

Five Main Parts of MST/CPT Group

1. Education about military sexual trauma
2. Education about PTSD, CPT
3. Becoming aware of thoughts and feelings
4. Learning to challenge thoughts about trauma
5. Trauma themes

Consent must be:

- Clear
- Informed
- Voluntary and enthusiastic
- Sober
- Act and person-specific
- Ongoing
- Mutual and active



- Based on Canadian law, consent for sexual activity ***cannot*** be given in a situation that involves:
 - an abuse of trust, power or authority
 - an unconscious person
 - anyone who is under the age of consent (age 16 years)

A graphic featuring a blue background with a central image of shattered glass. Overlaid on the glass is a white, torn-paper-like shape containing the text "COERCION IS NOT CONSENT".

COERCION
IS NOT CONSENT

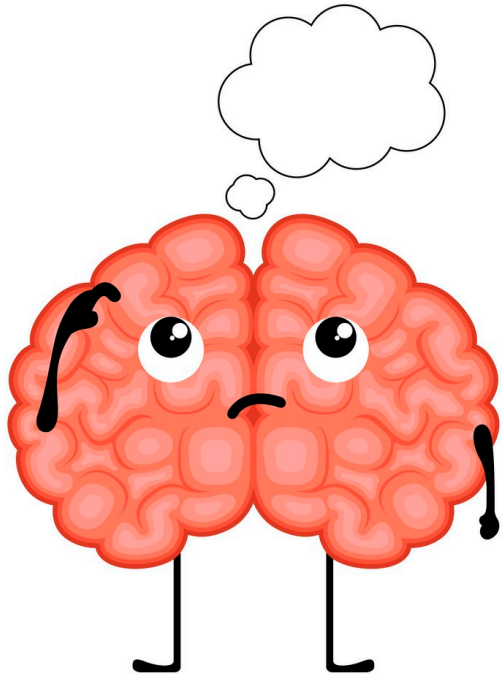
- Coercion means forcing another individual, through violence, threats (physical or emotional), pressure, deception, guilt, to engage in sexual activities against their will

SACE, 2020

Myths and Misconceptions

- Sexual assault myths are a set of false beliefs and attitudes that serve to dismiss or even justify sexual assault and harassment
- Many sexual assault myths exist in Canadian society
- Sexual assault myth acceptance is associated with sexual assault and sexual harassment, negative attitudes towards women, and reinforce gender role stereotypes

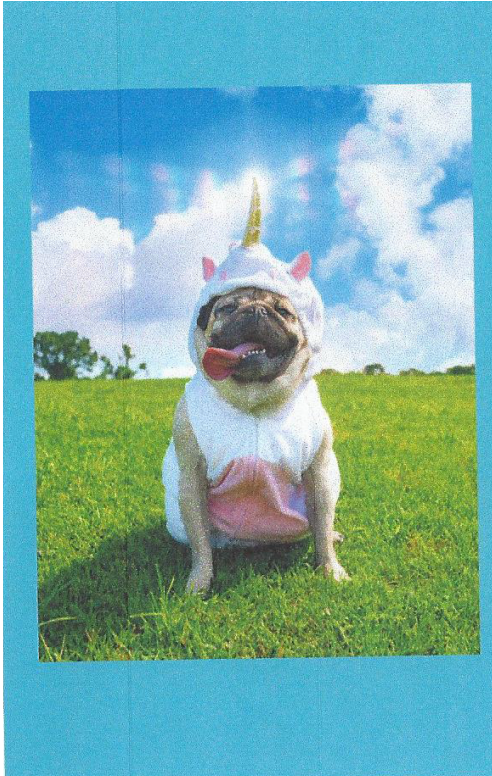
Most victims of sexual assault are at least partly responsible for the assault; their appearance, actions or behaviour directly contributed to what happened to them.



- Learn to recognize negative thoughts created by the trauma - “stuck points”
- CPT teaches people how to *think* through stuck points and see things in a more balanced way



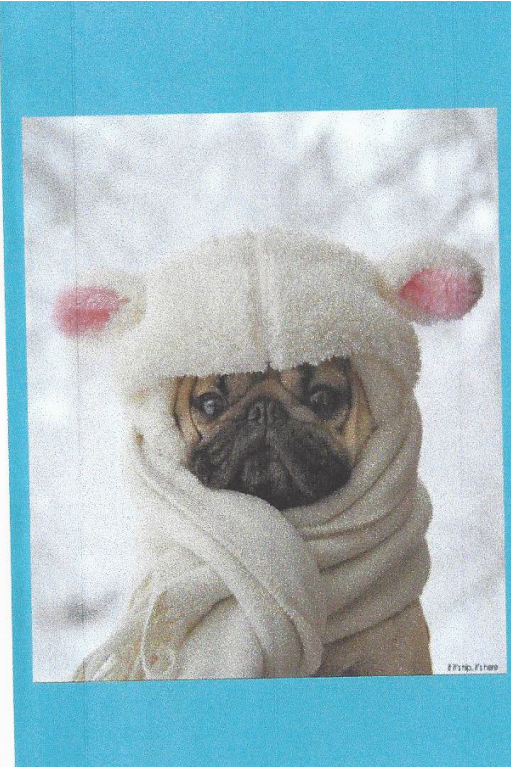
Normal versus Manufactured Emotions



Normal Emotions

- Hard wired
- Automatic, biologically driven
- Need to feel our natural emotions (e.g. sadness after loved one passes away)
- Must run their course

(Presley, 2020)



Manufactured Emotions

- Not hard-wired or automatic
- A result of our thoughts and view of the world
- Keep the natural emotions from running their course (e.g. putting the logs on the fire so the natural emotions “keep burning”)
- Avoiding feelings = “fire” burns longer

(Presley, 2020)