

Adult Male Sexual Abuse Survivors

Facts and Questions about Individual and Group Counselling

Why should a male survivor go to Individual or Group counseling?

Individual Counselling allows men an opportunity to discuss the impact of the sexual abuse within a confidential relationship with a professional counsellor. Breaking through the silence of sexual abuse means telling another person the story, whether in group or individual counseling. Through attending either individual or group counseling men learn that they are not responsible for the abuse and they learn how to cope with the aftermath of the abuse in their lives.

Groups allow men to learn from other men about their coping strategies. In order to attend a group, men must be able to talk about their story and also, listen while other men tell their story. Individual counseling is sometimes a better starting point, in particular, for those who are still developing their ability to talk about the abuse and be comfortable with the story. What is involved in attending either a group or individual counseling?

If you are interested in either group or individual counseling, you will need to go through an assessment. This step allows you to ask questions about the counseling and the group. The assessment takes close to an hour and you will need to share some, not all, of the details about the abuse. The assessment helps us to make sure you are able to talk about the abuse without having a strong emotional reaction.

If you aren't ready for the group, you may be referred to individual counseling to help get you ready. If you aren't ready for individual counseling, we will help find the right supports for you.

There are no fees for either individual or group counseling.

The Group is for 12 weeks and you are expected to attend all the groups. The individual counseling is for up to ten sessions.

Should I be worried about my safety coming to the group?

No, the group is a safe and confidential place to talk about your experiences of childhood sexual abuse. The Group leaders are experienced professionals who know a lot about helping adults come to terms with childhood sexual abuse.

Sometimes, the group discussions can be upsetting for group members however the group leaders help group members to develop their coping strategies at the beginning of the group, before these discussions take place.

The group is for men who are recovering from the effects of childhood sexual abuse. If any group members reveal that they have perpetrated sexual abuse against children, as an adult, they will be asked to leave the group. This helps keep the group safe for all group members.