



Self-help Guide for Women who are Victims of a Recent Sexual Assault: The Road to Recovery

Second edition

Program of Prevention and Treatment of the Psychological Effects in Women
who are Victims of a Sexual Assault

Hospital Clínic Universitari de Barcelona



Generalitat de Catalunya
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To the women who are victims of sexual assault, for the courage of their testimonies and the trust placed in our work.

“Gender-based violence is any act of violence based on belonging to the female gender that results in, or is likely to result in, physical, sexual or psychological harm to the woman, including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or in private life”

(Resolution of the General Assembly of the United Nations, 1993).





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PRESENTATION OF THE HOSPITAL CLÍNIC DE BARCELONA

This Self-help Guide summarizes the experience of a group of professionals working in psychiatry, psychology and social work, who have addressed the psychopathology and problems specific to women through a cooperative methodology. This has been an enormous task, given that medicine has previously only understood and studied women by focusing solely on the gynaecological and reproductive fields, and with the underlying notion that women are essentially the same as men in all remaining aspects of their biology. However, this assumption has been, and still is, more cynical than egalitarian in nature, being due to a lack of interest in studying differences, rather than the (untenable) conviction that men and women are biologically the same. Medicine is contextualized in the sociological background which makes it possible, so the persistence of sexist convictions or ideas is not surprising, but the overarching aim of medicine to universally understand and improve human beings' longevity and health places it in an ideal position to alleviate the pain and suffering of people.

The intentions of this self-help guide are: to provide the knowledge needed by women who have suffered a sexual assault enabling them to care for themselves, seek help and to restore psychological wellbeing. The advice given is based on a compilation of broad clinical experience and observations from professionals working in the Perinatal Psychopathology and Research in Gender Service of the Neuroscience Clinic Institute (ICN) from the Hospital Clínic of Barcelona. As the director of the ICN I feel extremely fortunate to count on such a talented and multidisciplinary group of professionals, who are consolidating a line of investigation in care and a research program with an assured future.

Since 2006 Hospital Clínic, in Barcelona, has been developing a Program of Prevention and Treatment of the Psychological Effects on Women who are Victims of a Sexual Assault. This is a free service of psychiatric and psychological intervention aimed at women who have suffered a sexual assault in the city of Barcelona. Its aim is to offer information and support, reduce the initial psychological reactions, treat depressive and post-traumatic disorders when they occur and recover the functioning that existed prior to the assault.

From this professional experience arises the need to produce material that serves as an aid to women in their process towards recovery. The authors of this Self-help Guide for Women who are Victims of a Sexual





Assault seek to increase knowledge and understanding of the effects of sexual violence and to contribute to the restoration of the physical, psychological and social health of these women.

Manuel Valdés

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PRESENTATION OF THE PROGRAM ON SUBSTANCE ABUSE

Violence against women is one of the most serious social ills to afflict present day society. It's time for all of us to work together and make a firm commitment to preventing the serious consequences (physical, psychological and emotional), caused by assaults on women, in their various forms (physical, psychological, sexual...).

From the Programme on Substance Abuse, with our commitment to the eradication of gender violence, we are developing actions aimed at prevention and at dealing with it among those who consume alcohol and other psychoactive substances. This objective is a priority for us, we need to overcome and debunk the myths and use our knowledge of the real context to act. Various studies have demonstrated that there is an important relationship between the consumption of substances and violence, specifically intimate partner violence. It has been shown that the probability of an assault is between 3 and 9 times higher among those who consume of alcohol and other toxic substances than among those who don't (Sánchez Pardo et al., 2004). In Catalonia, in a study carried out in 2011, 34% of men in treatment in the Drug Addictions Treatment Network (XAD) had committed acts of physical and/or sexual violence against their partners in the previous year and 68% reported committing psychological abuse (Gilchrist, Blázquez and Torrens, 2011).

In the specific case of sexual assaults, use alcohol and other substances can also play an important role, not only when the assailant acts opportunistically, assaulting a woman who has been drinking or taking drugs beforehand, but also intentionally, for example in giving the substance to the victim in order to reduce her free will and capacity to retaliate and therefore be able to force her into the sexual act. This is what is known as Drug-Facilitated Sexual Assault (DFSA). The guilt felt by the woman who is the victim of a sexual assault in this context often means that she is reluctant to report the offence, fearing that she will not be recognized as a victim.

In response to all of this, we have driven forward the implementation through the Drug Addictions Treatment Network of Catalonia (XAD) of a programme to tackle intimate partner violence. In doing so, we are working side by side with renowned experts in the field with the final objective of improving the safety of those seen at the XAD who have been victims of gender violence, by promoting detection of this problem in those visiting the XAD, prevention and specialized intervention.





We are also working with the Hospital Clínic in Barcelona, which is the reference centre in Catalonia in providing care for victims of sexual assaults. In the framework of their programme 'Prevention and Treatment of the Psychological Consequences of Women who are Victims of a Sexual Assault', they have developed, among other things, an action protocol for the front line teams and this self-help guide for women who are victims of a sexual assault.

We have given our support to its creation and publication because we believe that it is fundamental that both the victims and their immediate circle should get all help necessary for them to face up to and reduce the impact of such assaults, and to receive information on the steps to follow in order to receive medical, psychological, social and legal care.

The woman is never to blame for this crime. Assaults are never justifiable. The fact that a woman consumes any substance (alcohol or drugs) does not give anyone the right to sexually assault her. It is up to all of us to acknowledge the seriousness of these violent events and to work towards their eradication.

Joan Colom

Deputy Director General for Drug Addictions
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INTRODUCTION

Sexual violence has been one of the most frequent forms of violence against women, practiced by men, throughout history. It has been used both in times of war and in times of peace to dominate, humiliate and control women by invading their bodies, their minds and their sexuality. Sexual assault is a serious crime that violates the liberty, dignity and physical and psychological integrity of the human being.

Sexual assaults are one of the most frequent crimes to affect women. However, throughout history, they have been made invisible and been trivialized, with arguments that sustain the myth of the rapist hero (Urrea, 2007). In cultures in which sex is considered a masculine right, rape is not seen as a crime. Beliefs such as “When a woman says “No”, she really means “yes””, “Women, when they are victims of rape, enjoy it in the end,” or “She can’t have had too bad a time, because she didn’t scream,” are spread to make women believe that they themselves are to blame.

Forget about these ideas and consider that nobody has the right to assault you. If you have been, are or think that you might be victim of a sexual assault, these pages may help you to face this traumatic situation.

Victims of a sexual assault are never complicit or to blame.





WHAT IS SEXUAL VIOLENCE?

Sexual violence is considered to be any behaviour of a sexual nature carried out without the valid consent of the other person. It includes conducts such as exhibitionism, obscene words, molestation or rape. Although it affects both sexes, women are most frequently the victims, and men the aggressors.

Three types of sexual violence may be distinguished: Sexual assault, sexual abuse and sexual harassment.

Sexual assault

This is any act against the sexual liberty of another person using, for its end, violence or intimidation. The most serious form of sexual assault is rape. Rape is defined as the introduction of the penis into the vagina, anus or mouth, as well as digital penetration and the introduction of objects into the vagina or anus.

Sexual abuse

This is a violation of the sexual liberty of a person, in which violence or intimidation are not used but deception, coercion or surprise are. It may include caresses, explicit verbal propositions, oral, anal, vaginal and digital penetration. Included here are those abuses committed against persons who cannot give valid consent, their capacity for free will or their intellectual capacity being limited (minors, the mentally ill or people with mental disabilities). Here we contemplate all those sexual assaults in which the victim cannot give consent because they are in a state of diminished consciousness, as occurs in states of intoxication, unconsciousness or coma.

Sexual harassment

This is the demanding of favours of a sexual nature, in which the harasser exploits a situation of superiority, which could be at work, as a teacher or similar. Failure to accede results in punishments and threats for the victim. This also includes cyberstalking, in which the stalker uses electronic media (internet, email, mobile phones, social networks, instant messaging) to manipulate, blackmail, threaten and harass the victim, with the aim of obtaining sexual favours.





WHAT CAN YOU DO AFTER A SEXUAL ASSAULT?

1. Get to a safe place, far away from the assailant.
2. Get in contact immediately with someone who can help you: a friend, a member of the family, the police. After the assault you may feel bewildered or confused. The company of a person you can trust will help you to calm down.
3. Keep evidence of the assault. Do not bathe, do not eat or drink, do not clean your teeth or gargle, do not have a shower or change your clothes, and as far as possible, avoid urinating or defecating. Evidence may accidentally be destroyed which could be used to identify and arrest the assailant.
4. Go as soon as possible to the Emergency Services of the Hospital Clínic, Barcelona, or to the nearest general hospital if you are in another city. Although you may not have physical injuries it is important to attend to your emotional state after the assault, determine the risk of pregnancy and of contagion of sexually transmitted diseases and to obtain the biological and clinical evidence necessary in the event that you wish to make a police report. If you suspect that the assailant has given you some drug or toxic substance, ask for a test for “toxins in urine and blood”. In the event that you wish to report the offence, make sure that the biological evidence and your belongings are collected. Biological evidence can be taken up to 96 hours after the assault (in the case of anal or oral penetration, up to 24 hours after). The healthcare staff will make an injury report in which will be recorded your emotional state, the type of assault, the time of day and the place in which it occurred, as well as the traumatisms, wounds or contusions observed. The hospital will be responsible for sending the injury report to the corresponding Duty Court.
5. If you wish to make a police report the hospital itself will be responsible for alerting the Police or the Mossos d’Esquadra and the Forensic Doctor. You can also go directly to the nearest police station or the Duty Court. If you are an immigrant woman in an irregular situation, you are advised to go directly to the Duty Court accompanied by your lawyer.





6. Read the report carefully and sign it only when it says what you want it to say. Due to the necessities of the investigation, the person who takes down the report is obliged to ask you a series of questions and some of them may make you uncomfortable or disturb you; however, try to answer slowly and clearly so that the facts can be recorded as precisely and explicitly as possible. Ask for a copy of the report.
7. It is desirable that during the first few days you are accompanied in your home, or in the house of a family member or friend. When you have a chance, write down or record an account of everything that you remember about the assault, in as much detail as possible. This will help during your own recovery process and in any legal action that you decide to undertake.
8. Allow yourself to be helped. Remember that you are not to blame for the sexual assault. Sexual assault is a crime that can and does happen to anyone. Recovery will be a process that will take time. During all this time you must look after yourself and be your own best friend.
9. If you are foreign, either with or without papers, you can receive emergency healthcare treatment and legal assistance free of charge. In order to receive other aid, ask for information in the centre where you are attended. It is advisable to be on the electoral role in the town hall of the district where you live.
10. You can contact the Program of Prevention and Treatment of the Psychological Effects in Women who are Victims of a Sexual Assault, Hospital Clínic, Barcelona (information at the end of the Guide, in the section “Useful Adresses”).





WHY IS IT IMPORTANT TO RECEIVE IMMEDIATE MEDICAL ATTENTION?

After a sexual assault you may experience a variety of physical and emotional symptoms of differing intensity. These symptoms may include anything from non-specific pain like muscular tension, headache, gastric pain or nausea to gynaecological symptoms such as bleeding, vaginal excretion or a burning sensation or itch in the genital area.

The immediate emotional reaction may make it difficult to identify the pain or the injuries received, leading to a risk of not identifying some of the internal injuries. It will always be necessary to rule out the possibility of pregnancy and, even though the risk is very low, the possibility of contagion of a sexually transmitted disease (hepatitis, acquired immune deficiency virus, syphilis, candidiasis, and other diseases) must be assessed in order to carry out the appropriate treatment.





WHAT DOES THE IMMEDIATE MEDICAL TREATMENT CONSIST OF?

Once you have been given information on the medical examinations and have provided consent, the following health checks will be performed: general examination, gynaecological examination, complementary explorations, including: detection of toxins in urine and blood, tests to detect sexually transmitted diseases and pregnancy, and an evaluation of your emotional state.

General examination

The doctor responsible will ask you about your general state of health and about other relevant aspects of your medical history (if you are taking medication, psychotropic substances, or if you have any allergies). He or she will carry out a general physical examination and will describe the localization and characteristics of the injuries (cuts, haematoma or fractures). They may take photographs of the injuries. They will also ask you specific questions about the assault, such as:

- The time that passed between the rape and the medical examination.
- The sexual acts performed during the rape (vaginal, oral or anal sexual relations, other sexual acts, level of penetration, whether a condom was used and if there was ejaculation).
- The date of your last menstrual cycle.
- Your habitual method of contraception.
- The date and time of a consensual sexual act.
- Any significant action after the assault (bath, shower, change of clothes).

It is important to explain to the healthcare professional what happened so that the evidence of the assault can be collected and you can be given the most appropriate treatment.





Gynaecological examination

The gynaecological examination is similar to an annual gynaecological check-up. The gynaecologist will check the genital area, both externally and internally (vaginal and anal) to detect the injuries that may have been caused as a consequence of using force. In the case of oral penetration they will look for possible injuries to the oral mucous membrane and the palate and a buccal smear will be taken for the DNA study. This will be written in the medical report.

The internal genital examination will be performed to detect possible tearing or other injuries. At this time samples of semen and vaginal, anal and cervical fluids will be taken. These examinations may prove uncomfortable. You can relieve the tension during this exploration by focussing your vision on a point in the room and breathing deeply and slowly.

Complementary explorations

Other possible explorations include:

1. **Fingernail scrapings.** If you scratched or touched the assailant, any material found beneath the fingernails may be compared with that of the assailant, as well as his clothes or objects found at the scene of the assault. This could be useful to identify the assailant or to place the exact location of the assault.
2. **Examination of pubic hair.** This examination includes combing the area to search for and identify hairs that may belong to the assailant and which will assist in his identification. In addition, some of your pubic hairs will be extracted for comparison with those found in the combing.
3. **Test for toxins in urine and blood.** Nowadays, many victims of sexual assault were under the influence of alcohol or other drugs, taken either voluntarily or involuntarily. For this reason, it is important to include urine and blood tests for toxins in the victims' urgent care protocols in order to determine the presence of alcohol or other drugs during the sexual assault. These results may be a source of information to the women and can provide significant and useful details to clarify the facts during a legal process, if necessary.





Tests to detect sexually transmitted diseases

The detection of sexually transmitted diseases will be carried out by means of blood analyses.

The risk of contagion will be assessed with the intention of preventing the apparition of infectious diseases, both sexually transmitted and those deriving from skin lesions, and a preventive protocol will be applied consisting of, as appropriate, the administration of:

- Tetanus vaccination
- Hepatitis B vaccination
- Antiretroviral prophylactic treatment, in the case of high or intermediate risk of HIV contagion
- Treatment for syphilis or gonorrhea
- Treatment for trichomoniasis

It is advisable for you to attend your Basic Health Area. You can also carry out the follow-up, as well as analytical tests, up to six months after the sexual assault, at the infections service of the Hospital Clínic (see “Useful addresses” section).

Pregnancy test

When there is a possibility of pregnancy, the hospital will administer the “morning after” pill.

After 15 days you should repeat the pregnancy test. In the event of a pregnancy as a consequence of the assault, you can request its termination (before 14 weeks have elapsed), under the terms of the Law of Decriminalization of Abortion (Organic Law 2/2010, of 3rd March).





Psychiatric exploration

Sexual assault is a highly stressful event which, in most people, produces profound fear and intense emotional reactions of anxiety, confusion and shock. During hospital care following the assault, the psychiatrist will assess your emotional state.

You will be offered the most suitable pharmacological treatment for the first few days and the possibility of undergoing a psychiatric or psychological follow-up in the **Program of Prevention and Treatment of the Psychological Effects on Women who are Victims of a Sexual Assault** (see “Useful addresses” section)

Forensic exploration

In the event that you decide to make a police report, the hospital will contact the Duty Court so that the forensic doctor can come and perform the corresponding examination and take the relevant samples and/or items of clothing for the judicial process. In this case the gynaecological and forensic exploration, as well as the collection of samples, will be done together.

After a sexual assault, you should receive medical attention regarding:

- Possible pregnancy
- STDs
- Emotional distress
- Receiving medical tests
- Injuries/trauma





WHAT ARE THE MOST COMMON PSYCHOLOGICAL REACTIONS DURING THE FIRST DAYS?

Sexual assault is a highly traumatic experience that threatens the physical and psychological well-being of the victim. Although it may not have had serious consequences for your physical health, your psyche will respond to defend you from the assault. Therefore, during the first weeks you may experience unpleasant sensations which are the normal adaptive response to an abnormal traumatic experience.

You might feel “strange”, different, and a little confused; you might feel fear or apprehension followed by rage and the feeling that you are losing control of your life. It is not unusual, in the first few days, for you to have less appetite, or have trouble sleeping and not feel like going on with your habitual activities. It may even be hard for you to feel comfortable with family members or people close to you.

You are living in a state of acute stress which your organism tries to combat using all the resources at its disposal.

Do not be alarmed, it is to be expected that once two or three weeks have passed these feelings will slowly disappear until you feel better. However, it may happen that the recovery is slower, the symptoms interfere with your everyday activities and you feel that you don't manage to get back to being the person you were before. In this case, you have done all you can to get over the assault, so now you must ask for professional help. The persistence of the symptoms may crystalize in the form of a depressive episode, in post-traumatic stress disorder, in sexual dysfunctions or in the consumption of substances (alcohol or drugs). Beginning psychopharmacological and psychological treatment will help you to reduce the suffering and will facilitate your recovery.





The symptoms that we describe below are those which have habitually been explained to us by women who have been sexually assaulted.

Most frequent psychological symptoms that may occur:

- Reliving the trauma
- Fear and anxiety
- Feeling of unreality
- Living in a permanent state of alertness
- Avoidance
- Sadness, despondency and rage
- Guilt, shame
- Changes in your self-image
- Changes in daily functioning
- Self-harming conducts
- Abuse of alcohol and other substances

Reliving the trauma

«[...] I keep thinking about what happened [...] I can't get it out of my head [...] I live it over and over again, even though I don't want to [...] I see his face all the time [...] I feel how he grips my wrists [...], his smell [...] I hear the words he said to me [...] I have nightmares [...]»

You are not going mad, nor are you losing your grip, it's just that your mind is playing tricks on you. Again and again the memory of the assault appears in the form of thoughts, images, sensations or perceptions. These memories appear involuntarily, even though they are not desired. Often they provoke feelings of intense fear, vulnerability, defencelessness, rage, sadness or guilt. Sometimes, you have very real memories and images as if you were going back in time and reliving the assault (flashbacks), which causes great confusion and disorientation.





Another form of re-experiencing the assault, at night and in your sleep, is through nightmares, which reproduce the assault again or which have a content which is symbolic of danger, threat or the feeling of being trapped.

You need to know that reliving the trauma in the form of thoughts, memories, images or nightmares corresponds to an attempt by our brain to give meaning to the experience, that is to say, to “digest” and assimilate what has happened.

Fear and anxiety

«[...] I feel scared all day [...] What if I got pregnant [...]? What if he gave me some disease [...]? I'm scared of dying, of being alone at home, of the rapist coming back [...]»

«[...] I have panic attacks. I can't breathe! I can't stop moving [...] I can't sit still in class [...]»

These feelings are common in situations of danger or threat. Fear and anxiety can be experienced also when faced with objects or situations that remind you of or that you associate with the assault. For example, when faced with similar people or places, or the perception of similar smells, tastes, colours or experiences, or even at the same times of day when the assault occurred. Stimuli which before were neutral or positive can now release an intense feeling of fear or anxiety, being associated with the memory of the assault.

You need to know that fear and anxiety are a defence reaction against a threatening act. They allow you to protect yourself and be prudent.

Feeling of unreality

«[...] this can't be real [...] Did this really happen [...]? Am I imagining it or is it a dream [...]? Why me [...]? When I look in the mirror I don't recognize myself [...] Why am I so calm [...]? Why can't I cry [...]?»

During the first few days one can doubt whether the assault really happened. There is difficulty to accept what happened, the person avoids any help, becomes withdrawn, doesn't tell anything to anybody. Sometimes, in an attempt to return to normal life, activities prior to the





aggression are resumed “as if nothing had happened”, “I’m fine, it’s all over”, the person doesn’t talk about it, and rejects professional help and that of people close to her.

You need to know that this is an attempt by the mind to disconnect from what happened, to place distance and give itself a breathing space for the recovery process.

Living in a permanent state of alertness (Arousal)

«[...] When I walk down the street I feel unsafe, unprotected [...] I can't stand it when people walk along behind me [...]. When the telephone rings I jump out of the chair and my heart starts to race [...] I get startled easily [...] I get scared by any noise or if someone walks behind me or touches me on the back [...] I wake up in the night feeling distressed, but I can't remember my dreams [...]»

Following the sexual assault the alarm or self-protection system of your organism is activated and remains permanently activated, as if the danger could occur again at any moment. That produces a sense of living in a state of sustained and constant alarm. It is not unusual for you to become easily startled, be impatient or irritable, or have difficulties in concentrating and getting to sleep, to experience feelings of insecurity, unease and continuous panics, even in safe places. The physical symptoms of muscular tension, trembling, sweating, tachycardia or the feeling of lack of air are common. All of these reactions enable us to be always ready to respond to any situation of danger, but they can be exhausting if they persist over a prolonged time and they make it difficult to organize your life and take decisions the way you used to.

When a woman suffers a sexual assault she is alert to everything and on her guard. It is a reaction of our organism that exhausts us, but protects us at the same time. Once the threat has passed it is no longer necessary to maintain it, but sometimes our organism remains on its guard even though the danger has passed.

Avoidance

«[...] Since it happened, I'm shut up at home, I don't go out with anyone [...] I can't relate to men [...] I can't go back to where it happened [...] I can't go into any closed space [...] I avoid going out at night [...]»





Avoiding situations similar to the one which caused us panic or terror is a way of managing fear and the sensation of being in danger. We normally try to avoid everything that reminds us directly or indirectly of the sexual assault we have suffered, such as the place where it happened, people similar to the assailant, going out in the evening if the assault took place at night.

We also avoid thinking about or talking about what happened, in order not to feel pain. The need to separate oneself from emotions and feelings, both negative and positive, makes us feel distant, removed and isolated from our loved ones, the people from whom we need to receive support and love.

When thoughts and feelings are very painful, the mind blocks them out, so that some moments of the assault are not recalled; this is known as traumatic amnesia. Traumatic memory can be recovered spontaneously or during the therapeutic process.

Sadness, despondency and rage

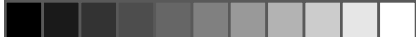
Depression: *“Nothing makes me happy [...] I feel really sad and I don’t know why [...] I don’t enjoy anything any more [...] I feel so inadequate [...] It would be better to just disappear [...] Maybe I’d be better off dead [...] Things will never be like they were before [...]”*

Inefficacy or loss of control: *“Will I get back control of my life at some point? [...] I think I’m going to go crazy [...]”*

After the first few days, when you realize the harm you have suffered, it may be that you are sad and often weep, that your interest in people and activities has diminished and that your plans for the future have disappeared. The world that surrounds you may seem different, greyer, less friendly, and people are no longer to be trusted. Your conception of the world has changed. Now you live in a different world, which is no longer predictable or controllable. You have lost the feeling of security and confidence and you feel that after the assault you are a more vulnerable and defenceless person. Sadness is the expression of everything that you feel that you have lost after the assault.

Sadness can easily alternate with feelings of rage, not only towards the assailant but also towards other people who are close to you. If you are not accustomed to feeling rage or anger, you may feel deeply disconcerted by your hostile, irritable and even aggressive conduct towards others, especially towards those closest to you. Relationships with others become tense and it is difficult to achieve intimacy. This can easily confuse those people close to you who want to help you.





Guilt, shame

«[...] I feel as if it were my fault [...] I deserve what happened to me [...] Maybe I did something to make this happen [...] They won't believe me [...] What will people think? [...] I can't tell my family or my friends about it [...].»

If you think that you **did something wrong for such a terrible thing to happen to you**, that means that you are blaming yourself for the sexual assault. Many innocent people involved with a traumatic situation blame themselves for the things they did or didn't do in order to survive. For example, some women feel guilty for not having defended themselves; others for having done so. **Feeling guilty means taking responsibility for what the assailant did.**

It may happen that other people revictimize you, blaming you and reproaching you for your behavior: *“You shouldn't have been there [...]”, “You should have defended yourself [...]”, “This is what happens for being the way you are [...], for having had a drink [...], for dressing that way”, “Nothing like that would ever happen to me [...]”, “Why didn't you defend yourself [...]?”, “What did you do that made him come near you [...]?”*

You may feel ashamed and need to hide what happened from other people. These feelings of guilt can remain even after other symptoms have disappeared, and can make it difficult to recover your spirits, and your self-esteem, and to seek help.

You need to know that feelings of guilt can be understood as an attempt to recover a certain sense of power and control: *“If it was my fault this time, I can do something so that it doesn't happen to me again”*. Imagining that you could have done things better may be more tolerable than facing up to the reality of being absolutely defenceless.

It doesn't matter how or why the assault occurred. It doesn't matter if you had been drinking, taken drugs, where you were or what relationship you had with the assailant. Nobody has the right to assault you. **YOU ARE NOT TO BLAME. IT IS A CRIME.** It can happen, and does happen to anyone. **IT IS NEVER YOUR FAULT.**

It is not your fault.

It is a crime you can report.





Changes in your self-image

«[...] I'm a bad person [...] I don't like myself, the way I am [...] I don't like my body...I feel dirty [...].»

There may be a before and after as regards the image you have of yourself. You may feel like another person, different, and with less confidence in yourself. Nor is your body the same, it has become the instrument responsible for the assault. You dislike seeing yourself in the mirror, dressing up and looking after yourself the way you used to.

Changes in daily functioning

«[...] I feel incapable of going to work [...] I can't get up to go to class [...] I don't feel like going out or being with people [...] I don't let my partner come close to me [...] I don't trust my friends the way I used to [...].»

During the first few days, your habitual functioning may be affected. Your organism needs to recover. Don't ask too much of it. Do not hesitate to go to your GP, explain what has happened and follow the indications you are given. Giving yourself a few days' breathing space and return to your habitual activities gradually. It may be that for the first days or weeks you need to postpone your obligations and you may need to surround yourself in a safe environment. Look for comfort and support to begin the road towards recovery.

Self-harming conducts

«[...] I'm so anxious and upset that I feel the need to hurt myself, to injure myself, to cut myself [...] And that way I manage to calm down for a while [...].»

For some women, injuring themselves, cutting their limbs, can be a way to relieve the emotional upset, the intense anguish and the anxiety that appear after a sexual assault. If you feel very upset and you feel that you need to harm yourself, understand that you are employing a strategy to calm the suffering which gives you relief and a sense of momentary anaesthesia but one which will prove harmful in the medium and long term. Ask for help from a psychologist as soon as possible.





Abuse of alcohol and other substances

«[...] I need to escape, alcohol and cannabis help me to disconnect and feel better. Since the sexual assault I feel a stronger need to drink, smoke and use drugs [...] They help me to relax and they help me to not think about what happened to me [...] I feel like a bad person, and I don't care what happens to me [...].»

Following a sexual assault, you may observe that you begin or increase consumption of alcohol, tobacco or other substances. This need to increase consumption occurs as a consequence of the alteration in self-control, control of impulses and the capacity to plan and control your behavior. They are symptoms which can appear after a traumatic event like sexual assault. Perhaps you think that these substances will help you to reduce the pain, the re-living of the trauma, the anxiety, and to forget the sexual assault. However, this form of self-medication will contribute to a worsening of your health, your self-image, and your self-confidence, while at the same time making you feel more ashamed and guilty. Faced with this need to consume and the difficulty to control your consumption, we recommend that you seek professional help.





WHAT CAN YOU DO TO RECOVER?

- **Surround yourself in a safe and pleasant environment.** Look for a safe place in which you feel comfortable and in good company. Sometimes it is necessary to move in with a family member or a friend, especially if you live alone or the assailant knows your address. Whenever possible, stay in the company of people who know how to respect your privacy. Avoid isolation and prevent situations of inactivity or emptiness, which favour the apparition of unpleasant thoughts and feelings of guilt.
- **Establish a self-care plan** for the next few weeks. Rest and try to maintain the sleep-wake rhythm; don't change your sleeping habits. If you abandon them you will sleep during the day and wander around at night. Watch what you eat and have regular meals, every three hours, and balanced, even if you eat small quantities. Limit the amount of time you spend watching television. Try not to read or watch TV Programs with violent content in general. Take exercise to reduce muscular tension and to improve your mood and sleep pattern. Avoid drinking alcohol and stimulating drinks such as coffee, tea, cola drinks, as these will cause more anxiety and make it difficult to sleep. Do not resort to the consumption of toxins to relieve your distress, as they may cause health problems and interfere with your recovery. Do not take any pharmaceutical without previously consulting your doctor.
- **Look to others for help** and, if you need to, talk to other people about what happened. The help, affection and company of people close to you is one of the most efficacious resources to get through difficult situations. But if you notice that talking overwhelms you emotionally and you prefer to be distracted and renew your everyday life, go ahead, it's a natural protective reaction.
- **Find out** about the psychological reactions that one experiences after an assault. This will help you to understand your reactions, to identify your resources and to understand the enormous effort that your organism makes in order to come through it and carry on.
- **Expose yourself** gradually, little by little to situations that remind you of the assault. Do not avoid them, because the relief will not last long and it will become harder and harder to face them. If at first you are scared to go out in the street or to face situations that remind you of the assault, you should increase those behaviours which are aimed at feeling more protected, such as going out with





someone. Some women feel safer if they carry with them a spray for self-defence. If you wish to buy one, check first with the Police the brand and place of sale, as they must be homologized by the Ministry for Healthcare and Consumption.

- **Ask for treatment**, principally if, between four and six weeks after the assault, you still experience intense emotional reactions and difficulties to resume your everyday activities. Psychological and psychiatric help is vital to prevent the apparition of disorders such as post traumatic stress, depression or toxin abuse.
- **If you decide to go into treatment, do not** give it up or become disheartened. Both the psychological and the psychopharmacological treatments need time. Recovery is a gradual process. Little by little you will find yourself feeling better and you will re-take control of your life.
- **Find out about self-help groups** that offer support, share experiences and favour exchange and recovery.

**To recover, let yourself be helped by friends and family.
Look for specialized medical and psychological care.**





WHAT CAN YOUR FAMILY AND FRIENDS DO TO HELP YOU?

- **Maintain an understanding, warm and calm attitude.** Do not blame her, or judge her behavior, the way she acts or lives and do not interrogate her or reproach her. Treat her naturally, be affectionate and be available.
- **Don't pressure her to talk about what happened,** or ask about the details. Respect her privacy and do not show curiosity. It is best to be discreet and limit gossip about what happened. Speaking about the assault is good for those people who need to talk about it, provided it does not get in the way of their enjoying the present and having plans for the future. Nevertheless, there are people who do not need to talk about it. Silence and distraction, together with the passage of time and the resumption of everyday life, can sometimes be a useful strategy to maintain emotional balance and make a recovery. However, if the woman experiences a clear irritability and relives the event over and over, she will need to seek professional help.
- **Encourage her and support her in getting back into her habitual activities,** gradually and progressively, without putting pressure on her. However, there are women who need to interrupt their habitual activities during the first few weeks.
- **Offer her help in dealing with everyday tasks and look for solutions to immediate problems.** Help her to establish the first contacts with the professionals who will attend her, to keep a diary of her appointments, and accompany her on visits to the Police, the Court, the lawyer and the doctor. All of this will increase her feeling of control. Often victims tend to avoid the first contacts with the professionals.
- **Help her to establish a safe environment and a protection plan** in the event that the assailant is known and belongs to the family, work, school or friends' circle. If she receives direct threats from the assailant or his circle to prevent her from making what happened public, or to make her withdraw the police report, assess the degree of the threat that exists and decide what type of precautions are necessary, but always under the control and consent of the victim. This requires not only the mobilization of people close to her, but also the development of a well-established plan for her protection.





- **Offer to go with her to make the police report, if she so wishes, and to accompany her in the police and judicial interventions that will be necessary if she does report the assault.** Remember that the final decision will always be hers. The decision to report the assault may contribute to her moral recovery and psychological and social restitution. But it means embarking upon a long and complex process which not all women can bear, You may need support.
- **Recommend that she seek professional help** in the event that the emotional reactions are intense, cause distress and interfere in her relations and daily activities.





WHEN IS TREATMENT NECESSARY?

There are women who will not need psychological or pharmacological treatment after a sexual assault. Their previous emotional balance, the passage of time, attention given to everyday activities and family and social help contribute to help her assimilate and digest the experience. In this way, albeit with emotional ups and downs and with painful memories, they are capable of carrying on with their work or studies, relate with others, enjoy daily life and involve themselves in future projects.

However, **other women find themselves trapped**. They live with constant suffering and fear, they find it difficult to control their emotions and thoughts, they have nightmares, they isolate themselves, they find it hard to reinstate sexual activity, they feel that their body is no longer the way it was before, they feel incapable of meeting the demands of everyday life and they adopt unhealthy behaviours such as drinking to excess, compulsive eating, self-medication and self-harm. These women are going to need help.

Especially vulnerable women are those:

- Who have suffered other emotional and sexual abuse in childhood
- Who do not receive support from their family and friends
- Who have suffered a very violent assault in which they feared for their lives
- Who were un psychological or psychiatric treatment before the assault
- Who later receive threats from the assailant
- Whose assailant belongs to the victim's social circle (family, friend, workmate or classmate)
- Immigrant women, especially if they are undocumented immigrants





WHAT HAPPENS IF YOU MAKE A POLICY REPORT?

Remember that sexual assault **IS A CRIME**, and like any other crime, the justice system is responsible for processing the offender. For this reason it is necessary to report the assailant. This means undertaking a **long and complex penal process**.

During the process you will have to collaborate with the police in the identification of the assailant, be submitted to forensic and expert examinations as well as giving oral statements before the judge and the prosecutor. All of this means recounting the story repeatedly, remembering the experience again and seeing the assailant again at the formal identification and again in the trial. During the legal process, you will be in contact with different professionals, whose efforts will be directed at obtaining the necessary evidence and credibility so that a reliable judgment can be made.

These procedures, although necessary so that justice may be done, can cause you some setbacks in the recovery process. Psychologically you may experience again some of the initial symptoms: unease, anxiety, fear, nervousness or nightmares. You may become demoralized and think that you will never get over it. At times it will be hard for the process to be conducted with the sensitivity necessary for it to prove a healing experience for the victim. At some point in the process, you may feel guilty or even responsible for what happened. The penal process may end up imparting the justice that you hope for, but do not expect to find in it emotional support, understanding or empathy. This type of help must be sought among your friends and family, or in professionals from other ambits.

The police report

To report or not to report is one of the great dilemmas that victims face. There are many women who decide not to report. The majority of crimes against sexual liberty occur in secrecy, this being sought deliberately by the assailant.

We have established some of the reasons why women decide not to report the crime: Fear and the initial degree of confusion after the sexual assault; the lack of information and not knowing where to go and what to do; shame at the thought that more people will find out about what happened; lack of confidence in the justice system that leads





them to think “the most likely thing is that the Police won’t arrest him”, “The trial won’t serve any purpose”, “He’ll be back on the street in two days”; fear that they might be considered to blame, or responsible; the lack of sufficient proof for them to be believed; fear of revenge and the reprisals of the assailant, especially if he is known to the victim and knows where she lives, works or studies; the fear of being adversely judged by common friends; pressure from family or friends to not give importance to the event, since they too want to forget it quickly.

When it is a question of a rape perpetrated by a husband or close family member, the victim feels ambivalent, she hesitates, thinking that she will damage him and that it will ruin his life, if she lets him go to prison.

This collection of fears are not baseless. They correspond to real situations in which the victims, in the eyes of others, are responsible or partly to blame. **They are revictimized, directly or indirectly, by word or deed, by action or omission.**

Be aware that reporting the crime, besides being a legitimate right, can help your recovery and personal growth.





WHAT CAN YOU DO TO GET THROUGH THE JUDICIAL PROCEDURE?

If you begin the judicial process, you will go through a series of phases, each with different difficulties, which will test to the full your capacity to manage your emotions and your time, as well as your resources for dealing with the multiple tasks related to the judicial formalities.

Choose a lawyer who specializes in defending women who have suffered gender violence. It is important that you are well counselled during this process. The social services aimed at women in the city of Barcelona will advise you about the legal services and in which cases the right to free legal aid is recognized: Barcelona City Council's Points of Information and Attention for Women (PIAD), and the Justice Department's Crime Victim Attention Office (see "useful addresses").

If you decide to make a report, go with your lawyer. From that moment on, follow their or her guidance and advice. Tell them about any situation related to the assault, such as memories, new clues about the assailant, and consult them about anything that you need to.

Who has a right to free legal aid?

You can ask for free legal aid if your annual income is not more than double the current minimum inter-professional wage at the moment of making the application. These conditions may vary in the case of immigrant women, depending on whether they have papers or not.

Where can you request free legal aid?

In the courts, at the legal orientation services of the College of Advocates you will be issued with a standardized application form, which you will have to present to the Court or to the legal orientation services of the College of Advocates.

How can you obtain the expert evidence and any other evidence that you need?

False reports are uncommon. If you need an expert's report to evaluate the psychological harm caused by the sexual assault and to provide





the judge with objective elements, you should know that the Justice Department of the Government of Catalonia has a team of specialists - the Penal Technical Advice Team (EATP) - for the preparation of expert, psychological and social reports, free of charge, at the request of the judicial authority. Let your lawyer know so that he or she may apply for it to the Court.

How can you prepare yourself to face the oral proceedings?

The oral proceedings represent one of the most critical moments because you may experience them with a sensation of great fragility and fear. There are many factors that will influence your state during the proceedings and the days leading up to them. It is normal to feel worried in the face of an unknown situation, about which the only thing we know is that they are going to examine us and question us. We feel fear and rage at coming face to face with the assailant again after the appearance and while giving our testimony. Remembering all the painful details during the testimony and reliving the assault again can cause moments of distress and make you feel that you won't be able to respond coherently.

At the Crime Victim Attention Office (OAVD) they can help you to prepare the oral proceedings, to request elements of protection so as not to establish contact with the assailant, and they can accompany you during the trial.

Explain the events as clearly and accurately as possible, just as you remember them, whatever your emotional state is in that moment. If you do not understand any of the questions, do not worry about asking for as much clarification as you need, and take your time in answering; the time that passes between the assault and the trial is almost always too long, and can effect on your memory of the event, meaning that you may not recall clearly some aspect of the assault or you may even remember details that are not present in your initial statement. If this is the case, let the judge know. Remain firm in your discourse and aim to answer the lawyers' questions with confidence.

If you are afraid of the assailant, do not look him directly in the eye. You can request, through your lawyer, the escort service offered by the Mossos d'Esquadra (regional police); they will be at the Court when you arrive and they will accompany you home when you have finished giving





evidence. You, as “witness/victim”, will be the first to give evidence. If you do not wish to stay at the trial until the end, you will be able to go home and a family member or friend can remain there in order to inform you later.

Attend the trial well-rested, and accompanied by people in whom you trust. Learn techniques of emotional self-control which will help you to face the moment of the trial. If you foresee that you will become overly distressed, consult your doctor, there are pharmaceuticals that may help you to be more calm.

Judicial verdict

The judicial sentence may confirm the events, or not. If the verdict is one of not guilty for the assailant, given that a guilty verdict is not always achieved, talk to your lawyer about the possibility of appealing to a higher court.

In the case of a guilty verdict, sentencing must include not only the penal sentence for the assailant but also compensation for the physical, psychological, moral, social and economic damage that you may have suffered as a consequence of the assault.





DRUG FACILITATED SEXUAL ASSAULTS

«[...] I was at a party, I had a few drinks, suddenly I felt bad, really drunk, really dizzy, drink had never affected me like that before [...] I woke up in a strange place, with my clothes disheveled, or without clothes, and with the feeling that someone had done something to me [...] After having that drink in the disco I don't remember anything more until I woke up seven hours later in a strange bed [...] I can't remember how I got home [...] I woke up confused, and I saw I had blood between my legs, I felt ill, nauseous, I wanted to throw up, I had a headache [...] I went to the toilet, when I examined myself I saw I had injuries, inexplicable scratches [...] I found it hard to think what I should do next [...]»

What is understood by drug-facilitated sexual assault?

In the phenomenon known as drug-facilitated sexual assault (DFSA) the sexual assault occurs **after the voluntary or involuntary ingestion of incapacitating substances**, such as alcohol and/or other abuse drugs, and/or pharmaceuticals (alcohol is the most common). The state of intoxication of the victim impedes her from offering resistance to the assailant.

The assailant may act opportunistically, when he takes advantage of the vulnerable state of the victim after voluntary consumption. Or he may do so in a premeditated way, through chemical submission, when the assailant administers an incapacitating or disinhibiting substance to the victim with the objective of subjecting her sexually.





What might make you suspect that you have been victim of a drug facilitated sexual assault?

The suspicion of having been victim of a DFSA is based upon two types of indicators: **suspicion of having suffered a sexual assault and having been under the effects of a drug.**

Specifically, it can make you suspect:

- Feeling intoxicated to a degree that is inconsistent with the amount of alcohol or drugs consumed (*"I'd never felt like that before, drinking similar amounts"*)
- Having accepted a drink from a stranger
- Feeling unexpectedly dizzy, with indigestion, nausea or vomiting
- Feeling suddenly more sleepy, sedated, with difficulty to coordinate your thoughts and movements
- Waking up the following day with gaps in your memory, a feeling of confusion and hangover.
- Waking up next to a stranger and with the sensation of having had sexual relations
- Waking up semi-naked or naked, noticing the inexplicable presence of bodily fluids, bleeding or injuries to the genital area or the body
- Witnesses who say that they saw the victim in compromising situations which she does not remember
- Detection of toxins, in both urine and blood, during the visit to the Emergency unit, although a negative result does not rule it out.





What are the effects of the substances involved in drug-facilitated sexual assaults?

The consumption of alcohol and/or drugs causes a diminishing of control of behavior (disinhibition), of the perception of risk situations, and of the capacity to consent or take decisions.

Acute alcohol ingestion affects cerebral functions, emotions, and behavior in a progressive manner depending on the amount ingested, causing states that go from euphoria/disinhibition (approximately 0.5 g/L, which is the content of two cans of beer), to the diminishing of consciousness with sleepiness, confusion, problems of memory fixation, loss of equilibrium and coma.

The assailant uses different substances which, when mixed with alcoholic drinks or other drinks (infusions, coffee, soft drinks), serve to make the victim sleepy, reduce her resistance and destroy her free will. Drugs hinder the victim's ability to defend herself and reduce the possibility to respond by fighting or escape.

Alcohol and drugs affect:

- Control of behaviour
- The perception of risk
- Decision-making

What substances are known to be used in sexual assault?

Any substance that alters the perception or the level of consciousness may be used to reduce the free will and the resistance of the victim. The substances that are used are generally depressors of the central nervous system, fast-acting, and of short duration, and for this reason they are not noticed by the victim and are hard to detect.

The Forensic Toxicology Society of the United States has identified more than 50 different substances involved in DFSA. Some are easy to obtain,





like alcohol, or frequently used medicaments, like benzodiazepines, and some other less common, like ketamine or scopolamine, or illegal abuse substances, like cannabis, or cocaine.

The drugs used by the assailant without the victim's knowledge may be administered in the form of an infusion, coffee, soft drink or alcoholic drink.

How you might feel if you have been a victim of a sexual assault facilitated by drugs?

«I woke up confused and I realized there was blood between my legs, I felt sick, like I was going to vomit, I had a headache... I went to the toilet and when I looked myself on the mirror I saw that I had injuries and scratches that I couldn't explain... I found it hard to think what I should do next»

If you believe that you have been the victim of a sexual assault while under the effects of alcohol or other substances, it frequently happens that you remember hardly anything about this period of time, that you feel defenceless, confused, you don't know where you have been, nor how you got there, and you wonder what can have happened.

You may present physical symptoms such as headache, nausea, vomiting, gastrointestinal and vaginal discomfort, as well as physical marks of the assault. When you become aware of the sexual assault, you may feel guilty, ashamed and think that it is your fault and that you do not have the right to receive professional help.

Remember: being under the influence of alcohol or other substances is NOT an invitation to be sexually assaulted.





- Re-read this guide as many times as you need to
- Having this information may serve as a relief and an accompaniment during the recovery process and in difficult moments
- Ask for help, do not go through all this alone
- Always bear in mind that you have been a victim but also a survivor of a crime against your rights to liberty, respect and capacity for decision .





USEFUL ADDRESSES

Emergency medical services

Hospital Clínico de Barcelona. Servicio de Urgencias

C/ Villarroel, 170. 08036 Barcelona

Telephone: 93 227 54 00 Ext: 2137

Hospital Sant Joan de Deu. Sexual Assault unit.

Atención a personas menores de edad agredidas sexualmente.

Ctra. De Esplugas, s/n - 08034 Barcelona

Telephone: 93 280 40 00

Healthcare services specializing in the treatment of victims of sexual assault

Program of Prevention and Treatment of the Psychological Effects on Women who are Victims of a Sexual Assault

c/ Rosselló, 140, bajos - 08036 Barcelona

Telephone: 629 634 553

Opening hours: Monday, Tuesday, Wednesday and Friday 10 am - 1 pm

Hospital Clínico de Barcelona

Psychology and Psychiatry Service. Institut Clínic de Neurociències.

Infections Service, Hospital Clínico de Barcelona

Edificio consultas externas 5ª planta

c/ Rosselló, 161. 08036 Barcelona

Telephone: 93 227 55 26

Opening hours: Wednesday and Friday 10 am - 1 pm.

Sexual and Reproductive Health Treatment Centres (ASSIR)

These are teams of professionals in coordination with the Primary Healthcare Centre offering psychological care in cases of gender violence.

Consult with Obstetrics or Family Medicine

Telephone: 061 Catsalut Respon





Legal Services (processing of police report / legal information and advice)

Mossos d'Esquadra (Regional Police Force)

Telephone: 112

Crime Victim Attention Offices -Mossos d'Esquadra

Guardia Urbana de Barcelona (Barcelona City Police)

Telephone: 092

Duty Court

Gran Vía de les Corts Catalanes, 111. Edificio I. 08075 Barcelona.

Telephone: 93 554 86 42

Il·lustre Col·legi d'Advocats de Barcelona (Barcelona College of Advocates)

C/ Mallorca, 283 - 08037 Barcelona

Telephone: 93 496 18 80

<http://www.icab.es>

Legal Orientation Service

Teléfono: 93 432 90 09

Av. Carrilet, 3. Edificio D. 1ª planta.

Free legal processing and on-call specialist in gender violence.

<http://www.gencat.cat>

Crime Victim Attention Office (OAVD)

Gran Vía de les Corts Catalanes, 111. Edificio I. planta 3ª. 08075 Barcelona.

Telephone: 900 12 18 84

Free service supported by the Department of Justice of the Government of Catalonia offering attention, support and advice to people who have suffered a criminal act.

Point of coordination for protection orders for victims of domestic violence who adopt the judicial organs of Catalonia.

E-mail: atenciovictima.dji@gencat.net





Penal Technical Advice Team (EATP)

Gran Via de les Corts Catalanes, 111. Edificio P, planta 5ª. 08075 Barcelona.
Telephone: 93 554 86 52

Team of professionals from the Department of Justice of the Government of Catalonia, specializing in evaluation of psychological harm in crime victims, both children and adults.

This is a service offered free of charge which prepares expert reports at the request of the judge.

<http://www.justicia.gencat.cat>

Social and Community Services

Helpline for women in a situation of violence: 900 900 120

Government of Catalonia information helpline: 012

Barcelona City Council telephone: 010

Institut Català de les Dones (Catalan Women's Institute (ICD))

Helpline for women in a situation of violence:

Telephone: 900 900 120

Opening hours: 24 hour service

<http://www.dones.gencat.cat>

Social Services Centres - Barcelona City Council

There is one adscribed to each district of the city of Barcelona and they provide information and advice on the existing community resources.

Teléfono: 93 256 43 50

<http://www.bcn.cat>

Barcelona Social Emergencies Centre (CUESB)

C/ Llacuna, 25 . 08005 Barcelona .

Telephone: 900 703 030

Opening hours: 24 hours

Municipal service for emergency social care outside of the usual opening hours of the rest of the city's social services.

<http://www.bcn.cat>





Care, Recovery and Shelter Service (Servei d'Atenció, Recuperació i Acol·lida (SARA))

C/ Marie Curie, 16. 08042 Barcelona

Telephone: 93 291 59 10

E-mail: sara@bcn.cat

Municipal service offering integral care for women, children and adolescents, in situations of male gender violence, and people in their immediate circle who are directly affected by this violence.

<http://www.bcn.cat/dona>

Points of Information and Attention for Women (Punts d'Informació i Atenció a la Dona (PIAD) - Barcelona City Council

These are 10 municipal services that offer information, attention and counselling to women.

Telephone: 010

<http://www.bcn.cat/dona>

Socioeducational Care Service of the ABITS Agency

Municipal service offering integral care for women who practise prostitution and victims of sexual exploitation. They offer social, healthcare, labour and/or legal orientation and psychological care.

Telephone: 900 722 200

<http://www.bcn.cat/dona>

Associations and Foundations

Association for Attention to Women who have been Sexually Assaulted (Associació Assistència a Dones Agredides Sexualment (AADAS))

Telephone: 93 487 57 60

<http://www.aadas.org>

Association of Women Jurists (Associació de Dones Juristes)

Team specializing in the provision of attention and legal services in the field of gender violence.

Telephone: 93 322 06 17

E-mail: info@donesjuristes.cat

<http://www.donesjuristes.cat>





Counselling Lawyers (Advocades Assessoras)

Team specializing in the provision of attention and legal services in the field of gender violence.

Telephone: 93 410 76 68

advocadesassessoras@gmail.com

Ca la Dona

Offering information, attention and legal advice to women.

Telephone: 93 412 71 61

E-mail: caladota@caladona.org

<http://www.caladona.org>

Themis Association of Women Jurists

Offering legal advice to women in Barcelona. Its headquarters is at Ca la Dona.

E-mail: themis@mujeresjuristasthemis.org

<http://www.mujeresjuristasthemis.org>

Catalonia Gay Liberation Front

Service that offers information and homophobia watchdog.

Telephone: 93 217 26 69

E-mail: fagc.org@gmail.com

<http://www.fagc.org>

Tamaia

Offering individual and group psychological care to women who are victims gender violence.

Telephone: 93 412 08 83

E-mail: comunicacio@tamaia.org

<http://www.tamaia.org>





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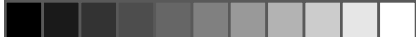
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HERMAN, JUDITH. Trauma y recuperación. Cómo superar las consecuencias de la violencia. Madrid: Espasa-Calpe, 2004.

URRA, JAVIER. SOS... Víctimas de abusos sexuales. Madrid: Ediciones Pirámide, 2007.





WEB SITES OF INTEREST

Hospital Clínic de Barcelona. Comissió de Violència Intrafamiliar i de Gènere
<http://www.hospitalclinic.org/language=ca-ES&tabid=871>

Canal Drogues. Generalitat de Catalunya.
<http://drogues.gencat.cat/ca/>

Ajuntament de Barcelona. Adolescència i Joventut. Àrea de Salut:
<http://w110.bcn.cat/portal/site/Joves>

Noctambul@s. Observatorio cualitativo sobre la relación entre el consumo de drogas y los abusos sexuales en contextos de ocio nocturno:
<http://www.fsyc.org/noctambuls/>





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Amb el suport de:

