You Have Survived a Trauma

Rape, sexual assault, and nonconsensual experiences are traumatic experiences that may interrupt your life at home, at work, and at school, affecting your relationships with friends, family, and coworkers. The reassurance and support of friends, family, or significant others is very important during this time, but their reaction to your experience may not be what you anticipate or would like it to be. People in your life will react in different ways; some may express blame, others may give you their full support. If you feel ready, you should allow those who offer their support to help you through this period—it will aid you in your recovery process. But the decision to talk about your experience is a personal choice. You do not have to share your experience with anyone until you feel ready. We are here as a resource, as a safe place to share, to sit, to be present with one another through this process.

The group begins spring 2019. Please call the Counseling and Counseling Psychology Clinic at (405) 744-6980 to talk to a trained therapist and find the right services for you.

Counseling and Counseling Psychology Clinic
PIO Building, Oklahoma State University
102 S Monroe Street (south of the Human Sciences Building)
ALL genders are welcome. This free, confidential group is a space to:

◊ Share your story to the extent you feel comfortable
◊ Learn how to cope with triggers
◊ Deal with self-blame and guilt around rape, sexual assault, and nonconsensual experiences
◊ Restore your sense of power
◊ Explore healthy intimacy after

Counseling

Sexual assault can change your feelings about yourself and those around you. You may not feel the way you did before the assault—physically, emotionally, socially, or sexually. Counseling can help you deal with these concerns and aid you in your recovery.

INDIVIDUAL COUNSELING
Individual counseling sessions with a supportive counselor can help you identify concerns you would like to resolve surrounding the assault. Together, you will develop appropriate and attainable goals for yourself.

GROUP COUNSELING
Group counseling will give you the opportunity to share your feelings with other survivors, and although each person recovers at a different pace, group counseling provides an environment in which survivors can share their experiences along with their techniques for recovery. Many group members find inspiration and motivation in the stories of other victims and get a unique kind of support that helps them return to the lives they led before the assault.

All Services Available:
• Individual Therapy
• Family/Couples Therapy
• Group Therapy
• Play Therapy
• Career Counseling
• Assessment

Hours

The clinic is open Monday-Friday. Hours of operation vary each day; please call (405) 744-3287 in advance to get hours for a specific day.

***If in an emergency, dial 911, go to the nearest medical center or call the crisis line 1-800-273-TALK (8255). All students in an emergency may call the OSU police and ask for the counselor on call***

Confidentiality

All information shared in counseling sessions will be kept confidential. Only in certain circumstances will confidential information have to be disclosed. These situations will be discussed with all clients.

Contact Us
Counseling and Counseling Psychology Clinic
PIO Building, Oklahoma State
102 S Monroe Street
405-744-6980
counselingclinic@okstate.edu

Visit us on the Web:
https://education.okstate.edu/cpsy/clinic.html