## COUNSELING/THERAPY FOR SEXUALLY ABUSED TEENAGE GIRLS "CAPACITY & COMPETENCY BUILDING" WORKSHOP



Child sexual abuse is a sensitive area which has been a topic of taboo for several years. Most of the times, the victims are ignored, blamed, and chided; sometimes when the perpetrator is a trusted family member, the girl does not have the courage to tell. Even when they muster courage to speak they are hushed and are asked to keep it as a secret. These silent sufferers go through emotional pain and trauma. They have a tough time in trusting people. This can lead to self-inflicting injuries stemming out of shame and guilt. It can harm individual's self-esteem, family dynamics, relationships both personal and professional and take a toll in marital relations.

The objectives of this workshop are for the professionals to gain in in-depth understanding of handling those teenagers sensibly and to help them to look at life beyond abuse.

## Participants will learn

- Sexual Health across 0 19 years through life span perspective (psychosocial)
- Once or recurrent Does it matter?
- Appraisal of its impact psychologically (cognition, emotion and behaviour)
- Understanding goals of misbehaviour in sexually abused teenage girls
- Empower them to become a skilled survivor

## PRACTISING COUNSELORS/PSYCHOLOGISTS/THERAPISTS PG AND ABOVE STUDENTS OF COUNSELING/ PSYCHOLOGY ONLY CAN PARTICIPATE

When: 7<sup>th</sup> Saturday January 2017. from 9 am – 5 pm.

Where: Bloom Health & Fertility Care, 32, Taramani Link Road, Velachery, Ch 42

Cost: Rs1,200/- (includes Food and Beverage)

Limited registrations only. Contact: <a href="mailto:therapist.saras@gmail">therapist.saras@gmail</a>.com

www.chennaicounseling.com