Considerations for College Counselors in the #MeToo Era

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About the Presenters

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Learning Objectives

● Review statistics on campus sexual assault.
● Discuss impact of #MeToo on sexual assault survivors.
● Describe a trauma-informed approach and six trauma-specific interventions.
● Provide recommendations for trauma-informed practice.
● Discuss ideas for advocacy and strategies for prevention and education on college campuses.
COLLEGE-AGE WOMEN ARE AT RISK

All women
18-24 College women
18-24 Women not in college

3X
4X

COLLEGE WOMEN ARE TWICE AS LIKELY TO BE SEXUALLY ASSAULTED THAN ROBBED

5 robberies for every 4 sexual assaults
2 sexual assaults for every 1 robbery

Robberies
Sexual Assaults

All women
College women

National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/campus-sexual-violence for full citation.
REASONS VICTIMS CITED FOR NOT REPORTING

4 OUT OF 5 STUDENTS
females 18-24

31% other reasons
26% believed it was a personal matter
20% had a fear of reprisal
12% believed it was not important enough to report
10% did not want the perpetrator to get in trouble
9% believed police would not or could not do anything to help
4% reported but not to police

2 OUT OF 3 NON-STUDENTS
females 18-24

35% other reasons
23% believed it was a personal matter
20% had a fear of reprisal
19% believed it was not important enough to report
14% did not want the perpetrator to get in trouble
10% believed police would not or could not do anything to help
5% reported but not to police

National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/campus-sexual-violence for full citation.
HOW THE #METOO MOVEMENT STARTED
“Numbness is not always the absence of feeling. Sometimes it's an accumulation of feelings. And as survivors, we often have to hold the truth of what we experience. But now, we're all holding something, whether we want to or not. Our colleagues are speaking up and speaking out, industries across the board are reexamining workplace culture, and families and friends are having hard conversations about closely held truths. Everybody is impacted.”

Me Too is a movement, not a moment

Tarana Burke
TEDWomen 2018
Media References
Media References
Media References
Media References
Media References
Media References

KNOW MY NAME
a memoir
CHANEL MILLER
Trauma-Informed Approach (SAMHSA, 2014)

- Emphasis on the awareness of the impacts of trauma and the importance of avoiding retraumatization of survivors
- Framework for practice, not a set of counseling techniques
Historical Development

- Changes in DSM
- SAMHSA history
- Adverse Childhood Experiences Study (ACE) and Women, Co-Occurring Disorders and Violence Study (WCDVS)
- Information gathered from:
  - Trauma-focused research
  - Clinical knowledge about effective trauma interventions
  - Survivor stories
Conceptualization of Trauma: The 3 Es

1. Event
2. Experience of the event(s)
3. Effect

“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being”
Key Assumptions: The 4 Rs

1. Realization
2. Recognition
3. Response
4. Resisting retraumatization

“A program, organization, or system that is trauma-informed realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist retraumatization.”
Six Key Principles

1. Safety
2. Trustworthiness and transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice, and choice
6. Cultural, historical, and gender issues
Usefulness and Generalizability

- Framework applicable in any counseling setting
- Best to incorporate with trauma-specific interventions
- Generalizable across disciplines
Trauma-Specific Interventions

1. Cognitive behavioral therapy (CBT)
2. Trauma-focused cognitive behavioral therapy (TF-CBT)
3. Cognitive processing therapy (CPT)
4. Prolonged exposure (PE)
5. Narrative exposure therapy (NET)
6. Eye movement desensitization and reprocessing (EMDR)
Recommendations for Counselors

- Assess all clients for a history of trauma.
- Become familiar with trauma symptoms, PTSD, and other trauma-related disorders.
- Implement SAMHSA’s trauma-informed approach in your practice.
- Seek professional development in trauma-specific approaches.
- Get involved with professional organizations and network with other counselors who specialize in trauma.
- Maintain an awareness of current events that may impact clients’ mental health.
- Advocate for survivors and sexual assault prevention.
Advocacy and Prevention

- Hold regular process groups
- Be intentional about therapist wellness goals and protocols for those on specific IPV/Sexual Assault treatment teams
- Be aware of the politics/policies/laws in your state, county, school, etc.
  - Know differences in school regulation vs. legal action
- Connect with your local Women’s Center
- Educate local/campus police officers on trauma informed approaches
- Continued counselor education on sexual assault and IPV
- Campus education
Resources

Helpful resources we discussed- just click on the subject.

- RAINN
- #Metoo Movement Video
- *Know my Name* by Chanel Miller
- Grey’s Anatomy survivor episode
- TF-CBT National Therapist Certification Program
- TF-CBT online training
- CPT for PTSD
- CPT online training
- PE online training
- EMDR Institute
References


References (continued)


