



**wisemind.com**  
RILLIANT MENTAL HEALTH

# CHILDHOOD SEXUAL ABUSE WORKBOOK

**By Dr Tarra Bates-Duford**



# Child Sexual Abuse

**Presented by Dr Tarra Bates-Duford**

Dr Tarra Bates-Duford (PhD, MFT, CRS, CMFSW, BCPC) has a PhD in forensic Psychology specialising in family trauma and dysfunctions. With 20 years of experience working in the field of behavioural sciences, Dr Bates-Duford has been instrumental in work with stabilising families, helping individuals and families navigate the challenges of mental illness, as well as victims of abuse/ trauma, reprocessing the memory of the trauma in a manner that no longer paralyses nor interferes with daily functioning.

Dr Bates-Duford is also an accomplished author covering topics such as; conduct disorder, ADHD, parenting a child with special needs, and trauma.

As a survivor of childhood sexual abuse (CSA) she understands the long-term implications of abuse as it relates to depression, substance & alcohol abuse, self-esteem issues, trust, and personal instability.

At the back of this workbook you will find additional resources, including two chapters from the book 'A House of Smoke and Mirrors: A Story of Family Secrets and Lies' by Annie Berkley. This story provides insights into the challenges faced by survivor of Childhood Sexual Abuse.





## Introduction:

Because of the long-term negative consequences Childhood sexual abuse continues to be an ongoing concern for both children and adults. Childhood sexual abuse (CSA) and or sexual trauma that occurs in childhood is a subject that has received much attention in recent years because of the immediate dangers it causes as well as the future implications it represents to survivors. The pervasiveness of child sexual abuse it is often difficult to determine due to a lack of reporting, as well as the fear, age of victim, shame, and guilt associated with reporting the abuse.

Child sexual abuse is a form of child abuse that includes sexual touching, fondling, penetration, sodomy, exhibitionism, obscene phone calls, text messages, digital interaction, masturbating in the presence of a child, viewing sexual material/images for the sexual stimulation or gratification of the adult. A child cannot consent to any form of sexual activity, period. When a perpetrator engages with a child this way, they are committing a crime that can have lasting effects on the victim. Child sexual abuse does not need to include physical contact between a perpetrator and a child.

Most often child sexual abuse is a gradual process and not a single event. The practice of gradually introducing a child to sexual touching, fondling, viewing sexual content, etc., is conducted through a process called “prepping” or “grooming”. It often involves persuasive and manipulative tactics to gain the trust of a child and sometimes their caregiver by developing a bond. Typically, it does not start with sexually abusive touch or behaviors. It is carefully planned, and it can take place over weeks, months or even years.

Child sexual abuse is often referred to as a “silent crime” because victims have difficulty coming forward. Non-offending adults are often complicit in not reporting the abuse, and perpetrators—who are often trusted by the child or known in the community can manipulate situations so that they can continue the abuse. In addition, the abuse is often not physically apparent; rather, the evidence of abuse may manifest itself in behavioral and psychological changes that can be misidentified as moodiness or disobedience.

Sexual abuse of a child can create both immediate and long-term challenges for survivors. Sexual abuse has been positively correlated with high levels of depression, anxiety, sexual promiscuity, low self-esteem, shame, guilt, difficulty reaching an orgasm, difficulty trusting and bonding with others, trouble with building relationships, abruptly ending and abandoning relationships, dissociative patterns, etc. Symptoms correlated



with childhood sexual abuse may hinder the development and growth of relationships. Sexual abuse can often damage the survivor's sense of their own sexuality. It is not uncommon for adult survivors of childhood sexual abuse to experience challenges in several areas of functioning. Many survivors also have trouble pursuing adult relationships and enjoying sex as an adult. The abuse can color a person's sexuality, preventing the survivor from pursuing a healthy sex life with a loving partner. Childhood sexual abuse survivors generally tend to either pursue sex recklessly as adults or to forgo sex completely.



Sexual abuse of children continues to be an ongoing issue of concern. We increasingly hear and learn about more and more children being sexually abused and adults describing sexual abuse that occurred in childhood. A example could include Boy Scouts of America being sued by several former scouts for sexual abuse. From the 1920s to present day, the Boy Scouts of America (BSA) has maintained an internal filing system of scout leaders accused of misconduct, including sexual abuse. The "Ineligible Volunteer Files" (IV Files) constitute five categories, including sexual misconduct, a.k.a., Perversion Files. These Perversion Files illustrate the knowledge that the BSA has about the history and context of sexual abuse of children within scouting. Significantly, as a direct result of claims brought by survivors and their advocates, courts have ordered the release of these files throughout the country, amounting to nearly 8,000 accused perpetrators and an estimated 12,000+ children abused.



## THIS IS A PREVIEW OF THE CHILDHOOD SEXUAL ABUSE WORKBOOK

wisemind.com members can access the full  
workbook. [Try our 7 day FREE trial.](#)