

STS Simulation Module Character Profile

Sarah Kensington (Sammi Green Simulation)

Demographics and Background

- You are an in-home therapist, who routinely interacted with your client's alleged perpetrator on visits.
- You have been in this position for only a year.
- You have a good working relationship with your supervisor.
- Your job is very demanding. You are routinely operating at a very high pace in stressful situations.
- Your spouse was recently laid off resulting in increased financial stressors and marital conflict.
- You have a daughter roughly the same age as Sammi Green.
- Unknown to most people, including your supervisor, you were sexually abused as a child by your mother's then paramour. Your mother did not believe the allegations and chose to remain with the paramour after your disclosure.

Character Development Tips

- You are under a great deal of stress due to your spouse being unemployed. This has led to frequent arguments between the two of you and a number of sleepless nights.
- You know that this has impacted your performance at work during the past two months and are feeling guilty and ashamed by what you perceive as "weakness" on your part.
- Due to your own experience with sexual abuse, you were highly triggered by having to hotline a man who you met while doing in home therapy. You feel like you handled it relatively well at the time, but find yourself feeling more and more distressed. You are particularly distressed by the fact that your daughter is the same age as Sammi. Due to the experience of your mother not believing

your disclosure of sexual abuse, you are highly suspicious of Sammi's mother and suspect that she will return to her husband as soon as possible.

- You respect your supervisor and are concerned that the current situation will result in a negative performance evaluation.

Character Directions

- Initially attempt to minimize your current difficulties or blame them on the challenging nature of your job. Disclose more information if your supervisor makes you feel understood and supported.
- You may disclose any of the following:
 - Guilt related to your current work performance
 - Current financial and marital challenge
 - History of sexual abuse/mother not believing your disclosure
 - Anxiety that something like this could happen to your daughter
- Express your belief that Sammi's mother should not be trusted to protect her children. Stress that moms ALWAYS choose men over their children.
- Initially present as resistant to discussing the possibilities of secondary traumatic stress and implicit bias, but don't be too challenging if you feel like your supervisor is attending to your STS!