

Name of the workshop

Date

“Know the dynamics of CSA”

Date

Date

9th September 2023

Location

Observation Home for Boys, Madiwala.

Participants

16

Facilitators

Viji Ganesh

Personal Safety Coach and Sexuality Educator

Viji Ganesh is trained in the POSH Act that deals with sexual harassment of women in the workplace and is appointed as an external member of the Internal Committee of corporates. She has conducted more than 50 CSA awareness and prevention programs. She has conducted a year-long program at Ramana Vidyalaya, Chennai where she sensitized the entire school on CSA, spreading awareness through more than 150 sessions, and trained teachers to conduct CSA awareness sessions. She works on a freelance basis with TULIR in Chennai and Enfold in Bangalore on CSA-related work, where she trains the trainers. She is trained in Counselling skills from Banjara Academy, Bangalore.

Dr Kalpana Purushothaman

Member of the Juvenile Justice Board, Bangalore Urban

Kalpana is an educator and a queer affirmative therapist. She is an Adjunct Professor at the Indian Institute of Psychology and Research (IIPR). She received the Guru Shrestha Award, Karnataka in 2019 for her work as an exemplary teacher for people from different backgrounds. Previously she has worked as a Senior Professional Counsellor and Senior Researcher at the Juvenile Justice Program at the Centre for Child & the Law, National Law School of India University, Bangalore. She has co-authored the book “Juvenile Not Delinquent” along with Enakshi Ganguly and Puneeta Roy.

Shamili

Co-founder, Cozyhope

[Shamili](#) is a trauma-informed, queer, and caste-affirmative therapist. She uses systemic (contextual) and intersectional understanding of mental health in her therapy practice. She is trained in many approaches to therapy like humanistic, narrative, existential, CBT, ACT and trauma-focused practices along with different approaches to couple and family therapy.

Snehal

Co-founder, Cozyhope

[Snehal](#) is a postgraduate in psychology, medicinal, and analytical chemistry and currently pursuing a fellowship in perinatal mental health (with Dr. Ashlesha Bagadia, a perinatal psychiatrist). In the past, she has been associated with NGOs and academies like Parivarthan and Prerana, Bangalore, as a counselor, life skills and counseling skills trainer, and supervisor.

Organizers

The workshop was organized by the Project Maanasa team in collaboration with Dr. Kalpana P, member of the Juvenile Justice Board, Centre for Child and the Law, NLSIU, with the permission of the District Child Protection Unit (DCPU). Participants from Project Maanasa,

students from the Indian Institute of Psychology & Research (IIPR), and members of the Childline team attended the workshop.

Topics covered in the first half of the session

The first half of the session was conducted by Ms. Viji Ganesh who spoke about the dynamics of CSA and the POCSO Act, 2012. The session was interactive and informative. Many activities were conducted to demonstrate various points and engage the audience.

Some of the highlights from the session:

- An understanding of the '**consent**' through an activity. In this activity, the speaker asked the participant to give her a pair of scissors. The participant held the scissors at the handle, and the receiver had to take the scissors from the sharp end. The speaker used this activity to demonstrate the importance of asking for consent. In this case, the participant did not have the speaker's consent to receive the scissors from the sharp side, which may have hurt the speaker. This demonstration helps make very young children understand consent.
- A discussion on "**What is CSA?**"
- Discussion on various factors around CSA such as the perpetrator being a familiar person to the child in most cases, and how social factors such as shame, stigma, and patriarchy influence CSA.
- The speaker shed light upon the importance of awareness of CSA and **the process of grooming**
- Discussion on real-life cases around CSA and the nuances around these cases.
One of the examples shared by Dr. Kalpana P highlighted the complications and nuances when the perpetrator is a close family member such as the father. In the example shared by her, the father was the only earning member of the family. Due to this the mother of the victim was unwilling to report her husband for CSA.
- Another topic that was covered was the **influence of various forms of media on CSA**. Dr. Kalpana P shared a real-life example of the easy availability of pornographic and violent games, videos, and images in mobile shops and the internet. The impact of such games on people, especially adolescents was discussed.
- Discussions on **primary, secondary, and tertiary interventions for CSA**

Primary interventions aim at preventative measures to stop CSA from happening.

Secondary interventions are the immediate response after the occurrence of CSA

Tertiary interventions include long-term responses after the occurrence.

- What is the **Socio-Ecological model by Bronfenbrenner**? It explains how individuals impact and are impacted by various social and environmental factors. The model creates a case for understanding mental health being mindful of the social-eco-political context of the individual. The group played the *Tiger-Sheep game*. In this game, a tiger hunts a sheep, while the rest of the members form a circle around the sheep to protect it from the tiger. We played various versions of this game. A discussion was conducted to interpret the game in many ways. One of the interpretations is that the sheep can be equated to a child who is unaware of CSA and the tiger is the predator or the perpetrator. People who form the circle are representatives of society/community who come together to protect the child.
- Introduction to **PANTS toolkit**
PANTS full form:
P: Privates are private
A: Always remember your body belongs to you
N: No means no
T: Talk about secrets that upset you
S: Speak up, someone can help.
- Discussion on **POCSO Act, 2012** and its various facets such as mandatory reporting, death penalty, special courts, how the survivor is accompanied by a counselor and lags in implementation.

Topics covered in the second half of the session

The second half of the session was conducted by Snehal and Shamili from Cozyhope, who spoke about the therapeutic interventions for people who have experienced CSA. The session was informative and experiential. Vaishnavi from the Cozyhope team assisted in translation to Kannada for the Childline team.

Some of the highlights from the session:

- Introduction to **Polyvagal theory** and Polyvagal ladder.

- The speakers provided insights into the use of polyvagal theory and the socio-ecological model to understand the impact of trauma on individuals
- A discussion was conducted on the polyvagal ladder and how it can be used both in working with people and with the therapist's own self in the session
- An activity known as **"Wheel of Power/Privilege"** was done. In this, each participant located themselves on the wheel of privilege. This activity was done to help the participants reflect on how various privileges they have or don't have impact their life as well as their work as a therapist
- The speakers spoke about the **psychosocial impacts of CSA in the therapy room** and how to recognize and hold space for the same.
 Hypo-arousal: zoning out, feeling numb, blank, less or no eye contact, shutting down, feeling fatigued, being unable to connect to their bodies
 Hyperarousal: restlessness, rocking, pacing, expressing scepticism etc
 Safe zone: feeling co-regulated, calm
- Discussion on how to respond to **disclosure of CSA** from the client was done
- Discussion around prevention of **re-traumatization**: The speakers highlighted the interplay of the client's safety zone and the therapist's way of receiving the disclosure to avoid re-traumatization. Navigation through emotions experienced like shame, guilt, grief, loss, anger, sadness, and more during the process was discussed.
- Introduction to setting up the therapy space. A roleplay was done with Shamili as the counselor and one of the participants as the client. A demonstration of co-creating a safe space with the client by familiarising the person with the space by giving a tour, explicitly checking about how safe the space feels, whether they wish the door to be open or closed, how much distance from them should the therapist sit, what materials to have and not have in the therapy room, not initiating touch even to comfort etc., was done
- Discussion on **trauma-informed Interviewing skills**. It was highlighted that processing the incident of CSA should only happen if the client explicitly wants it or if they are experiencing nightmares or flashbacks. The therapist should not ask for the details of the CSA out of curiosity. The exploration of the incident should be done if it is the client's want and only after establishing enough safety and self-soothing skills to prevent re-traumatization.

- Demonstration and emphasis on keeping Sensitivity and Safety in every therapy interaction as it is extremely challenging for a person who has experienced CSA to feel safe and trust another.

Conclusion

The workshop concluded with a certificate distribution ceremony by the Magistrate The Honourable Judge Ravindrakumar B. Kattimani.

Insights and outcomes

- Participants highlighted that they learned how the concept of safety and consent can be introduced to kids
- For some participants, this workshop provided new information about CSA and psychosocial interventions. There were a few participants who had worked closely with CSA victims and rescues. For these participants, the workshop acted as a refresher.
- The workshop helped to build an understanding of CSA and its dynamics.
- Many real-life examples were shared by the speakers and participants. This helped to build a holistic understanding of various practical aspects and complications that are associated with CSA.
- The workshop acted as a platform where the participants could learn from each other's experiences and knowledge
- One of the participants who conducted CSA workshops in schools, asked children to write on chits if they have ever experienced CSA anonymously. Due to this, the abuse that was perpetrated by the school headmaster came to light, and action was taken. This highlighted the need for using creative interventions when rescuing CSA victims, creating awareness, or providing interventions for CSA victims.
- Various activities conducted made the workshop interactive and experiential
- Understanding of the POCSO Act, 2012 and real-life examples helped to understand the gap present in the implementation of these acts
- Helped to understand the use of Polyvagal theory and Polyvagal ladder in therapeutic settings with CSA survivors
- The participants were able to understand the importance of avoiding re-traumatization

- Roleplay helped to give an insight into how therapists can create a safe space for clients who have experienced trauma such as CSA
- Understanding the difference between confidentiality and secrecy, and acknowledging it is important as they could be misunderstood. Giving the tour of the physical therapy space and permission to leave and lead the session when they feel like, could be some simple way of making the clients feel empowered.