

## How to Facilitate a Psychoeducational Support Group for Intimate Partner Sexual Violence Survivors

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Among female survivors of attempted murder by an intimate partner, 75% had been raped by their partners. Sixty-nine percent of physically abused women also report sexual assault. Women who are sexually assaulted by intimate partners have higher levels of repeat victimization and enduring trauma symptoms than women who are raped by non-partner perpetrators. Intimate Partner Sexual Violence (IPSV) is a serious and widespread problem, yet IPSV survivors who seek help from sexual assault programs sometimes feel that they in the wrong place. Because IPSV is both sexual assault AND domestic violence, survivors may feel that advocates from either discipline do not understand their unique needs.

Psychoeducational support groups are a valuable method to meet the needs of IPSV survivors. To respond to the need for resources, the Washington Coalition of Sexual Assault Programs (WCSAP) has developed the *IPSV Support Group Guide*, a manual that has been warmly received by advocacy agencies. This workshop will be a highly interactive, informative session that will introduce participants to the *Guide* (which is available online at [www.wcsap.org/ipsv.htm](http://www.wcsap.org/ipsv.htm)) and help them to become familiar with the broad concepts and specific strategies for helping IPSV survivors.

The workshop will include:

- An overview of Intimate Partner Sexual Violence
- An introduction to the *IPSV Support Group Guide*
- A facilitated discussion of the needs of IPSV survivors
- An opportunity to participate in sample activities taken directly from the support group curriculum
- Identification of resources for further information and training
- An activity designed to challenge participants to use and adapt the support group concept in their own program settings (for example, to incorporate some activities into existing sexual assault support groups that are not IPSV-specific, or to adapt the materials for use with specific groups such as teens or those in same-sex relationships)

Workshop participants will:

- Develop a basic knowledge of IPSV
- Be able to understand and use the support group curriculum
- Have the opportunity to experience activities used in the curriculum

- Identify the needs of IPSV survivors in their community
- Develop strategies for tailoring the support group resources to the people and settings in their communities

### **Additional Handouts**

***IPSV Support Group Guide  
Leadership for a Successful IPSV Support Group***

**Participants may also wish to review the Washington Coalition of Sexual Assault Support Programs original guide to facilitating psychoeducational support groups for sexual assault or abuse survivors. It is called *Circle of Hope* and is available online at <http://www.wcsap.org/pdf/CIRCLEOFHOPE09.pdf>**

**Additional resources on the topic of Intimate Partner Sexual Violence may be viewed at [www.wcsap.org/ipsv.htm](http://www.wcsap.org/ipsv.htm)**