

Appendix 1.1

INFORMATION SHEET FOR PARTICIPANTS

Spousal rape: An integrative approach to pastoral counselling

This information sheet has been designed to assist you to decide whether or not to participate in the corresponding research project concerning women who have experienced rape related posttraumatic stress. The researcher would be most grateful should you decide to participate. However it is important to add that you are free to turn down this invitation.

Aims of the project

This project is being undertaken as part of the requirements for a PhD (Theology)

The aims of the project are:

1. To listen and learn from:
 - 1.1. Women who have experienced posttraumatic stress due to rape.
 - 1.2. Pastoral counsellors who work with women who have experienced rape related posttraumatic stress.
 - 1.3. Secular practitioners who work with women who have experienced rape related posttraumatic stress.
2. Use this information and together with literature review present an effective pastoral counselling method to assist women who have experienced rape related PTSD.

Participants needed for the study

1. Five (5) women who have experienced rape related posttraumatic stress.
2. At least five (5) pastoral counsellors who have worked with rape-related post traumatic stress.
3. At least five (5) secular practitioners who have worked with rape-related posttraumatic stress.

What will be required of participants?

All participants will be asked to give consent for the information obtained during conversations with the researcher to be used in the research project. Participants will be

expected to take part in about one or two conversations of approximately one and a half hours each.

Free –participation

Participants will be free to withdraw from the research project at any time without any consequence to them.

Confidentiality

The information obtained during the above-mentioned conversations will be used in the thesis. In order to summarize the conversations, notes will be taken during conversations with the researcher. The information collected during the project will be safely stored in a filing cabinet and be submitted to the University of Pretoria for storage at the termination of the project.

Results of the study

The results of this study may be published. Details such as names and places will be distorted to ensure the anonymity of the participants.

All notes relating to all the interviews will be submitted in a sealed envelope to the University of Pretoria and stored for 10 years so per the requirement of the University of Pretoria. Participants are welcome to request a copy of the research results.

Questions of Participants

Should you have any questions or concerns regarding the project, either now or in the future, please feel free to contact the researcher:

James Glanville 082 553 7251

Or his supervisor at the University of Pretoria, Department of Practical Theology,
Prof. Yolanda Dreyer
012 8725776

Appendix 1.2

CONSENT FORM FOR PARTICIPANTS

Spousal rape: An integrative approach to pastoral counselling

I have read the Information Sheet concerning the project and I understand what the project is all about. All my questions have been answered to my satisfaction. I understand that I am free to request further information at any stage.

I know that:

1. My participation in the project is entirely voluntarily.
2. I am free to withdraw from the project at any time without any disadvantage.
3. I am aware of what will happen to my personal information at the conclusion of the project, that the data will be destroyed at the conclusion of the project.
4. I will receive no payment or compensation for participating in the study.
5. All personal information supplied by me will remain confidential throughout the project.

I am willing to participate in this research project.

Signature of Participant _____

Signature of Witness _____

Date _____

Appendix 2.1

The Criminal Law (Sexual Offences) Amendment Bill, 2003, Clause 2

Rape

2. (1) A person who unlawfully and intentionally commits an act which causes penetration to any extent whatsoever by the genital organs of that person into or beyond

the anus or genital organs of another person, or any act which causes penetration to any

extent whatsoever by the genital organs of another person into or beyond the anus or

genital organs of the person committing the act, is guilty of the offence of rape.

(2) An act which causes penetration is *prima facie* unlawful if it is committed—

(a) in any coercive circumstance;

(b) under false pretences or by fraudulent means; or

(c) in respect of a person who is incapable in law of appreciating the nature of an act which causes penetration.

(3) Coercive circumstances, referred to in subsection (2)(a), include any circumstances

where there is—

(a) a use of force against the complainant or another person or against the property of the complainant or that of any other person;

(b) a threat of harm against the complainant or another person or against the property of the complainant or that of any other person; or

(c) an abuse of power or authority to the extent that the person in respect of whom an act which causes penetration is committed is inhibited from indicating his or her resistance to such an act, or his or her unwillingness to participate in such an act.

(4) False pretences or fraudulent means, referred to in subsection (2)(b), are circumstances where a person—

(a) in respect of whom an act which causes penetration is being committed, is led to believe that he or she is committing such an act with a particular person who is in fact a different person;

(b) in respect of whom an act which causes penetration is being committed, is led to believe that such an act is something other than that act; or

(c) intentionally fails to disclose to the person in respect of whom an act which causes penetration is being committed, that he or she is infected by a life-threatening sexually transmissible infection in circumstances in which there is a significant risk of transmission of such infection to that person.

(5) The circumstances in which a person is incapable in law of appreciating the nature

of an act which causes penetration referred to in subsection (2)(c) include circumstances

where such a person is, at the time of the commission of such act—

(a) asleep;

(b) unconscious;

(c) in an altered state of consciousness;

(d) under the influence of any medicine, drug, alcohol or other substance to the

extent that the person's consciousness or judgement is adversely affected;

(e) a mentally impaired person; or

(f) below the age of 12 years.

(6) A marital or other relationship, previous or existing, is not a defence to a charge of rape.

(7) The common law relating to—

(a) the irrebuttable presumption that a female person under the age of 12 years is incapable of consenting to sexual intercourse; and

(b) the offence of rape, except where the offence has been committed prior to the commencement of this Act,
is repealed.

(8) Subject to the provisions of this Act, any reference to "rape" in any law must be construed as a reference to the offence of rape under this section, unless it is a reference

to rape committed before the commencement of this Act in which case it must be construed to be a reference to the common law offence of rape.

(9) Nothing in this section may be construed as precluding any person charged with the offence of rape from raising any defence at common law to such charge, nor does it adjust the standard of proof required for adducing evidence in rebuttal.

Appendix 3.1

The DSM-IV diagnostic criteria for Acute Stress Disorder

A. The person has been exposed to a traumatic event in which both of the following were present:

(1) the person experienced, witnessed, or was confronted with an event or events that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others

(2) the person's response involved intense fear, helplessness, or horror

B. Either while experiencing or after experiencing the distressing event, the individual has three (or more) of the following dissociative symptoms:

(1) a subjective sense of numbing, detachment, or absence of emotional responsiveness

(2) a reduction in awareness of his or her surroundings (e.g., "being in a daze")

(3) derealization

(4) depersonalization

(5) dissociative amnesia (i.e., inability to recall an important aspect of the trauma)

C. The traumatic event is persistently reexperienced in at least one of the following ways: recurrent images, thoughts, dreams, illusions, flashback episodes, or a sense of reliving the experience; or distress on exposure to reminders of the traumatic event.

D. Marked avoidance of stimuli that arouse recollections of the trauma (e.g., thoughts, feelings, conversations, activities, places, people).

E. Marked symptoms of anxiety or increased arousal (e.g., difficulty sleeping, irritability, poor concentration, hypervigilance, exaggerated startle response, motor restlessness).

F. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning or impairs the individual's ability to pursue some necessary task, such as obtaining necessary assistance or mobilizing personal resources by telling family members about the traumatic experience.

G. The disturbance lasts for a minimum of 2 days and a maximum of 4 weeks and occurs within weeks of the traumatic event.

H. The disturbance is not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition, is not better accounted for by Brief Psychotic Disorder, and is not merely an exacerbation of a pre-existing Axis I or Axis II disorder.

Appendix 3.2

DSM-IV diagnostic criteria for Posttraumatic Stress Disorder.

- A. The person has been exposed to a traumatic event in which both of the following were present:
1. the person experienced, witnessed, or was confronted with an event or events that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others
 2. the person's response involved intense fear, helplessness, or horror.
Note: In children, this may be expressed instead by disorganized or agitated behaviour
- B. The traumatic event is persistently re-experienced in one (or more) of the following ways:
1. recurrent and intrusive distressing recollections of the event, including images, thoughts, or perceptions. Note: In young children, repetitive play may occur in which themes or aspects of the trauma are expressed.
 2. recurrent distressing dreams of the event. Note: In children, there may be frightening dreams without recognizable content.
 3. acting or feeling as if the traumatic event were recurring (includes a sense of reliving the experience, illusions, hallucinations, and dissociative flashback episodes, including those that occur on awakening or when intoxicated). Note: In young children, trauma-specific reenactment may occur.
 4. intense psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event
 5. physiological reactivity on exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event
- C. Persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness (not present before the trauma), as indicated by three (or more) of the following:
1. efforts to avoid thoughts, feelings, or conversations associated with the trauma

2. efforts to avoid activities, places, or people that arouse recollections of the trauma
 3. inability to recall an important aspect of the trauma
 4. markedly diminished interest or participation in significant activities
 5. feeling of detachment or estrangement from others
 6. restricted range of affect (e.g., unable to have loving feelings)
 7. sense of a foreshortened future (e.g., does not expect to have a career, marriage, children, or a normal life span)
- D. Persistent symptoms of increased arousal (not present before the trauma), as indicated by two (or more) of the following:
1. difficulty falling or staying asleep
 2. irritability or outbursts of anger
 3. difficulty concentrating
 4. hyper vigilance
 5. exaggerated startle response
- E. Duration of the disturbance (symptoms in Criteria B, C, and D) is more than 1 month.
- F. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Specify if:

- Acute: if duration of symptoms is less than 3 months
- Chronic: if duration of symptoms is 3 months or more

Appendix 5.1

Pastoral counsellors questionnaire

Please select by placing an x in the relevant block/s

Highest academic qualification:

Matric	
Certificate	1
Diploma	6
Bachelor Degree	12
Honours	10
Licentiate	1
Masters	20
Doctorate	12

Gender:

Male	54
Female	43

Church Stream:

Pentecostal	10
Charismatic	11
Mainstream (Anglican etc.)	12
Evangelical	11
Reformed	21

View of Scripture:

Inspired Word of God	57
Writings from men	4

World view with regard to women:

Patriarchal	3
Egalitarian	14
Complementarian	28
Evangelical Feminist	8
Liberal Feminist	6

Do you counsel trauma victims?

Yes	46
No	12

Do you counsel rape victims?

Yes	29
No	30

If No:

I refer to Christian psychologists	12
I refer to secular psychologists	3
I refer to Christian therapist/ counsellors	10
I refer to secular therapist/ counsellors	3
I refer to other organizations: FAMSA, POWA, etc.	4
I do not refer to anyone	0
This counselling has never been requested	19

If Yes:

Once off session	1
2-4 sessions	10
5-10 sessions	10
Longer	11

If Yes:

Are you willing to be interviewed	24
Your Contact details:	

Important!

Returning this completed questionnaire confirms that you have read the information and consent sheets attached. You agree with the said conditions and you willingly give your consent to participate in this research.

Thank you,
James Glanville (Rev.)
0825537251

Question added later:

Is spousal rape a challenge for the Christian church today?

YES	62
NO	13

Do you counsel victims of spousal rape?

YES	22
NO	55

If Yes:

Once off session	
2-4 sessions	13



5-10 sessions	7
Longer	3

If applicable:

I refer to Christian psychologists	22
I refer to secular psychologists	8
I refer to Christian therapist/ counsellors	24
I refer to secular therapist/ counsellors	4
I refer to other organizations: FAMSA, POWA, etc.	19
I do not refer to anyone	1
This counselling has never been requested	29

Appendix 5.2

Health professions questionnaire

Please select by placing an x in the relevant block/s

Highest academic qualification:

Matric	
Certificate	
Diploma	2
Bachelor Degree	2
Honours	3
Licentiate	
Masters	11
Doctorate	4

Gender:

Male	4
Female	18

Do you counsel trauma victims?

Yes	21
No	1

Do you counsel women who have been raped?

Yes	21
No	1

If No:

I refer to psychologists	3
I refer to therapists/ social workers etc.	3
I refer to other organisations (powa, famsa, etc.)	2

I refer to the woman's Church/pastor/priest	2
I do not refer to anyone	
This counselling has never requested	1

If Yes:

Once off session	1
2-4 sessions	7
5-10 sessions	7
Longer	6

If Yes: What therapeutic approach/s do you use?

CBT	6
EMDR	3
Exposure Therapy	1
Biofeedback	
Art/Music/Drama	2
Narrative	12
Trauma Incident Reduction	3
Other (Please specify) Hypnosis NLP Wits trauma model EFT	4

If Yes:

Please respond to the following statements

1. Men should not counsel women who have been raped?

True	2
False	17
Unsure	2

2. Rape impacts rape victims' spiritual beliefs.

True	17
False	0
Uncertain	4

3. Pastoral counsellors have a counselling role with rape victims

True	15
False	0
Unsure	6

Are you willing to be interviewed	17
Your Contact details:	

Important!

Returning this completed questionnaire confirms that you have read the information and consent sheets attached. You agree with the said conditions and you willingly give your consent to participate in this research.

**Thank you,
James Glanville (Rev.)
0825537251**

Appendix 5.3

An appeal for assistance with a PhD research thesis

I am undertaking a thesis entitled “Rape related posttraumatic stress – gender sensitivity for pastoral counsellors”. with the University of Pretoria. Prof Yolanda Dreyer is my supervisor.

An integral part of the thesis is for me to interview women that have personally experienced a rape:

The following criteria of the participant is –

1. A woman who has experienced a rape as an adult.
2. The perpetrator of the rape was/is known to the rape survivor.
3. The rape survivor holds/ held to Christian faith
4. The rape survivor lives in the Johannesburg area.

All information given will be strictly confidential and the interview will meet the stringent conditions as set by the University of Pretoria.

Below are the questions that will be asked in the formal interview.

The interview will be conducted by a social worker (female) who is well qualified and experienced in working with rape victims/survivors.

Should you wish to assist with this research please send an email to info@crisissupportservices.org or phone 082 553 7251 further information

Many thanks

James Glanville (Rev.)

Student number 26513201

Appendix 5.4

Interview Questions

Background

A1 Please briefly describe the sexual assault

Relationship Sexual Abuse - Marital/Partner

B1 Are you married? How many times have you been married?

B2. How long did you/have you been living with your sexually abusive partner?

B3 What first attracted you to your sexually abusive partner?

B4 How long did you know your sexually abusive partner before getting married?

B5 What were your expectations of marriage/your relationship with your sexually abusive partner?

B6 Was/is your marriage/relationship with your sexually abusive partner the same as your parents' marriage?

B7. How would you describe your sexual relationship with your sexually abusive partner?

B8 Did your sexually abusive partner ever force/coerce you to have sexual intercourse against your will?

B9 How did you react the first time you were sexually assaulted by your partner?

B10 How often did your sexually abusive partner force/coerce you to have sexual intercourse with him?

B11 Did/does your sexually abusive partner ever hit you during your relationship?

B12 Do you think of forced/coerced sex with any partners as being rape?

B13 Have you filed a protection order against your sexually abusive partner?

B14 What contact do you presently have with your sexually abusive partner?

Support

C1 Do you know of anyone who has had a similar sexually abusive relationship to you?

C2 Did you speak to anyone about your sexually assault? (friend, family, pastor counsellor) – C3 Why/why not?

C4 What was the reaction of this individual when you told them of your sexual assault?

C5 Do you seek help at a hospital, police station, rape centre, pastor, social worker, church, counsellor subsequent to your sexual assault?

C6 What were the reactions of these individuals when you told them of your sexual assault?

C7 Do/did you hold to the Christian faith?

C8 Did your understanding of God alter in any way as a result of your sexual assault?

C9 Is the Christian faith a source of help with regard to your sexual assault?

C10 If yes, "how"? If no, "why not"?

Trauma Reactions

D1 Use of the IES-R Assessment tool. See Below (not to assess but as a guide)

Therapy

E1 Did you receive professional counselling (psychologist, social worker) as a result of your sexual assault?

E2 If so, for how long did you receive therapy with reference to your sexual assault?

E3 If so, was professional counselling with regard to your sexual assault helpful?

E4 What was most helpful regarding your professional counselling for your sexual assault?

Pastoral Counsellors

F1 Did you receive pastoral counselling as a result of your sexual assault?

F2 If so, for how long did you receive pastoral counselling with reference to your sexual assault?

F3 If so, was pastoral counselling with regard to your sexual assault helpful?

F4 What was most helpful regarding your pastoral counselling for your sexual assault?

Changes to System (Secular and Church)

G1 What changes would you make in society as a result of the counselling that you received subsequent to your sexual assault?

G2 Do you consider patriarchy (father figure as head of the household) as a contributing factor to rape?

G3 What you would change in the church as a result of the counselling that you received

subsequent to your sexual assault?

G4 How has your sexual assault affected your perception of marriage/relationships

G5 How has your sexual assault affected your perception of men?

G6 How has your sexual assault affected your perception of self?

Appendix 5.5

Impact of Event Scale – Revised

INSTRUCTIONS: Below is a list of difficulties people sometimes have after stressful life events. Please read each item, and then indicate how distressing each difficulty has been for you **DURING THE PAST SEVEN DAYS** with respect to

_____, which occurred on _____. How much were you distressed or bothered by these difficulties?

Item Response Anchors are:

0 = Not at all; 1 = A little bit; 2 = Moderately; 3 = Quite a bit; 4 = Extremely.

Thus, scores can range from 0 through 4.

1. Any reminder brought back feelings about it.
2. I had trouble staying asleep.
3. Other things kept making me think about it.
4. I felt irritable and angry.
5. I avoided letting myself get upset when I thought about it or was reminded of it.
6. I thought about it when I didn't mean to.
7. I felt as if it hadn't happened or wasn't real.
8. I stayed away from reminders of it.
9. Pictures about it popped into my mind.
10. I was jumpy and easily startled.

11. I tried not to think about it.
 12. I was aware that I still had a lot of feelings about it, but I didn't deal with them.
 13. My feelings about it were kind of numb.
 14. I found myself acting or feeling like I was back at that time.
 15. I had trouble falling asleep.
 16. I had waves of strong feelings about it.
 17. I tried to remove it from my memory.
 18. I had trouble concentrating.
 19. Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.
 20. I had dreams about it.
 21. I felt watchful and on-guard.
 22. I tried not to talk about it.
- Total IES-R score: _____

The **Intrusion** subscale is the **MEAN** item response of items 1, 2, 3, 6, 9, 14, 16, 20.
The **Avoidance** subscale is the **MEAN** item response of items 5, 7, 8, 11, 12, 13, 17, 22.
The **Hyperarousal** subscale is the **MEAN** item response of items 4, 10, 15, 18, 19, 21.

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