

CASE VIGNETTE

Psychological Impact of Trauma, Abuse and Violence.



REFLECTIVE EXERCISE

Varsha , 17 years old had a boyfriend living few kilometres away from her house. One day her boyfriend on the pretext of taking her out, had kidnapped her and kept her in isolation for 4 days. He sexually assaulted her along with some of his friends. After 4 days he dropped her back in the place where she lives.

Varsha's mother had filed a police complaint, but withdrew the complaint as she started receiving threats from the man who sexually assaulted her.

People in the neighbourhood came to know about what had happened and had stopped other girls from talking to Varsha as they all blamed Varsha for what had happened.

Varsha was very angry with herself and sad for having trusted a man.

In School some of her friends wanted to talk to her and make her feel better, but since she felt that everyone has been blaming her she withdrew herself from everyone.

She would always be alone, even at home, and wouldn't talk to anyone. She stopped playing, and doing other activities which she would earlier enjoy.

She would constantly think of what had happened to her because of her boyfriend.

She would tell herself that "Now there is no point of living" and had made plans to jump off a building.

Meanwhile when Varsha's mother asked her to be more active and help out in the house, she would mention about having constant body pain, she was taken to several physicians who ruled out any abnormalities in her physical health, but Varsha continued to experience severe pain in her whole body even after 6 months from the incident.

Varsha's mother came to know about OSC and brought her to the counsellor.

Varsha met the counsellor but mentioned about not wanting to talk about anything today as her head is hurting, the counsellor after doing a brief risk assessment gave some of the important helplines to call in times of emergency and asked her to come back whenever she feels like talking.

Varsha started coming for counselling sessions and only in the third follow up session mentioned about having been assaulted and spoke about how she doesn't feel like doing any work and wants to end her life as she feels that "Everything has come to an end because people know that she has been raped as she had a boyfriend".

The counsellor told Varsha, that she has been going through a very difficult situation and that anyone in such a situation would feel the way she does and that it is not right how you got treated by your neighbours. The counsellor made a safety plan on suicide along with Varsha and other plans for the session were laid out.

BREAKOUT ROOM

- Group 1 - Identify the maladaptive emotions and thoughts.
- Group 2 - Identify maladaptive behaviour and coping styles.
- Group 3- Discuss what else would you address in counselling?