



Using Emotionally Focused Bodywork for Sexual Abuse Recovery

A highly regarded architect in his 50's, Randall demonstrated that Emotionally Focused Bodywork can connect him more deeply to himself and his body as he continues in sexual abuse recovery.

SITUATION

This case study briefly describes a series of sessions over two years with Randall as he takes another step in his sexual abuse recovery. Randall, referred to me by his acupuncturist had been and was still in psychotherapy with his talk therapist who specializes in Post Traumatic Stress Disorder Treatment (PTSD), and in treatment with his acupuncturist. The professional collaboration between the three of us to give full support to Randall in his sexual abuse recovery is documented in several Pod Casts.

Several members of his family of origin had severely and repeatedly sexually abused Randall, as a pre-adolescent. He had been successfully in treatment for many years for Multiple Personality Disorder and was now highly functioning. This was true in his profession and personal life including in his marriage. What motivated Randall to seek my services was a desire to be more embodied now that he was able to hold on to himself and not split off into different disconnected sub-personalities—no simple or small achievement.

EMOTIONALLY FOCUSED BODYWORK for sexual abuse recovery

Randall brought to Emotionally Focused Bodywork a clear understanding of what he was dealing with in his sexual abuse recovery. His impressive understanding is portrayed in a conversation between the two of us located in Articles. An excerpt: "I abandoned some time ago the notion that the mind and body are separate. Much of my memories from my abuse history are body memories. So for me there's a very clear awareness emerging of what I wasn't aware of before—how much I had to dissociate from my body. My father, mother, older brother, and uncle violated me. Once I began to reflect on these events I began to be aware that I must have lived my childhood in a state of constant and severe hyper-vigilance."

The goal of each sexual abuse recovery session was to increase Randall's experience of being embodied. The underpinning upon which sexual abuse recovery treatment rests is creating safety that is exquisitely attuned to the needs of the client. As I touched Randall I paid attention to his breathing, restricted or otherwise, and encouraged him to find a natural breathing rhythm. I knew this would facilitate his embodiment. It connected him kinesthetically so that a physiological re-orientation to touch could take place.

RESULTS OF EMOTIONALLY FOCUSED BODYWORK for sexual abuse recovery

The sexual abuse recovery work with Randall is ongoing and the results to-date from his own reporting are documented in our conversation and Pod Casts (Randall 1) and (Randall 2) .