

MALE SEXUAL

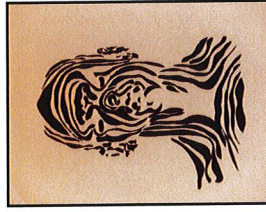
ABUSE

SURVIVOR GROUPS

Call for more information
or to register for groups
in Windsor or Chatham:
519-915-4168

Groups are:

safe and supportive,
not restricted,
non-judgmental.



*Be kinder than necessary for everyone you meet
carries some kind of burden*

Additional Services

Group Facilitation
Community Referrals
Education and Awareness
Workshops & Retreats

Counselling for:

Individuals
Couples
Families



Insight Counselling Service

contact: Eric Boekhoven MSW RSW
phone: 519-915-4168
fax: 519-256-7995

email: insightcs3@gmail.com

Counselling For Men

*who have been
sexually abused*



Help Is Available
Insight Counselling Service

THE SITUATION TODAY

You, or a man you know has been

sexually abused as a child or assaulted as

an adult.

He hides this fact. And suffers in silence.

His life is much less than it could be.

According to the National Clearinghouse

on Family Violence:

37% OF SEXUAL ABUSE

VICTIMS UNDER THE AGE OF

21 ARE MALE

Research indicates 1 in 6 men are

sexually abused before the age of 16.

GROUP TOPICS

Myths

Social Masks

Addictive Behaviours

Self Blame

Intimacy

Healthy Boundaries

Positive Coping

COMMON EFFECTS OF SEXUAL

ABUSE ON MALES

STAGES OF RECOVERY *

Moving On

Spirituality

Regrouping

Clarity of Feelings and Emotions

Depression

Anger

Redefining Masculinity

Reaching Out

Confused Awareness

Denial

- Depression and anxiety
- Self Blame and shame
- Tendency to be over controlling or too submissive
- Inability to trust
- Difficulty forming and maintaining healthy relationships with themselves and others
- Anger and rage
- Self - destructive behaviours
- Addictions
- Confusion around sexual identity
- Stress related illnesses
- Dissatisfaction with life
- Never feeling good enough
- Problems defining healthy sexuality
- Suicidal thoughts and/or attempts
- Distorted views on healthy masculinity

* Wilken, T. (2008). Rebuilding Your House