

**Effectiveness of individual counseling program
to alleviate the symptoms of trauma resulting
from sexual abuse in children
"Case study"**

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Abstract

This research aims to identify symptoms of stress disorder following the trauma of the delayed type in children who have experienced sexual abuse, through a case study of a child subjected to sexual exploitation of a four-year-old between (10-11) years, who had symptoms of PTSD

The research aims to present effectiveness of the program used in the treatment of symptoms of stress disorder following the trauma of the delayed type using the following tools :

- 1- Questionnaire of the traumatic event designed by the researcher to find out traumatic events suffered by the girl child .
- 2- A diagnosing Scale of PTSD disorder based on DSM-IV designed by a researcher and applied by the child before its submission to and after the indicative program aimed at proving the effectiveness of the program.
- 3- An indicative Program of individual practice, designed by the researcher.

The research was carried out within in the city of Damascus for the first cycle of basic education during the period of (1/2/2009) to (15/3/2009)

The following conclusions were drawn:

- ü The most severe symptoms, which appeared on the subject of the case study were intrusive symptoms, symptoms of arousal, and feelings of guilt, which is one of the secondary symptoms associated with the disorder following traumatic stress.
- ü Effectiveness of the individual counseling programme in reducing the symptoms of PTSD resulting from sexual abuse of the child in question.