



INFO OPTIONS HOPE

Trainings from 1in6

The Need

Many men who had traumatic sexual experiences as boys struggle with disrupted relationships and careers as well as physical and mental health issues including depression, substance abuse, and self-destructive or violent behaviors. These men often seek (or are mandated into) treatment for a range of health and behavioral issues without disclosing – or even recognizing – the role that their negative childhood experiences play in their current problems.

Because of socialized expectations about manhood, therapists and other professionals sometimes do not recognize the connections between traumatic boyhood experiences and adult problems, or adequately consider them during assessment or treatment.

Overview of Trainings

1in6 offers several training programs that explore the impacts of unwanted or abusive boyhood sexual experiences in the lives of men. These trainings highlight the most relevant issues for advocates and service providers from across a range of fields and levels of professional expertise.

We can offer several trainings to organizations at little or no cost, thanks to collaborations with local, state and national sexual violence response organizations, as well as foundations and other grant-making entities.

Trainings vary from a 90-minute breakout session for non-clinical service providers to a two-day training that's ideal for clinicians and other advocates. All are appropriate for conferences, local and regional agency workshops, or as stand-alone seminars.

Every training addresses those aspects of men's lives – both positive and negative – that can affect their ability and willingness to address harmful childhood experiences. These include race, class, nationality, immigration status, ability, religion, sexual orientation and other influences that must be respected and honored if real understanding and healing are to happen.

The Benefits

1in6 trainings increase advocates' and service providers' awareness of the many potential impacts of traumatic childhood sexual experiences on men's mental and physical health. This knowledge and understanding fosters greater understanding and compassion, and more effective services.

Earlier identification of this common underlying source of suffering, paired with more effective interventions, can prevent many negative emotional, social and physical outcomes.

Bottom lines: Enhancing the well-being of men and their families and communities.

Current Training Programs

Lasting Effects of Childhood Sexual Experiences in Men's Lives - 90-minute breakout workshop for advocates and other professionals who work with men, providing an overview of the particular ways men respond to childhood sexual abuse. The workshop covers:

- Common misunderstandings about men and sexual abuse
- Special barriers men face in disclosing childhood abuse
- How cultural norms may inhibit men from seeking treatment
- Discussion of existing resources and the challenge of finding therapists specifically trained to work with male survivors of sexual abuse
- Guidance on the critical need to remain neutral when raising the issue of sexual abuse or responding to a disclosure

This training is most useful for those with some basic knowledge and understanding of sexual abuse dynamics.

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Boys and Men Healing — Serving Men Sexually Abused as Boys - 90 or 120-minute breakout workshop, offered in collaboration with Big Voice Pictures and built around their emotionally powerful and hopeful film “Boys and Men Healing,” an intimate portrayal of three men’s dynamic recoveries from traumatic boyhood sexual experiences.

Through interactive discussion about challenges male survivors face, as portrayed in the film, participants explore:

- Internal and socialized barriers to accessing effective treatment
- Influences of race, nationality, class, sexual orientation, immigration status and ability on impact and response
- How to find and assess available resources
- Guidance about talking supportively with a man about his experiences

Appropriate for all levels of expertise.

Expanding the Frame: A Day of Insights and Discussions - All-day training for advocates and service providers, offering comprehensive and interactive exploration of:

- Barriers for men seeking treatment for unwanted or abusive boyhood sexual experiences (including influences of race, nationality, class, sexual orientation, immigration status, religion and ability)
- Ways to acknowledge and potentially mitigate those barriers
- In-depth discussion of existing resources for men, including online resources offered by 1in6 (website information for men, families and partners; Online SupportLine; and Lending Library), Male Survivor and other organizations

After establishing a foundational framework on issues affecting male survivors, those issues are brought to life by watching the powerful and hopeful documentary film “Boys and Men Healing” from Big Voice Pictures. Discussion then connects observations from the film to the material covered in the morning. Closes with small group discussions of action steps that will make services more readily available to men.

Assumes some basic knowledge and understanding of childhood sexual abuse dynamics.

Men and Healing: Two Days of Cognitive and Experiential Learning and Skills Training - Two-day training with a strong clinical emphasis, combining conceptual presentations on the range of men’s responses to unwanted or abusive sexual experiences with training in core intervention strategies and skills.

Empowers service providers to actively intervene with men who have had traumatic sexual experiences, whether they initially disclose histories of sexual abuse or present with other, seemingly unrelated issues. A combination of theory and practice with an emphasis on experiential approaches addresses many of mental health professionals’ practical and clinical concerns.

Men & Healing is ideal for healthcare professionals, case managers, criminal justice and victim-service advocates, and other front-line staff who have some clinical engagement with clients.

A clinical background is useful to benefit from all aspects of the training. CEU’s are available.

Hotline Training - Online and/or Telephone Staff - Supplemental 90-minute training for online or telephone hotline volunteers, developed in collaboration with RAINN (Rape, Abuse and Incest National Network) with a specific focus on issues that may arise in hotline work with male survivors of sexual abuse in childhood. The training:

- Familiarizes participants with particular social and cultural pressures that impact male survivors
- Reviews the effects of childhood sexual trauma on males and how it can differ from the effects on females
- Helps to identify personal challenges and to confront misconceptions that might impact participants’ ability to work effectively with male survivors of sexual abuse

Offered only as a supplement to existing basic training for hotline volunteers.

Online Support for Men Sexually Abused as Boys - 90-minute presentation on the 1in6 Online SupportLine offered at 1in6.org via customization of RAINN’s National Sexual Assault Online Hotline, including:

- Walkthrough of the 1in6/RAINN Online SupportLine service
- Barriers to accessing effective services
- Best practices, and lessons learned in providing support to male survivors

Appropriate for all levels of expertise.