

**Post Traumatic Stress
Disorder (PTSD)
&
Rape Trauma Syndrome (RTS)**

Survivors suffer a significant degree of physical and emotional trauma during, immediately following and over a considerable time after the rape.

PHASES:

1 . Acute – Reaction occurs within hours of traumatic event. Physical symptoms include: general soreness, pain and discomfort in injured areas. Expressed behaviors such as crying, restlessness, tenseness or controlled behaviors such as masking behind a calm, composed act. Emotionally feeling numb, embarrassed, guilty, powerless, fear, shame, depression, etc.

2 . Reorganization – Physical injuries heal and life reorganization begins & learning to cope. It is essential to develop a support system and strengthen coping mechanisms. 80% of survivors change their residence and most intimate relationships will suffer disruption.

3 . Resolution – Because this phase sometimes takes a long time to reach, it is not discussed as much. There may be 'triggers' that cause set-backs in recovery; however, if help is sought, continued progression can occur. At this point the victim has become a true survivor.



Crisis Center Hotline

1-800-7-WE-CARE

PO Box 3208
Beaumont, TX 77704
Phone (409) 832-6530
Fax (409) 832-4324

Website: www.crisiscenterofsoutheasttx.org
Email: crisiscenterofsoutheasttxinc@gmail.com

**Texas Association Against Sexual
Assault**

1-512-474-7190

National Sexual Assault Hotline

1-800-656-4673

Pictures obtained from Google Image Search

This agency is funded by, Office of the Attorney General State of Texas, Governor's Office Criminal Justice Programs, United Way and Contributions.



*Rape & Suicide Crisis
of Southeast Texas, Inc.*

RAPE TRAUMA SYNDROME



IMMEDIATE REACTIONS

Within hours

Survivors describe and indicate a wide range of emotions in the immediate hours following the rape with may include:

- ⇒ Disorientation
- ⇒ Nightmares
- ⇒ Flashbacks
- ⇒ Sleep disturbance
- ⇒ Appetite loss or increase
- ⇒ Difficulty concentrating
- ⇒ Re-enactment of experience
- ⇒ Shock
- ⇒ Disbelief

PHYSICAL REACTIONS

Within hours to first weeks

Sexual assault is forced sexual violence against a person. Therefore, survivors describe a wide range of physical reactions.

- ⇒ General soreness all over
- ⇒ Specific areas that were the focus of the attack (ie. mouth, vagina or anus).
- ⇒ Skeletal muscle tension
- ⇒ Gastrointestinal irritability
- ⇒ Genitourinary disturbance

EMOTIONAL REACTIONS

The primary feeling of a survivor after being raped is fear, fear of physical injury, mutilation or even death. Other feelings expressed are:

- ⇒ Humiliation
- ⇒ Degradation
- ⇒ Guilt
- ⇒ Shame
- ⇒ Anger
- ⇒ Embarrassment
- ⇒ Helplessness
- ⇒ Powerlessness
- ⇒ Self blame
- ⇒ Denial



THE ADVOCATE

Crisis Center advocates are aware of the variety of emotions that a survivor may feel. They will provide emotional support, crisis intervention, referrals to professionals and general support to let survivor know that they are not alone in the healing process.

CRISIS CENTER SERVICES

Rape & Suicide Crisis of Southeast Texas, Inc. is an organization that has been helping survivors of sexual assault in Jefferson, Orange and Hardin Counties for over 30 years. The services include:

- ⇒ 24-Hour hotline support
- ⇒ Advocacy Program
- ⇒ Medical/Legal Accompaniment for survivors of Sexual Assault.
- ⇒ Crisis Intervention & Referrals.
- ⇒ Crisis Intervention for sexually abused students while in school.
- ⇒ Support Groups
- ⇒ Community Education & Public Speaking