

## Supporting children who have disclosed trauma

### Case study – Taj

Taj is an 11-year-old boy who was sexually abused by his Uncle Craig when he was nine.

About 18 months ago, Taj's mother began to suspect that Uncle Craig was sexually abusing her son. When she asked Taj about his relationship with his uncle, Taj disclosed that the abuse had been occurring for about nine months.

Since his disclosure, Taj has been to court to testify against Uncle Craig, who was subsequently found guilty.

His mum has become increasingly concerned about Taj's mental health and wellbeing, and consulted a therapist with a view to Taj also attending consultations. In her initial conversations with the therapist, she described Taj as increasingly withdrawn and unwilling to communicate with other family members. He is also staying in his room most of the time and is increasingly reluctant to go to school.

Taj has not wanted to discuss the abuse with anyone since the court case and was initially reluctant to see a therapist, but has since engaged in consultations.

During the third session, Taj began to discuss some details of the court case.

In this fourth session, the therapist asks Taj if she can ask him a few questions about what happened with Uncle Craig. Taj says that he had seen someone to talk about the abuse when his mum first found out, but it didn't help, and he still feels bad about himself all the time.