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CBT- and EMDR-based Trauma-Focused Therapy for Treating Trauma in Elderly Women Victims of Sexual Violence in Ledokombo, Jember

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Abstract

The unique aspect of this study lies in the integration of CBT and EMDR, which are usually used separately in trauma therapy, resulting in a more comprehensive approach to trauma healing. This study also focuses on victims of sexual violence in the rural area of Ledokombo, Jember, who are rarely the subject of research, thus presenting a contextual, innovative, and culturally sensitive therapy model. The research approach used is qualitative with a case study. Data were collected through in-depth interviews, observations, and documentation, and analyzed using thematic analysis techniques. The results of the study indicate that the combination of CBT and EMDR is effective in helping to reduce trauma symptoms such as excessive anxiety, nightmares, flashbacks, and deep feelings of guilt and shame. CBT helps clients identify and modify maladaptive thought patterns that trigger distress, whereas EMDR facilitates the reprocessing of traumatic memories, thereby alleviating emotional burdens. The therapeutic process is conducted gradually and tailored to the physical and psychological condition of the elderly, creating a sense of safety and trust during the intervention. In conclusion, the integration of Trauma-Focused Therapy based on CBT and EMDR has a significant positive impact on the psychological recovery of elderly women who are victims of sexual violence, and can serve as a relevant intervention model applicable in rural communities with a culturally sensitive approach. This study provides practical contributions for counselors in implementing culturally sensitive integrated therapy, and has implications for rural communities in raising awareness and support for survivors of sexual violence.

Keywords: CBT; EMDR; Trauma-Focused Therapy; Elderly Women; Sexual Violence

Introduction

Sexual abuse against women, including rape, is a form of violence that has a profound and lasting impact on victims, especially elderly women. Incidents of rape against elderly women are often underreported and ignored, despite their devastating physical, psychological, and social effects. In Jember District, particularly in Ledokombo Village, this phenomenon remains a serious concern. Advanced age and declining physical health often increase the vulnerability of elderly women to sexual violence. They also frequently experience isolation, shame, and limited access to assistance. The trauma caused by rape can persist for a long time and affect the victim's quality of life in various aspects. Healing from such trauma requires a specific and evidence-based approach, as victims not only experience physical impacts but also deep emotional, cognitive, and psychological disturbances. Some victims even struggle to speak out or report the incidents they have experienced due to fear, shame, and social stigma. Therefore, proper trauma management is crucial in restoring the mental and emotional well-being of victims. Sexual violence against elderly women is a phenomenon that is often hidden but has very serious psychological and physical impacts. Elderly women who are victims of sexual violence often experience deep trauma, such as Post-Traumatic Stress Disorder (PTSD), depression, and prolonged anxiety. In Jember Regency, cases of violence against women show a concerning trend. According to data from Radar Jember, the number of cases of violence against women has increased from 2021 to 2024, with several rape cases being the main focus. This study addresses the following question: How do elderly female survivors of sexual violence experience psychological recovery through CBT- and EMDR-based trauma therapy in Ledokombo Village, Jember Regency.

Year	Number of Cases	Number of Victims	Victims of Sexual Violence
	95	53	14
2022	135	75	34
2023	135	75	35
As of October	149	81	-

Table 1.1. Data on trends in cases of violence against women (Radar Jember, 2024).

The table above shows an upward trend in the number of cases and victims of violence against women each year, including sexual violence.

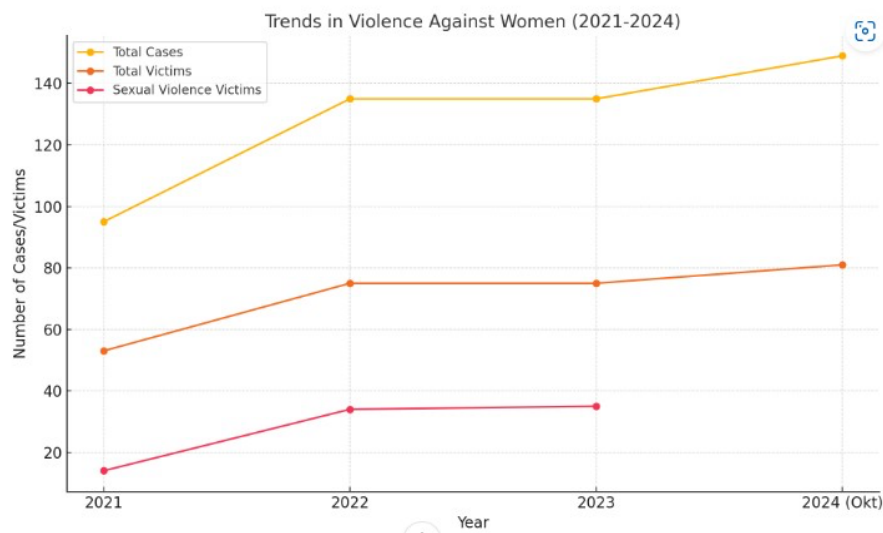


Figure 1.1. Graph showing the increase in sexual violence in Jember Regency

Nationally, the National Commission on Violence Against Women (Komnas Perempuan) notes that the incidence of violence against women that impacts women's health is also high. According to Komnas Perempuan's annual records, 24,529 cases of sexual violence occurred between 2018 and 2023. Of these cases, 23% or 5,654 cases were rape cases. This situation is exacerbated by violence in healthcare settings perpetrated by medical staff. In the 2023 Catahu report, there were direct complaints of violence originating from six medical service facilities, with four doctors identified as perpetrators. Other impacts also emerged on women's mental health. For example, the results of monitoring by the National Commission on Violence Against Women (2021) at Abepura Mental Hospital found that around 50% of women treated at the hospital were victims of domestic violence (Komnas Perempuan, 2023).

Data from the Department of Women's Empowerment, Child Protection, and Family Planning (DP3AKB) of Jember Regency in 2022 shows that there were 67 cases of violence against women, with 13 of them being sexual violence, including rape against elderly women. During the January-July 2023 period, the number of victims of violence against women and children reached 106 people. Of these, 46 were women and 60 were children. Meanwhile, in 2024 during the same period, the number of violence victims increased to 126 people. Of these, 51 were women and 75 were children. Cases of rape against elderly women are often not reported because victims feel ashamed, afraid, or even unable to identify or report the perpetrator due to physical or mental impairments they may be experiencing. The sexual violence experienced by elderly women can trigger serious psychological health issues, such as depression, anxiety, and even post-

traumatic stress disorder (PTSD), which can persist for a long time if not addressed promptly (DP3AKB Jember, 2024).

This data shows that elderly women are vulnerable to violence, including sexual violence, which is often perpetrated by people close to them. Sexual violence against elderly women has complex effects. In addition to physical injuries, victims often experience deep psychological trauma, such as post-traumatic stress disorder (PTSD), depression, and anxiety. This trauma can significantly disrupt the victim's quality of life. According to Herman (2020), trauma not only creates emotional wounds but also changes how a person understands the world and themselves (Herman. J.L, 2020).

In treating trauma in elderly women who are rape survivors, the application of trauma-focused therapies, such as Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR), is very important. These theories provide a robust framework for understanding and addressing the psychological impact of traumatic experiences. Cognitive Behavioral Therapy (CBT) is an approach that has proven effective in addressing post-traumatic stress disorder (PTSD) by identifying and replacing maladaptive negative thought patterns. Research shows that behavioral interventions, including CBT, can reduce PTSD symptoms and improve the quality of life for individuals experiencing psychological trauma (Gimigliano et al., 2022). Research shows that behavioral interventions, including CBT, can reduce PTSD symptoms and improve the quality of life of individuals experiencing psychological trauma (Gimigliano et al., 2022).

In addition, trauma-focused CBT can prevent the development of emotional difficulties and negative behaviors that often arise after traumatic experiences (Rakhmasari et al., 2021). Thus, CBT not only serves to reduce symptoms, but also to build more adaptive coping mechanisms. Eye Movement Desensitization and Reprocessing (EMDR), on the other hand, is a method that focuses on reprocessing traumatic memories through bilateral stimulation. Research indicates that EMDR is effective in reducing PTSD symptoms across various age groups and types of trauma, including complex trauma (de Roos et al., 2020).

By combining this technique with CBT, a more comprehensive approach to treating trauma can be achieved, especially for elderly women who may have more profound and complex traumatic experiences. Trauma-Focused Therapy (TFT) integrates principles from CBT and EMDR to provide a holistic approach to trauma treatment. In the context of elderly women who are rape survivors, TFT can help them not only overcome PTSD symptoms but also rebuild their self-confidence and control over their lives. Research indicates that trauma-based interventions, including TFT, are

highly effective in reducing PTSD symptoms and improving psychological well-being (Nahifah & Wibhowo, 2024).

In addition, this approach can also help individuals develop the emotional regulation skills necessary to cope with life challenges after trauma (Cloitre et al., 2002). Overall, the application of CBT and EMDR in the context of TFT offers an integrated and comprehensive approach to addressing trauma in elderly women who are rape survivors. By leveraging the strengths of each method, this intervention can provide better support and more positive outcomes for individuals who have experienced severe trauma.

With the increasing incidence of violence against elderly women, particularly sexual violence, comprehensive and evidence-based interventions are needed. The implementation of Trauma-Focused Therapy, which involves CBT and EMDR, combined with family counseling, is expected to be an effective solution in helping victims overcome trauma and improve their quality of life. Additionally, awareness and active participation from the community and local government are crucial in preventing and addressing cases of violence against elderly women, thereby creating a safe and supportive environment for all individuals, regardless of age.

In Ledokombo Subdistrict, Jember Regency, cases of sexual violence against elderly women by teenagers have increased the urgency to implement effective therapeutic approaches. In addition, support from family and community is an important factor in the victim's recovery process. Family involvement in counseling can help create a safe and supportive environment for victims, thereby accelerating the healing process.

The benefits of religious practices are inseparable from gender factors, whereby men and women exhibit differences in religiosity (Rusdi & Nurtjahjo, 2024). Therefore, this study considers spiritual aspects as important variables in the application of CBT and EMDR-based therapy for elderly women who are victims of sexual violence.

When someone is ill, their spirituality is also affected by their illness. Therefore, one of the effects that often arises is a decline in psychospiritual condition (Azaria, 2025), Trauma can be integrated with the Islamic context through the values of patience, trust in God, remembrance of God, and prayer, which aid the spiritual recovery process. These values foster calmness, hope, and new meaning after trauma, so that recovery is not only psychological but also strengthens faith and inner balance (Zuliani, 2025).

This study aims to analyze the application of Trauma-Focused Therapy (CBT and EMDR) in addressing trauma among elderly women who are rape survivors in

Ledokombo Subdistrict, as well as evaluating its effectiveness in reducing trauma symptoms. Furthermore, this study will also examine the role of family counseling in supporting the recovery process of victims. It is hoped that the results of this study can be used as a reference in developing effective intervention models for handling similar cases in the future. This study is limited to the psychological recovery experiences of elderly women who are victims of sexual violence through CBT- and EMDR-based trauma therapy in Ledokombo Village, Jember. The aim is to understand the process and meaning of recovery experienced by participants and the factors that support it in the cultural and spiritual context of rural communities.

Therefore, the purpose of this study is to understand the process and results of applying CBT and EMDR-based therapy in helping elderly women victims of sexual violence in Ledokombo Village, Jember Regency, recover from trauma, as well as to explain how Islamic values play a role in restoring the dignity and inner peace of the victims.

Methods

This study uses a case study approach with qualitative methods to explore in depth the experiences of elderly victims of sexual violence and the effectiveness of therapeutic interventions (Molero-Zafra et al., 2024). This approach was chosen because it allows researchers to understand the context, dynamics, and psychological changes experienced by victims in the recovery process, including the influence of family support. The subjects of this study were elderly women who were victims of sexual violence living in Ledokombo Village, Jember Regency. The inclusion criteria for participants included being 60 years of age or older, having experienced sexual violence, showing symptoms of psychological trauma such as anxiety, nightmares, or excessive fear, and being willing to undergo the entire series of CBT and EMDR-based therapy. In addition, two of the victim's closest family members who played an important role in supporting the recovery process were also involved.

Their participation aims to understand the family dynamics in supporting the victim and their contribution to the success of the therapy. Data validation was carried out through triangulation, member check, and peer debriefing to ensure the validity of the results. Triangulation was carried out by comparing interview data, observations, and therapy notes. Member check was carried out by asking participants to review the findings to ensure they matched their experiences. Peer debriefing was carried out by discussing with colleagues or experts to maintain objectivity and avoid researcher bias (Shelton, 2020).

This study was conducted in accordance with research ethics principles as it involved elderly women who were victims of sexual violence. Participation was voluntary and based on informed consent after participants understood the objectives and procedures of the study. The researchers maintained data confidentiality by using anonymous codes and storing all information securely. The therapy process was conducted with a high degree of sensitivity and empathy, avoiding anything that could trigger renewed trauma, in accordance with the principle of do no harm. This study also obtained ethical clearance from the relevant authorities in accordance with applicable laws.

Result

The results of the study indicate that CBT and EMDR-based therapy helped participants reduce anxiety, fear, and nightmares associated with traumatic experiences (Neill et al., 2025).

This therapeutic process also helped participants accept themselves and achieve inner peace. A participant stated “I used to be unable to sleep because I kept remembering the incident, but after several therapy sessions, my heart began to calm down and I was able to resume my daily activities as usual.” (P1)

The quote from P1 (female, counselee 1) shows that therapeutic intervention not only restores psychological aspects but also strengthens the spiritual dimension in dealing with trauma. This confirms that the application of CBT and EMDR-based therapy contributes to the participants' process of self-acceptance and inner peace.

“I used to have trouble sleeping every night, constantly thinking about what happened. But after undergoing therapy, I became calmer and started to sleep peacefully again” (P1).

The results of the study revealed three main themes, namely self-acceptance, spiritual recovery, and social support. Participants revealed, “I used to always be afraid and cry alone, but after therapy my heart is calmer”. The spiritual theme was evident in the statement, “I consider this a test from God, now I pray more often.’ Meanwhile, social support is reflected in the quote, ‘My friends from the religious study group came to visit me, and I no longer feel alone” (P1). This quote shows that CBT and EMDR therapy help with holistic psychological, spiritual, and social recovery (Meyer et al., 2020)

The therapy process not only aids psychological recovery, but also strengthens spiritual healing through Islamic values such as patience, trust in God, and sincerity.

Participants feel calmer when praying and reciting prayers, as expressed in the statement, 'Every time I recite prayers.' This shows that the integration of Islamic values in therapy helps victims find inner peace and new meaning in dealing with trauma.

Discussion

Sexual violence is a serious violation of human rights that has a negative impact on the physical, mental, and social health of victims. Elderly people, as a vulnerable group, are often the targets of this violence, which leads to deep trauma and difficulties in the recovery process. According to Herman (1997), trauma is a psychological disorder resulting from a traumatic experience that exceeds an individual's capacity to cope, involving emotional, cognitive, and behavioral disturbances. In Indonesia, cases of sexual violence against the elderly are on the rise, as reported by the National Commission on Violence Against Women (2023), where the elderly often face additional barriers, such as social stigma, physical helplessness, and lack of social support.

From an Islamic perspective, sexual violence is an act that violates human dignity, as mentioned in QS. Al-Isra' [17]: 70: "And indeed, We have honored the children of Adam..." The protection of human dignity is one of the objectives of Islamic law (maqashid al-shariah), particularly the protection of life (hifz al-nafs). Such acts of violence not only harm the individual victim but also cause social harm, which contradicts Islamic values.

Trauma-Focused Therapy (TFT) is a therapeutic approach developed based on the Cognitive Behavioral Therapy (CBT) framework and integrated with other techniques, such as Eye Movement Desensitization and Reprocessing (EMDR). TFT is designed to address trauma by helping victims process traumatic experiences in a safe and structured manner. This approach emphasizes emotion management and cognitive restructuring, which aims to significantly reduce the impact of trauma (Hudays et al., 2022).

The Nature of Trauma and Sexual Violence

Sexual violence and abuse are forms of violence against women. In addition to causing physical injury, sexual violence also leaves deep emotional or psychological scars, requiring a long time and a special approach for recovery. Posttraumatic Stress Disorder (PTSD) is a mental disorder that can be experienced by someone who has experienced or witnessed a traumatic event, such as a natural disaster, serious accident, act of terrorism, war or battle, rape, or threat of murder (Darmayasa & Natanael, 2023).

Sexual violence is a term that encompasses various types of actions related to sexual behavior. The WHO defines it as “Any sexual act, attempt to commit a sexual act, unwanted sexual comments or advances, or acts to sexually trade or assault a person by using force, by anyone, regardless of their relationship with the victim, in any situation, including but not limited to home and workplace” (Khristianti Weda Tantri, 2021).

Trauma resulting from sexual violence involves dysfunction in three main domains: intrusion (uncontrollably reliving the trauma), avoidance (avoiding thoughts or situations that remind one of the trauma), and hyperarousal (excessive heightened alertness). Elderly victims of sexual violence often experience social isolation, physical dependence, and limited access to mental health services. According to a report by Radar Jember (2023), Ledokombo Subdistrict is one of the areas in Jember Regency with a high incidence of sexual violence, including cases involving the elderly.

The Islamic Approach to Sexual Violence

Islam pays great attention to human dignity and prohibits all forms of violence, including sexual violence. The Qur’anic text in Surah An-Nur verse 33 emphasizes the importance of preserving human dignity. This approach encourages clients to rediscover their value as human beings with dignity before Allah.

وَلَيْسَتَغْفِبِ الَّذِينَ لَا يَجِدُونَ نِكَاحًا حَتَّىٰ يُغْنِيَهُمُ اللَّهُ مِنْ فَضْلِهِ ۗ وَالَّذِينَ يَبْتَغُونَ الْكِتَابَ مِمَّا مَلَكَتْ أَيْمَانُكُمْ فَكَاتِبُوهُمْ إِنْ عَلِمْتُمْ فِيهِمْ خَيْرًا ۗ وَأَتُوهُمْ مِنْ مَالِ اللَّهِ الَّذِي آتَاكُمْ ۗ وَلَا تُكْرَهُوا فَتَيَاتِكُمْ عَلَى الْبِغَاءِ إِنْ أَرَدْنَ تَحَصُّنًا لِيَبْتِغُوا عَرَضَ الْحَيَاةِ الدُّنْيَا ۗ وَمَنْ يُكْرِهَنَّ فَإِنَّ اللَّهَ مِنْ بَعْدِ إِكْرَاهِهِنَّ غَفُورٌ رَحِيمٌ

Meaning: And those who are unable to marry should maintain their chastity until Allah grants them the means through His bounty. And as for your slaves who desire a contract of emancipation, make a contract with them if you know there is good in them, and give them part of the money. from the wealth that Allah has bestowed upon you. And do not force your female slaves into prostitution when they themselves desire chastity, because you seek worldly gain. But if they are forced, then indeed Allah is Forgiving, Merciful (to them after they have been forced).

The above verse prohibits actions that demean human beings, including coercion in any form. The Prophet Muhammad also emphasized the protection of vulnerable groups, including women and the elderly, as reflected in the following hadith:

Whoever does not love the young and respect the elderly is not one of us. (HR. Tirmidzi).

In the context of victim recovery, Islam always advocates a holistic approach that includes emotional, spiritual, and social support.

Trauma-Focused Therapy (TFT) as an Approach to Recovery

TFT is an evidence-based approach designed to help trauma victims, including victims of sexual violence, process their traumatic experiences. This approach focuses on empowering victims to overcome fear, anxiety, and stigma. Cohen et al. (2006) noted that TFT can significantly reduce PTSD (Post-Traumatic Stress Disorder) symptoms by integrating CBT and EMDR techniques. Marwa's research findings indicate that TFT intervention delivered through five telemedicine sessions successfully helped reduce PTSD symptoms in a 25-year-old patient who was a victim of sexual abuse by her father. Specifically, this approach is effective in helping patients accept their past, increase awareness of their current condition, and plan for a better future. Patients are able to manage negative emotions arising from traumatic memories and become more connected to their current life circumstances. Additionally, patients begin to have clearer life goals based on their personal values (Basyarahil, 2024).

The results of applying CBT- and EMDR-based Trauma-Focused Therapy (TFT) showed positive changes in subjects, such as reduced symptoms of anxiety and nightmares, increased feelings of security and self-acceptance, and the emergence of inner peace through spiritual practices such as remembrance and prayer. Clients also began to be able to express traumatic experiences without fear and showed improvements in social functioning and daily spirituality.

Techniques in Trauma-Focused Therapy Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy (CBT) has seen significant growth in addressing various mental health disorders and stress. CBT has proven effective in managing issues such as anxiety, depression, post-traumatic stress disorder (PTSD), and other emotional disorders. Recent research indicates that CBT, when applied using new techniques and advanced technologies, such as app-based therapy and telehealth, has enhanced the accessibility and effectiveness of treatment. In addition, the adaptation of CBT techniques for various populations and specific conditions, including children, the elderly, and those who have experienced severe trauma, has also shown very positive results (Nakao et al., 2021).

Cognitive Behavioral Therapy (CBT) aims to identify and modify negative thought patterns that shape the emotional and behavioral responses of trauma survivors. The therapeutic process begins with assessment and psychoeducation, where a detailed evaluation is conducted to understand the effects of trauma. During this stage, survivors are taught about the interrelationship between thoughts, emotions, and behaviors to help them recognize the psychological symptoms they are experiencing.

In the identification of negative thoughts stage, survivors are encouraged to identify automatic negative cognitions that often emerge after trauma, such as guilt, shame, or feelings of worthlessness. The process then moves to cognitive restructuring, which focuses on transforming these maladaptive thoughts into more rational and positive interpretations. For instance, survivors who previously blamed themselves are guided to understand that sexual violence is never the victim's fault.

Subsequent stages include behavioral exercises and relapse prevention. Behavioral exercises encourage survivors to gradually face trauma-related situations through role-playing or social simulation, helping them regain a sense of control and confidence. In the final stage, relapse prevention, survivors are equipped with coping strategies to manage future stressors and prevent symptom recurrence. Altogether, these stages make CBT a comprehensive and structured approach to trauma recovery, fostering both emotional resilience and psychological well-being.

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is an effective method for treating symptoms of Post-Traumatic Stress Disorder (PTSD) in individuals who have experienced trauma, particularly in respondents who have been exposed to severe traumatic experiences. This therapy works by facilitating the reprocessing of traumatic memories through a series of eye movements, which reduces the emotional intensity of those memories.

Research results show that EMDR therapy can significantly reduce PTSD symptoms and improve the quality of life of respondents who have undergone this therapy. In addition, this therapy has also been proven to be more efficient in overcoming trauma without the need for repeated exposure to traumatic memories, making the healing process faster and less painful (Susanty et al., 2015).

Eye Movement Desensitization and Reprocessing (EMDR) is a structured therapeutic method developed by Shapiro (1989) to help individuals reprocess traumatic memories through bilateral stimulation, such as guided eye movements or rhythmic tapping. The main goal of EMDR is to diminish the emotional intensity and

psychological distress associated with traumatic experiences, allowing survivors to develop a more adaptive understanding of their past events.

The therapeutic process begins with history-taking and therapy planning, during which the therapist identifies the specific traumatic memories to be addressed and determines the goals of therapy. In the preparation phase, survivors learn relaxation and emotional stabilization techniques to create a sense of security before entering deeper stages of therapy. This is followed by assessment, where the therapist and survivor explore the details of traumatic memories and the negative thoughts or emotions that accompany them.

Subsequent stages include desensitization, installation, body scan, and closure and reevaluation. During desensitization, survivors focus on the traumatic memory while engaging in bilateral stimulation, which helps reduce emotional reactivity and anxiety. In the installation phase, positive and adaptive cognitions are integrated to replace negative beliefs related to the trauma. A body scan follows to ensure that no residual tension remains, signaling that the traumatic memory has been safely reprocessed. Finally, the therapy concludes with closure and reevaluation, where progress is reviewed and future sessions are planned if necessary. Collectively, these stages make EMDR an effective and evidence-based intervention for alleviating trauma symptoms and promoting long-term psychological recovery.

The integrative approach in TFT, particularly through CBT and EMDR, offers evidence-based and comprehensive solutions to help victims of sexual violence process their trauma. By combining psychological interventions and Islamic spiritual values, this therapy can create recovery that is not only emotional but also spiritual, enabling victims to resume living meaningful lives.

Family and community support play an important role in the trauma recovery process for victims of sexual violence in Ledokombo. In the context of a rural culture that upholds the values of family and mutual cooperation, acceptance and empathy from the family are key factors in helping victims feel safe and valued again. In addition, social support from the community, such as religious leaders and the surrounding environment, strengthens the recovery process by fostering a sense of connection, faith, and dignity in victims. This approach is in line with Islamic values and local culture, which emphasise compassion, respect, and shared responsibility in restoring the humanity of victims.

The results showed that CBT and EMDR-based therapies aided the psychological, emotional, and spiritual recovery of participants through Islamic values

such as patience and trust in God. These findings answered the research objective, which was to understand the process and meaning of holistic trauma recovery in elderly women who were victims of sexual violence (Syifa, 2024).

Conclusion

The results of this study indicate that the integrated application of Trauma-Focused Therapy based on Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR) can help elderly women who are victims of sexual violence in Ledokombo Village, Jember Regency recover from trauma. This intervention effectively reduces symptoms of intrusion, anxiety, and sleep disturbances, while improving feelings of safety, self-acceptance, and the quality of social relationships. The qualitative approach allows researchers to deeply understand participants' emotional experiences, enabling the therapeutic process to be tailored to cultural contexts and individual needs.

These findings confirm that CBT- and EMDR-based trauma therapy is relevant for use in treating elderly victims of sexual violence in rural areas, while considering cultural sensitivity and adequate social support. This study has limitations in terms of the limited number of participants and the specific local cultural context in Ledokombo, so the results cannot be widely generalised. CBT-based TFT and EMDR effectively assist in the recovery of elderly women who are victims of sexual violence through the restoration of dignity and spiritual values. The practical implications are that counselors need to integrate psychotherapeutic and spiritual approaches, service agencies are expected to provide trauma counselling that is sensitive to age and local culture, and policymakers need to strengthen protection and rehabilitation programmes for elderly victims of sexual violence.

Future research could explore the effectiveness of CBT- and EMDR-based therapy models among other populations such as younger survivors or elderly men to determine the consistency of outcomes.. In addition, it is recommended that community-based interventions involving families, religious leaders and social institutions be developed to strengthen psychosocial and spiritual support for victims at the community level.

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