
ABSTRACT

Image therapy for a victim's traumatic experience of sexual assault: Support in a private victim support organization

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Sexual assault is a typical traumatic experience, with victims experiencing a high rate of PTSD, and active intervention in the chronic phase is required. At present, there are private victim support organizations in all prefectures, but in many cases, free counseling is rarely available. In this study, I report a case where flashbacks were reduced as a result of image therapy such as the 'Shuno' image method and 'Tsubo' image therapy for victims of sexual assault within the framework of free consultation with a limited number of sessions. Through three image therapies, the client felt a bond with an important person through independent ingenuity, the mode of experiencing the images progressed, and an independent attitude was observed that appeared to continue even after counseling. In this case, the therapist's involvement emphasized the attitude of trying to draw out the client's independent ingenuity by setting up a place to promote the mode of experiencing the client's image while considering safety.

Key Words: victim support, private victim support organization, victims of sexual assault, image therapy
