



MALESURVIVOR
Hope. Healing. Support.

The local male survivor community presents a day long workshop for people who support, treat, and advocate for male survivors of sexual abuse.

“Breaking the Silence: Healing the Shame of Male Survivors of Sexual Victimization”

Workshop Overview

A full-day training for clinicians*, social workers*, advocates and staff who are seeking detailed information on working with male survivors of sexual abuse in clinical, therapeutic, or other professional situations.

Workshop Description

This workshop will explore issues surrounding the sexual victimization of males through the use of film, clinical case examples, personal sharing, and audience participation. We hope to help attendees better understand the complex, and often misunderstood dynamics of being a male survivor and some of the unique challenges and pressures faced by this population. We'll introduce participants to a model for healing and demonstrate some proven techniques to help men heal.

Included will be a defining of terms, a focus on myths surrounding male sexual victimization, distinguishing features between male and female survivors, how to effectively assess for abuse, and understanding the clinical dynamics, after-effects, and healing strategies. The workshop will also include information on the extent to which sexual abuse of males occurs and place that information into context.

This program will help psychotherapists enhance their work with male survivors in a number of ways. It will elaborate effective treatment approaches and show what strengths may arise along the healing path. It will also highlight unique challenges to minority men from different lifestyles and cultures, and counter-transference challenges. We will address how to develop effective peer led support groups, and identify the numerous organizations and avenues for support available outside the therapist's. You are not alone. It was not your fault. Healing is Possible. It is never too late.

office. We will identify what therapists need to know about working with survivors from a survivor's point of view. We will explore what are effective prevention strategies that can be taught to community members and clients. Lastly, we'll explore the rewards of working in this field, and present a paradigm for thinking about recovery that will leave participants re-energized for the important work they do every day.

Goals and Objectives

Overall Goals for this Workshop:

1. To increase understanding of the incidence of male sexual victimization and the emotional/psychological sequelae of abuse
2. To identify the myths that create misunderstanding and blocks to seeking help
3. To increase understanding of the role of the psychotherapist in facilitating healing for male survivors of sexual victimization
4. To increase effectiveness in providing psychotherapy to male survivors
5. To understand from a survivor's perspective what are the most helpful aspects of providing hope, healing and support and therapeutic help to clients
6. To identify what each of us can do to help prevent future victimization of boys and men

Overall Objectives for this Workshop:

1. Participants will be able to identify 5 emotional/psychological sequelae of abuse
2. Participants will be able to identify 5 strengths/assets of male survivors
3. Participants will be able to identify unique recovery challenges for men from various minority cultures
4. Participants will be able to identify common stages of recovery for male survivors
5. Participants will be able to identify at least 5 tools they can use to facilitate healing for male survivors
6. Participants will be able to identify community and national resources to refer clients to for additional support and healing
7. Participants will be able to identify 5 challenges for the psychotherapist in providing services to this population
8. Participants will be able to identify 10 specific awarenesses from a survivor's perspective that will enrich their work with male survivors