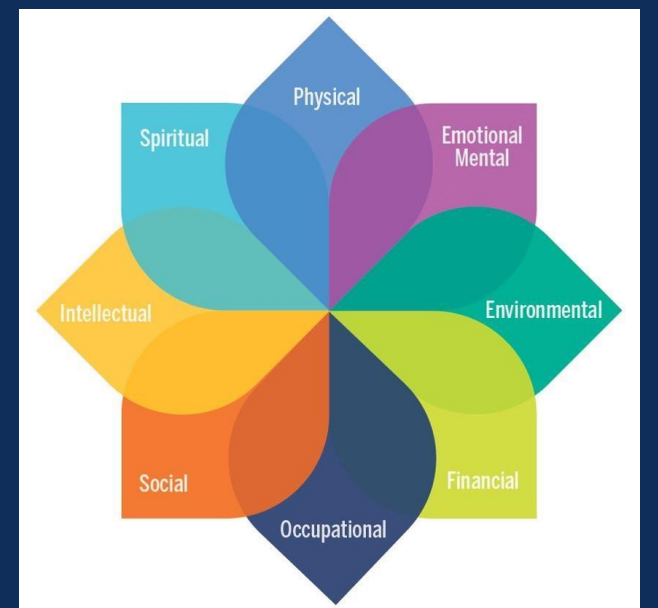




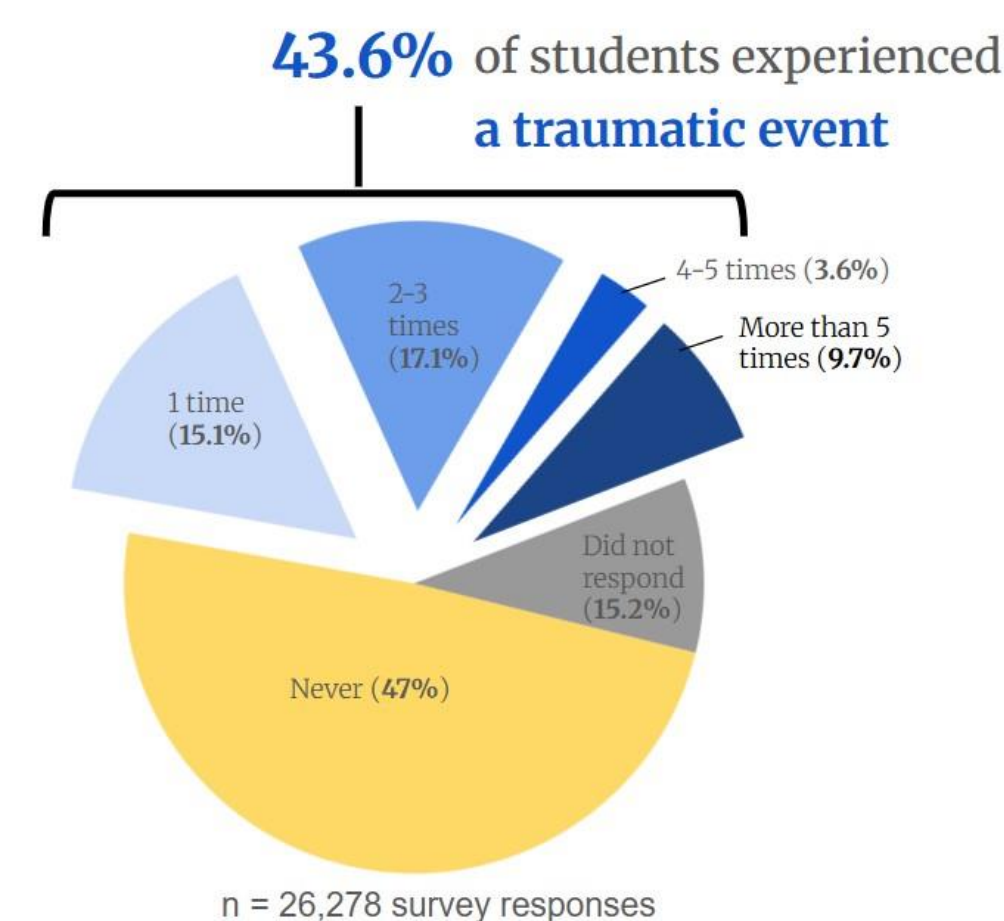
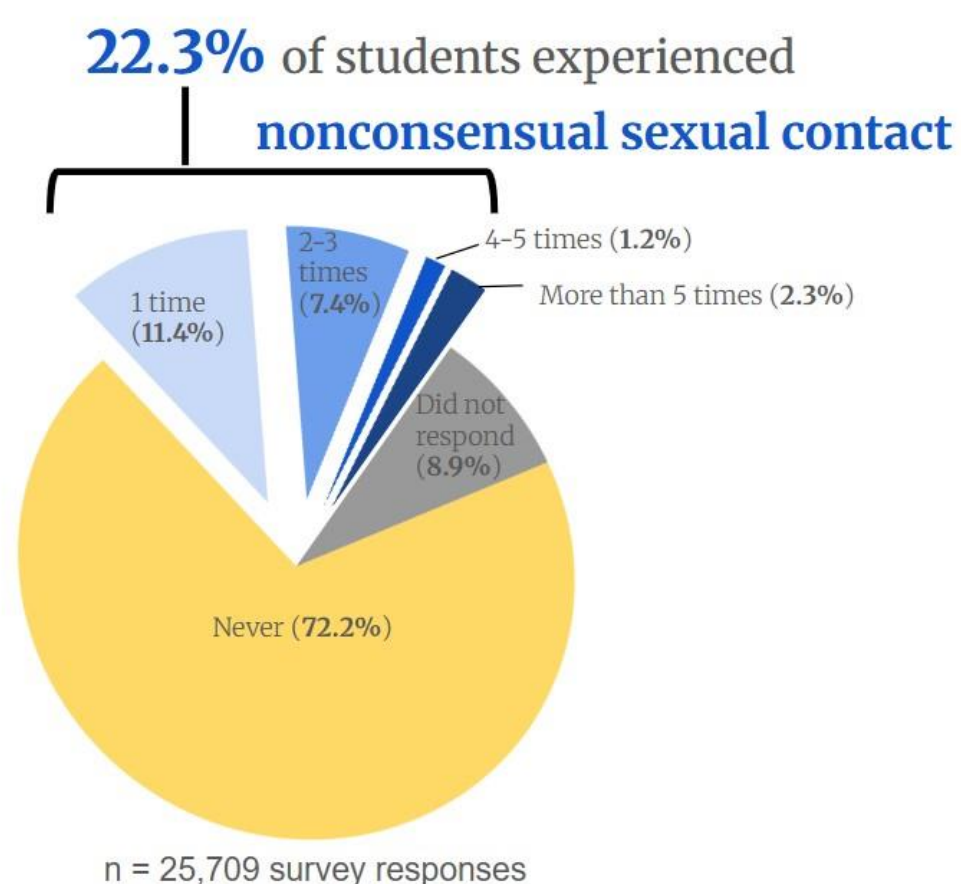
Trauma Treatment Pilot Program for Student Survivors of Sexual Assault

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Background



Student survey results from 2019-2023

University of Michigan (UM) students who accessed post-sexual assault support at University Health Service (UHS), Sexual Assault Prevention and Awareness Center (SAPAC), and Counseling and Psychological Services (CAPS) were offered a short-term trauma treatment program using Eye Movement Desensitization and Reprocessing (EMDR).

Objectives

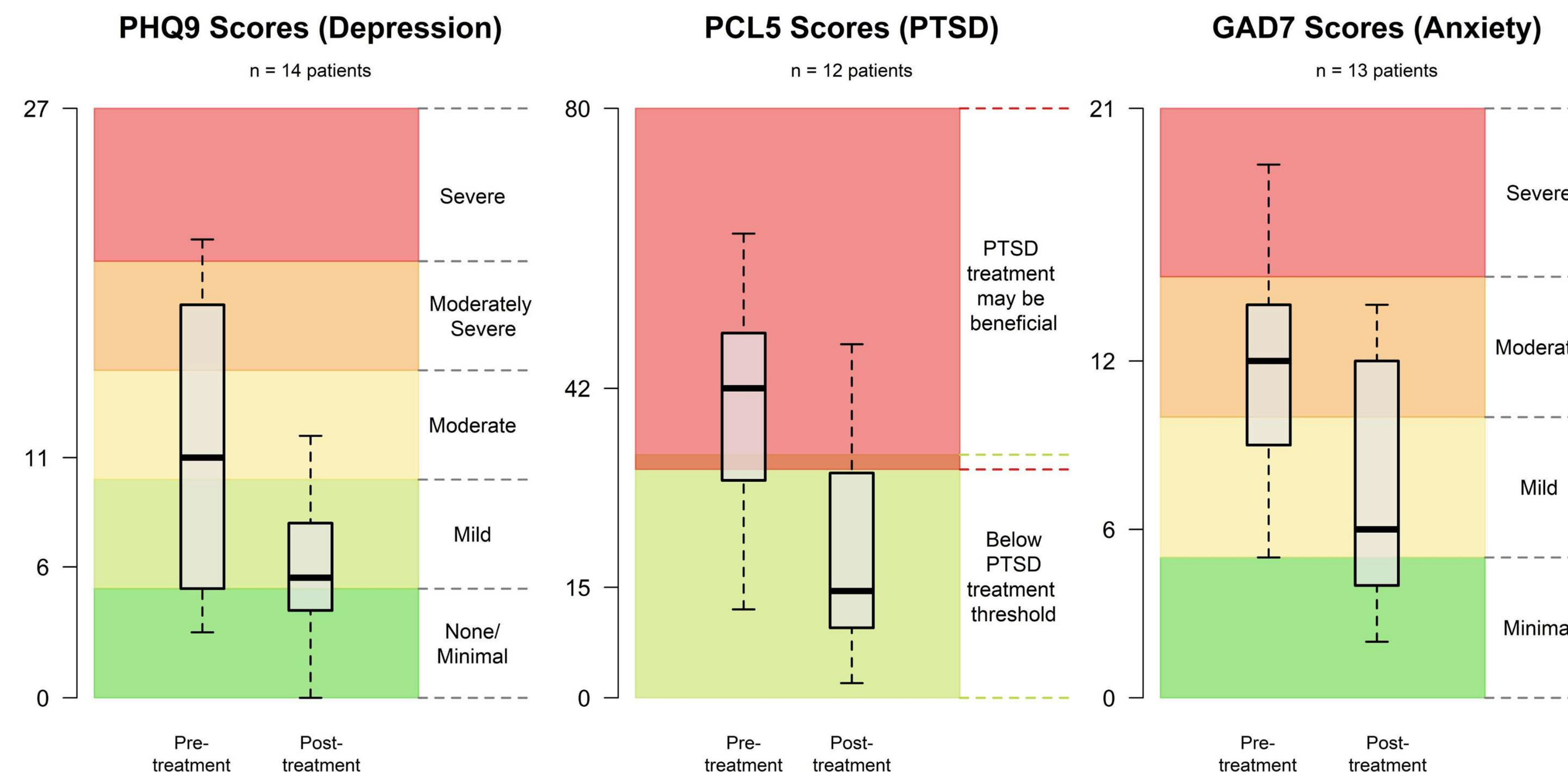
- Assess student exposure to traumatic events on UM campus.
- Outline a short-term trauma treatment program for survivors of sexual assault on campus utilizing EMDR.
- Evaluate program effectiveness utilizing three clinical measures.

Methodology/Intervention

Students were offered six EMDR sessions as a component of their care and recovery. EMDR impact on participants was assessed by pre- and post-survey evaluations: PHQ9 (depression), GAD7 (anxiety), and PCL5 (trauma) scores. Participants also had the ability to give qualitative feedback.

Results

- 31 total referrals; 19 participants completed the program



Conclusions/Next Steps



- Survey data collected by CAPS demonstrates that up to 1 in 5 UM students have experienced nonconsensual sexual contact.
- The small pilot program demonstrated that EMDR can serve as an effective treatment modality to improve post-trauma symptoms for student survivors of sexual assault.
- Without a control group, the independent impact of time on care and recovery is difficult to assess.
- Allowing student survivors to choose from a range of treatment modalities serves important tenets of trauma-informed care, choice and empowerment.

References

