

## **Working with Survivors and Perpetrators of Sexual Abuse: The Common Thread**

Juliet Grayson

Workshop (optional)

Saturday, 28 September 2019, 2:00 p.m. – 3:30 p.m.

With approximately twenty percent of people experiencing sexual abuse, this is a topic that will regularly arise in PBSP experiential workshops.

Juliet Grayson has studied sexual abuse from all perspectives: the victim, the perpetrator and the family member. Her current PBSP long-term clients who are survivors of sexual abuse include a man who was abused repeatedly by a paedophile ring from the age of 2, another woman who was raped at age 5, another who was raped for the first time aged 14.

Since 2010, she has run an ongoing experiential PBSP group – called the 'Slippery Slope' group – for those who sexually harm others. People in this long-term perpetrator–client group include voyeurs, exhibitionists, viewers of illegal images (of children and animals), non-offending paedophiles and child molesters.

The common thread is that all the perpetrators Juliet works with have severe neglect or trauma in their own history. They report that healing their trauma using PBSP reduces their desire to act out sexually in an inappropriate way.

Using PowerPoint, discussion and an experiential exercise in this workshop, Juliet will explore sexual abuse. A particular focus will be on which topics to pay attention to when working with abuse. The workshop will:

- explore the ten common topics that arise during sexual abuse and how to manage them
- illustrate these with case examples
- consider 'the body' and where to focus during the different stages of dealing with abuse
- differentiate between containing versus limiting interventions, and which to use when
- provide examples of using the PBSP technique of 'principles' in sexual abuse

### **Juliet Grayson (UK)**

In 2012 Juliet Grayson co-founded StopSO: The Specialist Treatment Organization for Perpetrators and Survivors of Sexual Offences. This UK-wide charity offers therapy to those at risk of committing a sexual offence or of re-offending. By December 2018, StopSO had received almost 3,000 requests for help from perpetrators and their families. More than half of these have been in the last 12 months. In 2018 StopSO expanded to offer therapy to survivors of sexual abuse too. Juliet is the Chair of StopSO.



A psychosexual psychotherapist registered with the United Kingdom Council for Psychotherapy (UKCP), Juliet has worked with couples and sexual problems for some 25 years.

In 2016 she published "Landscapes of the Heart: The working world of a sex and relationship therapist". Over half of the book describes the use of PBSP with clients. One of the chapters vividly describes working with a sexually abused client in the context of a PBSP group.

As a PBSP Therapist, Supervisor and Trainer (Accredited by Al Pesso and Lowijs Perquin), Juliet led over 70 days of PBSP in 2018, including experiential workshops, supervision days and trainings for therapists. She is one of the UK team of trainers running the three-year PBSP training for therapists in the UK. Juliet is passionate about PBSP and committed to helping people to become more of who they truly are.