

WONSA  
world of no sexual abuse

35'

Vem är patienten?

Vad behöver vårdgivaren kunna?

Forskningsläget

Vad kan vi göra?

Vad händer om vi inte gör det?

Frågor!

## Vem är patient?

90 % kvinnor, 90 % vuxna, **90 % CSA** (55 % 0-5 år)

70 % incest

Medelduration 7,6 år  
Medel tid för berättande 11,5 years

80 % försökt få hjälp tidigare

Hög sjukdomsbörda

## Vad behöver vårdgivaren kunna?

SKADEUTVECKLING

SYMPTOM

DIAGNOS

BEHANDLING

# W-SAC

## Wonsa Sexual Abuse Classification

### Sexual abuse type (S)

*o= do not recall or know*

#### S1: Type

Type 1: Non-contact abuse

Type 2: Contact abuse

**Type 3: Penetrative attempt**

**Type 4: Penetrative abuse**

#### S2: Age at onset

**A: Child (0-12)**

B: Youth (13-17)

C: Adult (18>)

#### S3: Duration/frequency

So Single occasion abuse

**S10: Repeated abuse\***

### Abuser characteristics (A)

*o= do not recall or know*

#### R1: Relation

**R10: Family**

**R11: Other dependency**

R12: Intimate partner

R13: Known

R14: Unknown

#### R2: Age at onset

**R20: Child (0-12)**

R21: Youth (13-17)

R22: Adult (18>)

#### R3: Sex

**A30: Man\*\***

**A31: Woman\*\***

**A32: Non-binary\*\***

**A33: Other**

### Specific Contexts (C)

*o= do not recall or know*

C1: More than one abuser at the same time

C2: Trough communication channel

C3: Child marriage

C4: Disability of the victim

**C5: Severe psychological violence**

C6: Severe physical violence

C7: Passive witnesses or bystanders

**C8: Unconsciousness during the abuse**

**C9: Documentation**

C10: Transactional sex

**C20: Organized abuse**

C30: Pregnancy due to abuse

C40: Torture during the abuse

C50: War or conflict zone

C60: Location

C70: No prior sexual experience

C80: Other

# Subcategories

## Sexual abuse type (S)

### S1 Type of sexual abuse

#### **Type 3-4**

*S1.1 vaginal*

*S1.2 oral*

*S1.3 anal*

### S2: Age at onset

#### **B: Child (0-12)**

*B0: 0-1*

*B1: >1-2*

*B2: >2-5*

*B3: 6-9*

*B4: 10-12*

### S3: Frequency

#### **Repeated, same abuser**

*S10: 2-4 occasions*

*S11: 5-10 occasions*

*S12: >10 occasions*

#### **Repeated, different abusers**

*S20: 2-4 occasions*

*S21: 5-10 occasions*

*S22: >10 occasions*

#### **Repeated, same and different abusers**

*S30: 2-4 occasions*

*S31: 5-10 occasions*

*S32: > 10 occasions*

### S4: Duration

*S40: 1- 2 years*

*S41: >2-5 years*

*S42: >5-10 years*

*S43: > 10 years*

*S43: > 20 years*

## Abuser characteristics (A)

### R1: Relation

#### **R10: Family**

*R10.0: Biological father*

*R10.1: Step father or likewise*

*R10.2: Biological mother*

*R10.3 Stepmother or likewise*

*R10.4: Biological Brother*

*R10.5: Stepbrother or likewise*

*R10.6: Biological sister*

*R10.7: Stepsister or likewise*

#### **R11: Other dependency**

*R11.1 Clergy or likewise*

*R11.2 Close relative or likewise*

*R11.3 Close friend or likewise*

*R11.4 Teacher or likewise*

*R11.5 Colleague or likewise*

### R2. Age of onset

#### **R20 Child**

*R20.1: 0-2*

*R20.2: 3-5*

*R20.3: 6-9*

*R20.4: 10-12*

### R3: Sex

*A30.1: Man, opposite sex*

*A30.2: Man, same sex*

*A31.0: Woman opposite sex*

*A.31.2: Woman, same sex*

*Other:*

## Complicating factors(C)

### With elements of:

#### **C5: Severe psychological violence**

*C5.1 Humiliation*

*C5.2 Death threats to self*

*C5.3 Death threats to important ones*

*C5.4 Spiritual/religious threats*

*C5.5 Forced to harm others*

*C5.6 Forced to watch others being harmed or killed*

#### **C8: Unconsciousness during the abuse**

*C8.1 Unconsciousness by forced drug use*

*C8.2 Unconsciousness by voluntary intake of drugs or alcohol*

*C8.3. Abuse during sleep*

#### **C9: Documentation**

*C9.1 Documentation for private use*

*C9.2 Slut shaming and likewise*

*C9.3 Documentation for commercial use*

#### **C20: Organized abuse**

*C20.1 Organized abuse through criminal networks or likewise*

*C20.2 Ritual abuse organized in groups or fellowships or likewise*

## Hur kan vi förstå skadeutvecklingen?

### *The alphabet of sexual abuse*

Ångest

A: abandonment

B: betrayal



Anknytning  
Affektreglering

C: confusion

Kontroll, Agency, spegelneuron, affektreglering

D: disgust & shame

Ovärdighet, depression, självmordsförsök

E: elimination of borders

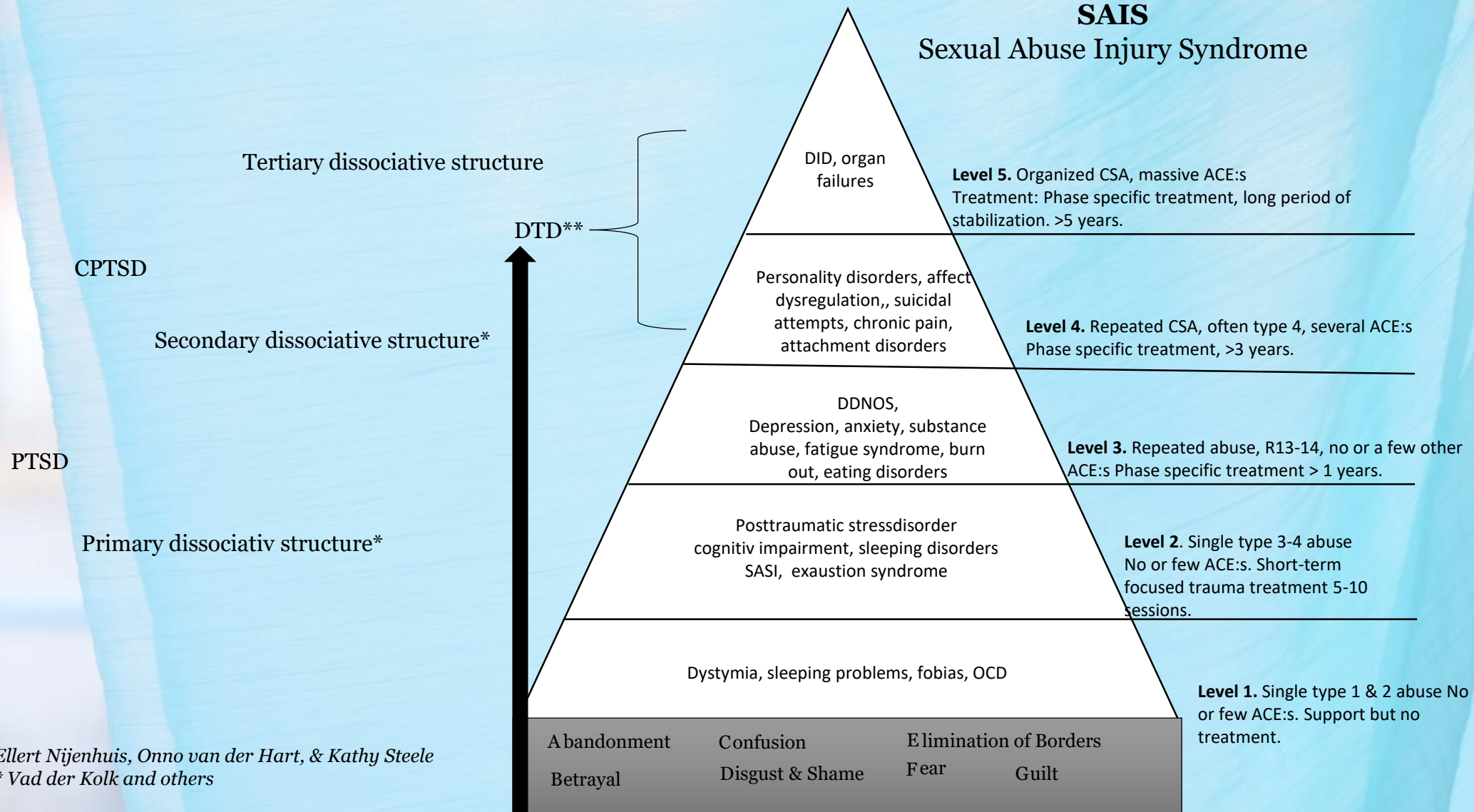
Gränser, relationer, arbete, kropp, affektreglering

F: fear

PTSD, Dissociation, Affektreglering

G: guilt

Självhat, bestraffning/självskada



\*Ellert Nijenhuis, Onno van der Hart, & Kathy Steele  
\*\* Vad der Kolk and others



Så vad kan vi göra?


Trodd & Trygg  
Återupprätta gränser  
Läka skadorna (SAIS)

**LOWER AROUSAL &  
ANCHOR AND INTEGRATE MEMORIES...**

## Vad händer annars?

### **RE-TRAUMATISERING**

1. Känna igen och våga fråga - alla
2. Erbjuda behandling och förebyggande program - sjukvården
3. Fortsätta forska - specialistkliniker



We can eliminate  
the aftermath  
of sexual abuse

LET'S GET TO WORK

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