



# From Shame to Peace: Counselling and caring for the sexually abused

*Teo Van der Weele*

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## **From Shame to Peace: Counselling and caring for the sexually abused** Teo Van der Weele

Teo van der Weele has spent many years counselling and working with the victims of sexual abuse. He is critical of current counselling techniques, believing that sometimes the process of uncovering a painful past can be more destructive than the memories themselves. He is also concerned about the underrecognised danger of counsellor-induced 'false memories' and suggests ways to avoid this trap.

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