



## **Essential Components for a Psycho-educational Approach to Sexual Recovery**

- **Basics of sexuality;**
- **Self-affirmation & positive body image;**
- **Understanding triggers associated with trauma and sexuality; (somatic, emotional, sensory);**
- **Clarifying sexuality with drug linked behaviors;**
- **Exploring past sexual trauma and impact on past and current ways of coping;**
- **PTSS - what it is and common physical, emotional, and cognitive reactions;**
- **Information on the impact of alcohol and drugs on sexual functioning;**
- **Communication skills – self-efficacy, self boundaries, assertiveness, negotiation and delay skills;**
- **Safety Planning – self- soothing strategies;**
- **Ways to build emotional intimacy and healthy relationships;**
- **When applicable – intimacy and sobriety plan with partner to cope with sexual trauma triggers.**

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