



# MALE SEXUAL TRAUMA & RECOVERY

Fall 2020 Virtual Training for Service Providers  
November 24 - 26, 2020  
9:00 - 4:30

**Tues. Nov. 24/20:**

**A Room of His Own:  
The Case Statement for  
Addressing Male Sexual Trauma**

**Wed. Nov. 25/20:**

**Key Interventions in  
Trauma Therapy with Men**  
(Prerequisite: Day 1)

**Thurs. Nov. 26/20:**

**One Finger Can't Pick Up a Stone:  
Group Therapy & Engagement**  
(Prerequisites: Days 1 & 2)



Presented by  
Rick Goodwin, MSW, RSW

**REGISTER TODAY: [HTTP://BIT.LY/MALESEXUALTRAUMA2020](http://bit.ly/malesexualtrauma2020)**

**It's about men. It's about time.**

[menandhealing.ca](http://menandhealing.ca)



**Male Sexual Trauma & Recovery** combines conceptual training on male sexual trauma with core intervention skills and strategies to empower healthcare professionals and frontline workers to purposely intervene with male survivors. This combination of trauma theory and practice - with an emphasis on conceptual, psychodynamic and experiential approaches - addresses many of the practical and clinical concerns of frontline professionals.

The first day starts with a male-centred approach to both intervention and therapy, and with it an exploration of male psychology. In particular, we examine the intersection between men's gender coding with men facing adversity. An overview of current research on both male sexual abuse and sexual assault follows. Trauma is then explored, both conceptually in the lives of men, as well as through case study portrayal and video testimonies of male survivors.

The second day transitions into cognitive and psychodynamic engagement strategies in working with male survivors, which are demonstrated through lecture, role plays, dramatic presentations and group discussion. After grounding the participants in ego state theory and the intrapsychic/ interpersonal dynamics of dysfunction and trauma, the day focuses on conceptualizing men's rage and violence, as well as sexually dysregulated behaviours. The day finishes on strengths-based therapeutic approaches and multi-faceted reflections of men's healing.

Day three focuses on the theory and practice of group work - possibly the most under-utilized programmatic design for community intervention. With a focus on group trauma work, the concepts and skill sets for effective group care will be unpacked. With a focus on trauma engagement, the day will focus on group work competence and clinical confidence, knowing that healing cannot occur in isolation.

**Join us for one, two or all three days  
of this online training!**

## **Rick Goodwin, MSW, RSW**

Rick is the founder and Clinical Services Director of Men & Healing, as well as the past co-founder/Executive Director of The Men's Project (1997-2015). He also served as National Manager to In6 Canada (2012-2015).

Rick conducts trainings across Canada and internationally on male sexual trauma, trauma recovery and men's mental health. He also provides trainings across the U.S. through In6 Inc. He further facilitates group trauma treatment programs for men on behalf of M&H.

Based on his experience working with men on issues of domestic violence, Rick has provided training on gender and violence for many years to various local, provincial, and national organizations. Training in gender and violence has taken Rick to Jamaica, the U.K., the U.S., Cambodia, Japan, New Zealand as well as India, where he conducted gender-sensitivity training to male directors of social service agencies. Rick has spoken at national and international conferences on men, violence against women, and trauma recovery. Additionally, he has worked as a social sciences and social work instructor at the college and university level.

Rick's research and writing has been published in both national magazines and federal publications. He co-authored the guidebook *Men & Healing: Theory, Research and Practice with Male Survivors of Childhood Sexual Abuse* (2009), which was commissioned by the Ontario government. This guidebook is now being used to formulate services in both Canada as well as internationally. He also co-authored the Australian guidebook entitled *Foundations* (2017). Additionally, Rick was the author for Health Canada in their investigation concerning the correlation between men's experience of HIV and sexual violence. He is currently serving as Subject Matter Expert to the Canadian Armed Forces on issues relating to sexual misconduct.

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## **A Room of His Own:**

### **The Case Statement for Addressing Male Sexual Trauma**

#### **Welcome and Introductions**

#### **A Primer on Male-Centred Approaches to Therapy**

#### **The Intersection of Male Socialization with Male Sexual Victimization**

- The Traditional Male Code
- Gender Role Strain
- Psychotherapy vs. Masculinity
- A Research Primer on Male Sexual Abuse
- Cultural Delusions about Male Sexual Victimization

#### **The Aftermath of Sexual Abuse**

- The Human Response to Danger
- Dissociation and the Traumatic Response

#### **The Repercussion of Male Sexual Victimization**

- Mood & Behavioural Disturbances
- Cognitive Impairment
- Gender & Sexuality
- Relational Issues
- Risk Taking/Dangerous Behaviours

#### **The Wobble: An Adaptation of the Dialectic of Trauma in Men's Lives**

#### **Expressions of the Survivor Journey**

- Testimony as Healing
- Licenced Screening of The Bristlecone Project

#### **Closing Remarks & Evaluation**

# Key Interventions in Trauma Therapy with Men

(Day 1 is prerequisite)

## Welcome to the Day

### The Working Zone: Understanding the Client's Relationship to Trauma

#### A Primer on Ego States & their Application:

- Functional Perspectives
- Structural Perspectives on Ego States
- Mapping The Trauma: Drama Triangles, Trauma Triangles

#### Re-visioning Men's Rage & Intimate Partner Violence (IPV):

- Correlation between Childhood Abuse and Men's IPV
- The Role of Shame in Men's Lives
- Shame-Rage Spiral – The Dynamic of Violence
- Cycle of Violence Revisited

#### Role of Attachment Style in the Lives of Survivors Sex Stuff: Exploring Discordant Sexual Behaviours in Men's Lives

- Discordant Sexual Behaviors – What the Research Tells Us
- Sexual Constriction & Sexual Risk-Taking
- Sexual Identity Confusion

#### Learning Summary: What Does Men's Healing Look Like?

## Closing Remarks & Evaluation

# One Finger Can't Pick Up a Stone:

## Group Therapy & Engagement

(Day 1 & 2 are prerequisites)

### Welcome to the Day

The Essentials: Building Safety, Stability, & Sanctuary

The Assessment interview

The Contract: The Group's Purpose

Session Structure

Group Theory

Group Therapeutic Factors

- Advantages of Group Engagement
- TIM Theory of Group Dynamics
- Stages of Development

Group Process: Structure & Experience

- How to Structure a Program
- Session Planning
- Components of a Process Session

Techniques for Building the Group Experience

- Experiential Methods
- Troubleshooting

Wrapping Up & Closure

- Programmatic Issues: Open Forum
- Final Takeaways
- Well of Confidentiality

Closing Remarks & Evaluation