

## **Cognitive- Behavioral Family Therapy for Sexual abuse In Adolescents: Case study**

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Although there is not exact information about the prevalence of sexual disorders, particularly sexual abuse from children and adolescents, research has shown prevalence of sexual abuse from children and adolescents range from 2 to 30 percent among boys and from 4 to 60 percent among girls, besides girls have been expose to sexual abuse more than boys. Sexual abuse has long / short term effects on cognitive functions of victims. After a while, most victims suffer from following disorders: anxiety, eating, psychosomatic, Personality, sexual and posttraumatic stress. A family has an important role in diagnosing, and controlling those of sexual patterns that are consider harmful ones. Furthermore, A family play an important role in modifying treatment by developing a supportive system. Thus, researchers in health field for treatments of such victims, are interested in family therapy including cognitive–behavioral therapy. The current study is a qualify one and present a successful case study for sexual abuse (a twenty–year–old girl who was abused by her brother, 23–year–old who suffer from sexual disorder). Family therapy base on cognitive–behavioral therapy was used. The results relived above mentioned therapy by using problem solving training, cognitive restructuring, relaxation technique, behavior analysis, assertiveness truing, coping skills is effective in treatment. The causes and family associate are discussed.

Keyword: sexual abuse, sexual disorder, case study, adolescent, cognitive – behavior therapy, family therapy

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