



Incest AWARE Recovery

How Incest Abuse Can Affect Survivors

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Reviewed By: The Incest AWARE Alliance

Support incest survivors in their processes of liberation, safety, recovery, and integration after family, cultural, and institutional betrayals.

POSSIBLE WAYS SURVIVORS COPE WITH INCEST ABUSE

Normalization

Minimization

Dissociation

Integration

NEGATIVE IMPACTS EXAMPLES

Without a strong sense of learned safety, the brain, body, and being are wired to protect instead of connect. Impacts occur across intrapersonal, interpersonal, and institutional levels.

Intrapersonal Impacts

Shame, low self-worth, internalized perpetrator personalities, perfectionism, lower quality of life, increased chronic health conditions, economic challenges

Interpersonal Impacts

Insecure attachment affecting relationships, a threatened foundation of economy, support, and identity, a worldview shaped by violence

Institutional Impacts

Refusal to participate in systems for self-protection, inaccessible or unrealistic welfare programs, retraumatizing criminal and civil systems

TYPES OF MEMORY

Continuous or Fragmented

Recovered/Delayed Recall

Non-Narrative Memory

Memory Bias

RECOVERY PRINCIPLES

Agency & Accompaniment

Respect the survivor's agency, process, and timing. They are the experts of their experiences. Build trust gradually through shared power. Be process-oriented not results-oriented.

Acceptance & Healing

Explore healing modalities together. Parts of the survivor may heal and parts may not. Chronic health management may require different approaches to care.

Rebuilding & Mending

Let the survivor lead around ideas like forgiveness, reconciliation, or reunification. Mending can occur with or without the family. Advocacy or activism can be another way to mend.

MULTI-DISCIPLINARY CARE



NEUROLOGICAL



PSYCHOLOGICAL
AND EMOTIONAL



PHYSIOLOGICAL



SOCIAL
AND SEXUAL



SPIRITUAL
AND SYSTEMIC

JOIN THE INCEST AWARENESS MOVEMENT (IAM)

Learn
about it.



LEARNING LIBRARY

Head over to our website for incest-informed educational resources. We also offer consulting and trainings for teams seeking to become Incest AWARE or provide Incest AWAREness content to those in need.

Talk
about it.



SURVIVOR SUPPORT

If you are an incest abuse survivor, you deserve to find safety and healing in community. We offer a support group for adult survivors through the Healing & CPTSD Hub. If you're seeking other support services, please go to the Incest AWARE Alliance page on our website to find organizations focused on serving you.

End it.



ACTIVIST ALLIANCE

We are an alliance of individuals and organizations working proactively to improve methods of incest prevention, intervention, recovery, and justice. If you or your organization want to join the alliance, head over to our website to learn more and apply.