

Recovering from CSA – Person Centred Care & Models of Change

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Outline

- Person Centred Care: *definitions & importance*
- Our findings on Person Centred Recovery:
 - Individual (in services & community)
 - Within group
- International perspectives
- Future directions

What is Person Centred Care

- Generic Components of PCC:
 - **Trust**
 - **Compassion**
 - **Dignity**
 - **Involvement** in decision making

- Basic Premise: **People can continue recovering and are able to live fulfilling lives, when provided with the necessary conditions**

The importance of Person Centred Care

- Reduced morbidity and mortality, as well as relapse risk
- Reduced levels of psychological distress
- Improved adherence to treatment
- Better patient satisfaction and patient outcomes
- Better allocation of health care resources
- Lower risks for professionals, i.e. VT, burnout

(Chouliara et al., 2009)

Person Centred Care for Survivors of CSA

- An IPA study of 13 survivors and 31 professionals in Scotland - Experiences of services and care
- Survivors said they valued:
 - A trusting professional relationship
 - Continuity & consistency
 - Trauma informed/trauma sensitive
 - Availability & accessibility
 - Flexible / Respective of individual needs

...In order to manage their challenges

(Chouliara et al., 2011; 2012)

Recovery as a Person Centred Process

- Shift from Clinical Recovery to **Personally Meaningful Recovery**
- Shift from measurement to **experience**
- Shift from symptom reduction to **overall wellness**
- Shift from linear to **dynamic**
- **Survivor directed** VS. professionally directed
- **Survivors as co-experts** in their recovery

Recovery from CSA

- An IPA & critical incidence technique study/ individual interviews and focus groups with 22 survivors (in services & community) & 10 professionals in Scotland
- Aims
 - Experiences of recovery
 - Development of a survivor-centred Self Help Booklet to aid recovery and therapy
 - Development of the first Survivor-Centred Recovery Framework
- Survivors defined recovery as:
 - A **Process** with lots of ups and downs
 - **Challenging & Life long**
 - Dynamically interacting with **life events**
 - Beginning with **Disclosure**

(Chouliara et al., 2013)

The Importance of A Survivor-Centred Recovery Framework

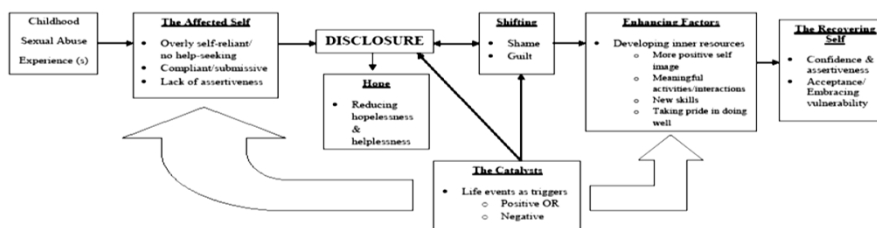
- CSA as a Health/Public Health issue- *high prevalence, implications for services*
- Lack of previous evidence on how people recover from CSA
- Standard enquiry about domestic abuse/CSA – *pilot in maternity and psychiatric services*
- Higher VT risks in those working with sexual violence/abuse
(Chouliara et al., 2009)
- Gaps in knowledge base – *training, supervision, consultative support*

(Chouliara et al., 2011)

The Survivor-centred Recovery Framework

Chouliara, Karatzias, Gullone (2013)

The Experience of Moving on from CSA: A Survivor-Centred Recovery Framework



The Recovery Framework – Unique Characteristics

- The first **Survivor-Centred** empirically based framework
- Mapping recovery
- **Non – linear** and **Dynamic**
- Emphasis on **Personally Meaningful Recovery** vs. Psychopathology
- **Positive** and **Holistic**
- **Clinically relevant** and **Applicable**

Acts of Recovery Booklet

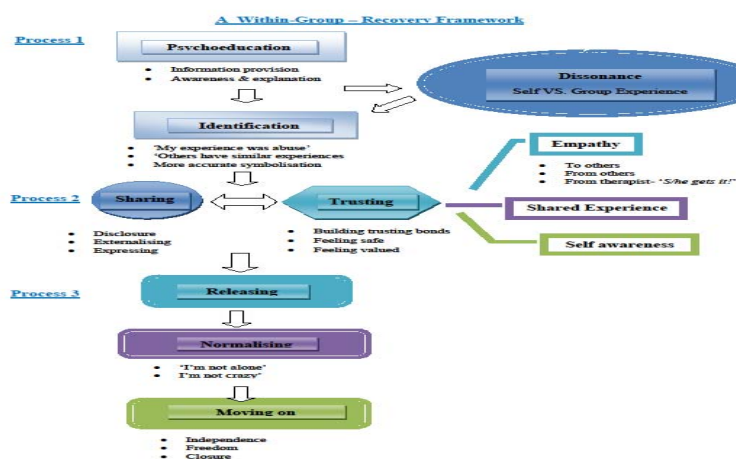
- The first Survivor-Centred self help booklet for CSA survivors
- A 'conversation' between survivor experiences and current evidence on abuse/complex trauma
- Characteristics:
 - Evidence-based
 - Person -centred
 - Empowering & positive
- Endorsed by clinical services in Scotland & Australia, the Scottish Recovery Network and Survivor Scotland
- Positive feedback so far

Recovery within Group Settings

- An IPA study of 16 survivors and 5 therapist/group facilitators in Scotland / experiences of a psycho-education group intervention
- Recovery challenges identified by survivors:
 - **Self VS Others**
 - **Trust VS Threat;**
 - **Confrontation VS Avoidance**
 - **'Patching up' VS True healing**
- Recovery/change mechanisms:
 - **Dissonance & Identification** (*accurate symbolisation*)
 - **Sharing & Trust** (*empathy, shared experience, self awareness*)
 - **Releasing & Normalising**

(Chouliara et al. in preparation for submission)

The First Person-Centred Recovery Within – Group Framework



Recovery from CSA – International Perspectives

○ Why?

- Context seems important in recovery (professional & cultural)
- Community vs. individual- based cultures
- Differences in family structures/child rearing practices

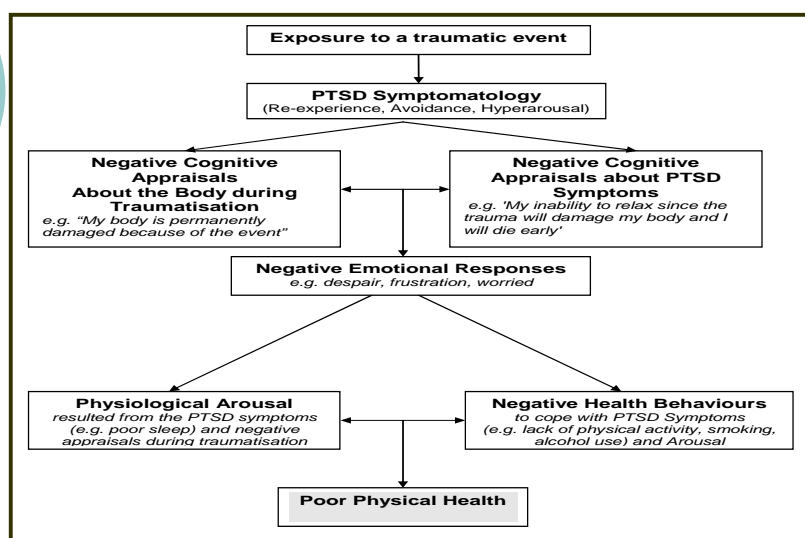
○ Where?

- India (high levels of child and women exploitation)
- Hong Kong (increase in reported CSA cases over the last 15 yrs)- *GRF grant submission 2014*

Recovery from CSA in India

- An IPA interview based study of 20 recovering survivors – *on going data analysis*
- Replicating the Scottish based study & Revisiting the Survivor-centred Recovery Framework
- Key findings:
 - Confusion (trying to make sense)
 - Keeping Self intact (functionally and distractively)
 - Sexuality issues
 - Repetition as a damaging mechanism
 - 'Cracking point' as the beginning of recovery
 - Disclosure in trust

Improving physical health following trauma (Karatzias & Chouliara, 2009)



...In a nutshell

- We have shown
 - How people are affected and how they recover psychologically
 - How the emotional system '*up-loads*' and how it '*off-loads*' and '*reboots*'
 - **How and Why Relational factors act as catalysts of change**

- We are proposing a new Person-Centred condition, which is the catalyst and missing link in the Recovery Process:

TRUST

Future directions

- We will now focus on
 - How the physical –emotional systems '*reboot*' when relational conditions are provided**
 - How trust can be used therapeutically and systematically
 - How people recover physically and psychologically
 - How relational variables are the missing link between physical and psychological recovery

- **The next step - Physical & mental health Recovery**
 - Medically unexplained symptoms/syndromes (MUS)
 - Inflammation/autoimmunity & Interpersonal Trust (*Biomarkers? Physiological processes 'Mirroring' emotional processes?*)

...As a final word

- What we are proposing demands shifts in
 - Clinical practice
 - Training of professionals
 - Supervision/consultative support
 - Service delivery
 - Community attitudes

- But can potentially revolutionise recovery from human distress

Publications

- Chouliara, Z; Karatzias, T; Gullone, A (2013). Recovering from Childhood Sexual Abuse: A Theoretical Framework for Practice and Research. *In Journal of Psychiatric & Mental Health Nursing*. DOI: 10.1111/jpm.12048

- Chouliara, Z; Karatzias, T; Scott-Brien, G; Macdonald, A; MacArthur; Frazer, N (2012). Adult survivors' of childhood sexual abuse perspectives of services: A systematic review. *Counselling and Psychotherapy Research: Linking research with practice*, 12, 146-161
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- Chouliara, Z; Karatzias, T; Scott-Brien, G; Macdonald, A; MacArthur, J; Frazer, N (2011). Talking Therapy Services for Adult Survivors of Childhood Sexual Abuse (CSA) in Scotland: Perspectives of Service Users and Professionals (2011). *Journal of Child Sexual Abuse*, 20:1-29. / *Included in the PILOTS Database, the online index to the worldwide psychotrauma literature of the United States Dept. of Veterans Affairs, National Center for PTSD since August 2011)*



Publications continued

- Chouliara, Z; Hutchison, C; Karatzias, T (2009). Vicarious Traumatization in Practitioners Who Work With Adult Survivors of Sexual Abuse and Child Sexual Abuse (CSA): Literature Review and Directions for Future Research. *Counselling and Psychotherapy Research (Special issue: Trauma, Resilience and Growth)*, 9 (1), 47 – 56.
- Karatzias, T & Chouliara, Z (2009). Proposing a New Model of Poor Physical Health Following Psychological Trauma: The Ehlers-Clark Model and Beyond. *Medical Hypotheses*, 72, 444-447.
- Chouliara, Z; Karatzias, T; Gullone, A (2012). *Acts of Recovery: Moving on from childhood abuse* <http://www.scottishrecovery.net/Latest-News/acts-of-recovery.html>



**Thank you for your time and
attention**

**Happy to exchange views and
ideas**