

Creating Effective Support Groups for Men Molested as Children

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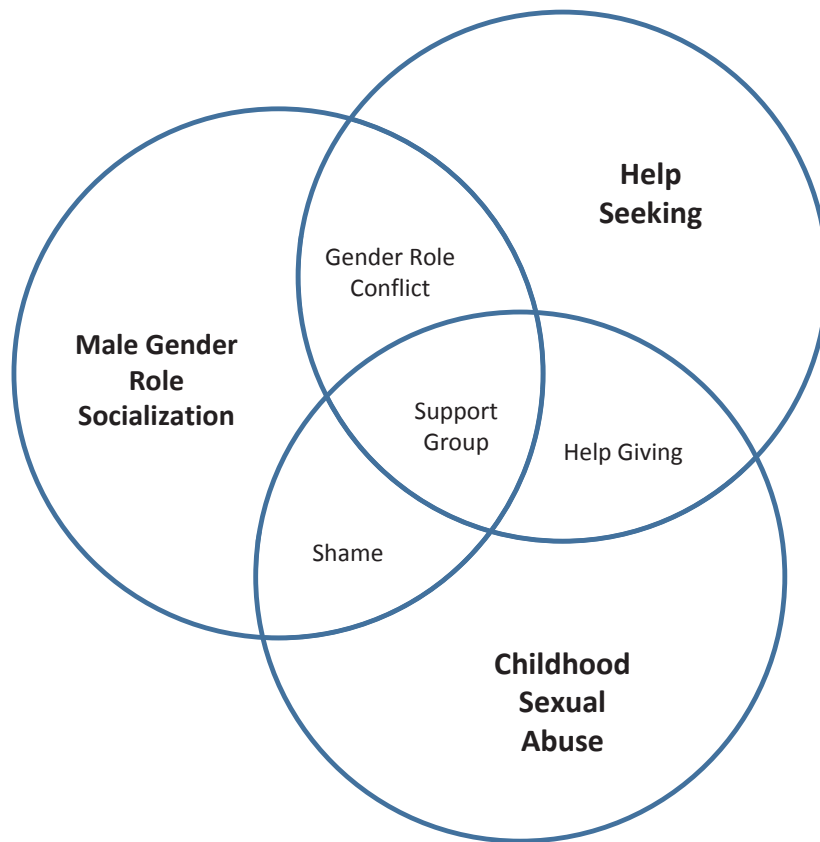
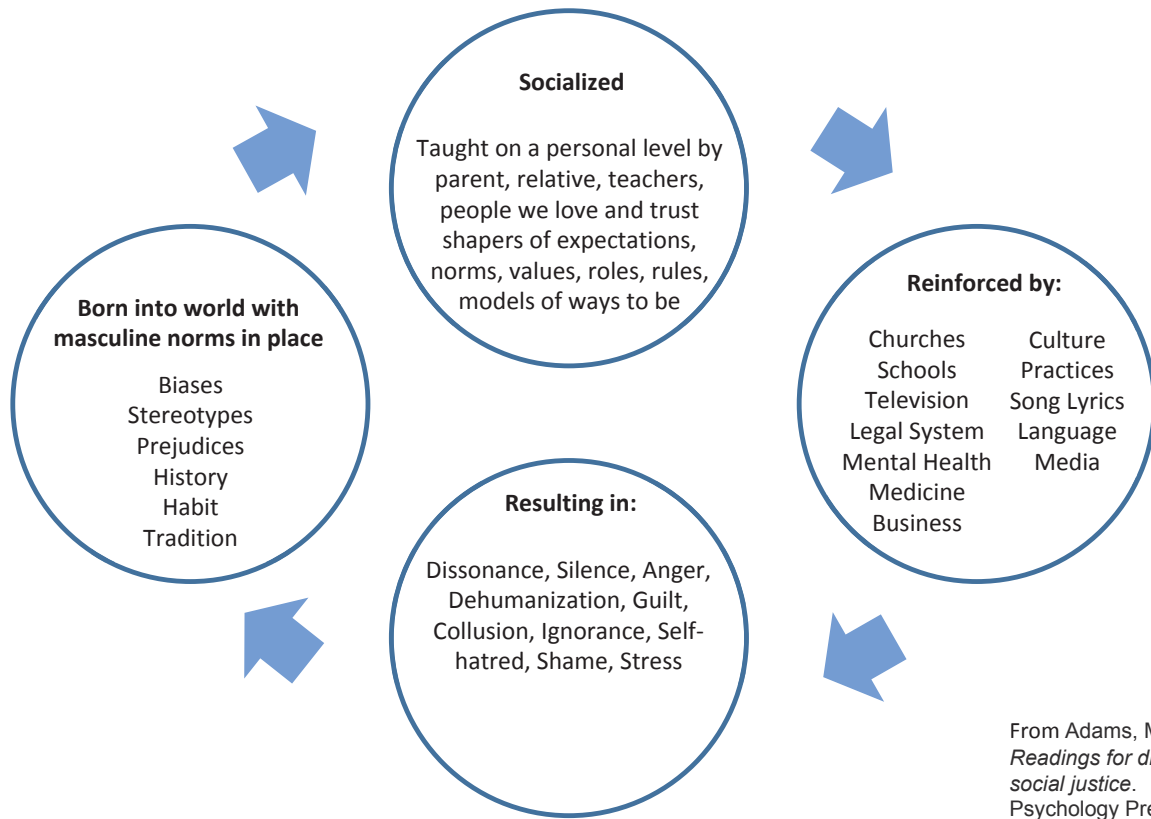
for

Peace Over Violence

Men in Groups

- Culturally authorized stereotypes
- Socialization
- Social constructs

- Social, prosocial, and help-seeking behavior
- Gender role conflict



Assessment

- Hx of abuse
- Reactivity
- Prior counseling/therapy
- Mental illness
- Suicidal/Homicidal
- In crisis

Structure & Mechanics

- Assessment/Individual phase
- Rapport building
- Working phase
- Termination/Prevailing phase

- Psychoeducation
- Coping skills
- Grounding techniques
- Mindfulness techniques
- Seeking Safety

Facilitators

- Co-lead
- Male and female
- Creative
- Prepared
- No expectations
- Create safety and trust
- Shape group norms
- Create cohesion
- Humor

Goals

- Increase resilience
- Gain understanding of problems and explore new solutions
- Practice interpersonal skills in a safe group setting
- Enhance coping strategies
- Decrease social isolation
- Develop language to describe experiences and emotions
- Develop healthier masculine identities
- Integrate hx of CSA into their identities

Major Themes

- Myths
- Anger
- Shame
- Masks
- Sexuality

Challenges

- Over-talkers
- Non-talkers
- Circumstantial-talkers/Tangent starters
- Inappropriate speech
- Triggers
- Homophobia
- Transference
- Length of program
- Termination deflation



Trauma & Recovery Cycle

Trauma Sequence

- Traumatic event
- Shock
- Disbelief
- Realization
- Fight, flight, freeze
- Escape or release

Recovery Cycle

- Shock
- Depression
- Mood Swings
- Anger
- Philosophical reflection
- Laying-to-rest

Stages of Recovery

Hunter's Stages

- Denial
- Bargaining
- Anger
- Sadness
- Acceptance

Herman's Stages

- Safety
- Remembrance and mourning
- Reconnecting

Communication & Anger Styles

Communication Styles

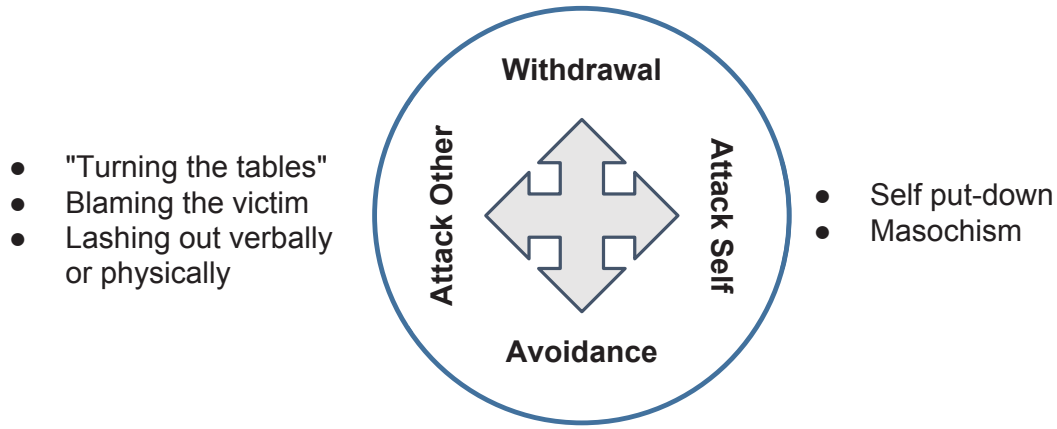
- Assertive
- Aggressive
- Passive-Aggressive
- Passive/Submissive
- Manipulative

Anger Styles

- Reactive/Explosive
- Passive-Aggressive/Sarcastic
- Habitual Irritation
- Avoidant
- Direct

Compass of Shame

- Isolating oneself
- Running and hiding



from Nathanson, D. L.
(1994). *Shame and
pride: Affect, sex, and
the birth of the self.*
WW Norton & Company.