

### ABSTRACT

Adolescents who have been abused, either recently or earlier in their lives possess very unique set of needs from a counseling relationship. Since at this age they are already aware of what had happened, it is very difficult for them to disclose because of fear and shame. As they grow different expectations faces them which pose as challenges. Security of relationships is the most important human need, and it governs as well as motivates social behavior and development. Art therapists working with groups of sexually abused children have stressed the central therapeutic value of art-making process. Anderson in 1995 said that the process of working with the art materials is the treatment. This study made use of a specifically designed visual arts therapy as its instrument and its effect to the sociability and trust of sexually abused adolescents as measured by the Emotional Profile Index (EPI). The study had sixty four male and female sexually abused adolescents from two DSWD centers in Cavite. Pretest – Post test Control Group Design was used which allowed the comparison of the subjects' level of trust and sociability before and after the experimental group undergone the ten sessions of visual arts activities. Interpretation of the output was not given priority, but the study hoped that as they spend recreational time doing the activities, they may regain trust and improve sociability as the innate healing power of the visual arts affects them.

There was no significant difference between the two groups in terms of sociability and trust prior to the intervention of Visual Arts Therapy. With the intervention of Visual Arts Therapy, the post test results showed that the experimental group showed a significant increase when it comes to trust. This implies that Visual Arts Therapy as an intervention contributed positively in the improvement of trust of the sexually abused adolescents. In terms of Sociability, although there was an increase in the post test mean score in the experimental group, it was not significant. This implies that the intervention using the Visual Arts Therapy has no significant contribution in the improvement of sociability of the sexually abused adolescents. The study showed that even with the minimal of interaction during the sessions, the innate healing power of the Visual Arts Therapy significantly affects the trust of the sexually abused adolescents, but in the sociability aspect, the minute increase may not have been significant but further studies might be of help to identify other factors on how to improve sociability with the use of Visual Arts therapy. This means that the participants would have a healing experience from their emotional wound, through regained self-confidence and hopefully better adjustment to the demands of the world when it is their time to move out of the institution.