

**Karriker, Wanda. (2007, November). *Helpful healing methods: As rated by approximately 900 respondents to the “International Survey for Adult Survivors of Extreme Abuse (EAS).” Paper presented at the meeting of the International Society for the Study of Trauma and Dissociation, Philadelphia, PA.***

First, I will describe the Extreme Abuse Survey (EAS). Next, I will display items in the “Healing Methods” section and will categorize groups for which data were analyzed for this presentation. Then I will compare how these selected groups rated and ranked the effectiveness of 53 healing methods.

## **Part 1**

The EAS was offered online January through March, 2007 in both English and German. It was developed by Thorsten Becker, Bettina Overkamp and me (all ISSTD members) and Carol Rutz, a healed ritual abuse/mind control survivor and author of the book, *A Nation Betrayed: The Chilling True Story of Secret Cold War Experiments Performed on Our Children and Other Innocent People*.

(see displays at end of paper)

### **Display 1: Makeup of EAS.**

The survey consists of six sections: Demographics, Memories, Possible Aftereffects, Personal Experiences, Healing Methods, and Self-selected Categories of Abuse: Ritual Abuse (RA), Mind Control (MC), Ritual Abuse and Mind Control (RA-MC), and Other Extreme Abuse (EA). Respondents were asked to choose the term which best describes their abuse. Since no widely accepted definitions appear in the academic or survivor literature for “ritual abuse,” “mind control,” or “extreme abuse,” we made the assumption that respondents would define these categories within their own frames of reference.

### **Display 2: Participants’ Countries of Residence.**

Fourteen hundred seventy-one (1471) participants from more than thirty countries answered at least one of the 248 questions on the EAS. 774 from the United States; 273, Germany, 92, the United Kingdom; 75, Canada; 44, Australia and New Zealand; 61, European countries other than Germany and the UK; 28 from Asia/Africa/South America/Mexico; and 124 from unnamed countries.

Responses were exported from the web server into a spreadsheet format where macros were used to analyze over 351,000 cells (or pieces) of data to develop the survey results for statistical analyses.

## **Part 2**

### **Display 3: Items in “Healing Methods” Section.**

For this presentation, I have done a partial analysis of results from the “Healing Methods” section. Our literature review for the EAS project yielded only one empirical study in a peer-reviewed journal in which researchers directly interviewed a group of ritually abused adults (Shaffer & Cozolino, 1992). No studies involving survivors of mind control experimentation were found. We did not search for empirical studies about other forms of extreme abuse.

Fifty-five percent of the 20 ritual abuse survivors that Shaffer and Cozolino interviewed reported repeated psychiatric hospitalizations during initial and middle stages of psychotherapy. Several stated that “the most destructive aspect of ritualistic abuse had been the negative effects that it had on their spiritual selves” (p. 190). The majority considered participation in support groups as a necessary adjunct to psychotherapy. All considered the uncovering of memories as the primary focus in therapy and felt that

“their therapists’ beliefs both in the reality of the abuse they reported and in their capacity to recover were necessary preconditions to their ability to deal with these very difficult therapeutic issues” (p. 189).

Because of this paucity of material in the psychological literature about the effectiveness of various healing methods for extreme abuse survivors, my research partners and I developed our own protocol for this survey.

The first ten items are alternative healing methods as listed on the *Psychology Today* website. The next 43 were arbitrarily selected by the researchers based on our previous knowledge of methods used by survivors and additional methods suggested by a panel of survivors who pre-tested the instrument for face validity.

Directions read : “If you have never used a healing method listed below, check n/a. If you have used the healing method, rate it on a scale of 1 to 5 according to how helpful it has been in your healing: No Help, Little Help, Some Help, Much Help, Great Help.

All methods reportedly had been used by from 128 to 892 participants – 128 had tried Neurofeedback; 892 had participated in Individual Psychotherapy and/or Counseling.

#### **Display 4: Categories of Abuse**

Nine hundred eighty seven (987) participants self-selected one of the four categories of abuse that we included in the survey to serve as mutually exclusive independent variables:

- |          |             |
|----------|-------------|
| 1. RA    | 19% = (191) |
| 2. MC    | 7% = (69)   |
| 3. RA-MC | 52% = (513) |
| 4. EA    | 22% = (214) |

In addition to reporting how these four groups rated and ranked each healing technique, I will also show how two other groups that may be of interest to this audience rated the same methods. They are the groups that responded “yes” to the statements:

“I have been diagnosed with dissociative identity disorder.”	DID	N = 655
“I am a therapist/counselor/clergy for RA/MC survivors.”	THERAPISTS	N = 95

The last two groups are not mutually exclusive since respondents could have self-selected one of the four categories and also answered “yes” to having been diagnosed DID and/or answered “yes” to being a therapist for RA/MC survivors.

### **Part 3**

#### **Display 5: Number of Healing Methods That More Than 50% of Each Group Rated as Either “Much Help” or “Great Help.”**

THERAPISTS:	22
RA:	15
RA-MC:	15
DID:	14
MC:	7
EA:	6

More than 50% of the total sample checked that 15 methods were of “much help” or “great help.”

**Display 6: Top 5 Methods Rated “Much Help” or “Great Help” by Those in the Total Sample Who Had Used the Method.**

Individual Psychotherapy/Counseling	75% of 892
Supportive Friends	66% of 845
Creative Writing	64% of 740
Personal Prayer/Meditation	62% of 760
Journaling	61% of 830

**Display 7: Percentage of Each Group Who Rated the Top 5 Methods as “Much Help” or “Great Help.”**

There appears to be very little variability in the way the four self-selected groups rated the top five healing choices. Note that the THERAPIST group ranked each method slightly higher than the other groups.

**Display 8: Top 5 Ranked Methods.**

Five out of six groups (all but MC) ranked Individual Psychotherapy/Counseling as number #1. MC ranked Personal/Prayer Meditation as #1 and Individual Psychotherapy/Counseling as #11. All six groups ranked Creative Writing in the top five. Four out of six ranked Personal Prayer/Meditation in the top five with DID and EA ranking it six and seven. Three out of six groups (RA, MC, and DID) ranked Journaling in the top five.

Notice the rankings for “Other Methods.” Four out of six groups ranked it in the top five with RA ranking it six and DID ranking it nine. This item represents a big unknown in our study. In hindsight, I wish we would have given respondents an opportunity to write in methods not on our list that have been either helpful or unhelpful.

**Display 9: A Comparison of the Effectiveness of 53 Healing Methods as Ranked by the Total EAS Sample and the Six Groups Under Study.**

Data from which this display was obtained is included in the Appendix to this paper. In case you haven’t already noticed, there is only one method in the study which holds the same ranking among all groups: Electroshock Therapy – number 53.

In this paper, I have compared how the groups RA, MC, RA-MC, EA, DID, and THERAPISTS rated the effectiveness of 53 healing techniques presented on the Extreme Abuse Survey. I am well aware that we cannot say that our findings generalize to all extreme abuse survivors; however, I believe that the participants have provided valuable information that is consistent with what I have heard personally and professionally from survivors.

In closing, I offer a few thoughts about the EAS findings that I consider important to the trauma and dissociation field.

Number 1: Those of you in this audience are in the right profession to help survivors overcome the aftereffects of extreme abuse. Of 892 EAS respondents who had been in individual therapy/counseling, 75% rated it as the most effective healing method they had used.

However,

Number 2: In response to one of the questions on the Experiences section, 31% of 999 who answered the related question reported that alternative healing methods have been more effective in helping them to heal than “talk therapy.” Nineteen percent said they didn’t know if alternative healing methods were more effective than “talk-therapy.”

Some other statistics I’d like to leave with you. One comes from the Demographics section. Of 1448 people who answered the question, “Years spent in “talk” therapy/counseling for extreme abuse issues,” 20% (296) responded “None.”

The other comes from the Personal Experiences section. Of 979 extreme abuse survivors from around the world who answered the related question, 40% said that they are not currently in psychotherapy/counseling for help with RA/MC issues.

Where have all the survivors gone? . . . I wonder.

#### Reference

Shaffer, R. E., & Cozolino, L.J. (1992). Adults who report childhood ritualistic abuse. *Journal of Psychology & Theology*, 20(3), 188-193.

Addendum: For those who sometimes wonder if you're in the right work, if you should give up on the "tough" clients, if clients’ stories have any basis in truth, if you should help clients who want to "recover" their abuse histories or just keep them focused on the present and future, I recommend you read ISSTD member Eileen Schrader's most recent post on the Wall Street Journal Blog discussing the controversial article, “Brain Stains,” in *Scientific American Mind* and its summary in the *Wall Street Journal*: “When the Psychiatric Cure is the Disease.”

<http://blogs.wsj.com/informedreader/2007/10/11/when-the-psychiatric-cure-is-the-disease/>

She closes with ....

"If a child can face such a sad truth, indeed can live through the torturous pain of that truth, we, as adults, can bear that truth, certainly. I fervently hope that the treatment for trauma and dissociative disorders continues to flourish and save lives as it did mine."

**Display 1. Makeup of EAS.**

## (0) Demographics

Country of Residence  
Gender  
Age  
Years spent in “talk” therapy counseling  
Current employment  
Formal education

## (1) Memories

## (2) Possible Aftereffects

## (3) Personal Experiences

## (4) Healing Methods

## (5) Self-selected Categories of Abuse

RA	Ritual Abuse
MC	Mind Control
RA-MC	Ritual Abuse and Mind Control
EA	Other Extreme Abuse

**Display 2: Participants' Countries of Residence.**

United States (774)	Czech Republic (1)	Columbia (2)
Germany (273)	Spain (2)	Hong Kong (1)
United Kingdom (92)	France (2)	India (3)
Canada (75)	Greece (5)	Israel (11)
Australia (38)	Ireland (1)	Kyrgyzstan (1)
New Zealand (6)	Italy (1)	Mexico (1)
Armenia (3)	Netherlands (8)	Malaysia (1)
Austria (8)	Norway (10)	Saudi Arabia (1)
Belgium (1)	Romania (1)	South Africa (6)
Bulgaria (1)	Sweden (4)	Unknown (124)
Switzerland (13)	China (1)	

For statistical analyses, respondents' declared countries were placed into eight groups:

N

1. 774 United States (US)
  2. 273 Germany (DE)
  3. 92 United Kingdom (UK)
  4. 75 Canada (CA)
  5. 44 Australia/New Zealand (AU/NZ)
  6. 61 European other than DE and UK (Other EU)  
(Armenia, Austria, Belgium, Bulgaria, Switzerland, Czech Republic, Spain, France, Greece, Ireland, Italy, Netherlands, Norway, Romania, Sweden)
  7. 28 Asia/Africa/South America/Mexico (AS/AF/SA/ME)  
(China, Colombia, Hong Kong, India, Israel, Kyrgyzstan, Mexico, Malaysia, Saudi Arabia, South Africa)
  8. 124 Unknown Countries (Unknown)
- 1471 Total

### Display 3: Items in “Healing Methods” Section.

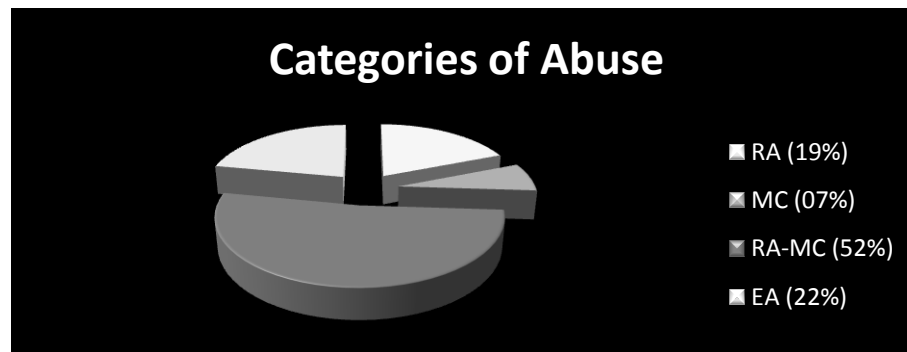
Acupuncture  
Aromatherapy  
Chiropractic  
Homeopathy  
Massage Therapy  
Naturopathy  
Nutrition & Diet Therapy  
Occupational Therapy  
Osteopathy  
Physical Therapy

Abreactive Work  
Art Therapy  
Biofeedback  
Clinical Hypnosis  
Confronting Abuser(s)  
Creative Writing  
Dance Therapy  
Deliverance  
Formal Deprogramming  
Drawing/Painting  
Drumming  
Electroshock Therapy  
EMDR  
Energy Therapies  
Exorcism  
Feldenkrais  
Grounding Techniques

Group Psychotherapy  
Hospitalization  
Individual Psychotherapy/Counseling  
Internet Support Group  
Journaling  
Left/Right Handwriting Techniques  
Local Survivor Support Group  
Music Therapy  
Neurofeedback  
Non-suicide Contract with Therapist  
Personal Prayer/Meditation  
Physical Exercise  
Psychodrama  
Psychotropic Medications  
Reading Survivor Stories  
Reiki  
Self-Care/Self-Soothing Techniques  
Spiritual Guidance/Counseling  
Supportive Family Members  
Supportive Friends  
Survivor Conferences  
Swimming  
Theophostic Prayer  
Twelve-step Programs  
Yoga  
Other Methods

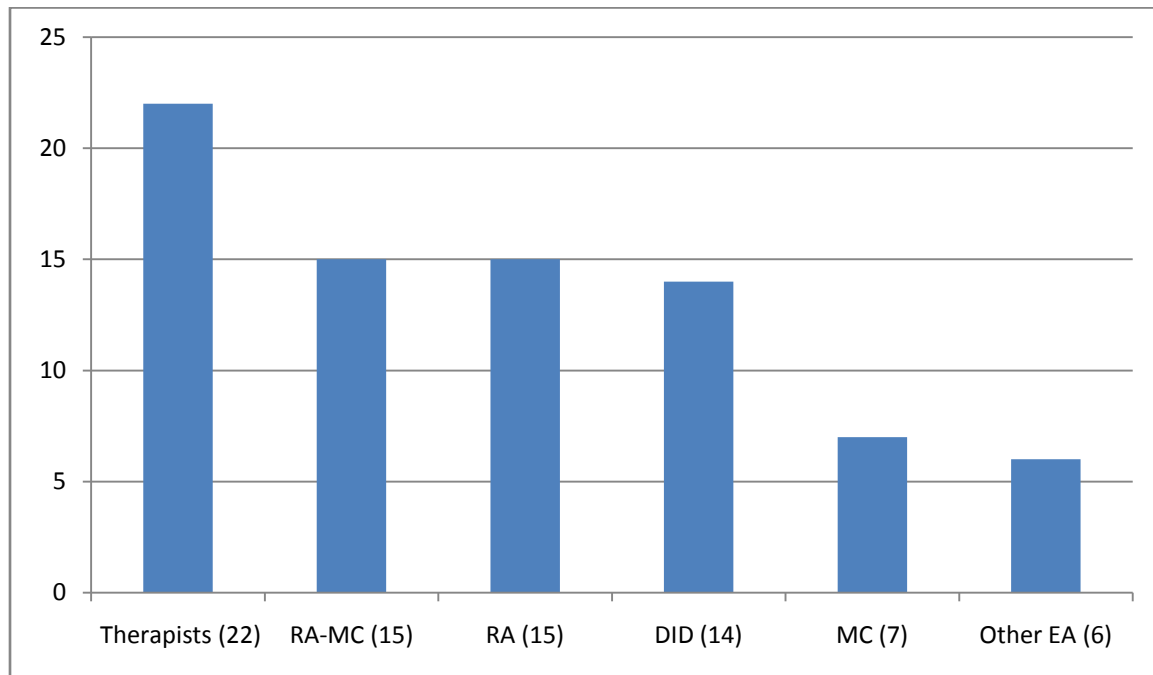
### Display 4: Categories of Abuse

1. **RA** 19% = 191
2. **MC** 7% = 69
3. **RA-MC** 52% = 513
4. **EA** 22% = 213



5. **DID** 655
6. **Therapists** 95

**Display 5: Number of Healing Methods That More than 50% of Each Group Determined to be of “Much Help” or “Great Help.”**

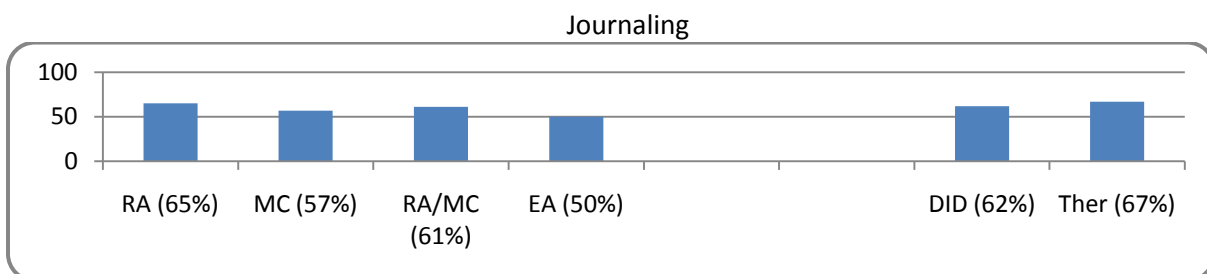
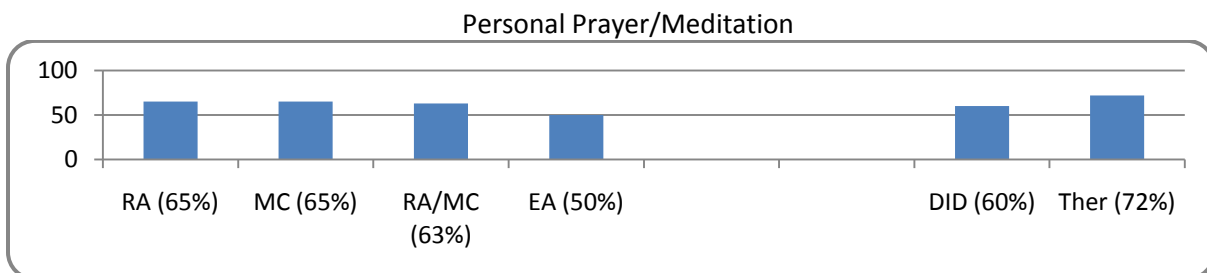
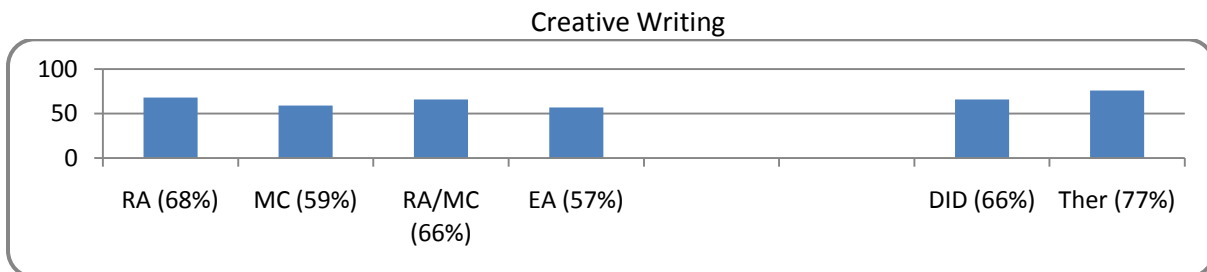
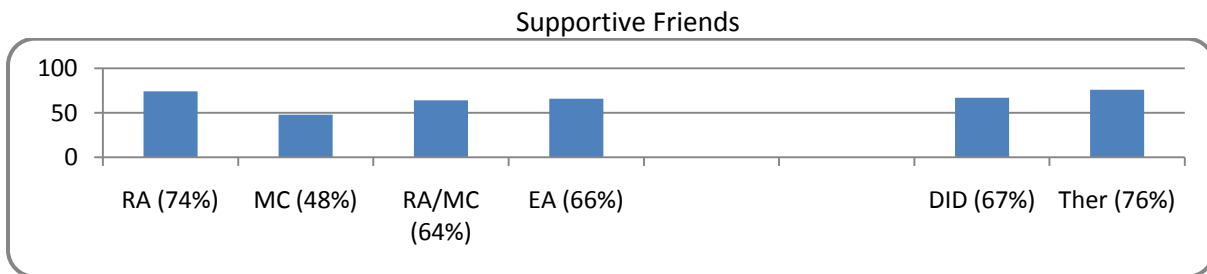
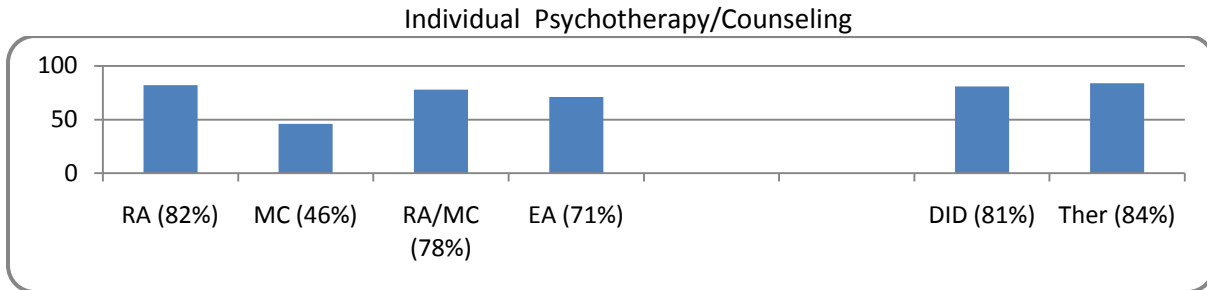


**Display 6: Top 5 Methods Rated “Much Help” of “Great Help” by Those in Total Sample Who Had Used the Method.**

Individual Psychotherapy/Counseling:	75% of 892
Supportive Friends:	66% of 845
Creative Writing:	64% of 740
Personal Prayer/Meditation	62% of 760
Journaling	61% of 830.



**Display 7: Percentage of Each Group Who Rated Top 5 Methods as “Much Help” or “Great Help.”**



**Display 8: Top 5 Ranked Methods.**

	<b>Total Group</b>	RA	MC	RA/MC	Other EA	DID	Thera.
Individual Psychotherapy/Counseling	1	1	11	1	1	1	1
Supportive Friends	2	2	10	3	2	2	3
Creative Writing	3	3	2	2	3	3	2
Personal Prayer/Meditation	4	4	1	4	7	6	4
Journaling	5	5	4	6	9	4	8

Other Methods	6	6	3	5	5	9	5
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N = Number of **RA** Group Who Used Method  
 % Denotes Those Who Found it of Much or Great Help

	N	%	
1.	171	82%	Individual Psychotherapy/Counseling
2.	172	74%	Supportive Friends
3.	141	68%	Creative Writing
4.	141	65%	Personal Prayer/Meditation
5.	163	65%	Journaling
6.	72	61%	Other Method(s)
7.	153	60%	Drawing/Painting
8.	129	58%	Art Therapy
9.	118	58%	Spiritual Guidance/Counseling
10.	32	53%	Formal Deprogramming
11.	120	53%	Grounding Techniques
12.	86	52%	Abreactive Work
13.	82	51%	Survivor Conferences
14.	57	51%	Deliverance
15.	148	51%	Self-care/Self-soothing Techniques
16.	138	49%	Physical Exercise
17.	101	49%	Non-suicide Contract with Therapist
18.	54	49%	Reiki
19.	42	47%	Theophostic Prayer
20.	107	46%	Supportive Family Members
21.	89	46%	Left-Right Handwriting Techniques
22.	53	44%	Energy Therapies
23.	120	44%	Internet Support Groups
24.	66	43%	EMDR
25.	117	41%	Massage Therapy
26.	158	38%	Reading Survivor Stories
27.	93	38%	Psychotropic Medications
28.	82	38%	Local Survivor Support Group
29.	32	35%	Osteopathy
30.	74	35%	Homeopathy
31.	94	35%	Nutrition and Diet Therapy
32.	92	35%	Swimming
33.	64	35%	12-Step Programs
34.	117	34%	Group Psychotherapy
35.	60	33%	Dance Therapy
36.	45	32%	Music Therapy
37.	52	32%	Drumming
38.	86	32%	Chiropractic
39.	60	31%	Clinical Hypnosis
40.	74	31%	Physical Therapy
41.	61	31%	Yoga
42.	47	31%	Psychodrama
43.	61	28%	Acupuncture
44.	103	27%	Hospitalization
45.	51	26%	Occupational Therapy
46.	35	25%	Exorcism
47.	20	25%	Neurofeedback
48.	73	25%	Confronting Abusers
49.	86	24%	Aromatherapy
50.	55	24%	Naturopathy
51.	43	21%	Biofeedback
52.	28	8%	Feldenkrais
53.	21	5%	Electroshock Therapy

N = Number of **MC** Group Who Used Method  
 % Denotes Those Who Found it of Much or Great Help

	N	%	
1.	43	64%	Personal Prayer/Meditation
2.	42	59%	Creative Writing
3.	24	58%	Other Methods
4.	45	57%	Journaling
5.	32	54%	Art Therapy
6.	44	51%	Physical Exercise
7.	38	51%	Self-care/Self-soothing Techniques
8.	31	49%	Drawing/Painting
9.	32	49%	Spiritual Guidance/Counseling
10.	47	48%	Supportive Friends
11.	45	46%	Individual Psychotherapy/Counseling
12.	35	45%	Supportive Family Members
13.	30	44%	Nutrition & Diet Therapy
14.	40	43%	Internet Support Groups
15.	19	42%	Dance Therapy
16.	34	41%	Massage Therapy
17.	31	41%	Music Therapy
18.	15	40%	Abreactive Work
19.	24	38%	Grounding Techniques
20.	26	38%	Swimming
21.	21	38%	Energy Therapies
22.	41	38%	Reading Survivor Stories
23.	16	38%	Biofeedback
24.	19	37%	Drumming
25.	19	36%	12-Step Programs
26.	17	36%	Clinical Hypnosis
27.	14	35%	Naturopathy
28.	21	33%	Survivor Conferences
29.	24	32%	Yoga
30.	22	32%	Physical Therapy
31.	16	31%	Psychodrama
32.	19	30%	Reiki
33.	26	30%	Acupuncture
34.	23	30%	Chiropractic
35.	14	29%	Formal Deprogramming
36.	14	28%	Non-suicide Contract with Therapist
37.	20	25%	Left-Right Handwriting Techniques
38.	17	24%	Local Survivor Support Group
39.	25	24%	Homeopathy
40.	25	24%	Aromatherapy
41.	29	23%	Psychotropic Medications
42.	11	18%	Neurofeedback
43.	11	18%	Exorcism
44.	17	18%	Occupational Therapy
45.	15	14%	Deliverance
46.	17	12%	EMDR
47.	10	10%	Osteopathy
48.	11	9%	Feldenkrais
49.	22	8%	Group Psychotherapy
50.	27	8%	Hospitalization
51.	24	8%	Confronting Abusers
52.	10	0%	Theophostic Prayer
53.	10	0%	Electroshock Therapy

N = Number of **RA-MC** Group Who Used Method  
 % Denotes Those Who Found it of Much or Great Help

	N	%	
1.	480	77%	Individual Psychotherapy/Counseling
2.	405	66%	Creative Writing
3.	448	64%	Supportive Friends
4.	424	63%	Personal Prayer/Meditation
5.	220	62%	Other Method(s)
6.	446	61%	Journaling
7.	361	61%	Art Therapy
8.	267	60%	Abreactive Work
9.	411	57%	Drawing/Painting
10.	164	55%	Formal Deprogramming
11.	395	54%	Self-care/Self-soothing Techniques
12.	342	53%	Grounding Techniques
13.	335	53%	Spiritual Guidance/Counseling
14.	217	50%	Music Therapy
15.	165	51%	Energy Therapies
16.	310	50%	Internet Support Groups
17.	186	48%	Deliverance
18.	416	47%	Physical Exercise
19.	313	47%	Supportive Family Members
20.	122	46%	Theophostic Prayer
21.	226	46%	Survivor Conferences
22.	156	44%	Dance Therapy
23.	230	44%	Local Survivor Support Group
24.	326	44%	Massage Therapy
25.	267	43%	Nutrition & Diet Therapy
26.	280	42%	Left-Right Handwriting Techniques
27.	438	41%	Reading Survivor Stories
28.	279	39%	Non-suicide Contract with Therapist
29.	132	37%	Drumming
30.	237	37%	Swimming
31.	276	34%	Chiropractic
32.	171	34%	Yoga
33.	200	34%	Clinical Hypnosis
34.	177	33%	EMDR
35.	155	33%	Naturopathy
36.	173	31%	Psychodrama
37.	307	30%	Group Psychotherapy
38.	282	30%	Psychotropic Medications
39.	172	28%	Reiki
40.	116	29%	Exorcism
41.	205	28%	12-Step Programs
42.	227	26%	Homeopathy
43.	196	26%	Physical Therapy
44.	291	25%	Hospitalization
45.	248	23%	Confronting Abusers
46.	172	23%	Acupuncture
47.	135	21%	Biofeedback
48.	68	16%	Feldenkrais
49.	91	16%	Osteopathy
50.	235	16%	Aromatherapy
51.	146	15%	Occupational Therapy
52.	67	15%	Neurofeedback
53.	71	1%	Electroshock Therapy

N = Number of **EA** Group Who Used Method  
 % Denotes Those Who Found it of Much or Great Help

	N	%	
1.	179	70%	Individual Psychotherapy/Counseling
2.	160	66%	Supportive Friends
3.	138	57%	Creative Writing
4.	98	54%	Grounding Techniques
5.	97	53%	Other Method(s)
6.	55	52%	Energy Therapies
7.	140	50%	Personal Prayer/Meditation
8.	136	50%	Drawing/Painting
9.	162	50%	Journaling
10.	122	48%	Internet Support Groups
11.	112	48%	Art Therapy
12.	97	47%	Music Therapy
13.	145	46%	Self-care/Self-soothing Techniques
14.	121	45%	Supportive Family Members
15.	82	45%	Local Survivor Support Group
16.	140	44%	Physical Exercise
17.	64	44%	EMDR
18.	113	43%	Massage Therapy
19.	69	43%	Survivor Conferences
20.	67	40%	Abreactive Work
21.	111	39%	Group Psychotherapy
22.	94	36%	Non-suicide Contract with Therapist
23.	157	39%	Reading Survivor Stories
24.	94	38%	Physical Therapy
25.	36	37%	Feldenkrais
26.	73	35%	Left-Right Handwriting Techniques
27.	65	36%	Drumming
28.	85	35%	Homeopathy
29.	57	34%	Reiki
30.	29	34%	Theophostic Prayer
31.	105	33%	Psychotropic Medications
32.	31	32%	Exorcism
33.	65	32%	12-Step Programs
34.	91	32%	Swimming
35.	73	32%	Dance Therapy
36.	28	32%	Formal Deprogramming
37.	93	33%	Nutrition & Diet Therapy
38.	73	33%	Yoga
39.	105	33%	Spiritual Guidance/Counseling
40.	53	30%	Psychodrama
41.	54	30%	Naturopathy
42.	92	30%	Chiropractic
43.	68	29%	Clinical Hypnosis
44.	109	28%	Hospitalization
45.	43	28%	Biofeedback
46.	80	28%	Occupational Therapy
47.	32	28%	Deliverance
48.	42	27%	Osteopathy
49.	78	27%	Acupuncture
50.	84	26%	Aromatherapy
51.	27	25%	Neurofeedback
52.	81	23%	Confronting Abusers
53.	28	18%	Electroshock Therapy

N = Number of **DID** Group Who Used Method  
 % Denotes Those Who Found it of Much or Great Help

	N	%	
1.	611	81%	Individual Psychotherapy/Counseling
2.	565	67%	Supportive Friends
3.	504	66%	Creative Writing
4.	580	62%	Journaling
5.	468	59%	Art Therapy
6.	506	59%	Personal Prayer/Meditation
7.	347	58%	Abreactive Work
8.	534	58%	Drawing/Painting
9.	265	57%	Other Method(s)
10.	182	55%	Formal Deprogramming
11.	436	53%	Grounding Techniques
12.	417	52%	Spiritual Guidance/Counseling
13.	149	51%	Theophostic Prayer
14.	343	51%	Left-Right Handwriting Techniques
15.	402	50%	Internet Support Groups
16.	511	50%	Self-care/Self-soothing techniques
17.	193	49%	Energy Therapies
18.	276	49%	Music Therapy
19.	273	48%	Survivor Conferences
20.	224	47%	Deliverance
21.	371	46%	Supportive Family Members
22.	502	45%	Physical Exercise
23.	388	43%	Non-Suicide Contract with Therapist
24.	289	42%	Local Survivor Support Group
25.	397	42%	Massage Therapy
26.	539	40%	Reading Survivor Stories
27.	194	38%	Dance Therapy
28.	237	37%	EMDR
29.	166	36%	Drumming
30.	317	35%	Nutrition & Diet Therapy
31.	302	34%	Swimming
32.	319	34%	Chiropractic
33.	243	32%	Clinical Hypnosis
34.	369	32%	Psychotropic Medications
35.	193	31%	Reiki
36.	210	31%	Yoga
37.	212	31%	Psychodrama
38.	411	31%	Group Psychotherapy
39.	181	30%	Naturopathy
40.	243	29%	12-Step Programs
41.	267	29%	Homeopathy
42.	264	29%	Physical Therapy
43.	143	28%	Exorcism
44.	399	27%	Hospitalization
45.	210	23%	Acupuncture
46.	174	22%	Biofeedback
47.	272	21%	Confronting Abusers
48.	113	19%	Osteopathy
49.	75	18%	Neurofeedback
50.	201	18%	Occupational Therapy
51.	83	16%	Feldenkrais
52.	286	16%	Aromatherapy
53.	87	3%	Electroshock Therapy

N = Number of **THERAPIST** Group Who Used Method  
 % Denotes Those Who Found it of Much or Great Help

	N	%	
1.	90	83%	Individual Psychotherapy/Counseling
2.	70	77%	Creative Writing
3.	85	76%	Supportive Friends
4.	82	71%	Personal Prayer/Meditation
5.	44	70%	Other Method(s)
6.	75	67%	Self-care/Self-soothing techniques
7.	67	67%	Spiritual Guidance/Counseling
8.	79	67%	Journaling
9.	35	66%	Energy Therapies
10.	71	63%	Physical Exercise
11.	53	63%	Abreactive Work
12.	29	62%	Formal Deprogramming
13.	50	60%	Survivor Conference
14.	40	60%	Local Survivor Support Group
15.	61	60%	Supportive Family Members
16.	66	59%	Massage Therapy
17.	64	59%	Grounding Techniques
18.	31	58%	Deliverance
19.	66	58%	Art Therapy
20.	72	55%	Drawing/Painting
21.	48	54%	Clinical Hypnosis
22.	49	51%	Internet Support Groups
23.	54	50%	Nutrition-Diet Therapy
24.	34	50%	Dance Therapy
25.	36	49%	Music Therapy
26.	37	48%	Psychodrama
27.	50	48%	Psychotropic Medications
28.	22	46%	Exorcism
29.	82	46%	Reading Survivor Stories
30.	40	45%	Reiki
31.	46	45%	Non-Suicide Contract with Therapist
32.	24	45%	Theophostic Prayer
33.	56	44%	Group Psychotherapy
34.	59	34%	Chiropractic
35.	52	44%	Left-Right Handwriting Techniques
36.	45	41%	Swimming
37.	30	40%	Yoga
38.	38	39%	Confronting Abusers
39.	36	39%	Drumming
40.	46	38%	Hospitalization
41.	39	38%	Physical Therapy
42.	43	38%	EMDR
43.	46	37%	Homeopathy
44.	38	36%	12-Step Programs
45.	33	36%	Naturopathy
46.	42	31%	Acupuncture
47.	17	28%	Neurofeedback
48.	37	25%	Aromatherapy
49.	21	24%	Feldenkrais
50.	23	22%	Osteopathy
51.	28	22%	Occupational Therapy
52.	28	21%	Biofeedback
53.	13	8%	Electroshock Therapy