

Curriculum Outline: Military Sexual Trauma - Stepping Beyond the Stigma and into the Journey of Healing

Presenter:

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- I. Definition of Military Sexual Trauma (MST)
- II. How common is MST?
- III. Impact of Trauma
 - a. Physiologically
 - b. Emotionally
 - c. Cognitively
 - d. Diagnoses associated with sexual trauma
- IV. Sexuality and Sexual Functioning
- V. Safety and Revictimization
- VI. Gender Issues
- VII. Impact on beliefs
- VIII. Sexual Trauma may be complex
- IX. Additional Issues to Consider
 - a. Sexual Trauma is closely associated with PTSD in particular
- X. Beginning the journey to healing
 - a. Don't be afraid to ask
 - b. How to ask
 - c. How to respond
- XI. Readiness to disclose and seek treatment
- XII. Understanding symptoms
- XIII. Recovery
- XIV. Journey of Healing
- XV. Aspects of Healing
- XVI. Treatment for MST
- XVII. Accessing care
- XVIII. Resources