



**Presents
A One Day Course**

Reclaiming our Lives

Working with males who have experienced sexual abuse

A one-day course exploring the experiences and behaviours of sexual abuse, enabling participants to learn how to be with men to reclaim their lives and recover

Statistics show that up to 1 in 6 men have experienced and are living with the experiences of sexual abuse, this reality is often not acknowledged by services and by society as a whole. Yet it is apparent in the high level of suicide attempts, the heavy use of alcohol and drugs, aggression, prostitution, homelessness and criminal offenses amongst men who have experienced sexual abuse. Drawing on the book '*Reclaiming our Lives: A workbook for males who have experienced sexual abuse*' by Jim Campbell and Ron Coleman, this workshop presents the recovery journey and experiences of the two authors.

In this workshop, participants will gain a deeper understanding of working with men who have experienced sexual abuse. Through the day, participants will get to learn some of the techniques, values and approaches that the book outlines in helping male survivors of sexual abuse can reclaim their lives and recovery.

Learning Outcomes

- Develop an understanding of the experiences of sexual abuse and recovery journey.
- Gain increase awareness of the impact sexual abuse has on men.
- Examine the feelings and behaviours that men who have experienced sexual abuse experience.
- Explore approaches and techniques to enable recovery.
- Develop confidence and awareness in working with men who have experienced sexual abuse.
- Begin to develop a toolkit for working with male survivors of sexual abuse.
- Gain confidence to offer and use the *Reclaiming our Lives* workbook.

Who Should Attend this Course

This course has been designed for anyone interested in getting a clearer understanding of the impact of sexual abuse on men and how to begin the recovery process. This includes professionals/practitioners, partners/family members/friends and for male survivors of sexual abuse. Through conversations, dialoguing and exercises in small groups and through big group discussions, participants will learn from each other and begin the recovery process which will continue beyond the end of the course.

Pre-Course Learning & Requirements

Once you have registered for this course, you will be sent a 'Pre-Course Questionnaire' and 'Pre-Course Learning' materials, as listed below:

Pre-Course Questionnaire

The Pre-Course Questionnaire is useful for Working to Recovery to know some of your background, needs and expectations prior to the start of the course.

Pre-Course Learning

The Pre-Course Learning consists of reading a document, which is extracts from the Workbook this course has been developed from. The reading will take approximately 30 minutes in total. We encourage all delegates/participants to read the materials and reflect on it before the course starts.

Outline of the Day

09:15 – Arrival & Registration

09:30 – Introduction & Explanation of the Day

10:00 – Exercise – Impact of Sexual Abuse on men

11:00 – *BREAK (Refreshments)*

11:20 – Jim's Story – reclaiming his life

12:00 – The Recovery Process

12:30 - *LUNCH*

13:30 – Working with men and sexual abuse

14:00 – Exercise – Relationship of experiences

15:15 – *BREAK (Refreshments)*

15:30 – Using the *Reclaiming our Lives* workbook

16:00 – Finish

Course Trainer/Facilitator

Jim Campbell is an independent mental health trainer, researcher and practitioner specialising in recovery and sexual abuse. He has worked for twenty years in both healthcare and education. Jim's own recovery journey from the experiences of sexual abuse has enabled him to specialise in this area. His passion and enthusiasm lies in recovery, giving people hope that change can and will happen. Jim works as a person-centred counsellor, specialising in working with male survivors of sexual abuse. He was a founder of 'Men in Recovery', which aims to improve the quality of life for men who have experienced sexual abuse. Jim works alongside survivors to help them work through the many difficult issues that have arisen from their experiences, in order to understand the relationship of the abuse and its impact on their lives, so they can begin to recover.

Certificates of Course Completion

We offer two different types of Certificate to suit your needs – *Certificate of Attendance* and *CPD Certificate*. Please see details below:

Certificate of Attendance

This certificate shows that you have attended the course. It is included within the Course fees.

To receive your *Certificate of Attendance*, once you have finished the course. Please email jim@workingtorecovery.co.uk requesting the Certificate.

CPD (Continual Professional Development) Certificate

Most Practitioners/Professionals require you to have regular CPD to remain in practice, demonstrate learning and have a Course Certificate. This certificate costs an additional £10.

The total of learning for this course (for CPD purposes) is **9 ½ hours**, as listed below:

- ¾ hour Pre-Course Materials
- 6 ¾ hours – Course
- 2 hours – Participant Documentation

To receive a CPD Certificate you need to purchase/register **BEFORE** the course. You will need to complete and return relevant documentation, which requires you to reflect and demonstrate your learning.

You can purchase/register, direct from our website at:

<http://www.workingtorecovery.co.uk/products/events-and-training.aspx?courseid=7>

Or contact karen@workingtorecovery.co.uk