

RSafe®: The ABC's of Sexual Abuse Class

Who should attend:

Anyone who wants to learn more about sexual abuse dynamics or is concerned about a child who was sexually abused. The child may have been abused by an adult or youth. **Please note, childcare is not provided.**

Day and Time:

Every Wednesday 5:30 pm– 6:30 pm

The class will be ongoing throughout the year but all participants need to be registered by calling 402-595-1338. Classes may be cancelled due to breaks and holidays.

Location:

LFS/Connections Building: 11807 Q Street, Omaha, NE
This building is in the parking lot directly east of the main Project Harmony building, on the east side of Centris Federal Credit Union.

Format:

This class has an open format and new members can start at anytime however need to be registered. Participants may be placed on a waiting list if the current class is full. Each class is 60 minutes and will include education and support for 12 weeks. *Strict confidentiality will be enforced.* Attendance to ANY 12 classes is necessary to receive certificate of completion.

Cost:

Each class is \$20 per person totaling \$240.00 for 12 weeks. All fees must be paid prior to receiving certificate of completion.

Class facilitated by Licensed RSafe Therapists

**To register, get more information, or pay
for the class, contact Paige at the RSafe®
Treatment Program
(402) 595-1338 or ptuttle@lfsneb.org**



Week 1: Introduction to Sexual Abuse

- Stories of survivors from all types of sexual abuse

Week 2: Darkness 2 Light Part I

- Nation wide program with documentary style video

Week 3: Darkness 2 Light Part II

- Focus on protecting children from sexual abuse.

Week 4: Darkness 2 Light Part III

- Identify how to intervene with other adults

Week 5: Survival Techniques

- Persisting through the child welfare system

Week 6: Self Care is Building a Strong Foundation

- Coping strategies including breathing, relaxation, meditation and yoga

Week 7: Deciding About Treatment

- TF-CBT and the therapeutic relationship

Week 8: Support for the child who was abused

- Statistics on false allegations
- What to say and do to help your child recover

Week 9: Understanding Offenders

- The difference between adult offenders and youth with sexualized behaviors
- How ordinary people can do really bad things

Week 10: Family Dynamics

- How hierarchy and boundary problems contributes to sexual abuse or incest

Week 11: Preparing for the Future

- How trauma changes normal sexual development
- Fighting the effects of our sexualized society

Week 12: Guest Speaker and FAQ

- Hearing a success story after sexual abuse
- Wrap up and final questions and answers