

**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 and learning to cope. It is essential to develop a support system and strengthen coping mechanisms. Eighty percent 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 setbacks 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**

P.O. 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

1-800-656-4673

National Sexual Assault Hotline

1-800-656-4673

Pictures obtained from Google Image Search

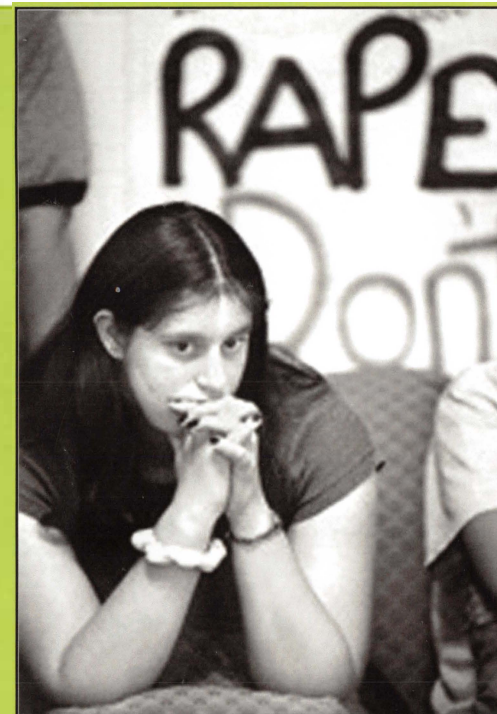
*This agency is funded by Office of the
Attorney General State of Texas' Sexual
Assault and Crisis Services Division, Office
of the Governor's Criminal Justice Programs,
United Way and Contributions.*

This publication was funded by the
Port Arthur Communities Fund



*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 which 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 (i.e. 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 and general support to let the survivor know that he/she is not alone in the healing process.

CRISIS CENTER SERVICES

Rape and 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 but are not limited to:

- 24-Hour hotline support
- Advocacy Program
- Medical/Legal Accompaniment for survivors of Sexual Assault
- Crisis Intervention & Referrals
- Support Groups
- Community Education & Public Speaking
- Coalition Participation



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