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Abstract

Armed conflict, impunity and lawlessness have made thousands of women victims of violence in the Democratic Republic of Congo. Around 400,000 women are sexually assaulted each year by rebels, soldiers and even men from the same village. Owing to these figures, women of Congo need immense help and psychotherapy can be an effective way of treatment. This paper will first detail out the extent of sexual assault against women in Congo, the involved factors and the response of the world. Moreover, the paper will discuss how psychotherapies treat such victim and later on, the paper will discuss certain classical schools of Psychotherapy to treat women of Congo.

Restoring wholeness to sexually assaulted women of Congo: Assessment and treatment from classical schools of Psychotherapy

Introduction

Sexual and gender violence causes enormous suffering in the DR Congo, to the point that this country is known as the world capital of rape. According to a recent study, every hour 48 women and girls are victims of such violence. In these circumstances, victims of sexual violence and gender prefer to remain silent and not report it suffered. Trust and avoid reprisals from their attackers whose crime go unpunished (Baaz, 63-69).

Discussion

Sexual abuse in Congo

This section will discuss the extent of sexual violence in Congo in general, and particularly against women.

Attention to the issue

Advocates concerned with natural resource exploitation were not the only ones calling attention to sexual violence. Across the board, journalists, policy-makers, practitioners, and even celebrities paid enormous attention to the problem of sexual abuse in eastern Congo, more than to any other form of violence (Johnson, 553-562). In 2008, the New York Times Op-Ed columnist Nicholas Kristof dubbed eastern Congo the "rape capital of the world," a label that the UN special representative on sexual violence in conflict Margot Wallström applied after her 2010 visit to the area. Journalists, advocates, and aid workers have employed this designation ad nauseam ever since, to the point that experts now view Congo

as the second most dangerous country on earth for women, behind Afghanistan (Nations Peacekeeping Force, 101-110).

Sexual violence also occurs in the African continent with such violence against women and children being recognized as a major cause of social and health problems in Africa. In Congo (DRC) which hundreds of thousands of women have been victims of sexual violence, including individual and group rapes, destruction or mutilation of sexual, genital and reproductive organs, forced prostitution. Sexual slavery and transmission of sexually transmitted diseases, sexual violence in the DRC is used both by both combatants to terrorize and intimidate and by civilians in order to punish or intimidate women as a way of reestablishing masculinity. women lack access and control to economic resources, which helps support and reflect gender stereotypes of male superiority and entitlement and creates a social climate that tolerates violence against women. As with other ethnic groups, gender stereotypes and social stigma that hold victims responsible for sexual violence are powerful and may prevent victims in Congo from seeking medial or legal assistance (Johnson, 553-562).

The armed forces and sexual assault

The Congolese Armed Forces (FARDC) reportedly are responsible for much of the sexual violence in the eastern provinces, and for that reason their culture deserves special attention here. These forces are the descendants of the Force Publique of Leopold's Congo Free State, instrument of the violent conquest of the Congo basin (Nations Peacekeeping Force, 101-110). The colonial administration maintained control over these men through harsh discipline. That control was lost in the mutiny that followed independence in 1960, and has never been fully restored.

Psychotherapy of Sexually Assaulted Women

Psychotherapy is the solution to accept release shocks cause to eliminate forever the source of symptoms. Using this technique it teaches a person to make herself some utterances that will help change their behavior. The self-instructional training somewhat overlaps rational emotive therapy, although less focused on the system of beliefs and irrational ideas subject, and the ability to direct their own behavior through self-statements (Baaz, 63-69).

Classical schools of Psychotherapy

Individual Psychology with Adler Alfred

The Adlerian theory is actually a psychology of the individual, which included social and biological aspects to the detriment of the primacy of the unconscious and sexuality. Individual psychology is essentially centred on a conception of the ego and its corollary adaptation to social reality; secondly, it established the inferiority prevalent in children, as the main factor determining the future psychological and physiological life of the individual, it is supposed to be compensated by a desire for power (Alfred, 89-96).

Humanistic Psychology with Abraham Maslow

Maslow rather invites us to consider the human point of view of its humanity, its potential and not what might be wrong with him. It offers an innovative look at how to treat psychopathology. He offers us a subtle observation of social functioning (synergy), the way that people have to live together, the way they also have to live with themselves, in recognition or forgotten their own nature (Orr, 121-126).

Person-Centered Psychotherapy with Carl Rogers

According to this theory, Man is subject to a continuous evolution. The reality depends on perceptual field, and therefore, reality is an individual concept. Consciousness is the perception of my sensory and visceral experiences. The perceptual field determines behavior. Rogers believes that everyone has powerful constructive forces in his personality that need to demonstrate that they are no longer operating. The person has an innate tendency -therefore naturally to the development and update. This theory primarily serves the process and change, indicating that the fundamental tendency of every individual is the impulse to self-actualization, ie, the tendency to maintain, expand and upgrade the experiencing body. The individual tends to self-consistency, meaning consistency between "self" and experience (Rogers, n.d.).

Logotherapy with Victor Frankl

Logotherapy is a psychotherapeutic method developed by Dr. Viktor Emil Frankl focused on discovering the meaning of life. The term "Logos", coined by Heraclitus of Ephesus in the sixth century BC is used by Viktor Frankl as Sense; therefore, Logotherapy is therapy that focuses on discovering the meaning of life for everyone (Jeremy, 102-102).

Logotherapy is recognized worldwide as the Third Viennese School of Psychotherapy, meaning the first psychoanalysis of Sigmund Freud and the second as the Individual Psychology of Alfred Adler. This treatment and support for people with life problems, to change habits, the devaluation of the traditions and values as well as a loss of meaning or personal crisis.

Logotherapy detects symptoms Existential Vacuum and awakens in man the responsibility to himself, to others and to life. Logotherapy invites us aware of our freedom to choose and assume responsibly for it is a path to personal growth (Jeremy, 102-102).

Dr. Frankl concluded "... came to understand that the bottom line is always directed or pointed at something or someone other than oneself: towards a meaning to fulfill or another human being to find a cause to which they serve or person you love."

Conclusion

Congo is one of the worst ranked countries in terms of sexual abuse against women. Armed forces as well as the citizens commit this crime against their own women. In such conditions, therapeutic intervention requires to change negative attitudes and ideas distorted sexuality and address myths and misconceptions about sexually transmitted diseases and homosexuality. Deserves special mention the latter, especially in the case of older children or adolescents men who have been abused by an adult of the same sex and have experienced some kind of pleasure in those contacts. What happened does not denote necessarily a homosexual orientation or imply determinism on its future sexual orientation. Also, the therapist should include also in cases accurate, training in communication skills with people of opposite sex.

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