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Therapies Used to Treat School-Aged Victims of Sexual Abuse

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Therapies Used to Treat School-Aged Victims of Sexual Abuse

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Abstract

There has been a rapid increase in sexual abuse against school-aged children in recent years. These crimes are detrimental to school-aged children and frequently result in damaging effects bio-psychosocially. When the effects of sexual abuse are not addressed with effective treatments, the issues may manifest throughout the child's lifespan, into late adulthood, and beyond. This can lead to risky behavior as an adult and mental illnesses. Identifying effective therapies used to treat school-aged victims of sexual assault can be useful in moderating and mediating the consequences of sexual abuse and decrease the likelihood of the effects manifesting into adulthood. The objective of the present inquiry is to evaluate the most commonly used evidence-based therapies to treat school-aged victims of sexual assault. A meta-analysis will review 15 articles for therapies by frequency and categories: trauma-focused cognitive behavioral, play, and art. Preliminary results seem to indicate artistic forms of therapy are most frequently used to treat this population. The final results are currently pending.