


Forgotten Victims: Non-Abused Siblings of Sexual Abuse Victims

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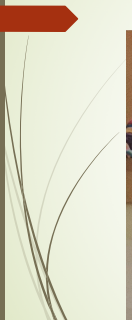
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Overview

- How does a disclosure of sexual abuse impact a family?
- What are the effects of a sexual abuse disclosure on siblings?
- What is the rationale for including siblings in treatment?
- How do we include siblings in treatment and what modalities exist?

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Case Study



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How Are Siblings Impacted?

- Relational loss
- Environmental changes
- Resentment/split loyalty
- Economic impacts
- Parental stress
- Emotional effects
- Victimization



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Navigating Loss

- If perpetrator is a parent/caregiver, the siblings may experience a severed relationship with that parent/caregiver
- If perpetrator is a step-parent, the siblings may lose the relationship with the step-family
- Relocation may be required which could involve a change of schools, change of neighborhood, and change of extracurricular activities
- Economic stress may result in a lifestyle change for the family

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Clinical Symptoms

- Emotional: may present with subclinical symptoms of distress
 - Anger
 - Confusion
 - Guilt
 - Ambivalence
 - Fear
 - Anxiety
 - Sadness

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Clinical Symptoms

- Behaviors: will often lead parent/caregiver to seek treatment for sibling
 - Aggressiveness toward parent/caregiver or other siblings
 - Increased levels of defiance and noncompliance
 - Strong protectiveness of sibling
 - School difficulties
 - Withdrawal and Isolation

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Why Should Siblings Be Included in Treatment?

- Sibling safety
- Dysfunctional family patterns
- Case publicity/court involvement/media attention
- Prevent future victimization
- Learn coping skills
- Provide opportunity for disclosure
- Allows the non-offending family members the opportunity to heal together

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Treatment Modalities

- Family Learning Program
 - Outpatient
 - Groups for non-offending caregiver, siblings, and victim
 - Groups are held simultaneously
- Topics
 - Prevention: defining body parts, defining sexual abuse, good touch/bad touch, red flags, secrets, and tricks
 - Personal rights, space and boundaries
 - Age appropriate sexuality
 - Assertiveness, conflict resolution, and anger management

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Treatment Modalities (Individual)

- The National Society for the Prevention of Cruelty to Children (United Kingdom)
 - Individual treatment for sibling
 - Siblings were referred by parents for treatment when sibling who was abused was receiving treatment
 - Play therapy, use of workbooks, videos
 - Not standardized
- Recovery for Children and Parents Program
 - Designed for families experiencing extrafamilial abuse
 - Group treatment for parents and victimized child
 - Individual sessions as needed for non-abused siblings
 - Siblings may be included periodically in family sessions

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Treatment Modalities

- Project SAFE: Sibling Group Treatment
 - Short term group treatment for non-abused, non-offending siblings of sexually abused youth
 - 6-week group that runs concurrently with 12-week group for sexually abused children and their non-offending caregiver
- Session Titles
 - Welcome and feelings
 - Learning about our bodies
 - My family and offenders
 - Learning to cope with my feelings
 - Standing up for your rights
 - Good-bye

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Resources

- Baker, J. N., Tanis, H. J., & Rice, J. B. (2001). Including siblings in the treatment of child sexual abuse. *Journal of Child Sexual Abuse* 10(3), 1-16.
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- Shreier, A., Pogue, J.K., Hansen, D.J. (2017). Impact of child sexual abuse on non-abused siblings: A review with implications for research and practice. *Aggression and Violent Behavior* 34, 254-262.
- Toledo, A. V., & Seymour, F. (2016). Caregiver Needs Following Disclosure of Child Sexual Abuse. *Journal of Child Sexual Abuse*, 25(4), 403-414.

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A business card for Kendall M. Wolz. The card has a light green background with a dark green border. On the left side, there is a graphic of thin, curved lines and a small red arrow pointing right. The text on the card is as follows:

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