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# **Facing sexual assault and harassment**

## **应对性侵和性骚扰**

A psychological and bodily approach to  
trauma (prevention) and resilience

一种创伤（预防）和恢复的身心方法

Keynote lecture at the 10th Int'l Psychology and Health  
Conference

Xià, May 30th – June 1st

# Agenda 工作坊议程

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- **Sexual trauma 性创伤**

- sexual abuse, stress, trauma 性虐待, 性压力, 性创伤
- Specific interview in the group 团体中的会谈
- Response and reaction on trauma, triggers 对创伤, 扳机点的反应
- Impact on students and school, university 对学生和学校的影响

- **Resilience 心理弹性**

- **How and what to do? 要做什么? 如何做?**

- General aspects 一般概念

- Communication and relationship 沟通和关系
- Body approach 身体方法
- Neurogenic tremor 神经性的震颤

- **Body-self-experience 自我身体体验**

- **Working-Tools (if necessary) 工作工具 (如果需要)**

# Sexual abuse 性虐待

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- Includes a **wide range** of sexual behavior that take place between a child and an older person or between two grown-ups  
包含着在一个孩子与年长的人之间或在两个成年人间发生的广泛性的性行为
- **Sexual Behavior includes:** 性行为包括
  - Sexual harassment in general 通常所说的性骚扰
  - Sexual kissing 有性意味的亲吻
  - Touching 抚摸
  - Fondling of genitals 爱抚生殖器
  - Intercourse 性交
  - 'Flashing' 暴露
  - Verbal pressure for sex 性的言语压力
  - Sexual exploitation e.g. prostitution 性剥削（比如卖淫）
  - Exposure to pornography 接触色情文学
  - Every time when the “**NO**” of one person is disregarded it leads to sexual abuse 受害者“不”的信号被无视，发生性虐待
  - It basically is severe stress and can provoke a trauma
  - 性虐待基本上都会造成严重的压力，会造成创伤

# The Stress Response and Trauma 压力反应和创伤

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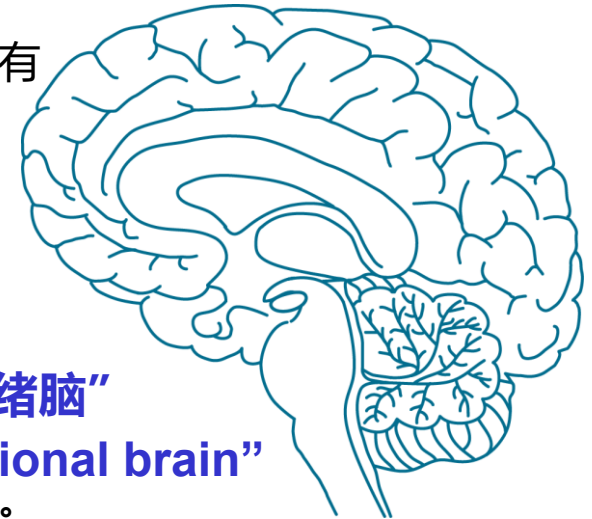
- An experience becomes TRAUMATIC when it **overwhelms** our system for responding to stress.
- **The emotional brain continues to sound the alarm** and send messages to fight or flee, even after the threat has passed.

超出了我们压力反应系统  
处理压力能力的体验就有  
创伤性。

情绪脑在威胁已过去时  
继续拉响警报，  
传递“战或逃”的信号。

“思维脑”

“Thinking brain”

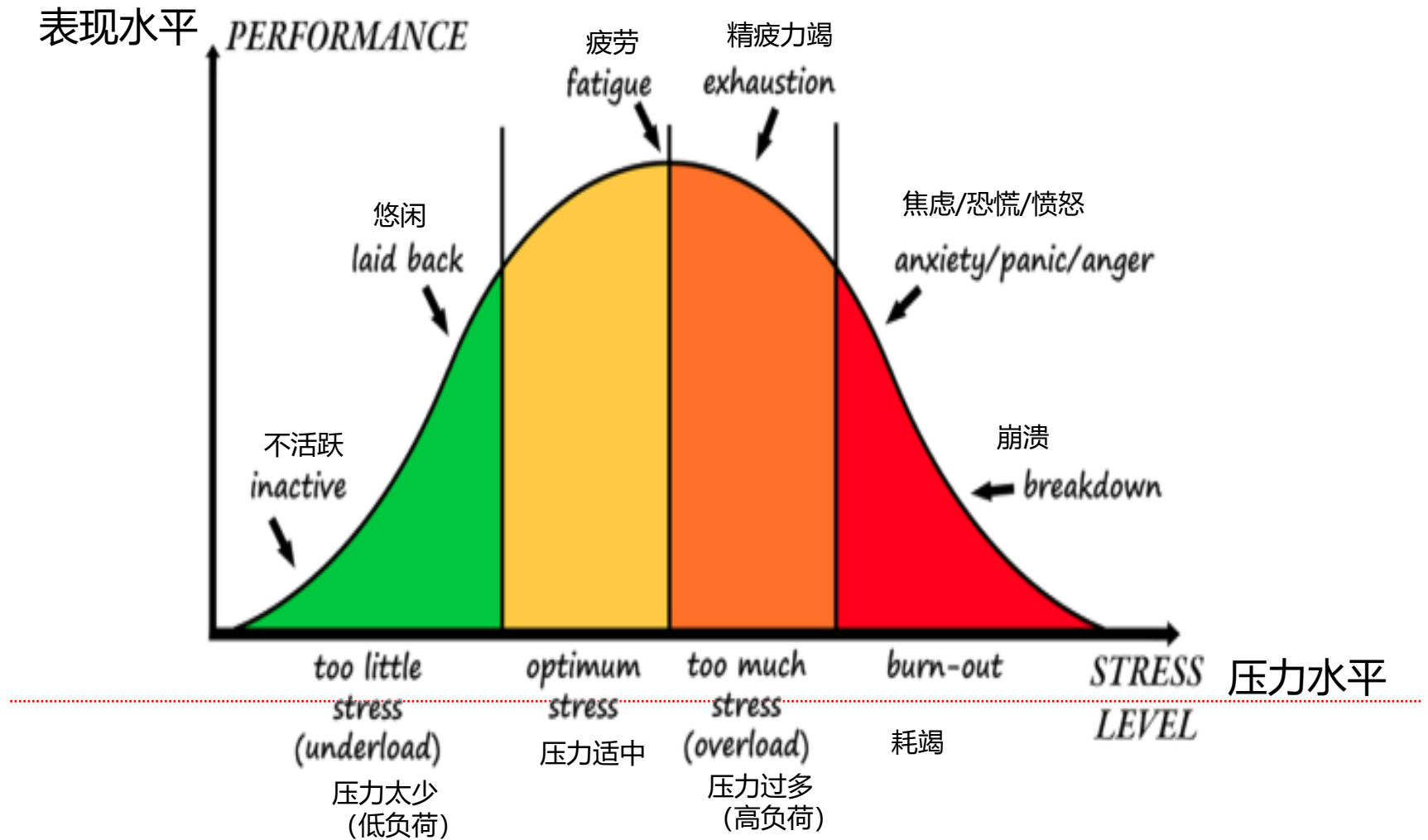


“情绪脑”

“Emotional brain”

# Stress 压力

## STRESS CURVE 压力曲线



# Definition of Trauma

## 创伤的定义

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The three “E’s” of trauma:

- An **event**, series of events, or set of circumstances that is
- **experienced** by an individual as physically or emotionally harmful or life threatening and that has
- lasting adverse **effects**

Experiences become traumatic when they overwhelm our ability to cope and change the way a person understands the world, themselves, and others.

创伤的“3E”要素:

- 一个**事件**，一系列事件，或一种情况
- 个体**经历**生理或心理的伤害，或受到生命的威胁
- 之后持续的**影响**

超出了人们处理能力的经验就具有创伤性，创伤性的经历将改变一个人对世界，自身和他人的理解

# Traumatic Events

创伤可以来源于

## 创伤性事件

### Human

### 人为事件

Homicide

凶杀

Sexual Assault

性侵

Assault/attack

伤害/攻击

War

战争

### Natural

### 自然灾害

Hurricane

飓风

Earthquake

地震

Flood

洪水

Fire

火灾

### On the Job

### 工作中

Fight or physical attack

打架或身体攻击

Threat of physical harm

身体伤害的威胁

Accident

事故

战争和其他暴力

医疗干预

童年受虐或忽视

Childhood  
abuse or neglect

War and  
other forms of  
violence

TRAUMA CAN STEM FROM

Physical,  
emotional, or  
sexual abuse

身体、情绪或性虐待

Accidents and  
natural disasters

事故和自然灾害

失去亲朋的伤痛

Grief and  
loss

Medical  
interventions

目睹暴力行为

Witnessing acts  
of violence

Cultural, 文化、代际、历史创伤  
intergenerational and  
historical trauma



# Symptoms of PTSD      PTSD的症状

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Post Traumatic Stress Disorder (PTSD) symptoms are: 创伤后应激障碍(PTSD) 的症状包括:

- **Re-experiencing the event** (in form of intrusive thoughts, recollections, or recurrent dreams;
- **Avoidance behavior** in which the sufferer avoids activities, situations, people, and/or conversations which he/she associates with the trauma;
- A **general numbness** and loss of interest in surroundings;
- **Hypersensitivity** (inability to sleep, anxious feelings, overactive startle response, hypervigilance, irritability and outbursts of anger).
- **创伤事件的再现** (以侵入性的思想、回忆或反复的梦的形式) ；
- **回避行为**， 患者回避对他或她而言与创伤事件有关的活动， 场景， 人物；
- **普遍的迟缓**对周围环境失去兴趣
- **过度敏感**（无法入睡， 焦虑的情绪， 过度兴奋的惊吓反应， 过度警觉， 易怒和愤怒爆发）。

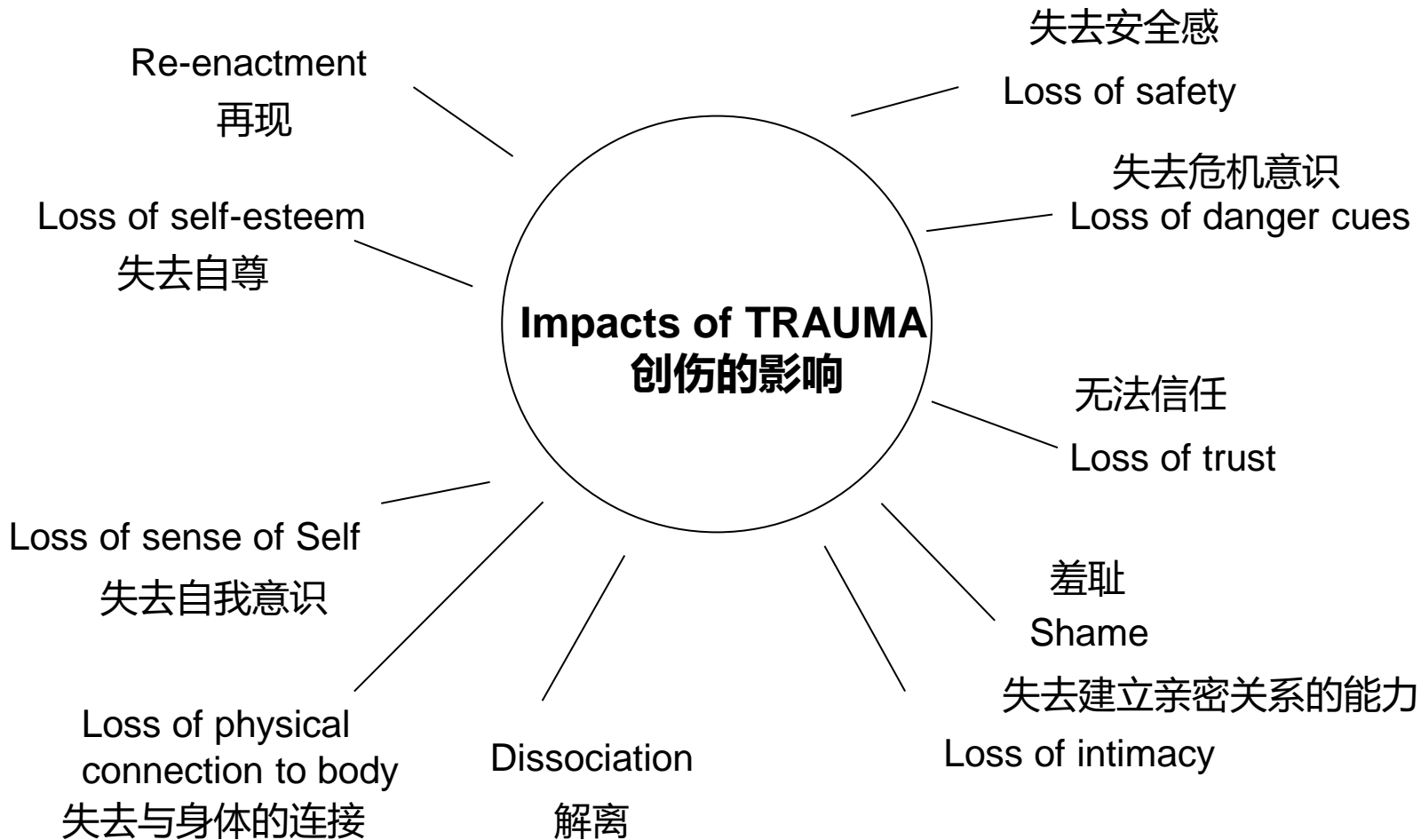
# Common Responses to Trauma 常见创伤反应

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- Fear, anxiety, worry
- Concerns about how others will view them after the event
- Shame, guilt, responsibility, embarrassment
- Withdrawal from family, peers, activities
- Avoid reminders of the event
- More intense mood swings
- Decline in school performance
- Increase in risk-taking behaviors (e.g., alcohol/drug use, sexual behaviors, fights, self-harm)
- 恐惧、焦虑、担忧
- 忧虑事件后他人对自己的看法
- 羞耻、内疚、责任、尴尬
- 从家人、同伴身边和活动中退缩
- 避免引起创伤性事件回忆的事物
- 更强烈的情绪波动
- 学习成绩下降
- 冒险行为增加（例如酒精/药物使用，  
性行为，打架斗殴，自残）

# Impacts of trauma 创伤的影响

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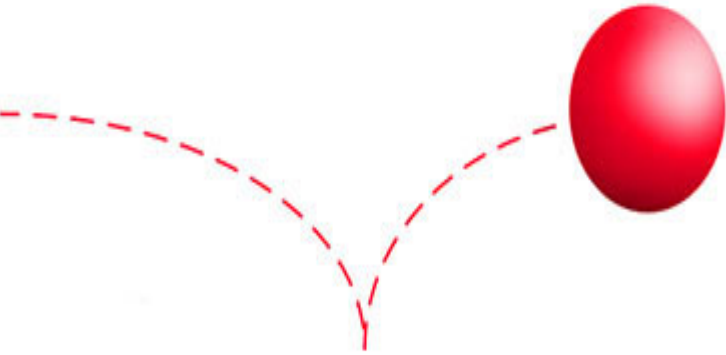


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**Resilience**

**心理弹性**

# Resilience



Resilience is the process of **adapting well** in the face of adversity, trauma, tragedy, threats, or even significant sources of stress, such as family and relationship problems, serious health problems, or workplace and financial stressors.

It means “**bouncing back**” from difficult experiences.

(American Psychological Association)

心理弹性是面对逆境、创伤、悲剧、威胁，甚至是重大压力源（如家庭和关系问题、严重健康问题或工作场所和财务压力源）进行良好适应的过程。

意思是从困难的经历中“反弹”。

（美国心理协会）

# Resilience, Recovery, Growth 心理弹性, 恢复, 成长

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A positive, adaptive response to significant adversity.

对重大逆境的积极的、适应性的反应。

- Adaptable, caring, and **supportive relationship** with a trustworthy person or group
- A **sense of mastery** over life circumstances
- Strong executive function and **self-regulation skills**
- **Safe and supportive environments** (schools and communities)
- **Affirming faith** or cultural traditions

- 与可信赖的人或团体建立的适应性、关怀性、**支持性关系**
- 对生活环境的**掌控感**
- 执行力强, **自我调节力强**
- 安全且有支持性的环境 (学校和社区)
- 确认信仰或文化传统

# Global aspects of resilience 心理弹性的全局层面

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- (self-) control
  - Assertiveness / Predictability
  - Affiliation in social community
  - sense of coherence
- (自我) 控制
  - 自信/可预测
  - 社会团体中的归属关系
  - 一致的感受

## In concrete terms 具体而言

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- **Confidence** that the inner and outer influences are structured, predictable and explainable.
- That you have the **resources** to meet these demands.
- Confidence that the **commitment and effort are worthwhile.**
- And: **alone it doesn't go well at all**
- **相信**内外影响是结构性的，可预测，可解释。
- 你有满足这些需求的资源。
- **相信承诺和努力是值得的**
- 并且：独自一人一点儿也不好

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- **I HAVE:** "I have people who like me and people who help me" (secure basis)
  - **I AM:** "I am a lovable person and respectful of myself and others" (self-esteem).
  - **I CAN:** "I can find ways to solve problems and control myself" (Self-efficacy).
  - 我有：“我有喜欢我的人和帮助我的人”（安全基础）
  - 我是：“我是一个可爱的人，尊重自己和他人”（自尊）。
  - 我能：“我能找到解决问题和控制自己的方法”（自我效能感）。

# Resilience and antifragility supports self-regulation

## 心理弹性和抗脆弱性支持自我调节

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- This supports **mature relationship**
- **Conflict between: autonomy and self-respect vs. relationship and contact**
- This includes **touch, body-to-body-interaction** and ...
- **Good attunement is:**
  - To learn that personal needs are fulfilled
  - The world is safe
  - I'm seen by somebody
  - I'm ok as I'm
  - I'm never alone
  - I'm welcome in the world
  - Stress is not there to be solved overcome by yourself
- 这一支持使**关系发展成熟**
- **冲突：自主与自尊vs.关系与接触**
- 这包括**触摸，身体间的互动**和...
- **良好的协调是：**
  - 了解个人的需要是被满足了
  - 世界是安全的
  - 我被一些人看到了
  - 我做自己是OK的
  - 我不会孤单
  - 我被世界欢迎着
  - 你不需要独自一人解决压力

# Coping questions and encouragement

## 应对问题和鼓励

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- How did you manage to deal with all these things?
- Where did you get the strength to do that?
- What made it possible for you to hold on to your desire for change for so long?
- How did you manage not to make it worse?
- Others would have given up hope long ago. Where do you always get hope from?
- It is hard to believe, you have managed this, how could you?
- What can I do without taking the task for you?
- Take a few breath and try again another way
- You have done it once, I know you can do it again
- 你是怎么做到处理了这些事的?
- 你从哪里获得了那样做的力量?
- 什么使你改变的渴望保持了这么久?
- 你怎样避免事情变得更糟的?
- 其他人可能早就失去希望了, 你从哪里得到的希望呢?
- 这真是难以置信, 你居然做到了, 你怎么做到的呢?
- 我能做什么帮你又而不抢走你的责任呢?
- 做几个深呼吸, 试试其他办法
- 你已经完成过这件事了, 我知道你可以再做一次。

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**General aspects**

**一般概念**

# First steps 最初的步骤

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- Develop an **inner observer** who observes friendly
- **Don't identify too much** with your feelings/feelings come and go
- Become **aware of your body** and become familiar (the body is the only whom you can trust)
- Stay at the edge of the space of your **emotion**, **don't dive into it**
- Learn to **give sense to your own history/story** so that you and others can understand you (coherence)
- **Forgive yourself**
- 发展一种友好的**内部视角**
- **不要太过于专注于你的感受**, 因为感受来了又走
- **觉察你的身体**, 并熟悉它 (身体是你唯一能相信的)
- 呆在你**情绪**的边界上, **不要沉湎其中**
- 学会**赋予你自己的历史/故事以意义**, 以便你和其他人能够理解你 (整合)
- **原谅自己**

# Remember the basics

## 记住基础

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- Support of **presence**
  - Feel **safe**
  - Being with the full **spectrum of our emotions.**
  - helps us with **new ways of being**, new behaviors, to support us in holding this **full spectrum of experience.**
- **Self-Regulation**
  - **Slowing Down**
  - **Grounding**
  - **Resourcing**
  - **Dosing**
- **存在支持**
  - **感到安全**
  - 和我们**所有的情感**在一起。
  - 帮助我们以**新的方式生活**，新的行为，来支持我们拥有这**全方位的**经验。
- **自我调节**
  - **慢下来**
  - **扎根**
  - **资源**
  - **滴定法**

# What can I do? 1 / 2 我能做什么

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- Make sure the abuse or other **trauma has stopped**
- Begin to **build a relationship**, by being honest, reliable and doing what you say you will do
- **Understand trauma**
- Help them **feel safe** through nurture, structure and support
- Use **boundaries** and logical consequences
- **Stay calm and well-regulated** – even as you set limits on aggression – to avoid power battles
- 确保虐待或其他造成**创伤的行为已经被制止。**
- 开始做一个诚实，可靠，做你说你会做的事的人，以**建立一种关系**
- **理解创伤**
- 通过培养、建构和支持帮助他们感到安全
- 使用边界和逻辑结果
- 保持冷静和良好的管理——即使你限制了侵略——以避免权力之争

# What can I do? 2 / 2 我能做什么

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- **Understand your own traumas**, so you can reflect on your own feelings and reactions • **了解你自己的创伤**, 这样你就能反省自己的感受和反应
- **Co-regulate with the person**: use your calm to soothe and help them calm • **与人共同调节**: 用你的平静来安抚和帮助他们平静
- **Don' t take their behaviour personally** • **别把他们的行为当真**
- **Use discipline without shaming** • **严于律己**
- **Engage with family members, friends** • **与家人、朋友接触**

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# **Communication and relationship**

## **交际和关系**

# Active listening 主动倾听

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# “Saying no!” “说不”

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- “I would rather not” “我不”
- “I can’t do that right now” “我现在不想做”
- “I’m afraid I have to” “恐怕我只能”
- “Sorry, but no” “对不起，但我拒绝”
- “Thanks for asking, but no” “谢谢你问我，但不用”
- “I would prefer that you...” “我更希望你.....”
- “I need to be alone for a while” “让我一个人呆一会儿”
- “I would prefer that you don’t touch me” “别碰我”
- “I need to talk to you” “我们需要谈谈”
- “I felt hurt and embarrassed that you...” “你做的.....让我痛苦又尴尬”
- “I feel pressured to have sex with you and I’m not ready for that”  
“我还没有准备好和你发生性关系，你让我感到压力”
- “I felt last out when you....” “当你.....我就无法再继续”
- “I feel annoyed and frustrated when you do...” “当你.....我感到恼怒和沮丧。”

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# **Body approach**

## **身体的方法**

# Energetical Process 能量过程

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spiritual field, 精神领域  
psyche, 心灵 精神  
me 自我

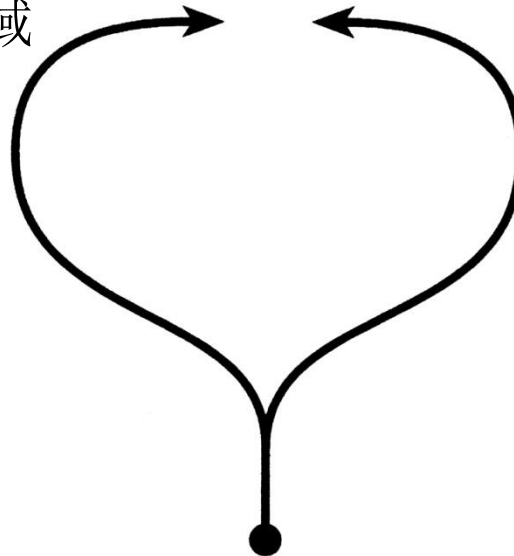
physical field, 生理范畴  
soma, 躯体  
body 身体

pictures, 图像  
thoughts 思想

movement, 运动  
feeling 感受

Energy /  
charge / discharge  
excitement

能量/  
充电/放电  
兴奋



# Cycle of tension and relaxation 张力的循环和放松

deep emotional expression / “explosion”  
深度的情感表达/“迸发”

vibration / trembling /  
shaking 振动/颤抖/  
摇晃

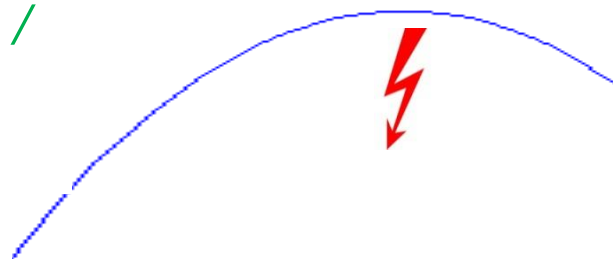
more stress  
更多的压力  
emotion  
情绪

sound  
声音

Deeper breathing 深呼吸

increased tension 更紧张

tension 紧张



softer vibration 柔和的振动

softer feelings 柔和的感觉

softer sound  
柔和的声音

relaxation  
放松

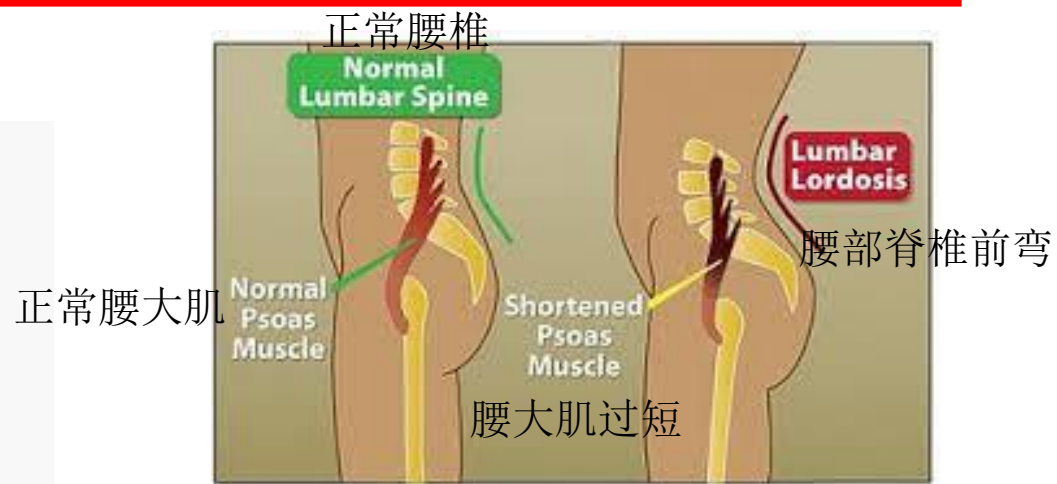
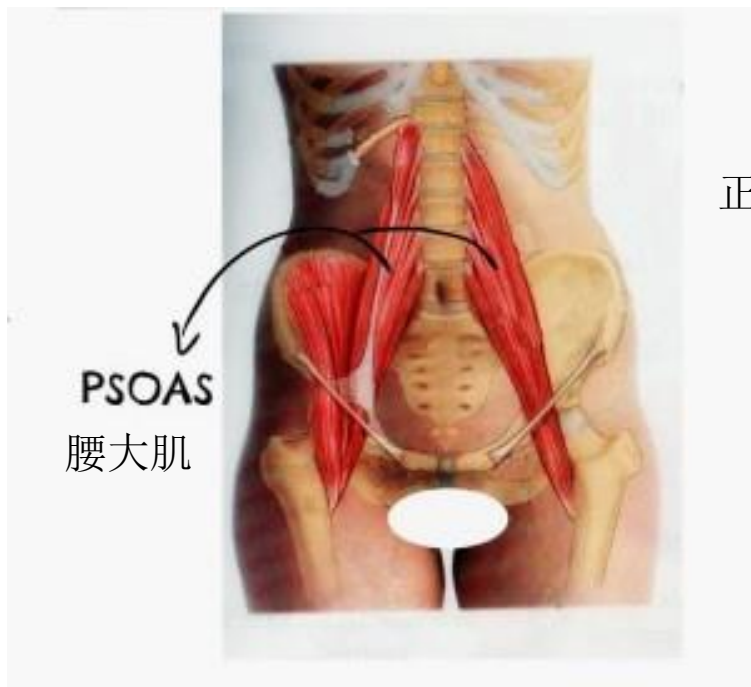
being present  
活在当下

# Psoas muscles 腰肌

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The psoas muscle contracts the body to bring the extremities together, rolling us into a ball, creating an enclosure that gives us a sense of safety while protecting the soft, vulnerable parts: the genitals, vital organs and the center of gravity of the body.

腰大肌收缩身体，使四肢碰到一起，把我们卷成一个球，形成一个封闭的圈，在保护柔软脆弱的部位：生殖器、重要器官和身体重心的同时，给我们一种安全感。



# Healing tremor 治愈性震颤

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- Analogously to the **shaking of wild animals** to pass through the immobility response and become fully mobile and functional again

- If this tremoring process is **suppressed** there is a **reduced resilience** to subsequent life threatening experiences

- This indicates that these **tremors are somehow involved in the survival process in nature** (survival advantage)

- 类似于**野生动物的摇晃**，通过固定反应，重新获得完全的活力和功能

- 如果这种震颤过程被**抑制**，对随后危及生命的经历的**适应力**就会降低。

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- 这表明这些**震动在某种程度上参与了自然界的生存过程**（生存优势）

# Neurogenic Tremors 神经性震颤

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- Neurogenic tremors are **part of an instinctual procedural memory** in the human animal.
- Are a **reflexogenic pattern**
- **Genetic composition** of the human organism.
- **No trauma specific cues**
- **Natural discharge of the human organism**
- The body elicits them to **complete the process of discharge** of the aborted intrinsic movement pattern of flight/defense.
- 神经源性震颤是人类动物**本能程序记忆的一部分**。
- 是一种**反射性模式**
- 人类有机体的**遗传组成**。
- **没有创伤特定线索**
- **是人类组织的自然释放**
- 身体引导他们完成释放**内在逃跑/防御运动模式的过程**。

# Focused body work 1 / 2 以身体为焦点的工作

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- to promote the **present experience**
  - to strengthen the **feeling for body limits and security**
  - to use **all levels of experience** - sensation, sensory impressions and images, movement and behavior, feeling and meaning
  - to **eliminate the often caused splitting of the body sensation**
  - to use the body sensation as a central instance for trauma solution, to **support neurogenic tremor**
  - to promote **resources** at all levels - especially in the body and breathing - and resilience
- 提高对**当下感受**的觉察
  - 增强对身体极限和安全的感知
  - 运用**所有层次的经验**  
-感觉、知觉、意象、行动、行为、感受和意义
  - 消除问题常见的原因即**身体分裂感**
  - 以躯体感觉为中心的创伤治疗，  
**支持神经性震颤**
  - 利用各种**资源**，  
特别是在身体和呼吸方面，以适应

# Focused body work 2 / 2 以身体为焦点的工作

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- to stimulate holistic **self-regulation** processes
  - to **loosen the contraction**, the solidification, the firm joints and the blockage in the breath
  - to **restore the flow** in the body, in breath and in life
  - to find **one's own rhythm** again
  - to reduce energy and excitement by **oscillating** between healing and trauma- vortex in a finely dosed way
  - to **balance the vegetative nervous system**
- 刺激全身的**自我调节**过程
  - 缓解肌肉紧张**，释放僵硬，使关节灵活，呼吸顺畅。
  - 恢复身体的**循环**，呼吸的循环和生命的循环
  - 重新找到**自己的节奏**
  - 通过在治疗和创伤之间**振荡**以精细的方式减少能量和兴奋
  - 平衡植物神经系统**

# Questions: differentiating and connecting

## Body 身体

**Body perception:** 身体感知

**What** happens in your body? 身体里发生了什么?

**Where** does it happen in your body? 发生在哪?

**When** does it happen? 什么时候发生的?

**Breathing:** 呼吸

When this happens how do you breathe? 发生的时候你如何呼吸的?

**Tension/ pain – relaxation** (neutral – unpleasant – pleasant):

紧张/疼痛 - 放松 (中立的-愉悦的-不快的):

Where do you experience tension/ pain in your body?

身体的哪个部位紧张/放松?

What happens when you experience this?

当时发生了什么?

*if patients perceive too much tension, unpleasant sensations or pain*

*⇒ modify/ stop and try to gradually influence this sensations*

如果病人觉得太紧张、不快或疼痛

*⇒ 修正/停止然后试着调节情绪*

## Thoughts

### 思想

What kind of thoughts do you have when this or that happens in your body?

发生的时候你在想什么?

## Emotions

### 情绪

What feelings are connected with this body experience?

发生的时候是什么感觉?

## Behavior

### 行为

What do you want to do when you feel this in your body?

发生的时候你想做什么?

## Effect/

### changes

**How** does it change your body? 这如何改变你的身体?

What change of breathing do you experience? 呼吸有变化吗?

What other changes do you experience when you feel this? 还发生了什么其他的吗?

# Specific psoas- exercises 1 / 3 练习腰大肌的特殊动作

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# Specific psoas- exercises 2 / 3 练习腰大肌的特殊动作

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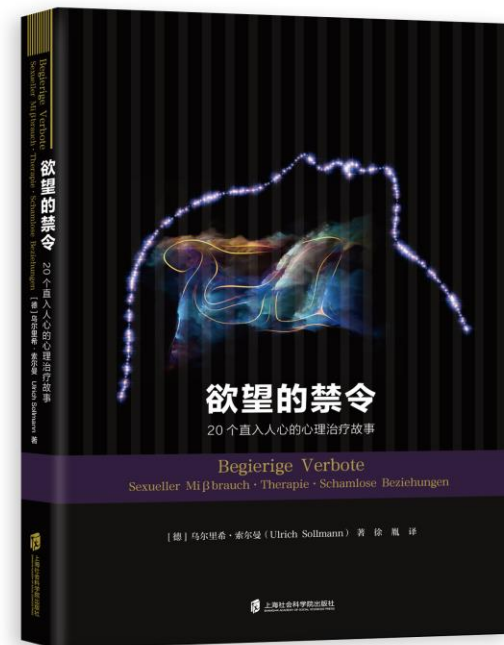
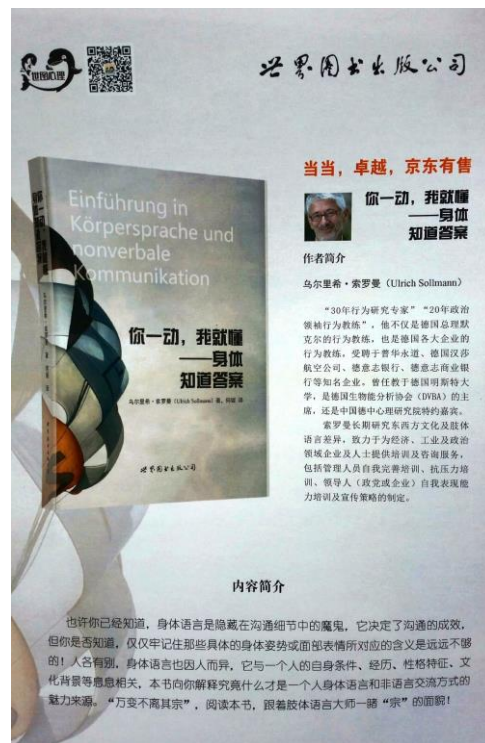
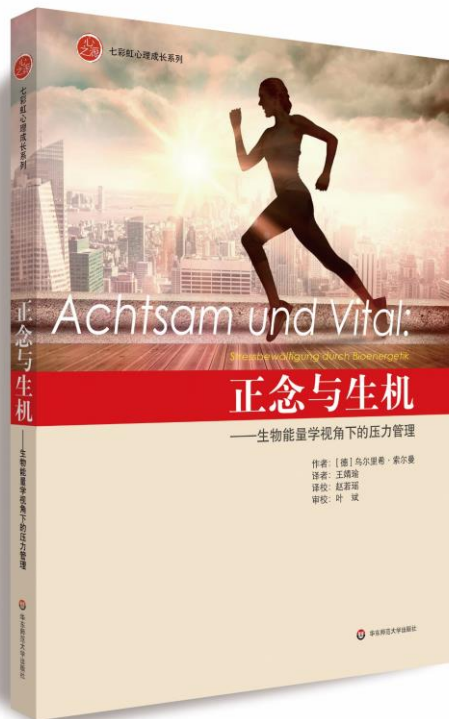


## Specific psoas- exercises 3 / 3练习腰大肌的特殊动作

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A good **video** to demonstrate the exercises: 一个说明这个练习的好视频  
[https://www.youtube.com/watch?time\\_continue=447&v=Y3x\\_ITdzKbl](https://www.youtube.com/watch?time_continue=447&v=Y3x_ITdzKbl)



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