



KCM Launches Program for Female Survivors of Sexual Abuse

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Kingdom Community Ministries (KCM) has launched a new program specifically geared towards working with women who've experienced sexual abuse. KCM Founder, Dr. Michael Mannia (D.Min.) states, "This is a much needed program. Statistics show that one-in-four women will be sexually molested before they reach the age of eighteen. An overwhelming number of those women will suffer this abuse at the hands of someone they know and trust." Sexual abuse survivors often struggle with denial and a distorted view of who they are in God's eyes. While coping mechanisms like disassociation (i.e. denial, withdrawal, or depersonalization) and splitting (i.e. altered identity, consciousness and memory) initially helped the victim to survive the abuse; such methods of coping prove maladaptive when it comes to living the abundant life Jesus said he came for us to have (John 10:10). Many survivors attempt to cope with their past abuse through: rationalization, minimization, addictions, self-abuse, deviant behaviors, codependency, withdrawal, abuse of others and more. "Sexual abuse affects the very core of the survivor." says Dr. Mannia. "Because this issue is so deeply rooted, time and care must be taken when working with survivors. Unfortunately, there is no quick fix where sexual abuse is concerned. But survivors can learn to overcome. God is still in the business of redemption, He can redeem the years of pain the survivor experienced, with an abundance of love, joy and peace."

KCM's program is founded on the [Growing a Passionate Heart](#) workbook by Wendy Mahill. Dr. Mannia states, "We chose this workbook for its comprehensive approach to overcoming sexual abuse. Mahill focuses on the emotional, psychological, as well as the spiritual issues involved with this type of abuse. Her use of Scripture and Christ-centered approach is exactly what we were looking for." The program will utilize a closed group format; wherein, participants commit to weekly sessions in three month intervals. Dr. Mannia indicated, "The entire program lasts between twelve and eighteen months, depending upon the group's overall progress. Group sizes will range between six and eight participants in a closed group format. In an open group, participants' come-and-go from week-to-week; but a closed group requires a commitment of time and participation. It's important to utilize a closed group format with this issue because trust is such a significant factor."

Besides building trust, counseling in a group setting provides learning opportunities for counselees to more effectively cope with relational dynamics. Dr. Mannia points out, "Each participant of a group brings their own personality traits into the setting. As participants interact with others in the group, relational dynamics develop that then present an opportunity for the counselor to work-on with the group as it occurs real-time. For example; a group member with codependent tendencies will most like attempt to rescue other group members by trying to solve their problems. As this dynamic plays-out,

the counselor can effectively address the matter and work to equip the codependent group member with more functional coping skills. The entire group benefits from this approach because everyone has the opportunity to observe the dynamic, gain greater awareness, and witness the effectiveness of implementing more functional coping mechanisms.”

KCM is located in Bakersfield, CA, offering Christian counseling services. KCM’s mission is to bring people into a personal relationship with Jesus Christ, helping them to overcome the crippling effects of sin and guilt, and find forgiveness.

For more information, visit us at: www.kcmcounseling.com, or e-mail us at: info@kcmcounseling.com.