly taken from them and farmed out for adoption."**

### **A Long Walk Home**

**<http://www.alongwalkhome.org/>**

**A Long Walk Home: A Story of A Rape Survivor documents the journey from sexual assault victim to sexual assault survivor. This website gives information concerning the on stage performance of A Long Walk Home. It is a critically acclaimed dramatic piece concerning sexual assault and african american women. The piece is performed at major Universitys and deals with relevant view points on the subject.**

### **My Mother's Face: A daughter's camera confronts suspect in rape**

**<http://www.moviesbywomen.com/articles/henkel.html>**

**"In a last-ditch attempt to save her mother, she drops her life in 1993 and travels back with her camera to a razor-wired Johannesburg she instantly labels a "city of fear." What she discovers in the process is the unending trauma of rape, its capacity to unhinge a family, and its prevalence in the post-apartheid South Africa, where a new sexual offence's unit in Johannesburg would take on 1,800 unsolved cases and a woman is raped once every 26 seconds."**

### **Stories No One Wants To Hear**

**[http://www.fanlight.com/catalog/films/264\\_snowth.shtml](http://www.fanlight.com/catalog/films/264_snowth.shtml)**

**Description: This award-winning experimental documentary combines interviews and poetic video art to explore the process of remembering childhood trauma. Three of the four women in this film were sexually abused by their mothers, the fourth by her brother. Each woman candidly explores her experience of remembering: questioning her childhood, recognizing disquieting patterns, facing emerging memories, understanding the trauma, and healing.**

### **Rape By Any Name**

**[http://www.fanlight.com/catalog/films/151\\_rban.shtml](http://www.fanlight.com/catalog/films/151_rban.shtml)**

**Description: Weaves the stories of three acquaintance rape survivors together with the views, attitudes and biases both of professionals and of high school and college students.**

## The Healing Years

<http://www.sidran.org/catalog/bahe.html>

**Description:** This artfully produced documentary illustrates the poignant stories of incest survivors: former Miss America Marilyn Van Derbur speaking out in the nation; Janice Mirikitani, President of Glide Memorial Church, San Francisco, helping inner-city women substance abusers healing from incest; and Barbara Hamilton, a 79-year-old survivor ending three generations of incest in her family. For the sexually abused child, awareness and recovery are key to a secure and nourishing future.

## Short Films

**FEAR - multi-media documentary project**

<http://www.fearproject.org/index.php>

"Each FEAR Project story is a stand-alone 'chapter' intended as part of an overarching production for the editorial, educational, and advocacy markets. The themes are meant to help people think critically about how we live; sexual violence is pervasive and psychologically debilitating, the statistics show it, but the revelation is in the personal narrative. In these stories we can find our relationship to the violence and hopefully make sense of it" This is very moving, professionally done and effective. The format is video with audio voice-overs. The 'Portraits' promotional video would be very good for showing during class presentations as an overview.

**RAINN public service announcements- "Lift Me Up"**

This PSA is a hauntingly beautiful video accompanied by the song "Lift Me Up".

You can view the video at Road Less Travelled productions- see the tab work/commercials/RAINN

- A longer version is available under 'films' from the main menu called 'unbroken'

Click on films and then click on 'unbroken'

**Description:** 9 minute film by Brad Furman

"Unbroken is haunting for an altogether different reason. This short film/PSA for the Rape Abuse Incest National Network concerns a young woman trying to hold herself together and confront her trauma after being sexually assaulted. Furman manages to strike an effective balance between beautiful, powerful images depicting a touchy subject without making it feel too 'slick' or music-videoesque. Information on how someone can report an assault is included." EInsiders

Unbroken is also available here.

**Broken - Trailer for a film about a victim's advocate.**

**Volencia Domestica**

[http://www.fanlight.com/catalog/films/343\\_vd.shtml](http://www.fanlight.com/catalog/films/343_vd.shtml)

**Description:** Focuses on domestic violence in lesbian relationships, including signs of an abusive relationship, and ways of getting help.

**Breaking The Cycle Of Domestic Violence**

[http://www.fanlight.com/catalog/films/321\\_btcodv.shtml](http://www.fanlight.com/catalog/films/321_btcodv.shtml)

**Description:** This program will help nurses, physicians, social workers and other healthcare workers to detect domestic violence and intervene to "break the cycle."

**Male Assault victims**

**Surviving Sexual Abuse**

<http://www.storesonline.com/site/917676/product/912>

**Description:** This 30-minute documentary features two young men speaking candidly about being sexually abused: Doug by his grandfather and Brian by a priest that was a family friend. Boys are less likely to report abuse because of the shame, fear and confusion they feel. The overall message to anyone that has been sexually abused is that they are not alone and that it is important to tell someone, and to keep telling until they find someone who believes them.

**Shatterboy**

<http://www.shatterboy.com/>

**Description:** A 27 minute documentary of five men discussing the impact of sexual abuse on men. Intended as an introduction into this difficult topic that can be used in therapy sessions, group discussions and training seminars.

**Public service announcements (audio and video) on rape and sexual assault**

**Audio and Music**

**Cathartic songs for rape and sexual abuse survivors, II**

<http://www.pandys.org/survivingthememories/songs2.html>

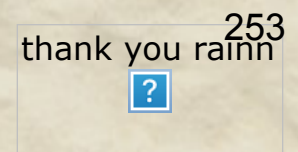
You can listen to many of them.

**Examples:**

Hymn to her by the Pretenders, Calling All Angels by Jane Siberry & k.d. Lang, Beautiful by Christina Aguilera, A Sorta Fairytale by Tori Amos, Damaged by Plumb, Beautiful Girl by Poe and more.

**Individual survivor friendly songs:** Broken sung by xXCourtXx,

Tori Amos



<http://www.toriamos.com/>

Tori Amos achieved fame in 1991 when her song 'Me and a gun' broke in the UK. The song included the story of her true life rape experience. Her first UK album was "Little Earthquakes" in 1992. (Fargo, 1992)

According to Wilson Web Biography Reference Bank:

"Amos helped launch RAINN, the Rape, Abuse, and Incest National Network, in 1994, shortly after she received a Visionary Award from the D.C. Rape Crisis Center for addressing the issue of sexual assault in her music. She also helped to establish a toll-free sex-abuse hotline" (Current Biography, 1998)

"In an effort to call attention to the non-profit organization she co-founded, RAINN (the Rape, Abuse and Incest National Network), Tori Amos requested that 2,000 radio stations in the country play her poignant ballad "Silent All These Years," and run a public service announcement simultaneously at noon on May 16th. RAINN operates America's only national hotline for sexual assault victims." ROCKRGRRL Magazine Aug 31, 1997 from the Gender Watch database.

She is also the inspiration for many rape survivor websites and online support groups.

About the music:

"The song "Me and a Gun" from the album Little Earthquakes is inspired by a real event in Tori's life, an event referred to as a rape in some interviews, and a sexual assault in others."\* |Quotes|Quotes on rape| Inspiration to survivors|Biography|Everything Tori|Piece by piece- biography|Music|MusicII|

Education: Student, Peabody Conservatory

Creative Works / Albums: Y Kant Tori Read, 1988, Little Earthquakes, 1992, Under the Pink, 1994 (Grammy nomination, Best Alternative Music Performance, 1995), Boys for Pele, 1996, From the Choirgirl Hotel, 1998, To Venus and Back, 1999, Strange Little Girls, 2001, Scarlet's Walk, 2002, Tales of a Librarian: Tori Amos Collection, 2003, The Beekeeper, 2005, A Piano: The Collection, 2006; author: (with Ann Powers) Tori Amos: Piece By Piece, 2005.

Amos, T., et. al., Tori Amos, piece by piece: a portrait of the artist : her thoughts, her conversations. 1st ed. Broadway Books, 2005. 350 p.

Review(s):

Booklist v. 101 no. 12 (Feb. 15 2005).

Marquis Who's Who on the Web. (2006). Tori Amos. Retrieved Dec. 22, 2006, from

<http://search.marquiswhoswho.com/executable/SearchResults.aspx?db=E>

Fargo, D. (1992). Tori Amos. In C. Larkin (Ed.), *The Guinness Encyclopedia of Popular Music* (pp. 79-80). : Guinness Publishing Vol. 1.

Voices of Strength

<http://www.voicesofstrength.org/>

"Survivor and Founder Haullie Free takes 15 courageous Survivors of Rape, Sexual Abuse and Domestic Violence on a journey toward personal enlightenment and self validation, through the power of the human VOICE."

## **Surviving the Truth**

<http://www.findingmyvoice.net/stt.html>

**'Surviving The Truth' is an audio Documentary for Survivors of Sexual Abuse and Domestic Violence. As well as related projects to help raise awareness. It is a Testament to the Spirit of Survivors from all around the world.**

## **No Secrets: A Commemoration of the 25th Anniversary of the Womens Rape Crisis Center**

**"An intensely heart-felt compilation representing Vermont's music community gathered in support of the Women's Rape Crisis Center."**

## **Songs Related to Domestic Violence and Sexual Assault...and Survival**

<http://creativefolk.com/abusesongs.html>

**An annotated list of recorded sources, from traditional ballads to punk.**

## **Indigo Girls 101, Latest CD**

**Every six minutes (song also available here.)**

**While not exactly a PSA- This is an audio clip of a very powerful song from the film "Prey for Rock and Roll". Although the film itself is very graphic- this song (and the film portion of the performance) is very moving. You will hear these lyrics:**

**Every 6 minutes  
Someone says "no"  
Every 6 minutes  
She gets ignored  
It's not what you're wearing  
Its not where you've been  
The fact that they think so  
Tells you somethin' bout sin"**

**Statistics to discuss**

## **Resources to research this subject:**

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**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

Search terms: rape crisis

Related links: Victim blame

References:

Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.

rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>

Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.

Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).

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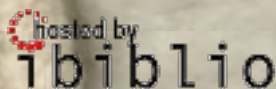
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# The Effects of Rape

## and Sexual Assault

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Many rape and sexual assault victims suffer from Rape Related PTSD and the disorders listed below. Immediate reactions can be either expressive or subdued.

The four major symptoms of Rape-related Post Traumatic Stress Disorder are:

- Re-experiencing the trauma (uncontrollable intrusive thoughts about the rape)
- Social withdrawal
- Avoidance behaviors (a general tendency to avoid any thoughts, feelings, or cues)
- Irritability, hostility, rage and anger

The most common long term effects of sexual assault and rape are the invisible ones. The immediate symptoms of rape trauma include having unpredictable and intense emotions. The victim may have an exaggerated startle response (jumpy), may have memories and intrusive thoughts about the assault, nightmares, difficulty sleeping and difficulty concentrating. The long term psychological effects of rape can include PTSD and rape trauma syndrome (RTS), OCD, DID, Eating Disorders, Self Injury, Self blame, Panic attacks, Flashbacks, Body memories and Sleeping disorders. Unfortunately in many cases these effects can be life long if the victim does not get immediate support and care. Some people mask these symptoms in order to cope with society.

According to NCPTSD: "Major Depressive Disorder (MDD) is a common reaction following sexual assault.

Symptoms of MDD can include a depressed mood, an inability to enjoy things, difficulty sleeping, changes in patterns of sleeping and eating, problems in concentration and decision-making, feelings of guilt, hopelessness, and decreased self-esteem."

"NVAWS strongly confirms the negative mental health and social costs

of rape victimization. Of those raped since age 18, 33 percent of the female rape victims and 24.2 percent of the male victims said they received counseling from a mental health professional as a direct result of their most recent rape ... The survey found that 19.4 percent of the female victims and 9.7 percent of the male victims raped as adults said their victimization caused them to lose time from work." 258  
National Violence Against Women Survey

Learning about the health and psychological conditions effecting survivors of assault has been cited by researchers as a positive coping skill associated with faster healing. (Matsushita-Arao, 1997 )

### Disorders

- PTSD and rape trauma syndrome (RTS)
- Immediate symptoms
- OCD
- DID
- Eating Disorders, research
- Self Injury
- Self blame
- Panic attacks
- Flashbacks
- Memory and ptsd
- Body memories
- Sleeping disorders
- Physical symptoms
- Pregnancy

### Directories

- Sidran catalog of RTS by Subject
- Medline directory
- Vocabulary

### Issues

- Date rape drugs
- Secondary victimization
- Dyslexia symptoms and PTSD

### Treatments

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- Health
- Emergency contraception
- Therapy
- Art therapy
- Online therapy
- Online Support groups
- Steps in healing
- Coping skills
- Retreats
- Medical Training
- Psychological support groups

### Journal articles

**Smith, M. & Kelly, L. (2001). The journey of recovery after a rape experience. *Issues in Mental Health Nursing*, 2(4), Jun pp. 337-352. link**

**"The purpose of the study was to discover the meaning of recovery from the perception of the victim, how recovery is experienced, and what contributed to the growth and recovery of the woman who has been raped...The thematic structure of a woman's recovery from rape comprises 3 main themes: reaching out, reframing the rape, and redefining the self."**

**Ball R. (1982). Victims and Their Psychiatric Needs (From *National Symposium on Victimology - Proceedings*, P 211-219, 1982, P N Grabosky, ed. - See NCJ-90209)**

#### **Quote:**

**Victims of violent crime are likely to experience a psychic erosion of a sense of personal invulnerability, a yearning for interaction with and service toward others, and a sense of control over personal destiny. Such a psychic and bodily assault can elicit the use of a number of categories of coping abilities: (1) denying or minimizing the seriousness of a crisis; (2) seeking relevant information and using intellectual resources effectively; (3) obtaining reassurance and emotional support from concerned friends, family, and experts deemed competent to provide help; (4) learning injury-related procedures; (5) setting practical goals; and (6) rehearsing alternative outcomes. Adaptive tasks related to physical injuries include dealing with pain and incapacity, adapting to hospital and other medical environments as well as special treatment procedures, and developing relationships with various professional staff. General needs involve maintaining a reasonable emotional balance, retaining a satisfactory self-image, preserving relationships with family and friends, and preparing for an uncertain future. Eight references are provided.**

**Matsushita-Arao, Yoshiko. (1997). Self-blame and depression among forcible rape survivors. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 57(9-B). pp. 5925.**

**Quote:**

**The purposes of this study were four-fold. The first purpose was to determine the relationship between rape survivors' self-blame (behavioral, characterological, and total amount of self-blame) and time (retrospective and current assessments). For the retrospective assessment, survivors rated their feelings of self-blame immediately following their rape and before receiving Rape Crisis Center (RCC) treatment. For the current assessment, survivors rated their feelings of self-blame at the time of completing this study's questionnaire and after having received RCC treatment. The second purpose was to identify whether perceived severity was a better predictor of current total amounts of self-blame and depression than actual severity. The third purpose was to determine the relationships between current self-blame and depression and various pre-assault, assault, and post-assault variables. The fourth purpose was to identify the relationships between RCC contacts (number of contacts and amount of satisfaction) and current self-blame and depression. Participants were women survivors of adult forcible rape identified by staff members at 14 RCCs. Questionnaires were mailed to 50 women who agreed to participate, and of these, 42 (84%) returned them. Wilcoxin Signed-Ranks test for matched pairs, simple correlations, and multiple regression were used to analyze the data. The major findings were: (1) RCC survivors reported experiencing less total, behavioral, and characterological amounts of self-blame currently than they retrospectively reported experiencing right after their rape. (2) The best predictor of current total amount of self-blame using pre-assault, assault, and post-assault variables was the relationship to the assailant(s). Survivors who knew their assailant(s) reported experiencing more self-blame. (3) The best predictor of current amount of depression was the amount of time since the rape. As the amount of time increased, the survivors reported experiencing less depression. (4) Three types of RCC counseling responses were judged to be helpful in reducing feelings of self-blame: (a) supportive responses, (b) psychoeducational responses, and (c) those responses addressing the**

issue of blame. (5) There was an inverse relationship between the number of RCC counseling contacts for the rape and the current total amount of self-blame. As the number of contacts increased, the survivors reported experiencing less self-blame. Implications of the findings are discussed.

**Littleton, H. & Breitkopf, C. (2006). COPING WITH THE EXPERIENCE OF RAPE. *Psychology of Women Quarterly*, 30 (1), p106-116.**

**"The coping strategies that a victim of a rape engages in can have a strong impact on the development and persistence of psychological symptoms. Research provides evidence that victims who rely heavily on avoidance strategies, such as suppression, are less likely to recover successfully than those who rely less heavily on these strategies. The present study utilized structural path analysis to identify predictors of avoidance coping following rape and examined factors in the assault itself (e.g., force, alcohol use), sequelae of the assault (e.g., self-blame, loss of self-worth), and social support as potential direct and indirect predictors of avoidance coping. From a sample of 1,253 university women, the responses of 216 women who endorsed an experience of rape were examined. Results suggested that sequelae of the assault such as feelings of self-blame and negative reactions received from others are potentially important predictors of avoidance coping. Implications of the results for future rape recovery research are discussed."**

**Koss, M. & Figueredo, A. (2004). COGNITIVE MEDIATION OF RAPE'S MENTAL HEALTH IMPACT: CONSTRUCTIVE REPLICATION OF A CROSS-SECTIONAL MODEL IN LONGITUDINAL DATA. *Psychology of Women Quarterly*, 28 (4), p273-286.**

**"The model's central features were confirmed and showed that Psychological Problem History exacerbated Characterological Self-Blame, leading to more Maladaptive Beliefs, which determined initial Psychosocial Distress and its rate of decline."**

**Sexual Assault Among Intimates: Frequency, Consequences and Treatments NCJRS**

**"Sexually assaulted women reported an increased risk of femicide, rape-related pregnancy, poor physical and mental health, posttraumatic stress disorder, increased alcohol use, and suicide."**

**Sarkar, N. N.; Sarkar, Rina, (2005) Sexual assault on woman: Its impact on her life and living in society. *Sexual & Relationship Therapy*, 20 (4), 407-419**

**Database: Academic Search Premier**

**Quote: The author's aim is to bring forth the consequences of sexual assault on women with a view to abate this crime against women. Data are extracted from the literature through the computerised MEDLINE system. Women sexually assaulted in childhood are twice as likely to be sexually assaulted in adulthood. Post-traumatic mental problems, acute stress disorders, depression and other psychological problems are found in victims of sexual assault. Women often suffer from sleep disorders, nightmare, anxiety, depression, suicidal ideation, and diminishing of sexual urge and pleasure among other disorders following sexual assault or rape. Recovery is slower in sexual than in non-sexual assault victims. Factors influencing recovery are emotional support from friends, relations, social and community supports. Overall social changes in outlook and perception towards women are needed in the modern society to curb the sexual assault on women.**

**Schnurr, PP. Friedman, MJ. Bernardy NC. (2002) Research on posttraumatic stress disorder: epidemiology, pathophysiology, and assessment. *Journal of Clinical Psychology*, 58(8):877-89.**

**Database: Medline**

**Quote: "Posttraumatic stress disorder (PTSD) is a highly prevalent disorder in both clinical and community populations. This article reviews current knowledge about PTSD in order to assist clinicians in the diagnosis and treatment of reactions to traumatic life events. First, research findings are presented, followed by guidelines for the assessment of trauma and PTSD. Topics discussed include epidemiology, course, and comorbidity, as well as information processing and psychobiology. The review is limited to information about PTSD in adults, although some of the material may generalize to child and adolescent populations."**

**Burgess, A. D. & Holmstrom, . (1974). Rape trauma syndrome. *Am J Psychiatry*, 131(9), 981-6.**

**Campbell, Rebecca; Wasco, Sharon M., (2005) Understanding Rape and Sexual Assault. *Journal of Interpersonal Violence*, 20 (1) p127-131, 6p;**

**"women reporting sexual assault were 5.3 (95% CI, 1.3, 21.5) times more likely to report threatening or attempted suicide within a 90-day period compared to physically-abused only women."**

**McFarlane, Judith; Malecha, Ann; Gist, Julia; Watson, Kathy; Batten, Elizabeth; Hall, Iva;Smith, Sheila (2005). INTIMATE PARTNER SEXUAL ASSAULT AGAINST WOMEN AND ASSOCIATED VICTIM SUBSTANCE USE, SUICIDALITY, AND RISK FACTORS FOR FEMICIDE. *Issues in Mental Health Nursing*, Nov2005, Vol. 26 Issue 9, p953-967, 15p link**

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**References:**

rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>

Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.

Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).

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## PTSD - Posttraumatic Stress Disorder

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- Therapy: [EMDR](#) &  
other [therapy types](#)

### Overview:

**Rape related PTSD** from The New York City Alliance Against Sexual Assault, originally from [NCVC](#)

[http://www.svfreenyc.org/survivors\\_factsheet\\_43.html](http://www.svfreenyc.org/survivors_factsheet_43.html)

Information about PTSD (posttraumatic stress disorder) or RTS (rape trauma syndrome) information from the National Center for Victims of Crime.

The four major symptoms of Rape-related Post Traumatic Stress Disorder are:

- Re-experiencing the trauma (Rape victims may experience uncontrollable intrusive thoughts about the rape)
- Social withdrawal
- Avoidance behaviors (a general tendency to avoid any thoughts, feelings, or cues which could bring up the catastrophic and most traumatizing elements of the rape)
- Irritability, hostility, rage and anger

Also listed by The Diagnostic and Statistical Manual of Mental Disorders as:

"PTSD symptoms in... three clusters:

- Intrusion (re-experiencing of the trauma, including nightmares, flashbacks, recurrent thoughts)
- Avoidance (avoiding trauma-related stimuli, social withdrawal, emotional numbing)
- Hyperarousal (increased emotional arousal, exaggerated startle response, irritability)" ([Hensley, 2002](#)).

One helpful coping tactic is to carry a small notebook with you and write down where you parked your car, phone numbers and names (especially emergency contacts).

**Sexual Assault against Females** from The National Center for PTSD

<http://www.ptsd.va.gov/public/pages/sexual-assault-females.asp>

A summary of the effects of rape.

**Recommended treatments** from The National Center for PTSD and from the [Center for Anxiety and Traumatic Stress Disorders at MGH](#):

There are a number of effective medications available to treat the symptoms of PTSD, including antidepressants and some newer anti-anxiety or mood-stabilizing medications. Many individuals with PTSD do well with treatment that includes both psychotherapy and medication. Cognitive-behavioral therapy (CBT), including

prolonged exposure (PE), Cognitive Processing Therapy (CPT), and Skills Training in Affect and Interpersonal Regulation (STAIR) is effective for many patients with PTSD<sup>207</sup> and involve working closely with a therapist to systematically process the traumatic event, identify and modify negative thoughts that interfere with recovery from the trauma, and learn to face situations or feelings associated with the trauma. In addition, CBT helps individuals learn skills for managing difficult emotions and overcoming difficulties in interpersonal relationships.

## **Government Resources**

### **What is Posttraumatic Stress Disorder? from**

#### **NCPTSD**

<http://www.ptsd.va.gov/public/pages/what-is-ptsd.asp>

**Posttraumatic Stress Disorder, or PTSD, is a psychiatric disorder that can occur following the experience or witnessing of life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults like rape.**

### **What is PTSD? from NIMH**

<http://www.nimh.nih.gov/HealthInformation/ptsdmenu.cfm>

**Post-Traumatic Stress Disorder, PTSD, is an anxiety disorder that can develop after exposure to a terrifying event or ordeal in which grave physical harm occurred or was threatened. Traumatic events that may trigger PTSD include violent personal assaults, natural or human-caused disasters, accidents, or military combat.**

### **What is PTSD? from NCPTSD**

<http://www.ptsd.va.gov/public/pages/fslist-ptsd-overview.asp>

**The National Center for Post-Traumatic Stress Disorder (PTSD) was created within the Department of Veterans Affairs in 1989, in response to a Congressional mandate to address the needs of veterans with military-related PTSD. Its mission was, and remains: To advance the clinical care and social welfare of America's veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders. This website is provided as an educational resource concerning PTSD and other enduring consequences of traumatic stress. The above site is not designed for rape victims but if you enter the term rape in the search engine it has articles relating to rape trauma.**

### **PTSD in women and assault victims from NCPTSD**

<http://www.ptsd.va.gov/public/pages/sexual-assault-females.asp>

**"The most widely studied psychological consequence of sexual assault is Posttraumatic Stress Disorder (PTSD)."**

**[For more information on ptsd and rape trauma syndrome click here.](#)**

**References:**

**Hensley, L. (2002). [Treatment for Survivors of Rape: Issues and Interventions](#). Journal of Mental Health Counseling, Vol. 24.**

**Seritan, A., (2005). Hysteria and the Mind-Brain Connection. Psychiatric Times, 52 (13), 41-42.**

**Schnurr PP. Friedman MJ. Bernardy NC. (2002). Research on posttraumatic stress disorder: epidemiology, pathophysiology, and assessment. Journal of Clinical Psychology. 58(8):877-89.**

**Norman, Judith. (2000). CONSTRUCTIVE NARRATIVE IN ARRESTING THE IMPACT OF POST-TRAUMATIC STRESS DISORDER. By: Clinical Social Work Journal. 28 (3). p303-319, 17p. [link](#)**

**Does writing reduce posttraumatic stress disorder symptoms? Deters, Pamela B.; Range, Lillian M.; Violence and Victims, Vol 18(5), Oct 2003. pp. 569-580. [link](#)**

**Felmingham, Kim L.; Bryant, Richard A.; Gordon, . (2003). Evian Processing angry and neutral faces in post-traumatic stress disorder: An event-related potentials study. Neuroreport: For Rapid Communication of Neuroscience Research. 14(5). pp. 777-780. [link](#)**


**Use of drawing technique to encourage verbalization in adult survivor of sexual abuse. Lev-Wiesel, Rachel; Arts in Psychotherapy, Vol 25(4), 1998. pp. 257-262. [link](#)**

**[CORK Bibliography: Post-Traumatic Stress Disorder \(PTSD\)](#)**

**[http://www.projectcork.org/bibliographies/data/Bibliography\\_PTSD.html](http://www.projectcork.org/bibliographies/data/Bibliography_PTSD.html)**

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## Panic Attacks - types

### Panic Attack

<http://www.adaa.org>

**"A Panic Attack is defined as the abrupt onset of an episode of intense fear or discomfort, which peaks in approximately 10 minutes, and includes at least four of the following symptoms:**

- a feeling of imminent danger or doom;
- the need to escape;
- palpitations;
- sweating;
- trembling;
- shortness of breath or a smothering feeling;
- a feeling of choking;
- chest pain or discomfort;
- nausea or abdominal discomfort;
- dizziness or lightheadedness;
- a sense of things being unreal, depersonalization;
- a fear of losing control or "going crazy";
- a fear of dying;
- tingling sensations;
- chills or hot flushes."

### Anxiety Disorders

<http://www.nimh.nih.gov/publicat/anxiety.cfm>

**"A detailed booklet that describes the symptoms, causes, and treatments of the major anxiety disorders, with information on getting help and coping."**

### **Other types of panic attacks:**

**"Numb/Tingling Extremities: While your heart is racing to increase oxygen flow, your brain also sends signals to cut blood flow to your hands and feet as they are the areas most likely to take the brunt of an "attack." The decreased blood flow to those areas causes numbness and/or tingling sensations."**


### **"Weakness in arms & tingling in the hands or feet**

**The flight or fight response is an intense reaction and causes many systems of the body to react. Circulation, blood oxygen and blood carbon dioxide levels**

change and muscle tension is altered in preparation for action. All of these bodily changes have a profound effect on bodily sensations, feeling weak in the extremities, (arms, hands, legs or feet) is one of these sensations. Tingling is usually caused by the pooling of blood carbon dioxide in the limbs, shaking the hands, arms, legs and feet can help increase circulation to these areas. These symptoms are not harmful and will return to normal. Light exercise is very helpful in reversing these sensations."

See these [Coping Skills](#).

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# Eating Disorders

**Homepage|Research|Crisis Information|Hotlines**

**Home page|Research|Topics|Journal articles|Encyclopedias and Dictionaries|Crisis Information|Hotlines|Rape crisis centers|How to help rape victims|Effects of rape|Therapy|Path to healing|Male survivors|Victim blame|Other topics**

**For information: 1.800.931.2237 or (UK) 0845.634.7650**

- **Message board**
- **Community links**
- **Effects of rape**

## **Overview:**

**How to help a friend- what to say.**

## **Research**

### **Government Resources**

**Facts about eating disorders and the search for solutions.**

**<http://www.nimh.nih.gov/publicat/eatingdisorders.cfm>**

**Eating disorders involve serious disturbances in eating behavior, such as extreme and unhealthy reduction of food intake or severe overeating, as well as feelings of distress or extreme concern about body shape or weight.**

### **Non-profit Resources**

#### **Something Fishy**

**<http://www.something-fishy.org/>**

**There seems to be a definite correlation between physical, sexual and/or emotional abuse and the sufferers of Eating Disorders. According to studies, a relatively high percent report that they have suffered from some sort of abuse in their lives. This site includes a treatment finder.**

### **Private Sector Resources**

<http://www.edrecovery.com/index.html>

**What causes eating disorders? "This is an occurrence that causes extreme emotional pain for a person...rape"**

**ANRED**

<http://www.anred.com/welcome.html#howuse>

**What causes eating disorders?**

**"Some people with eating disorders use the behaviors to avoid sexuality...It is often said that the key to understanding an eating disorder is an appreciation of the person's need to control.."**

**An organization that provides information about anorexia nervosa, bulimia nervosa, binge eating disorder, and other less-well-known food and weight disorders. Our material includes self-help tips and information about recovery and prevention.**

**Anorexia visible with brain scans**

<http://news.bbc.co.uk/2/hi/health/7120564.stm>

**"Sophisticated scans have revealed the eating disorder anorexia is linked to specific patterns of brain activity."**

**Face the issue**

<http://www.facetheissue.com>

**This site is easy to read and oriented towards young women. It is illustrated with animations.**

**Find treatment:**

**You are not alone. Here are some ways to get help:**

**International Eating Disorder Referral Organization**

<http://www.edreferral.com/>

**Find resources in your area (hospitals and therapists)**

**"Welcome to the Eating Disorder Referral and Information Center! We are dedicated to the prevention and treatment of eating disorders. Edreferral.com provides information and**

**treatment resources for all forms of eating disorders. Our goal is to provide assistance, in the form of information and resources, to those suffering with eating disorders to get them started on the road to recovery and healthy living."**

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### **International Referral and Information**

**[http://www.edauk.com/getting\\_help.htm](http://www.edauk.com/getting_help.htm)**

**How to get help for an eating disorder in the UK - help lines and links.**

### **Find a nutritionist / dietician from medline**

**<http://www.nlm.nih.gov/medlineplus/directories.html>**

### **Support groups for eating disorders**

**<http://directory.google.com/Top/>**

**[Health/Mental\\_Health/Disorders/Eating/Support\\_Groups/](http://directory.google.com/Top/Health/Mental_Health/Disorders/Eating/Support_Groups/)**

### **Information about eating disorders**

**<http://www.pale-reflections.com/support.asp?page=telus>**

**Hotlines and information about eating disorders/  
eating disorder community site.**

### **Nutritional drinks**

**<http://www.ensure.com/>**

**Nutritional supplements - caffe latte and other flavors and how to buy them.**

### **Glucerna**

**<http://www.glucerna.com/>**

**Nutritional drinks for diabetics.**

**Peanut butter, cashew butter, frozen yogurt, smoothies.**

For more information on eating disorders click *here*.

Worsnop, R. L. (1992, December 18). Eating disorders . *CQ Researcher*, 2, 1097-1120. Retrieved February 1, 2007, from CQ Researcher Online, <http://library.cqpress.com/cqresearcher/cqresrre1992121800>.

Further references available here.

#### Resources to research this subject:

Journals and articles

Search the NCJRS Abstracts Database

Google scholar or Findarticles

Finding books at the library

Online Libraries on sexual assault

Encyclopedias and Dictionaries

Search terms: rape crisis

Related links: Victim blame

#### References:

Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.

rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>

Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.

Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).

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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

## Date Rape Drugs

Hotline: (800) 656-4673 (656-HOPE)

- [Message board, II](#)
- [Community links](#)

### Overview:

#### Overview of date rape drugs

**What are "rape drugs?" from the Santa Monica Rape Treatment Center.**

**Certain drugs, such as Rohypnol, GHB, and Ketamine, are sometimes called "Rape Drugs" because they can be used as a weapon in sexual assault crimes. When the drugs are hidden in a drink, they may be completely undetectable. Yet, they are powerful and dangerous. They can seriously harm or even kill you.**

**For more information call the Santa Monica-UCLA Medical Center at 1-800-END-RAPE (1-800-363-7273).**

**Highlight: New products help detect date rape drugs - the drink detective.**

<http://www.drinkdetective.com/>

## Government Resources

### GHB described on the DEA website.

<http://www.usdoj.gov/dea/ongoing/daterapep.html>

**Victims may not be aware that they ingested a drug at all. GHB and its analogues are invisible when dissolved in water, and are odorless. They are somewhat salty tasting, but are indiscernible when dissolved in beverages such as sodas, liquor, or beer.**

### Rohypnol and GHB

<http://www.nida.nih.gov/infobox/RohypnolGHB.html>

Rohypnol can incapacitate victims and prevent them from resisting sexual assault. It can produce "anterograde amnesia," which means individuals may not remember events they experienced while under the effects of the drug. Also, Rohypnol may be lethal when mixed with alcohol and/or other depressants.

### White House Drug Policy- date rape drugs

<http://www.whitehousedrugpolicy.gov/drugfact/club/index.html>

"Rohypnol, GHB, and ketamine are all central nervous system depressants. Lower doses of Rohypnol can cause muscle relaxation and can produce general sedative and hypnotic effects. In higher doses, Rohypnol causes a loss of muscle control, loss of consciousness, and partial amnesia. When combined with alcohol, the toxic effects of Rohypnol can be aggravated.<sup>17</sup> The sedative effects of Rohypnol begin to appear approximately 15–20 minutes after the drug is ingested. The effects typically last from 4–6 hours after administration of the drug, but some cases have been reported in which the effects were experienced 12 or more hours after administration.<sup>18</sup>

GHB has been shown to produce drowsiness, nausea, unconsciousness, seizures, severe respiratory depression, and coma. Additionally, GHB has increasingly become involved in poisonings, overdoses, date rapes, and fatalities.<sup>19</sup>"

### Date rape drugs detectable one week to one month after use

<http://www.ncjrs.gov/pdffiles1/nij/grants/201894.pdf>

"Micro-plate enzyme immunoassay method allows to detect flunitrazepam and related compounds in urine at least up to 5 days after administration of a single dose of Rohypnol®...The metabolite remains in hair for at least one month after administration of a single dose of Rohypnol®. There is no correlation between dose of Rohypnol® and concentration of both compounds in hair."

<http://www.ncjrs.org/pdffiles1/jr000243c.pdf>

**A pdf article on date rape drugs and how the experience affects the victim.**

**The drugging should be recognized as a separate and distinct act of victimization in addition to any other acts of abuse and degradation to which the victim was subjected. How Being Unable to Forget Compares With Being Unable to Remember. In the aftermath of rape, most victims suffer acute stress disorder and post-traumatic stress disorder symptoms.**

### **Acquaintance Rape of College Students**

<http://www.popcenter.org/Problems/problem-acquaintance.htm>

**Rape is the most common violent crime on American college campuses today. This guide describes the problem of acquaintance rape of college students, addressing its scope, causes and contributing factors; methods for analyzing it on a particular campus; tested responses; and measures for assessing response effectiveness.**

### **Project GHB**

<http://www.projectghb.org/>

**Project GHB is a source of vital communication as more & more information about GHB comes to light.**

### **Fact Sheet on date rape and club drugs**

[http://www.drugstory.org/drug\\_info/otherdrugs.asp#fact](http://www.drugstory.org/drug_info/otherdrugs.asp#fact)


**This site is intended as a research source for journalists. It contains a list of links to other resources about date rape drugs as well as current news stories.**



[http://www.vachss.com/help\\_text/date\\_rape\\_drugs.html](http://www.vachss.com/help_text/date_rape_drugs.html)

**The Zero has established a "one-stop shop" for purely factual information, so that those actually interested in the truth can find it.**

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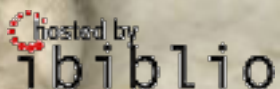
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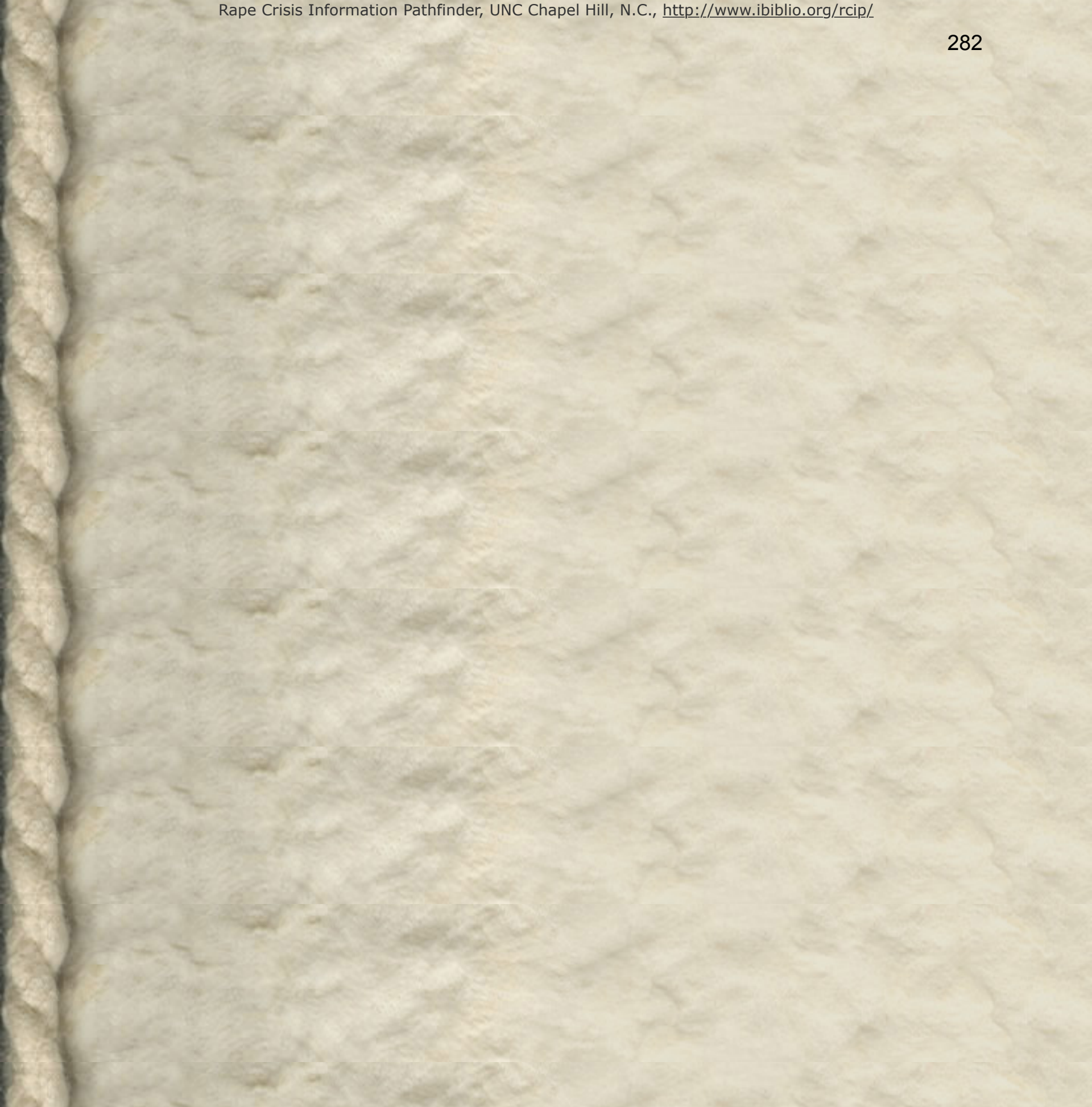


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# Health and Emergency Contraception

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- [Message board, II](#)
- [Community Links](#)
- [Effects of rape](#)
- [STD helpline 800-227-8922, teen pregnancy -202-478-8500\\* or 800-ASK-HRSA](#)

## Overview:

If you need to see a doctor and don't have a regular gynecologist please click here to find one at [planned parenthood](#).

One helpful tip is to bring a letter explaining that you are a survivor with you to the doctor's appointment.

[Basic information on the physical effects of rape from RAINN.](#)

[Directory of physicians in the US from Medline.](#)

[Find a hospital near you from Medline \(map\).](#)

[Find rape crisis services near you from Medline \(map\).](#)

[Medline directory for Rape crisis resources \(topics\).](#)

[Search for sliding scale \(less expensive\) medical care in your area.](#)

## STD information

### Physical symptoms of rape

[Physical symptoms from Rape Treatment Center UCLA](#)

<http://66.216.123.69/RTC/Impact+of+Rape/Physical+Symptoms/>

"Some victims have physical symptoms, such as sleep disturbances, headaches, and stomachaches. You may find that it is very difficult to concentrate on routine activities. You may also

**Other physical problems may be:**

- **Chronic pelvic pain**
- **Premenstrual syndrome**
- **Gastrointestinal disorders**
- **Gynecological and pregnancy complications**
- **Migraines and other frequent headaches**
- **Back pain**
- **Facial pain**
- **Disability preventing work (Jewkes, Sen, and Garcia-Moreno 2002)**

**Web MD**

**<http://www.webmd.com/>**

**For basic facts on any condition: an overview of symptoms and links to possible causes and treatments.**

**Mayo Clinic**

**<http://www.mayoclinic.com/>**

**Consumer oriented information about both illnesses and drugs.**

**Intelihealth**

**<http://www.intelihealth.com/>**

**The Drug Resource center explains how to read labels and offers tips on buying medications online.**

**Consumer Reports- best buy drugs**

**<http://crbestbuydrugs.org/>**

**"Consumer Reports Best Buy Drugs is a public education project of Consumers Union, the publisher of Consumer Reports."**

**Government Resources**

**Medline directory for Rape crisis resources from Medline**

**<http://www.nlm.nih.gov/medlineplus/rape.html>**

**Medline is a very highly respected medical resource.**

**National Women's Health Information Center**

**[www.4woman.gov](http://www.4woman.gov)**

**This web site and toll-free call center were created to provide free, reliable health information for women everywhere. Free hotline: 1-800-994-WOMAN<sup>285</sup>**

**What is emergency contraception? from 4woman**

**<http://www.4woman.gov/faq/econtracep.htm>**

**This site explains how emergency contraception works and answers basic questions often asked.**

**Women's Health Topics from Medline**

**<http://www.nlm.nih.gov/medlineplus/womenshealth.html>**

**A directory of women's health topics.**

### **Non-profit Resources**

**Select a physician- online tool for finding a doctor.**

**Accept the terms of the disclaimer and use the finding tool.**

**Journal of American Medical Women's Association**

**<http://www.jamwa.org>**

**AMWA is a recognized leader in bringing the under-addressed concerns of women and their children to national attention. The Winter 2005 issue addresses violence against women, including the impact of partner abuse on women's reproductive rights, gang rape in the military, and factors contributing to maternal mortality.**

**Emergency contraception**

**Information from planned parenthood on emergency contraception.**

### **Private Sector Resources**

**The truth about rape from rape recovery**

**[http://www.raperecovery.com/truth\\_about\\_rape.htm](http://www.raperecovery.com/truth_about_rape.htm)**

**This resource has useful information about planning for your Doctor's visits. If you are worried about an upcoming doctor's appointment it is helpful to write or call them ahead of time to let them know your history. This can avoid any misunderstandings and reduce the stress during your visit. It is especially helpful if you have trouble verbalizing your problems. Bring a copy of the letter with you in case the nurse did not receive it. Make an appointment to do something relaxing with a friend afterwards. Try to take the whole day off from work if you can. If you are going to the emergency room request a Sexual Assault Nurse Examiner.**

**Emergency contraception and how to obtain it**

<http://ec.princeton.edu>

**For more information on health care for rape victims click here.**

**Topic Specific References:**

**Mcauslan, Pamela (1999). After sexual assault: The relationship between women's disclosure, the reactions of others, and health. Dissertation Abstracts International: Section B: The Sciences and Engineering, 60(1-B), pp. 0411. link**

**Quote:**

**"negative social reactions were a strong predictor of negative health outcomes. These results are considered within the theoretical frameworks of the psychosomatic theory of inhibition and social support theory."**

**Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

**Search terms: rape crisis**

**Related links: Victim blame**

**References:**

**Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.**

**rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>**

**Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.**

**Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).**

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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

## **In-Patient Trauma programs**

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**Sometimes it helps stabilize a patient to go to an inpatient program for between a week and a month (on average).**

### **Inpatient and Medical-Based Residential Programs**

**\*\*\*These programs are typically shorter term(a few days to several weeks) programs in a hospital or inpatient environment. Some programs also offer residential facilities or longer term intensive outpatient with or without supportive housing.**

**Sheppard Pratt  
Multiple Locations  
<http://www.sheppardpratt.org/>**

**Menninger Clinic  
Houston, TX  
<http://www.menningerclinic.com/>**

**The Meadows Treatment Center  
Wickenburg, AZ  
<http://www.themeadows.org>**

**La Rabida Children's Hospital  
Chicago, IL  
[http://www.larabida.org/program\\_details.asp?ID=6](http://www.larabida.org/program_details.asp?ID=6)**

**Women's Institute for Incorporation Therapy (men are accepted into intensive outpatient programming)  
Inpatient Adult Women Only, Outpatient both Adult Men and Women  
Hollywood, FL  
<http://www.wiit.com>**

**The Center at the Psychiatric Institute of Washington**



**Washington, DC**

**<http://www.thecenteratPIW.com>**

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**McLean Hospital Trauma and Dissociation Treatment**

**Belmont, MA**

**<http://www.mclean.harvard.edu/patient/adult/ddtp.php>**

**Arbour Hospital**

**<http://www.arbourhealth.com>**

**Masters and Johnson Programs**

**Two Rivers Hospital**

**Kansas City, MO**

**<http://tworivershospital.com>**

**River Oaks Psychiatric Hospital**

**New Orleans, LA**

**<http://www.riveroakshospital.com>**

**Colin A. Ross Institute Programs**

**<http://www.rossinst.com/>**

**Del Amos Hospital**

**Del Amos, CA**

**<http://www.delamohospital.com>**

**Timberlawn Hospital**

**Dallas, TX**

**<https://www.timberlawn.com/>**

**Forest View Hospital**

**Grand Rapids, MI**

**<http://www.forestviewhospital.com/>**

**Residential Style Programs**

**\*\*\*These programs are TYPICALLY longer term programs and offered in a more open or community based environment. The length of these programs typically ranges from a few weeks to many months, some treating people for a year or longer. Some do not accept insurance coverage, some do contract with insurance companies.**

**Melody House**

**Wickenburg, AZ**

**<http://www.melodyhouse.org/>**

**Timberlawn Knolls**

**Lombard, IL**

**<http://www.timberlineknolls.com>**

**The Oaks Treatment Center**

**Austin, TX**

**<http://www.psolutions.com/facilities/oaks/>**

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**Pia's Place**

**Prescott, AZ**

**<http://www.piasplace.com/>**

**SLS Residential**

**Brewster, NY**

**<http://www.slshealth.com/>**

**Austen Riggs Center**

**Stockbridge, MA**

**<http://www.austenriggs.org>**

**Life Healing Center**

**Santa Fe, NM**

**<http://www.life-healing.com>**

**The Ranch**

**Nunnally, TN**

**<http://www.recoveryranch.com/>**

**Sierra Tucson**

**Tucson, AZ**

**<http://www.sierratucson.com/>**

**Casa Palmera**

**Del Mar, CA**

**<http://www.casapalmera.com/>**

**The Canyon**

**Malibu, CA**

**<http://www.thecyn.com/>**

**Cottonwood de Tucson**

**Tucson, AZ**

**<http://www.cottonwooddetucson.com>**

**Facilities treat trauma secondary to other conditions (such as addictions or eating disorders)**

***\*\*\*These programs all provide trauma specific treatments***

**Eating Disorders**

**Find an eating disorder clinic ~**

**International ED clinics ~**

**Treatment finder from something fishy**

**River Oaks Hospital in Louisiana (formerly at Depaul Hospital) with Susan Willard. Very successful and highly rated by former patients.**

**<https://www.riveroakshospital.com/eatingdisorder/index.htm>**

**Two Rivers in Kansas City, Mo**

**<http://www.tworivershospital.com>**

**The Menninger Clinic (which is now in Houston)**

**<http://www.menningerclinic.com/>**

**Westwind Eating Disorder Treatment Centre in Manitoba, Canada**

**<http://www.westwind.mb.ca/>**

**Abteilung Psychosomatik, MHH, Hannover, Germany**

**Rosewood Ranch - womens center in Wickenburg, AZ**

**<http://www.rosewoodranch.com/>**

**Remuda Ranch**

**<http://www.remudaranch.com/>**

**McCallum Place on the Park, in St Louis, MO**

**<http://www.mccallumplace.com/>**

**Renfrew Centers (women only, 15+)**

**Various Locations- Residential in Coconut Creek, FL and Philadelphia, PA**

**<http://www.renfrewcenter.com/>**

**Rader Programs (coed, 18+)**

**Oxnard, CA and Tulsa, OK**

## **Self-Injury**

**SAFE Alternatives (coed, 12+)**  
Naperville, IL  
<http://www.selfinjury.com>

## **Addictions**

**Cult Survivors (also treats survivors of certain types of sexual abuse and domestic violence)**

**Wellspring Retreat**  
Albany, OH  
<http://www.wellspringretreat.org/>

**Multiple Specialties (like eating disorders and substance abuse)**

**Free or Low Cost/Financial Assistance (if anyone has a program to add to this list please contact me!)**  
**\*\*\*These programs may or may not provide trauma specific treatment. Many do not accept people with more severe pathology**

**The Farm (when entering the website please click "the farm")**  
Crestwood, KY  
<http://www.healingall.org/>

**The Eating Disorder Research Unit**  
New York, NY  
<http://www.columbia.edu/~ea12/>

**Aloha Healing Women Retreats**  
Hawaii  
<http://www.eating-disorder-recovery.com/kalanafoundation.htm>

**Mercy Home for Boys and Girls**  
Chicago, IL  
<http://www.mercyhome.org>

**Boys and Girls town of America**  
Various Locations  
<http://www.girlsandboystown.org>

**Arcata, CA**

**<http://www.emmacenter.org>**

**Cal Farley's Boys Ranch and Girls Town**

**Amarillo, TX**

**<http://www.calfarley.org/>**

**Mercy Ministries**

**Multiple Locations**

**<http://www.mercyministries.org/>**

**The Father's Ranch Ministries**

**Tonasket, WA**

**<http://www.thefathersranch.com/>**

### **Links of Interest**

#### **Retreat Finder**

**Provides a directory of retreats**

**<http://www.retreatfinder.com/>**

#### **List of Retreats**

**Retreats for Survivors**

**<http://www.ibiblio.org/rcip//retreats.html>**

#### **Directory of Eating Disorder Programs**

**<http://www.edreferral.com/>**

#### **Substance Abuse Treatment Referral**

**Ran by Samsha**

**<http://findtreatment.samhsa.gov/>**

#### **Struggling Teens**

**Has descriptions of treatment centers and therapeutic programs for children, teens, and young adults**

**\*\*\*If you use this site, please use the search feature to find program descriptions**

**<http://www.strugglingteens.com>**

### **Resources to research this subject:**

#### **Journals and articles**

Google scholar or Findarticles

Finding books at the library

Online Libraries on sexual assault

Encyclopedias and Dictionaries

Search terms: rape crisis

Related links: Victim blame

References:

Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.

rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>

Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.

Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).

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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>

# Walking the Beauty Path In-Patient Retreat

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**Walking the beauty path is the concept for a future hypothetical in patient therapy project. Reaching out for help, changing your perspective on the assault (it was not your fault), and redefining the self (you are normal) are necessary phases for recovery. Assault survivors generally need to transition from victim to survivor to thriving.**

**The beauty walk consists of an immersive environment representing survivor empowerment art in the form of music, films, art, books etc. The end goal of which would be to convince assault survivors via a variety of forms of communication that the assault was not their fault, and that they deserve to recover and thrive.**

**The categories of resilience are spiritual, mind, body, and social.**

**Walking the beauty path would cover those areas and address the spiritual aspect along with the other categories. There would need to be separate small rooms for each denomination if there were prayer areas involved on site.**

**Otherwise the groups could make outings to different houses of worship instead.**

**Metaphorically speaking - one would want to lift a curse and replace it with a blessing.**

**The program would consist of theme rooms containing different forms of victim empowerment art therapy. This could include both art appreciation and art creation.**



**Art therapy can also include viewing/listening therapy (both individually and in groups). Patients can bring their own headphones if they prefer.**

**Trying to tell your story can be like attempting to open a jpg image by right clicking and selecting word. Art therapy is a work around in the communication process - in order to use the creativity side of the brain to process logic.**

**The Rape Crisis Information Pathfinder has listings of some of the films, music, and books that could possibly be used. The researcher could take a survey among assault survivor message board members to collect more recent artistic works. Permission from the board moderator would be required ahead of time. There are also survey results as to what survivors would prefer in a survivor retreat.**

**Informal survey results on survivor preferences for retreats 2004**

**Informal survey results on survivor preferences for retreats 2005**

**Informal survey results on survivor preferences for retreats 2006**

**Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

Online Libraries on sexual assault

Encyclopedias and Dictionaries

Search terms: rape crisis

Related links: Victim blame

References:


Macdonalds, J. (2004). *World Book Encyclopedia*. United States of America: World Book Inc.

rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>

Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.

Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).

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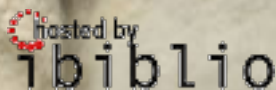
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## Medical Care Training Manuals

for Sexual Assault, Rape and Domestic Violence

### See also: Communication with rape victims

"Examinations of rape victims are by their nature extremely stressful. The use of a video to explain the procedure before an examination has been shown significantly to reduce the stress involved" WHO

Basic information on the physical effects of rape from RAINN.

### Physical symptoms from Rape Treatment Center UCLA

<http://66.216.123.69/RTC/Impact+of+Rape/Physical+Symptoms/>

"Some victims have physical symptoms, such as sleep disturbances, headaches, and stomachaches. You may find that it is very difficult to concentrate on routine activities. You may also experience changes in your sexuality, such as a loss of interest in sex or avoidance of sexual situations."

Other physical problems may be:

- Chronic pelvic pain
- Premenstrual syndrome
- Gastrointestinal disorders
- Gynecological and pregnancy complications
- Migraines and other frequent headaches
- Back pain
- Facial pain
- Disability preventing work (Jewkes, Sen, & Garcia-Moreno, 2002)

### Partnering with Practitioners: Rape Care and Health Care

<http://www.cceb.med.upenn.edu/news/?id=25&category=2>

"S – SCREEN all your patients for sexual violence. Patients need to be asked before they will tell. Conduct the interview in a private setting, assuring confidentiality prior to asking questions.

A - ASK direct questions in a non-judgmental way. Practitioners need to remain calm, *never blaming* the patient or dismissing what she is sharing. Reminding the patient that many conditions can be a result of an assault, that many women are hurt in many ways due to an assault, and asking the patient to share anything in their past

that they feel may be contributing to their condition or illness will put the woman at ease and develop trust.

**V – VALIDATE** the patient. If the patient discloses abuse, *gently remind her that she is believed*, that there is help available, that she was brave to discuss the issues, and the information will greatly improve the ability of the health care professional to provide the very best treatment. Offer empathy and understanding.

**E – EVALUATE**, educate, and refer. You need not hear the whole story to effectively treat the patient. But the provider needs to know how the patient is now feeling, and whether she is abusing drugs or alcohol or thinking of suicide. If the patient answers no to any of the initial questions, that does not always mean she is not a victim. Use it as an opportunity to provide information about sexual violence. *Provide all patients with appropriate phone contacts, literature, and available support services.*" from (Kiesel, 2006)

### **SANE- Sexual Assault Nurse Examiner**

<http://www.sane-sart.com/>

"OVC's Sexual Assault Advocate/Counselor Training is intended primarily for sexual assault advocates, counselors, volunteers, or staff at rape crisis centers. However, nurses, including sexual assault nurse examiners (SANEs), physicians, law enforcement officers, and mental health practitioners who assist sexual assault victims may also benefit from this training."

### **Articles on SANE:**

Logan, T K, Cole, J., Capillo, A. (2007). Sexual Assault Nurse Examiner Program Characteristics, Barriers, and Lessons Learned. *Journal of Forensic Nursing*, 3, (1). pp. 24 - 34.

Quote: "This article describes the features of 231 SANE (Sexual Assault Nurse Examiner) programs across the country based on telephone interviews with SANE program coordinators conducted from February 15, 2005, through August 5, 2005. Although there was relative consistency among programs for the primary forensic documentation tools, 20 percent of the programs reported never using a colposcope, a tool that has been cited as important because it increases injury detection. The majority of programs reported that their outside time parameter for collecting DNA evidence was 72 hours; however, a small percentage of programs indicated they would still try to collect DNA evidence up to 120 hours or even longer under certain circumstances. Research suggests that the shorter the time between the assault and the forensic exam, the better will be the forensic evidence...The most frequently mentioned problems for SANE programs included staffing, funding, and conflicts or lack of cooperation with various agencies in the community. " Citation found in National Criminal Justice Reference Service Abstracts.

### **Domestic Violence Toolkit**

<http://www.transformcommunities.org/tctatsite/tools/bcdvtoolkit.html>

"This set of practical tools was designed to make it easier for doctors and other health care professionals to help domestic violence victims access services and support. Health care professionals are uniquely positioned to help battered women in

**Intimate Partner Violence and Sexual Assault: A Guide to Training Materials and Programs for Health Care Providers**

<http://www.transformcommunities.org/tctatsite/tools/intimatepartnerviolence.html>

"This guide offers detailed descriptions of 36 sets of training materials designed to educate health care providers about methods of screening and intervening in cases of domestic violence and sexual assault."

**Best Practices: Innovative Domestic Violence Programs in Health Care Settings**

[http://www.transformcommunities.org/tctatsite/tools/tinnovative\\_dv\\_prog\\_in\\_hc.html](http://www.transformcommunities.org/tctatsite/tools/tinnovative_dv_prog_in_hc.html)

"...Unprecedented attention is being paid to the critical role that health care providers can play in intervening in the tragic spiral of domestic violence by screening, identifying, documenting and appropriately referring those patients who are being abused by their intimate partners."

**Meeting at the Crossroads: Cross Training Between Mental Health & Sexual Assault/Domestic Violence Service Providers**

<http://www.transformcommunities.org/tctatsite/tools/meetingatcrossroads.html>

"This video emphasizes the need for domestic violence advocates, substance abuse counselors and mental health service providers to share perspectives and expertise with one another in order to better address the needs of women who report substance abuse or mental health problems in addition to relationship abuse."

**Preventing Pregnancy from Sexual Assault: Four Action Strategies to Improve Hospital Policies on Provision of EC**

"This toolkit provides facts about emergency contraception for rape survivors, tools and strategies to assess the need for increased access, and four strategies to increase access. The four strategies discussed are legislation, administrative efforts, litigation and voluntary efforts. Samples, survivor stories and additional resources are also included"

**E.C. in the E.R.: A Manual for Improving Services for Women Who Have Been Sexually Assaulted**

**Contents: Building Alliances between pro-choice and sexual assault groups, Obtaining information on EC and sexual assault in your state, Potential obstacles to getting EC in the ER, Practical considerations for setting up this project, Obtaining approval from IRB"**

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**Campbell, Rebecca; Patterson, Debra; Lichty, Lauren F. (2005). THE EFFECTIVENESS OF SEXUAL ASSAULT NURSE EXAMINER (SANE) PROGRAMS: A Review of Psychological, Medical, Legal, and Community Outcomes. *Trauma, Violence & Abuse*, 6 (4), 313-329, 17p.**

**Database: Academic Search Premier**

**Quote: "In sexual assault nurse examiner (SANE) programs, specially trained forensic nurses provide 24-hour-a-day, first-response medical care and crisis intervention to rape survivors in either hospitals or clinic settings. This article reviews the empirical literature regarding the effectiveness of SANE programs in five domains: (a) promoting the psychological recovery of survivors, (b) providing comprehensive and consistent post rape medical care (e.g., emergency contraception, sexually transmitted disease [STD] prophylaxis), (c) documenting the forensic evidence of the crime completely and accurately, (d) improving the prosecution of sexual assault cases by providing better forensics and expert testimony, and (e) creating community change by bringing multiple service providers together to provide comprehensive care to rape survivors. Preliminary evidence suggests that SANE programs are effective in all domains, but such conclusions are tentative because most published studies have not included adequate methodological controls to rigorously test the effectiveness of SANE programs. Implications for practice and future research are discussed."**

**Tschudin S. (2005). Immediate care for women after sexual and physical assault. *Ther Umsch*, 62(4). 223-9 [Link](#)**

**Quote: "The management of recent sexual and physical assault in women has two aims: to provide medical and psychological care for the victim and to prevent possible health consequences of the trauma on one hand, and to facilitate the forensic assessment with regard to the perpetrator's prosecution on the other. The victim should always be encouraged to report an offence to the police and forensic medicine should be called in to assist in the victim's examination, whenever possible. In addition, emergency contraception and prophylactic measures against sexually transmitted infections (STI), especially HIV, must be offered. The profound emotional impact of sexual and physical assault requires knowledgeable and sensitive crisis intervention on the part of the counsellor and referral for ongoing counselling and support must be made available. A well trained and competent sexual assault care team with a sympathetic and non-judgemental attitude can contribute profoundly to the assaulted woman's regaining control over her life and being able to overcome the experienced trauma."**

Osterman, J., Barbiaz, J., Johnson, P. (2001). Emergency interventions for rape victims. *Psychiatric Services*, 52(6). pp. 733-734,740. [link](#)

**Quote: "Discusses emergency interventions for rape victims. The arrival of a rape victim in the emergency department initiates a system of medical, mental health, and forensic interventions with the overall goal of supporting the victim's adjustment to the trauma of rape. The urgency of the patient's medical requirements may preclude early mental health interventions; however, for most rape victims, the medical and forensic needs afford an opportunity to assess the patient's psychological status and provide early mental health interventions. The emergency mental health treatment of rape is complex because rape is not only an individual physical and psychological trauma but is also a crime. The required evidence collection and medical treatment may trigger symptoms of reexperiencing or shifts to survival-mode functioning, requiring ongoing psychological assessment and interventions to maintain psychological safety and effective coping skills. Psychoeducation about normal responses after rape and the need for ongoing community and family support will help to promote recovery."**

Amey, A. L., & Bishai, D. (2002). Measuring the quality of medical care for women who experience sexual assault with data from the National Hospital Ambulatory Medical Care Survey. *Annals of Emergency Medicine*, 39, 631-638.

Campbell, R., Sefl, T., & Ahrens, C. E. (2004). The impact of rape on women's sexual health risk behaviors. *Health Psychology*, 23(1), 67-74. 10.1037/0278-6133.23.1.67

Martin, P. Y., & DiNitto, D. M. (1987). The rape exam: Beyond the hospital emergency room. *Women & Health*, 12, 5-28.

Resnick, H. S., Holmes, M. M., Kilpatrick, D. G., Clum, G., Acierno, R., Best, C. L., & Saunders, B. E. (2000). Predictors of postrape medical care in a national sample of women. *American Journal of Preventive Medicine*, 19 (4), 214-219. 10.1016/S0749-3797(00)00226-9 .

Anderson, S., McClain, N., Riviello, R. (2006). Genital Findings of Women After Consensual and Nonconsensual Intercourse. *Source Forensic Nursing*, 2 (2). pp. 59 - 65.

**Quote: "This study compared the number, location, and type of genital injuries seen in 46 women after they had participated in consensual sexual intercourse, compared with**



the same data on genital injuries found in 56 women just after they had experienced nonconsensual sexual intercourse. Consistent with previous research, this study identified genital injuries following both consensual and nonconsensual intercourse. Ecchymosis was more commonly found following nonconsensual intercourse. This consists of the oozing of blood from a blood vessel into tissues as the result of contusions or disease. Ecchymosis may not be clearly visible if initial genital exams are performed immediately after the assault. In clinical practice, it may be necessary to conduct a re-examination of the genital area to allow for clearer evidence of ecchymosis. In the current study, the mean time to exam for the nonconsensual group was 12.9 hours; whereas, the examination of the consensual group was limited to the first 24 hours, with a mean time of 12.1 hours. Future studies should match these times in order to avoid missing genital findings due to delayed presentation or wound healing. Although the study found no statistical difference in the frequency of injuries to the posterior fourchette between the groups, there was a statistically significant group difference in the injuries to the labia minora; these injuries occurred only in the nonconsensual group. Also, there were significantly more women in the nonconsensual group with two or more injuries. Such findings indicate that there may be a possible pattern of injuries that can be identified following nonconsensual intercourse. Further research is needed. The study documented injuries with the colposcope in combination with dye enhancement and photography. The nonconsensual group consisted of women who came to the emergency department of a Virginia hospital following a reported sexual assault. Consensual women were recruited through advertisements." Found in National Criminal Justice Reference Service Abstracts.

## Training manuals

- [Media and rape](#)
- [Medical Training](#)
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- [Communication with rape victims](#)
- [For therapists](#)


## General training manuals

## PubMed article citations on rape crisis

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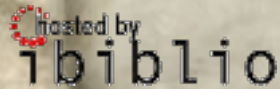
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## Education is the Key to Prevention

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### **\*Prevention begins with education\***

Practicing common sense, learning self defense and avoiding dangerous areas at night is only a small part of rape prevention. Focusing only on the obligations of the victim places the burden solely on them. In over 70% of sexual assaults the perpetrator is someone the victim knows. "In order to have a better understanding of the aftermath of criminal victimization, we must begin to accept the reality that crime is sometimes random, senseless and can happen to anyone regardless of the precautions that are taken to prevent being victimized. We must also understand that a victim's life is turned upside down when he or she becomes a victim of crime." National Center for Victims of Crime

The term an ounce of prevention is worth a pound of cure is appropriate in this situation. The prevention needs to be taken by all areas of society in promoting non aggressive behavior in children. They are our most precious resource and our future.

Sexual assaults happen to all types of people including disabled people, the elderly and men. It's not a crime of strangers. Rape is a crime of power and control.

Preventing rape starts with teaching young people to respect other people, women, girls and personal boundaries. Please scroll down for self defense information.

For a full listing please see this chart on page 45 of Acquaintance Rape of College Students, from the US Dept. Of Justice. More effective responses which were listed above the following were: General assault education of male students, female students, faculty and police staff.

### **Public education campaign ideas:**

The pain of rape is often invisible. Rape is not about the obvious physical wounds- it's about psychological damage to the actual brain via ptsd. It's more complex than being hit, it's a violation of

**the right to control your body and actions.**

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**Education about the effects of rape. Often nobody thinks about the frequently life long complications of sexual assault. Some of those are PTSD, eating disorders, self injury, OCD, and RTS.**

**The images of rapists. They frequently ARE the boy next door. This has to become more widely accepted.**

**End Abuse**

**<http://endabuse.org/>**

**End Abuse Campaigns: Reaching Men  
Coaching Boys into Men**

**Boys are swamped with influences outside of the home – from friends, the neighborhood, television, the internet, music, the movies... everything they see around them. They hear all kinds of messages about what it means to “be a man” – that they have to be tough and in control. There are numerous conflicting and some harmful messages being given to boys about what constitutes “being a man” in a relationship. So teach boys early, and teach them often, that there is no place for violence in a relationship.**

**<http://endabuse.org/programs/printable/display.php3?DocID=9902>**

**Audio for endabuse - Train boys not to abuse women.**

**Coaching Boys Into Men Play book**

**<http://www.coaches-corner.org/>**

**"Athletics has always been at the forefront of social change. Playing sports has helped our country break down barriers of segregation and racism; it brings the world together during times of war and provide inspiration and optimism when the public needs it most. Today, you are being called upon to address a major societal problem: violence against women."**

**Speech exerpt:**

**"COACH: I have one more important point to make. You all know the team rules and what I expect of you on the field and in the classroom. What I want to talk to you about now is a matter of personal conduct. I know you all spend a lot of time thinking about girls. Yeah, believe it or not, I was your age once. And athletes have been known to get their fair share of attention from women. Well, there's a right way and a wrong way to treat women. I want strong men on this team. And a man does not prove his strength by catcalling or harassing girls, spreading stories about them, bragging about what he may or may not have done on some date or using derogatory terms to refer to women. And a man does not prove his strength by making a woman feel threatened or imposing himself physically on a woman in any way. And a strong man does not stand by and watch or listen while somebody else treats a woman in these ways, even if the person doing it is a friend and teammate. A man proves his strength by treating**

## **Founding Fathers**

<http://www.founding-fathers.org/>

"I am a "founding father" because I want to make a difference for the next generation by creating a legacy of non-violence that will - eventually - change the world."

## **Healthy dating - Program on sexual assault education in middle and high schools**

<http://www.healthy-dating.com/>

## **Research:**

### **Sexual Violence Prevention: Beginning the Dialogue**

"Sexual Violence is a serious public health problem with extensive short- and long-term health consequences. **Sexual Violence Prevention: Beginning the Dialogue** identifies concepts and strategies that may be used as a foundation for planning, implementing, and evaluating sexual violence prevention activities."

### **The Men's Program: A Peer Education Guide to Rape Prevention, Third Edition**

**Author(s) - John D Foubert**

**Acquaintance Rape of College Students, COPS, March 2002, NCJ 195868. (61 pages- full version).**

**See page 45 for a chart of prevention activities and their effectiveness. "The table below summarizes the responses to acquaintance rape of college students, the mechanism by which they are intended to work, the conditions under which they ought to work best, and some factors you should consider before implementing a particular response."**

**"Rape is the most common violent crime on American college campuses today.<sup>1</sup> This guide describes the problem of acquaintance rape of college students, addressing its scope, causes and contributing factors; methods for analyzing it on a particular campus; tested responses; and measures for assessing response effectiveness. With this**

**information, police and public safety officers can more effectively prevent the problem.**

**The Problem-Oriented Guides for Police series is very much a collaborative effort. While each guide has a primary author, other project team members, COPS Office staff and anonymous peer reviewers contributed to each guide."**

**Lesson plans on sexual assault education**

**<http://www.ibiblio.org/rcip//bks.html#lp>**

**Tough Guise: Violence, Media & the Crisis in Masculinity**

**<http://www.transformcommunities.org/>**

**Prevention of sexual and physical assault toward women: A program for male athletes**

**"This article presents a sexual and physical violence prevention program designed for college student athletes. The program has been in place for approximately 10 years and has demonstrated several uniquely positive results. Implications for prevention programs designed for high-risk groups and athletes in particular are presented as are the components and philosophy felt necessary for such programs."**

**Self Defense and Safe Practices**

**Verbal Self-Defense Against Rape, Sexual Assault**

**[http://www.healthyplace.com/Communities/Abuse/lisk/verbal\\_self\\_defense.htm](http://www.healthyplace.com/Communities/Abuse/lisk/verbal_self_defense.htm)**

**"Our voice is frequently our first line of defense in a confrontation. Plus, at least 78% of rapes are committed by somebody we know -- coworkers, neighbors, relatives, boyfriends, husbands. For acquaintance rape, setting clear boundaries is particularly important. A good, loud NO is a valuable weapon.**

**Sometimes it's not easy to say NO. It may take practice, but it's worth it."**

**Rape Aggression Defense (RAD) Course**

**<http://www.sexualassaultresources.org/rad.html>**

**Find a program near you**

**" The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. "**

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**RAPE PREVENTION - from Missouri Police Department**

**<http://www.hendersonville-pd.org/PreventionTips/RapePreventionTips.html>**

**"Accept the fact that you are a potential rape victim. Many women operate under the illusion "it will never happen to me." It may."**

**Arming Women Against Rape & Endangerment**

**<http://www.aware.org/>**

**The antistalking site**

**<http://www.antistalking.com/>**

**This is a site for anyone interested in the crime of stalking. It is meant to be not only a resource for stalking victims, but for law enforcement, mental health professionals, researchers, educators, legislators and security personnel.**

**Tips**

**Do:**

**Be aggressive, scream, intimidate the attacker, hit vulnerable areas like the groin, low kicks are good.**

**If someone is sitting on top of you here is how to get up: Don't try to push UP because their weight is working against you. Twist your hips/body to the side to throw them off balance and THEN get up.**

**If someone has a grip on your arm: There is a tendon on the top of the forearm that lines up with the thumb. If you bring your fist down hard on it the tendon reacts and causes the fingers to open. You might want to practise that because you have to hit the right spot, hard.**

**Don't:**

**High kicks might let them catch your leg and hold on, don't run after them, it's better not to wrestle if they are stronger.**

**Products: Stunning Ring Pepper Spray, Mace Pepper Gel , Safety Technology.**

### **Journal articles**

**Anderson, L., Whiston, S. (2005). SEXUAL ASSAULT EDUCATION PROGRAMS: A META-ANALYTIC EXAMINATION OF THEIR EFFECTIVENESS. *Psychology of Women Quarterly*, 29 (4), p374-388, 15p. link**

#### **Abstract**

**Meta-analyses of the effectiveness of college sexual assault education programs on seven outcome measure categories were conducted using 69 studies that involved 102 treatment interventions and 18,172 participants. Five of the outcome categories had significant average effect sizes (i.e., rape attitudes, rape-related attitudes, rape knowledge, behavioral intent, and incidence of sexual assault), while the outcome areas of rape empathy and rape awareness behaviors did not have average effect sizes that differed from zero. A significant finding of this study is that longer interventions are more effective than brief interventions in altering both rape attitudes and rape-related attitudes. Moderator analyses also suggest that the content of programming, type of presenter, gender of the audience, and type of audience may also be associated with greater program effectiveness. Implications for research and practice are discussed.**

**Gidyez, Christine A; McNamara, John R; Edwards, Katie M (2006). Women's Risk Perception and Sexual Victimization: A Review of the Literature. *Aggression and Violent Behavior*, 11, (5), pp. 441 - 456.**

#### **Quote:**

**"Research findings suggest that sexual assault prevention programs must decrease women's optimism about low personal risk while helping them to respond to particular risks and threats once they are identified. Given the higher risk for acquaintance rape compared with stranger rape, women's alertness for risks in interactions with persons they know must be primary. Researchers generally agree that women are aware that sexual assaults occur, but they believe they are at a lower risk for sexual assault than their peers...Several studies have found that risk recognition is related to victimization status; however, other studies have found no such relationship and suggest that victimization status is related to women's behavioral responses to a potentially threatening situation, rather than their ability to recognize risk...."**



**Resources to research these subjects:**

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**Lesson plans - Online lesson plans for awareness raising and class presentations. (Includes visual aids)**

**Journals and articles**

**Google scholar or Findarticles**

**Search the NCJRS Abstracts Database**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

**Stalking**

**Domestic violence**

**Resources to research this subject:**

**Journals and articles**

**Search the NCJRS Abstracts Database**

**Google scholar or Findarticles**

**Finding books at the library**

**Online Libraries on sexual assault**

**Encyclopedias and Dictionaries**

**Search terms: rape crisis**

**Related links: Victim blame**

**References:**

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**rape. (2006). *Encyclopædia Britannica*. Retrieved May 2, 2006, from Encyclopædia Britannica Premium Service. <http://www.britannica.com/eb/article?tocId=9376486>**

**Smith, M. D. (2004). *Encyclopedia of Rape*. USA: Greenwood Press.**

**Sedney, M., "rape (crime)." *Grolier Multimedia Encyclopedia*. Scholastic Library Publishing, 2006 <<http://gme.grolier.com>> (February 1, 2006).**

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Rape Crisis Information Pathfinder, UNC Chapel Hill, N.C., <http://www.ibiblio.org/rcip/>