

## **Refining Sexual Assault Treatment: Recovered Survivors and Expert Therapists Concur on Effective Therapy Components**

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### **Abstract**

The goal of the present study was to refine sexual assault therapy through the examination of the level of agreement between survivor and therapist assessments of key recovery-promoting therapeutic interventions. This is the first study to explore the level of agreement between those who partake in the treatment process from either position. Semi structured interviews were conducted in this qualitative study with 10 survivors and 10 experienced therapists. The results document considerable concurrence between them regarding relational and trauma processing treatment components alike. Together, these reports outline key effective interventions, both common and specific in nature, concomitantly supported by both group.

**Keywords**sexual assault, sexual assault survivors, sexual assault treatment, perceived helpfulness