

Sexual violence effects

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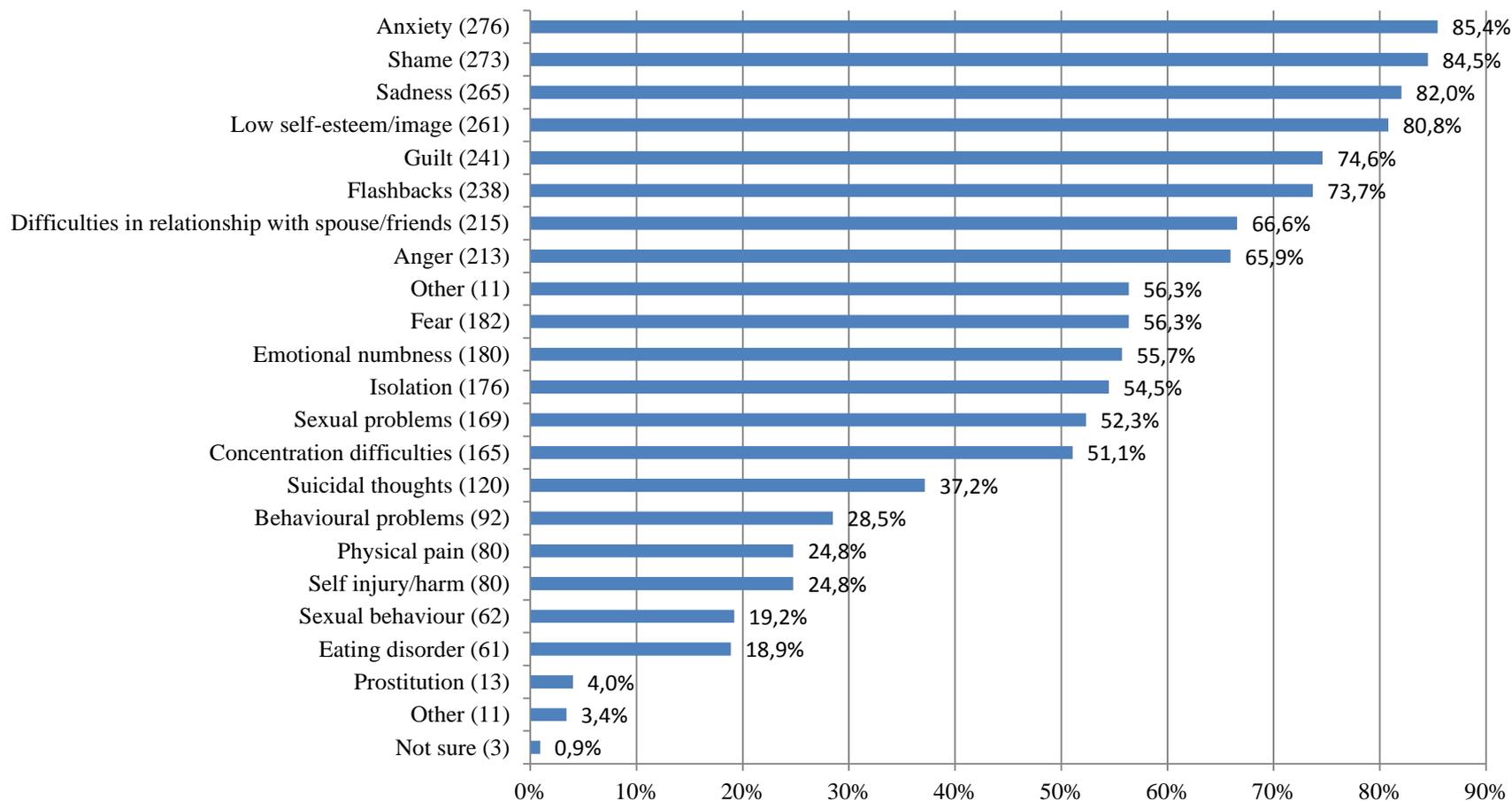
Reaction to danger

- Fight
- Flee
- Freeze

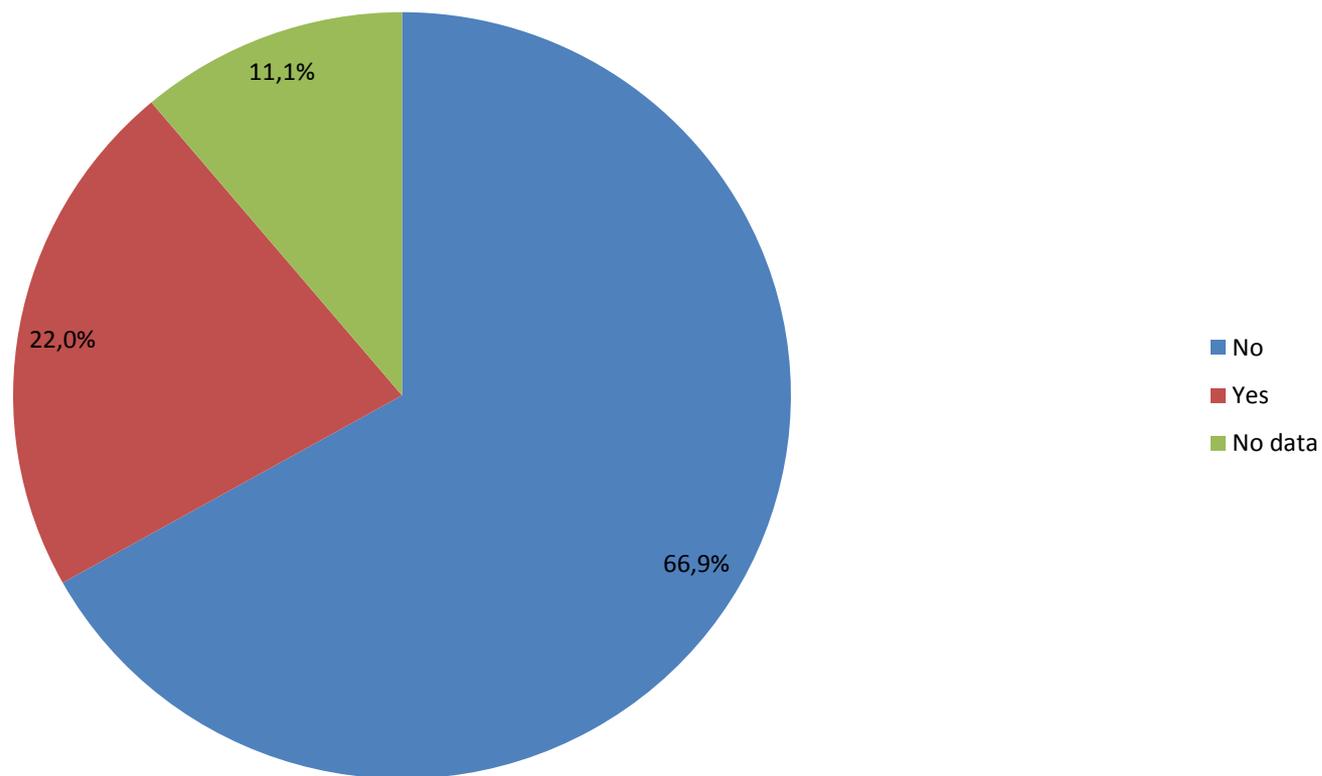
PTSD symptoms

- Flashbacks, feeling that the trauma is happening again.
- Anxiety and fear.
- Avoidance.
- Emotional numbness.
- Depression.
- Sleeping and eating difficulties.
- Being alert.
- Angry.
- Difficulties with concentration

Difficult consequences of sexual violence



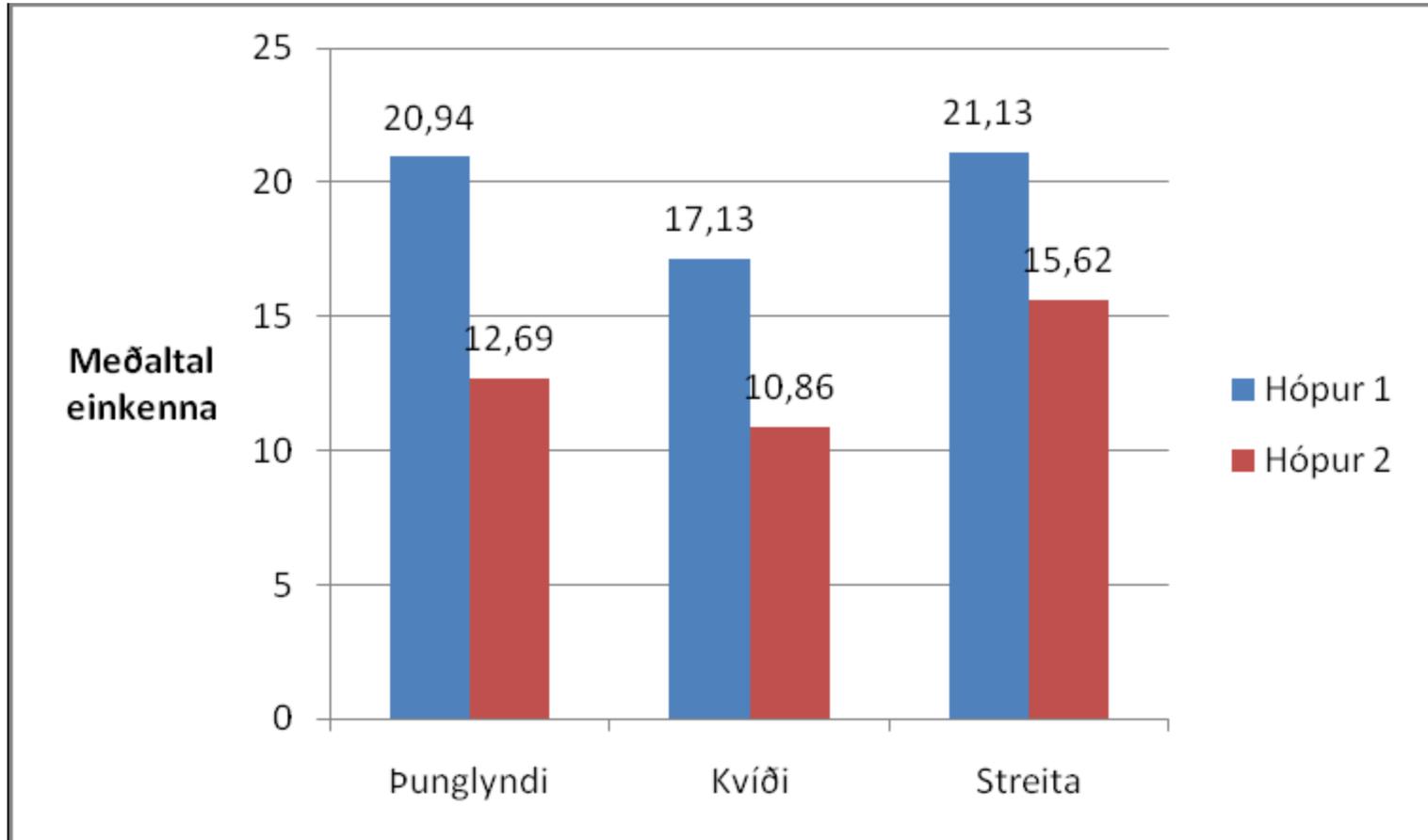
Suicide attempts 2013



Evaluation of the counseling

- Self worth, anxiety and depression.
- A significant improvement.

Average symptoms of depression, anxiety and stress at Stigamot, before and after 4 sessions



Better life quality

