

Unraveling the Transformative Power of Trauma-Informed Therapy: A Philosophical Exploration Among Sexually Abused Children in Kisii County

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Abstract:

Within the depths of Kisii County's collective consciousness lies a community haunted by unspeakable trauma. This study delves into the transformative power of trauma-informed therapy in fostering resilience among sexually abused children in Kisii County. Through a philosophical exploration, it unravels the interplay between healing and empowerment, shedding light on the nature of trauma and the embodiment of resilience. Employing a qualitative research design, in-depth interviews and participant observations were conducted to capture the experiences and perspectives of sexually abused children who have undergone trauma-informed therapy. Thematic analysis revealed significant breakthroughs, improved coping mechanisms, and shifts in self-perception and resilience as reported by the participants. Cultural sensitivity and caregiver involvement emerged as crucial factors in the therapeutic process. The findings highlight the transformative nature of trauma-informed therapy and underscore the need for increased access, cultural sensitivity, interdisciplinary collaboration, caregiver support, and continuous evaluation. The study recommends strengthening trauma-informed training, advocating for policy changes, and prioritizing the well-being of sexually abused children. By illuminating the philosophical foundations of trauma-informed therapy, this research contributes to a deeper understanding of resilience and healing in the aftermath of trauma.

Key words: Transformative power, trauma-informed therapy, resilience, embodiment, healing, empowerment, trauma-informed training, policy changes, well-being.