

Caring for the Sexually Abused Child

Who should attend:

Parents and caregivers concerned about a child who has been sexually abused.

Day and Time:

Please call for current schedule

Location:

Downtown office of
Lutheran Family Services
120 South 24th Street suite 100
(402) 661-7100

Cost:

\$10 per person, per session

Format:

90 minute sessions for education and support. Class will meet for 6 consecutive weeks.

Strict confidentiality will be enforced.

Handouts, snacks and tissues offered at each session.

No childcare provided.

To register for this class, contact:

Sheryl Overby, MS NCC LMHP

Child and Family Therapist

RSAFE Program

(402) 661-7100 or (402) 661-3120

If you would like to enter the RSAFE program, please call (402) 661-7100 in Omaha or (712) 242-1040 in Council Bluffs.



Week 1: How to Manage the Crisis

- Understanding Child Protective Services
- Prepare to feel out of control
- Building your support system
- Effects on the family

Week 2: How to Help Yourself

- Taking care of yourself so you can take care of others
- Get out of denial
- Understanding triggers
- Dealing with your own trauma

Week 3: How to Help Your Child

- Maintaining schedule
- Providing comfort and flexibility
- The decision for therapy
- Understanding/ preventing trauma from other systems

Week 4: How to Make Sense of the Unthinkable

- Difference between boys/girls/moms/dads
- Common behaviors to expect
- What determines trauma
- Grooming process and dynamics

Week 5: How to Help the Healing

- Know what to expect in therapy
- Understand the parent's role in healing
- No shame or secrets
- Two sides of trauma (anchor the memory)

Week 6: How to Plan for the Future

- Effect on sexual development
- Integrating sexual abuse with sexual education
- Preparing for romantic relationships
- Returning to treatment