

# Male Survivors of Sexual Abuse: Beginning the Recovery Process

Statistics show that up to 1 in 6 males have experienced sexual abuse and are living with the consequences of sexual abuse. This reality is often not acknowledged by services and by society as a whole, but it is apparent in the high level of suicide attempts, the heavy use of alcohol and drugs, aggression, prostitution, homelessness and criminal offences amongst male survivors of sexual abuse.

Drawing on the direct experiences of the course leader and other males', personal journeys from sexual abuse, this course has been designed for both male survivors wanting to explore and start the recovery process and practitioners, family members and friends who want to understand and help male survivors begin their recovery journey.

Through an interactive learning environment, you will be able to learn from others taking the course. You will be presented with information to explore the perspective of sexual abuse in society, cultures, mental health services and practitioners, as you explore its context within the world. The course will help you understand what is meant by the term sexual abuse, the coping mechanisms that people adopt to live with the trauma they have experienced and consider its impact on people's lives and males specifically. You will be introduced to the recovery process for male survivors of sexual abuse and through a series of experiential exercises learn how to support yourself or males in beginning the process.

The learning format/approach has been designed to meet all learning styles. Learning formats include: documents, PowerPoints, videos, exercises/activities, additional reading and learning from each other through forums. By the end of the course you will have gained the skills, confidence and tools both within yourself and when supporting males. And know how to take your learning forward into your life.

## Learning Outcomes:

- Learn about the myths of sexual abuse in society.
- Examine the different cultures that sexual abuse occurs.
- Explore the experiences of survivors of sexual abuse using mental health services.
- Learn about the experiences that mental health practitioners face whilst working with survivors of sexual abuse.
- Explore what is meant by the term 'sexual abuse', from a theoretical aspect and personal experience.
- To begin to examine the impact of sexual abuse as on people's lives.
- To explore the impact of sexual abuse specifically on males, from a theoretical and personal perspective.
- To learn about the recovery process for male survivors of sexual abuse.
- To develop confidence, skills and knowledge of working with male survivors of sexual abuse.
- To learn practical ways male survivors of sexual abuse can connect to themselves and accept themselves.
- To look at how you can take the learning from the course forward into your life and work.

## Outline of the Course

**Module 1** – Putting Sexual Abuse into Context

**Module 2** – Understanding Sexual Abuse

**Module 3** – Impact of Sexual Abuse on Males

**Module 4** – Male Survivors: The Recovery Process

**Module 5** – Connecting to the Self

**Module 6** – Taking the Learning Forward

The course will take students up to **31 ½ hours** to complete, please see below for breakdown of this time.

## Course Description

Module	Description	Length
<b><u>Module 1</u></b> <b>Putting Sexual Abuse into Context</b>	In Module 1, we look at sexual abuse in the context of different areas. Firstly, in the context of society as a whole, exploring some of the myths that exist by the general population. Taking this learning forward, this is narrowed down to examining the different cultures that sexual abuse occurs in. Drawing on the learning from these two areas, we examine sexual abuse in the context of mental health services, hearing the experiences of a survivor of sexual abuse within services. Building on this we finally hear the experience of practitioners and sexual abuse. Pulling all this together, the module ends with an exercise, allowing you to relate this to your own personal experiences.	<b>4 ½ hours of learning time</b>
<b><u>Module 2</u></b> <b>Understanding Sexual Abuse</b>	In Module 2, we look at what is meant by sexual abuse. Breaking down the different elements of sexual abuse, we explore the theory around sexual abuse and then relate this to the experience of a male survivor of sexual abuse. Pulling this together, we undertake an exercise that helps you think about what it is like to be sexually abused. The last part of this module, draws together the learning and looks like the impact of sexual abuse has on the person and how they learn to cope in life and survive.	<b>3 hours of learning time</b>
<b><u>Module 3</u></b> <b>Impact of Sexual Abuse on Males</b>	The first two modules of this course have looked at sexual abuse from a more generic aspect, without thinking about it from a perspective of males. This was designed so that you gain a general understanding of sexual abuse. In Module 3, we look at issues faced specifically for males. Thinking about what it is like to be a male and how behaviours are developed when they are sexually abused.	<b>4 hours of learning time</b>
<b><u>Module 4</u></b> <b>Male Survivors: The Recovery Process</b>	In Module 4 we examine the recovery process for male survivors of sexual abuse. Understanding and breaking down the specific stages of the recovery process, will enable you to develop a clearer idea of how males can be supported to start their recovery journey. This module is very experientially based, enabling you to work through each of the stages yourself, whether you have experienced sexual abuse or not. By going through each of the stages, will help you get a deeper understanding of what the process is. It will also allow you to develop confidence, skills and knowledge - if you want to support a male who has experienced sexual abuse, to begin their recovery journey.	<b>7 hours of learning time</b>
<b><u>Module 5</u></b> <b>Connecting to the Self</b>	In Module 5, we look at ways to connect to the self and accept it. This is Stage Four of the recovery process for males who have experienced sexual abuse. This is a separate section to allow you to spend enough time exploring this for yourself. The module is short - but provides a number of different tools that you can use to explore ways to connect to yourself. These tools are very helpful for males who have experienced sexual abuse. By using them for yourself, will give you the confidence and experience in helping others to use them.	<b>5 hours of learning time</b>

<b>Module 6</b>  <b>Taking the Learning Forward</b>	As you come to the end of the course, you will begin to start pulling all your learning together. This will allow you to look at how you can take your learning forward. We will guide you through developing an Action Plan for taking your learning forward so that you can start turn the recovery journey for yourself or males who have experienced sexual abuse, into practice.	<b>4 hours of learning time</b>
<b>Course Test &amp; Student Documentation</b>	In order to receive a certificate (either 'Certificate of Course Completion' or 'Continual Professional Development Certificate') you will need to complete the course test and relevant student documentation.	<b>4 hours to finish</b>

## Course Leaders

The course leader is Jim Campbell, who has extensive experience in this area.

**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 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 completed the course. It is included within the Course fees.

Instructions on how to receive this certificate is available within the Course Handbook.

### **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 **31 ½ hours**, as listed below:

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

You can purchase/register for CPD, direct from our website at: <http://www.workingtorecovery.co.uk/recovery-college/join-us-membership-%281%29/male-survivors-of-sexual-abuse-beginning-the-recov.aspx>

For any questions or information please contact Recovery College Manager, Jim Campbell - [jim@workingtorecovery.co.uk](mailto:jim@workingtorecovery.co.uk)