

Spousal rape: An integrative approach to pastoral counselling

James Arthur Glanville

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Abstract

Although the number of rapes in South Africa is increasing, there are limited resources to which women can turn in their time of need. This is especially true with regard to spousal rape. The lack of supportive interventions exacerbates the posttraumatic stress women experience due to rape. In order to address this concern, this research seeks to identify and evaluate, by means of questionnaires, various therapy methods which are utilised by pastoral counsellors as well as secular service providers within South Africa. Both Christian women and women who are not affiliated with the Christian religion who have in some way sought assistance from the church and who have experienced spousal rape related posttraumatic stress are interviewed and the results are utilized to propose an alternative approach to pastoral counselling with persons who suffer from rape-related posttraumatic stress. Gender sensitivity is crucial to this approach.

This thesis consists of seven chapters. In Chapter 1, Spousal Rape – a challenge for pastoral counselling, explains the motivation for the thesis and gives the research framework. Chapter 2 explores the phenomenon of rape, considering stranger, acquaintance, and spousal rapes. Chapter 3 develops the phenomenon of traumatic stress, particularly as it relates to spousal rape, and Chapter 4 covers the questionnaires returned, and interviews of spousal rape victims. The relevance of spirituality is covered in Chapter 5, and in Chapter 6, a counselling model is proposed with regard to the counselling of spousal rape victims. Chapter 7 deals with the transformation and emotional healing of these victims.

There are ten appendixes connected, some containing information, consent and interview questionnaires used with the participants and the remainder contain information such as the Sexual Offences Bill, and DSM-IV diagnostic criteria as they relate to this thesis.

DECLARATION

I, the undersigned, hereby declare that:

- I understand what plagiarism is and I am aware of the University's policy in this regard;
- The work contained in this thesis is my own original work;
- I did not refer to work of current or previous students, lecture notes, handbooks or any other study material without proper referencing;
- Where other people's work has been used this has been properly acknowledged and referenced;
- I have not allowed anyone to copy any part of my thesis;
- I have not previously in its entirety or in part submitted this thesis at any university for a degree.

Signature of student:



Name of student: James Arthur Glanville

Student number: 26513201

Date: 18 August 2012

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