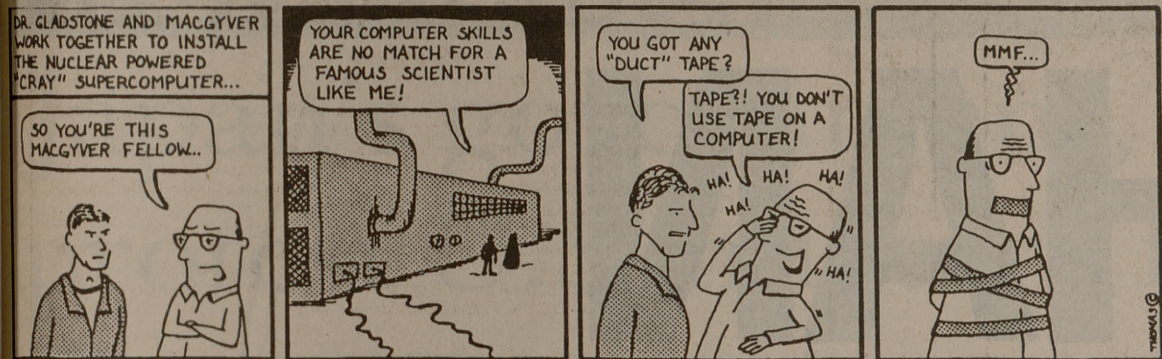


Waldo

by Kevin Thomas



Warped

by Scott McCullar



Rape

(Continued from page 1)

The prevention manual also suggests some surprise tactics and actions such as:

- Faking a seizure or convulsion.
- Throwing up or urinating.
- Acting crazy, drunk or high.

If the victim does surprise the attacker with something he does not expect, it must be realistic, the manual says.

Castoria said the typical victim's reaction is to close her eyes and scream.

"But this will keep you from remembering what the rapist looked like," she said. "So every man you see could be the one who attacked you. You need to be able to identify the man so you can say, 'No, that is not him.'"

She said screaming wastes energy that could be used to protect the victim and to think.

However, many times self-defense does not work.

Castoria said victims do not have any choice but to do what the at-

tacker demands for fear of being killed.

She said that although sexual assault victims may feel guilty, they should realize they did not have a choice.

"You are not accountable when you become a victim," she said.

Dr. Anne Wehrly, director of Counseling and Assessment Clinic, said it is important to the victim's recovery for her to realize she is not to blame—she is the victim.

That realization is an important point made in counseling.

"Counseling is of paramount importance to the victim," Wehrly said. "It helps the victim to gain perspective."

Castoria said victims should get counseling immediately after the assault. Rape is a traumatic event that cannot be kept inside, she said.

"It should be dealt with right now before they begin the rest of their life," Castoria said. "Why postpone what will eventually have to be dealt with?"

"Talk to people who are trained to

help you. People who understand and can explain the different emotions you are feeling."

Counseling is conducted on either an individual or group basis.

Individual counseling is approached differently by different counselors, she said, but the focus is always on the victim.

She said group counseling is important to recovery.

"The group setting is important to show that the victim is not alone," she said. "It helps to see that other victims have the same feelings."

Castoria said the group is a vital part of counseling.

"Victims are sitting in a room with people who have been there," she said. "They can see what is behind them and what is ahead of them. They can see there is a point of recovery."

"They can see their feelings are normal. It may not feel good but it is normal."

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