CREATIVE GROUP THERAPY FOR ADOLESCENT GIRLS: SEXUAL ABUSE SURVIVORS UNLOCKS TRAUMA AND HEALS

WORKSHOP DESCRIPTION:

Adolescent girls who are sexual abuse survivors express their healing through artistic creativity. This experiential workshop intends to provide education and training for professionals who work with adolescent girls who are survivors of sexual abuse through a creative project which can be expanded upon with many variations. The project "Miranda Healing Box" was designed by a 16 year old rape survivor named Miranda who reached out through Dr. Feuereisen's website Girlthrive (open forum for teen girls) Miranda, created her own healing project, for Dr. Feuereisen to share with other survivors. The healing project is a box she designed and filled with sexual abuse disclosures and inspirational confirmations, created with art supplies and collage.

Dr. Feuereisen has successfully conducted these group therapies with teen girls for the past 20 years. unlocking sexual abuse experiences otherwise not reached through traditional verbal group therapy. Subterranean held secrets are shared, group support is experienced. Teen girls experience the release of shame and secrecy around their sexual abuse experience, reach understanding, healing, disclosing trauma through creativity, sharing in ways they never could through verbal disclosure.

Learning Objectives

Learn new techniques, including most effective and safe ways for survivors to disclose sexual abuse. Gain a deeper understanding of the inner emotional world of the adolescent girl who is a sex abuse survivor. Integrate tools in guiding teen girls successfully to healing and recovery through activity with empowerment personalized boxes, an activity which can be used as a continuing group project that keeps evolving- the empowerment boxes will be created during the workshop. Open dialogue among workshop participants, apply new non-threatening techniques to uncover deeply held trauma of teen girls surviving sexual abuse. Discover a new understanding of the healing process of teen girls sex abuse survivors

References/Citations

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Patti Feuereisen, Ph.D. is a fierce advocate and leading expert in treating sexually abused teen girls and young women. She has worked with sexual abuse survivors for over 30 years conducting workshops nationally for clinical staff, foster care parents, legal staff, and high school and college staff and students. Dr. Feuereisen is the founder and director of Girlthrive Inc. the only non-profit, specifically honoring female sexual abuse survivors aged 13-30 with scholarships. Her seminal book, Invisible Girls: Speaking the Truth About Sexual Abuse, is now in its 3rd edition. Dr. Feuereisen maintains a full-time private practice in Brooklyn, N.Y. while continuing her pro-bono nonprofit work with female sex abuse survivors. Dr. Feuereisen holds a Doctorate in Clinical Psychology from Union Institute, a Master's Degree in Creative Arts Therapy from New York University, and a Bachelor's Degree from Goddard College.