

NUMBERS ARE IMPORTANT BUT A CHILD'S STORY IS IMMEASURABLE

Mahina - Age 11

Eleven-year-old Marina's stepfather sexually abused her for years, assaulting her countless times in the home that should have been her safe haven. That level of trauma significantly impacts the development and well-being of any child, but Marina is autistic and therefore faces many additional barriers to treatment and healing. And unfortunately, Marina is not alone. Children with disabilities are three times more likely to be victims of sexual abuse because perpetrators view them as easier targets.

Marina began attending therapy sessions at the Center for Child Protection and on her first visit, Marina avoided all eye contact with her therapist. She struggled to focus on the conversation and engaged in self-soothing techniques such as rocking and repeating the same phrases over and over. However, over the course of several months, Marina began to trust her therapist and look forward to appointments. Despite the trust that had been built, many barriers remained. Marina had created a powerful defense against remembering the details of the abuse and had still not spoken the words aloud. She feared she "wouldn't be able to get the thoughts out of her head." Whenever asked about the abuse, Marina would promptly change the topic and begin re-arranging the Legos or reciting verses from her favorite songs.

She continued to make progress in therapy, increasing her ability to self-regulate and gaining greater awareness of emotions and body language. However, when it came to addressing the abuse, the therapist had reached an impasse. Her inability to speak about the abuse impeded her progress emotionally, but also greatly hindered the prosecution of the offender.

To help her become un-stuck, Marina's therapist invited the Center's Pet Therapy dog, Sidney, to attend one of her sessions. Sidney met Marina in the lobby and stayed close to her, wagging her tail in encouragement whenever Marina interacted with her. In the therapy room, Marina laid on the floor and Sydney laid next to her. When asked to share the details of the abuse, Sidney rested a paw on Marina's shoulder — letting her know she was there. Sidney provided a grounding and non-judgmental presence that helped Marina open up about her feelings. She talked about the history of abuse and said things out loud that she had been too scared to say before. Time after time, Sidney is able to provide a level of unconditional compassion and acceptance that no human can match. She provides support and healing to the children dealing with the most challenging—often seemingly impossible—situations, and consistently proves that there is always hope.

*Names and other identifying circumstances have been changed to protect the privacy of children and families.



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