

Sexual Abuse Therapy in Utah

 pathwaysreallife.com/sexual-abuse-therapy-utah/

Pathways Real Life Recovery helps adult and adolescent survivors of sexual abuse to overcome the trauma of their experiences so that they can move forward and live a life of purpose. Our compassionate sexual abuse treatment specialists are uniquely qualified to aid men and women who suffered through sexual trauma as a child or as an adult. We want you to know that you are not alone, and that help is available through Pathways Real Life Recovery. Contact us for a free treatment assessment today at 801-509-9442, or use the form to the right, if you are ready to begin the therapeutic journey to recovery.



Warning Signs of Sexual Abuse

Sexual abuse can occur at any age and can happen to anyone regardless of their race, religion, gender or sexual orientation. Loved ones need to be alert to the warning signs of sexual abuse, especially in children, so that intervention can be made as quickly as possible. Here are some of the **common warning signs that a person is suffering from sexual abuse or trauma**:

- Social withdrawal
- Rapid mood swings
- Self-harm
- Dramatic changes in interests, both inside and outside the home
- Sexualized or promiscuous behavior
- Significant changes in appearance or hygiene

Those are warning signs, but there are also symptoms that can manifest later in life as a result of abuse. These can include post-traumatic stress disorder (PTSD). Symptoms and behaviors can include, but are not limited to, the following:

If you notice the warning signs of sexual abuse in a loved one, it is important to seek professional help as soon as possible. The sooner the healing and treatment process begins, the more the victim will benefit from it.

Sexual Abuse Treatment Plan – Recovery That Goes Deeper Than the Symptom

Pathways Real Life Recovery believes in treating the whole individual and not just his or her symptoms. Because every person's situation is different, we work with every client to create a customized and personalized treatment program. We utilize elements from both child advocacy and the family system approach, which we believe can provide the most effective means of aiding therapy. Our comprehensive program is also designed to treat all members of the family.

Your personalized care plan will include empirically supported that will be specifically selected to meet your unique needs. Depending on your individual situation, your therapy with Pathways may include the following options:

- Trauma-Focused Cognitive Behavior Therapy (CBT): CBT is a widely used intervention that helps a patient overcome old, maladaptive ways of thinking about their abuse. As an example, a woman who was abused as a child may avoid developing a healthy romantic relationship, because she assumes all men are abusers. A therapist can work with a person in treatment to identify those types of assumptions and then “rewrite” those ways of thinking. CBT has proven to be very effective as a method of short-term therapy for people who are ready and willing to change.
- **Somatic Experiencing (SE)**: SE is a method which recognizes that humans experience and retain trauma in the body (somatically). Energy can be trapped in the body due to trauma, and when it is not released or discharged, it can lead to anxiety, depression or other symptoms. SE helps a sexual abuse victim to gradually and gently adjust to uncomfortable sensations in the body, which aids in recovery. Typical cognitive therapy requires victims to “reimagine” the trauma that they went through; SE, on the other hand, focuses on resolving the physiological symptoms that contribute to other problems.
- Eye Movement and Desensitization (EMDR): An EMDR-certified therapist can help a patient rewire their brain through the use of eye movements, in order to change the way that the mind processes the trauma of childhood sexual abuse. By altering their eye movements, the patient is able to review the abuse, face the trauma and change their physiological reaction to it.

Pathways Real Life Recovery also offers traditional methods such as psychotherapy for PTSD, [art therapy](#), group therapy, and other treatment options.

Stages of Sexual Abuse Treatment

Sexual abuse treatment takes place in three stages:

- **Stage One: Creating a Context for Change.** A detailed and individualized treatment plan is developed at this stage. A context of safety and hopefulness is created, and family members commit to working toward change. The relationship between patients and the therapist is built to outline the goals of therapy.
- **Stage Two: Challenging Old Patterns and Expanding New Alternatives.** The client is aided by creatively challenging maladaptive thoughts, feelings, and behaviors. Therapeutic interventions are developed based on a client's strengths. Clients have the option to actively participate in individual, couples, group and family sessions during Stage Two.
- **Stage Three: Consolidation.** The client takes the newly-developed adaptive behaviors and consolidates them into sustainable methods of ongoing healing. The client will be able to prepare for future challenges.

Sexual Abuse Treatment Setting

Pathways provide both inpatient and [outpatient settings for sexual abuse victims.](#) Both settings can be beneficial for clients as they deal with trauma symptoms that can interfere with work, home, and emotional relationships. The choice of setting is highly personal for each individual and should be considered carefully.

We also offer "[Women Only](#)" inpatient setting for sexual abuse treatment. Pathways provides comprehensive residential programs for women and girls in need of compassionate care for the trauma they have endured. This is a safe, serene and female only setting in which women and girls can develop the skills necessary to overcome the trauma they have endured.

Pathways Real Life Recovery is a Treatment Center for Sexually Abused Adults in Utah

Pathways Real Life Recovery exists to help you overcome the trauma of sexual abuse in Utah. To learn more about the services that we provide to adult survivors of sexual abuse, or for answers to any questions that you may have about any aspect of treatment at Pathways, please feel free to contact our treatment center at your convenience.

We do not use an answering service; if you call us at 801-509-9442, you will speak to a friendly and knowledgeable member of our staff who is there to help you. You can also input

your contact information in the form on the right, and someone from our staff will be in touch with you shortly.