Dear Alice,

I was wondering if the support groups for survivors of child sexual abuse would be offered again this fall and if you have already participated if you can do so again.

Signed,
Still not OK

Answer

Dear Still not OK,

Columbia’s Counseling and Psychological Services (CPS) frequently offers a support group for survivors of sexual abuse during the academic year for Columbia students. You can call x4-2878 or check the CPS web site for more information.

Outside of Columbia in New York City, groups are also available for little or no fee at St. Luke’s Roosevelt Hospital Crime Victims Treatment Center (212 523 4728) and at Mt. Sinai’s Sexual Assault and Violence Intervention Program (212 423 2140). Elsewhere, you can visit Safe Horizon to find resources in your area.

It is often up to the individual therapist/program to decide whether or not it might be beneficial for you to repeat a group, if you’ve already taken part. Individual counseling may be suggested instead of or in addition to group therapy, depending on your circumstances.

As an adjunct, Ellen Bass and Laura Davis's now classic book and workbook, The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, may offer insight, compassion, and specific healing strategies you may do on your own. Also take a look at the related Q&As listed below for more information and resources, including those for male survivors of childhood sexual abuse and incest.

Don't give up hope? it is possible to recover and move forward with your life.

Alice!

Category:
Child Abuse