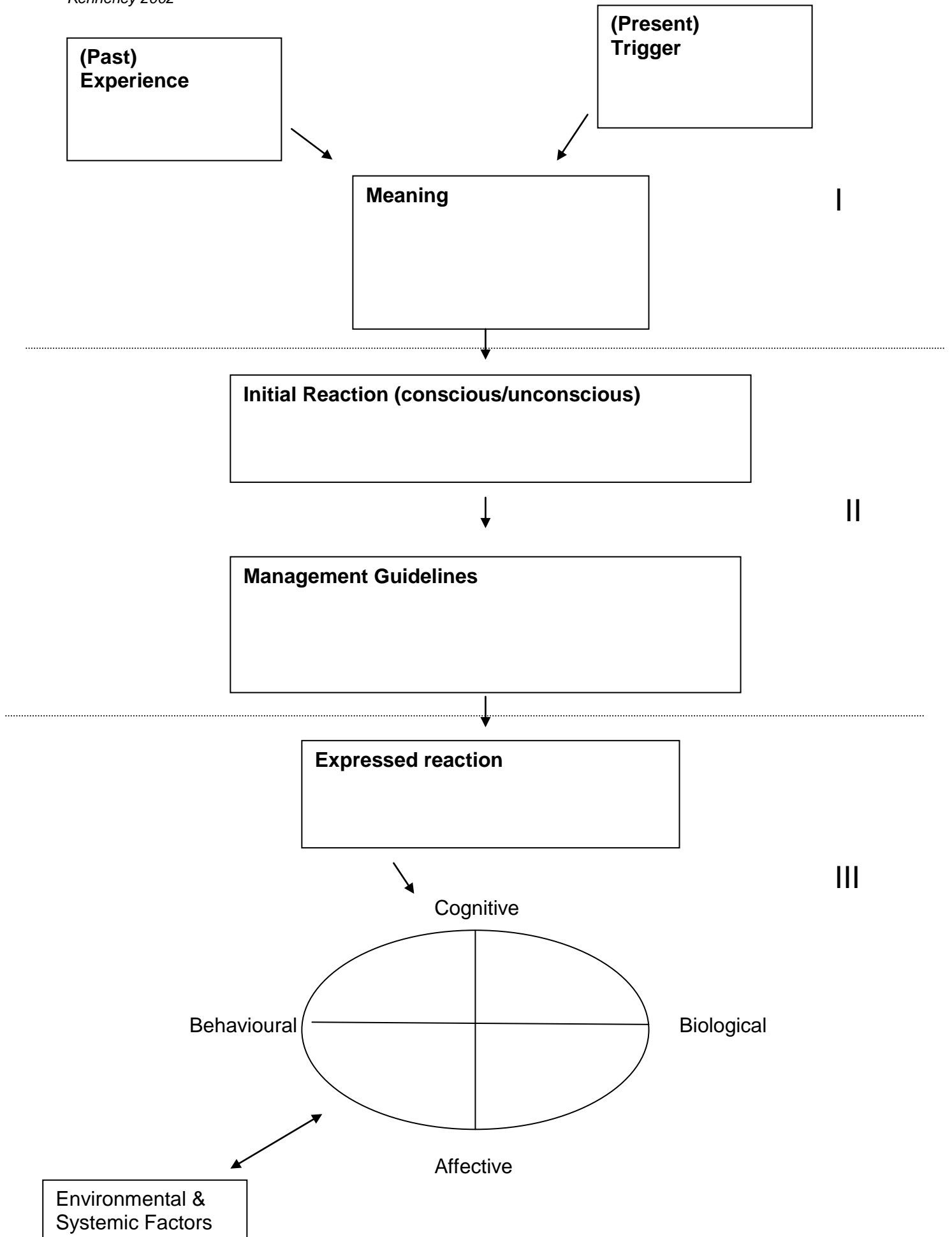


Understanding Childhood Trauma (CSA)

Kennerley 2002



- I. Past experiences shape a person's interpretations or present events or stimuli (ie. Internal or external triggers)

Meaning or schemata comprising core beliefs (including those which do not exactly map into language) and cognitive style

- II. Reactions such as pleasure, fear, grief, discomfort etc.

Management guidelines are methods for coping with initial reaction and are shaped by the rules and assumptions which the individual has learnt or derived. These may be functional or dysfunctional.

- III. Expressed reactions are an interplay of reciprocal factors – cognitive, affective, biological, behavioural and systemic. Reactions can be adaptive (e.g. problem solving, relapse prevention) or maladaptive (e.g. avoidance, self-injurious behaviours), but they often represent a person's best efforts to manage initial reactions. Level III experiences can then serve as triggers at Level I.

Chapter 17, Managing the Sequelae of Childhood Sexual Abuse in Adults, Helen Kennerley, pages 236-252 of Psychology of Sexual Health, Miller, D. & Green, J. (eds) 2002. WileyBlackwell. Oxford.