



Karen Doughty
School of Healing

COURSE SYLLABUS

The Comprehensive Blueprint for Overcoming Sexual Abuse

The elements and aspects of this course features a blueprint designed for tackling issues that survivors of child sexual abuse are up against. Lessons are taken from Karen Doughty, the author of *Overcoming Child Sexual Abuse*, whose methodical system awards you the skills and tools for success. As you take on this task you will become empowered to create a life outside of abuse.

ONLINE COURSE: <https://the-comprhensive-blueprint-for-overcoming-sexual-abuse.teachery.co/>

MEETING TIMES: TBA

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The Philosophy of Overcoming Sexual Abuse

"There is only one thing that will really train the human mind and that is the voluntary use of the mind by the man himself. You may aid him, you may guide him, you may suggest to him, and, above all else, you may inspire him. But the only thing worth having is that which he gets by his own exertions and what he gets is in direct proportion to what he puts into it."

-Albert Lowell

Course Features

This course is strictly and confidentially an online digital learning experience. Lesson plans and materials are made available via pdf, audio, and video, with the intent of meeting mixed learning styles. The toolkit (see resources) is easily accessible and will be available to you for the long haul. Granted, it is at your disposal on a—as-needed basis—with the option to move through the modules either at your own pace or if you sign up as a group.

Course Objective

- I. To offer community to adult survivors of sexual abuse and supply them with a platform for confronting and conquering sexual abuse.
 - II. To provide a framework, so that survivors can identify with symptoms and adjust coping mechanisms toward long-standing effects.
 - III. To strategically move survivors from the role of victim to victor, or whatever best describe their journey: surviving to thriving, pain to purpose, etc.
 - IV. To facilitate empowerment, so that survivors can rise to the occasion and break down barriers of guilt, blame and shame.
 - V. To support survivors in grieving losses: self-esteem, power, trusting others, identity, and decisiveness to name a few, in the aftermath of abuse then, support them in the recovery efforts.
 - VI. To detoxify survivors of any residue that abuse has left behind.
 - VII. To return survivors to the original intent and purpose of their life.
 - VIII. To provide an educational experience that holds survivors to the skills they have learned and if, or when sexual abuse rears its ugly head, they can hone in on the lessons to maintain healing.
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Course Goal

By the end of this course, you will be able to validate your truth, unleash your power, and enhance the quality of your life.

Become an authority on "taking your life back," and get the experience of resilience firsthand. Your vote of confidence is the key for a positive and productive outcome. Karen Doughty, an award-winning author, speaker and transformational coach, will guide you through The Comprehensive Blueprint for Overcoming Sexual Abuse -a Signature Strategy System designed with you in mind. On this journey, you will learn...

- how to breakthrough "limited beliefs"
- the significance of forgiveness
- the components of a healthy relationship
- how to regain control where intimacy is concerned
- bury the past, and create a lifetime of new memories.

Course Lessons

Module 1: Coming to Terms with Sexual Abuse

This module is designed as a stepping stone for you to overcome child sexual abuse. To unlock your potential, you will be provided with the nuts and bolts of sexual abuse. These will be substituted for the things you don't know about sexual abuse, to help you confront and uncover the underlying issues you face, in an effort to heal.

Module 2: Getting the Monkey off Your Back

In this module, you will explore new truths that will help to change your perspective on "being at fault" for the abuse perpetrated upon you. It will enable you to let the responsibility rest respectively so that you can walk away with your dignity.

Module 3: Breaking Self-Defeating Behaviors

This module offers you a microscopic approach to give you a closer look at your behaviors so that you can identify and break self-defeating habits and build a sustainable model to live by. You will then, be better able to reach your desired goals and take great pleasure in them.

Module 4: Pushing Past Stuck

In this module, you will discover how you may be "stuck" in the place (usually the age) that trauma occurred. You will also learn to be resourceful in stimulating movement past being stuck so that you can be thrust into living at your maximum potential.

Module 5: Building Blocks to Healthy Relationships:

In this module, you will learn the components of a healthy relationship so that you can identify and make a conscious decision in choosing the people that you want to be connected to.

Module 6: Back on Track

This module is an indication that you have taken over the reins of your life. However, you may be challenged but, the tools and skills that you have acquired will remind you how to stay connected to your authentic self so that you can be intentional in all that you do.

Course Requirements: For the best results, it is imperative that you **"DO THE WORK."**