

# Promoting Resilience in Adult Survivors of Child Sexual Abuse

## Program Description

Childhood sexual abuse (CSA) is a serious and pervasive problem for both women and men, with research showing that approximately 1 in 10 children will be sexually abused before their 18<sup>th</sup> birthday. Many individuals struggle with the impact of CSA well into adulthood but may present for treatment with secondary mental health issues, including depression, conflict in intimate or interpersonal relationships, substance abuse, personality disorders, eating disorders or chronic pain. This training applies the use of somatic psychotherapy and mindfulness-based cognitive therapy to the wide range of challenges that CSA survivors often struggle with as adults, so that survivors may move towards recovery and greater resilience.

## Learning Objectives

Upon completion of this workshop, participants should be able to:

- **Explain** how the various psychological and physical health effects of CSA are manifested in the adult client
- **Examine** crucial components in the treatment of trauma
- **Identify** coping skills that are useful in promoting resilience
- **Describe** key strategies for assisting survivors in moving towards rediscovering their strengths, creating healthy connections, finding purpose, and experiencing vitality
- **Recognize** the importance of self-care for mental health and substance abuse professionals who work with child sexual abuse survivors

## Target Audience

Mental health & substance abuse professionals working with adult clients will benefit from this training.

## Contact Hours

5.5 hours

## Program Agenda (Two 15-minute breaks will be included)

8:30 am	Registration
9:00 am	Program Begins
12:00 pm	Lunch (on your own)
1:00 pm	Program Resumes
4:00 pm	Adjournment

## Faculty

**Kate Gotelli, LCSW, SEP** is a psychotherapist, coach and owner of her solo psychotherapy practice, Mindful Awakening, PLLC, and her sex/intimacy/relationship coaching practice, Embodied Awakening, LLC, both in Chapel Hill, NC. She is a Somatic Experiencing® Practitioner, a Certified EMDR Therapist, a Certified Daring Way™ Facilitator and Certified Sex Coach™ with over 25 years

of clinical experience in behavioral healthcare services in a variety of settings. Kate specializes in psychotherapy with adults and her interests focus on trauma resolution, shame resilience and wholehearted living. She runs weekly Daring Way™ and Rising Strong™ groups based on the research of Brené Brown. She provides clinical case consultation as an NASW certified Clinical Supervisor and has prior affiliations with UNC School of Social Work (SSW) as an adjunct instructor, field instructor, and training consultant for the School of Social Work and Area Health Education Centers (AHEC) centers. She continues to provide professional trainings and workshops for clinicians on topics including trauma and resilience, developmental trauma, and anger management.