

# HEALTHY U

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“Genetic research has shown that there is only one race here on earth—the human race.” — Jean Feraca

Editor: Marilyn Kile

## HELPING SEXUAL ASSAULT SURVIVORS

A Guide for Friends and Family:

The victim’s lifestyle is completely disrupted. They suffer a significant degree of trauma, both during, immediately following, and for a considerable period of time after the violation. Attempting to endure the aftereffects and rebuild a life on one’s own following a sexual assault is never easy and often not successful. The reactions of those around them and the support received may be critical to their recovery. There are few better sources of help for the victim than supportive friends and family.

First and foremost, accept what you are hearing and believe the victim. It is important to remember that

attempted rape is often as traumatic as a completed assault. Let them tell their story in their own words and avoid questions that might imply personal blame. Reinforce that it was not their fault. Never forget that sexual assault is not punishment, it is a crime.

Encourage the victim to contact the campus [Sexual Assault and Response Team](#) (SART at 262-472-1060), and/or, the University Health & Counseling (UHCS at 262-472-1305). SART and the UHCS are staffed with trained workers that can guide the victim through the next critical hours and assist with on and off campus resources.

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### WHAT’S NEW

#### Relaxation Break

Thursday, September 27, 12:30-1:15 pm in the rocker room (2023S) Health Center. Unwind, soothe and reenergize your body and mind.

#### Wellness Fair,

#### “Building Balanced Health”

Wednesday, October 3, 11 am – 2 pm, Williams Center. free massages, give aways, assessments, food and door prizes!

#### Counseling Groups

Groups are forming now.

More Info. on page 3

## STRESS MANAGEMENT

When faced with a stressful situation there are basically three healthy ways you can respond – **Alter**, **Avoid** or **Accept** the situation. The trick is knowing which approach to use when.

**Altering** a situation involves problem solving how you can change the situation so it is less stressful for you. For example, if you find that you are often struggling to get your work done on time or are frequently turning work in late, you may want to change the way you use your time. Analyze where your time wasters are and give a couple of them up. Start working on projects and

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## WHAT IS GROUP COUNSELING?

Last year I was asked by a number of students about the group counseling program now available at Counseling Services. Here is some useful information to help you decide if group counseling is an option for you.

Groups are available at **no charge** to both full and part-time students.

#### What is group counseling?

Group counseling is a setting in which a group of people support each other in making changes in their lives. It is

great way to help you realize that you are not alone in your concerns, that others are having or have had similar experiences. Group is a wonderful place to receive support from your peers,

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### Helping Sexual Assault Survivors, Cont.

For a variety of reasons, victims may not recognize the experience as a sexual assault and vital evidence may be lost. Therefore it is important to encourage the victim to preserve any and all evidence. Even if there is not the obvious signs of an assault, like cuts and bruises, encourage the victim to seek medical attention. The perpetrator may have an STD, and there is the issue of a possible pregnancy. Provide comfort, be available, and support the victim's decision making. Lastly, partners are one of the secondary victims, and counseling may need to be a part of their recovery.

By Stephen Naymick, MSW, LCSW  
Senior Counselor

### Stress Management, Cont.

papers earlier and put frequent reminders in your planner to stay on track.

Some situations you are powerless to change but that doesn't mean you have to put up with them. If there is an activity in your life that is causing you distress or resulting in a negative outcome, you may be able to **avoid** it. Sometimes we get stuck in the pattern of doing what we have always done or what everyone else is doing without assessing whether or not it is in our own best interest. If you are engaged in a non essential activity that is causing you a lot of stress, consider letting it go.

If the situation can not be altered or avoided, you always have the option of learning to **accept** it. Continuing to be upset by a situation you can not change or eliminate, serves no purpose other than to hurt you. For example, you may not like the idiosyncrasies of your roommate, but you can learn to live with them. You are going to be living together all year so decide now, not to let his or her quirky habits get to you. Give yourself a break by accepting the situation, feeling peaceful and focusing on the more important things in your life.

*Specializing in  
the Unique  
Needs of  
College Students*



## WELLNESS RESOURCE CENTER

There are several CD's and tapes in the center that can be helpful in the healing and recovery of sexual assault survivors.

*Three Stages of Healing Trauma* - 3 CD set for all three stages of healing from trauma. Stage 1 Safety and Control; Stage 2 Healing and Integration; Stage 3 Clean up and Renewal. 9 different guided imagery exercises and affirmations. CD

*Healing Trauma (PTSD)*: Designed to reduce isolation, terror, shame and despair from past trauma. It helps restore a sense of inner goodness, hope, growth, purpose, and connection, not by reliving the trauma, but by metaphorically shifting it incrementally over time with repeated listening. Guided imagery and affirmations. CD

*Life After Trauma: What Every Person Should Know*. You'll learn about Posttraumatic Stress Disorder (PTSD) symptoms and treatments. Videotape

*Voices of Courage*: Twelve survivors of sexual assault tell their own stories of tragedy and triumph. A journal of personal growth and recovery. CD

The Wellness Resource Center is located in the lobby of the Ambrose Health Center.

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To unsubscribe write to [kilem@uww.edu](mailto:kilem@uww.edu)

### **Wellness Resource Center, Cont.**

These materials are available for check out for free for 2 weeks.

They are located on a library cart under the brochure holders. The center is open Monday – Friday, 8:00 – 4:30

### **What is Group Counseling, Cont.**

to give and receive feedback, and to learn educational

Please visit our [website](#) for additional information. If you are interested in joining a group or if you have further questions, please call 262-472-1305 or stop by Counseling Services on the second floor of the Ambrose Health Center.

By Jill Mallin, Ph.D., LPC  
Outreach Counselor

### **What's New, Cont.**

#### **Relaxation Break**

Thursday, September 27, 12:30-1:15 pm in the rocker room (2023S) Health Center. Free. Unwind, soothe and reenergize your body and mind. Leave in a state of relaxed alertness. Experience a combination of breathing exercises, tai chi, stretching, meditation, and guided imagery.

#### **Wellness Fair, "Building Balanced Health"**

Wednesday, October 3, 11 am – 2 pm, 2<sup>nd</sup> floor of the Williams Center. Great opportunity to have fun and improve your well being. Many different exhibits from both campus and community resources, free massages, give aways, food, information, assessments and door prizes!

#### **Groups**

Counseling groups, one for women, one for men and one for all students are forming now. For more information or to join a group call 472-1305.

A support group for sexual assault survivors is available every Wednesday during the academic year in the Ambrose Health Center. Contact Haley Schultz at APFV at 262-723-4653 or [apfvcva@charterinternet.com](mailto:apfvcva@charterinternet.com) for more information or to join.