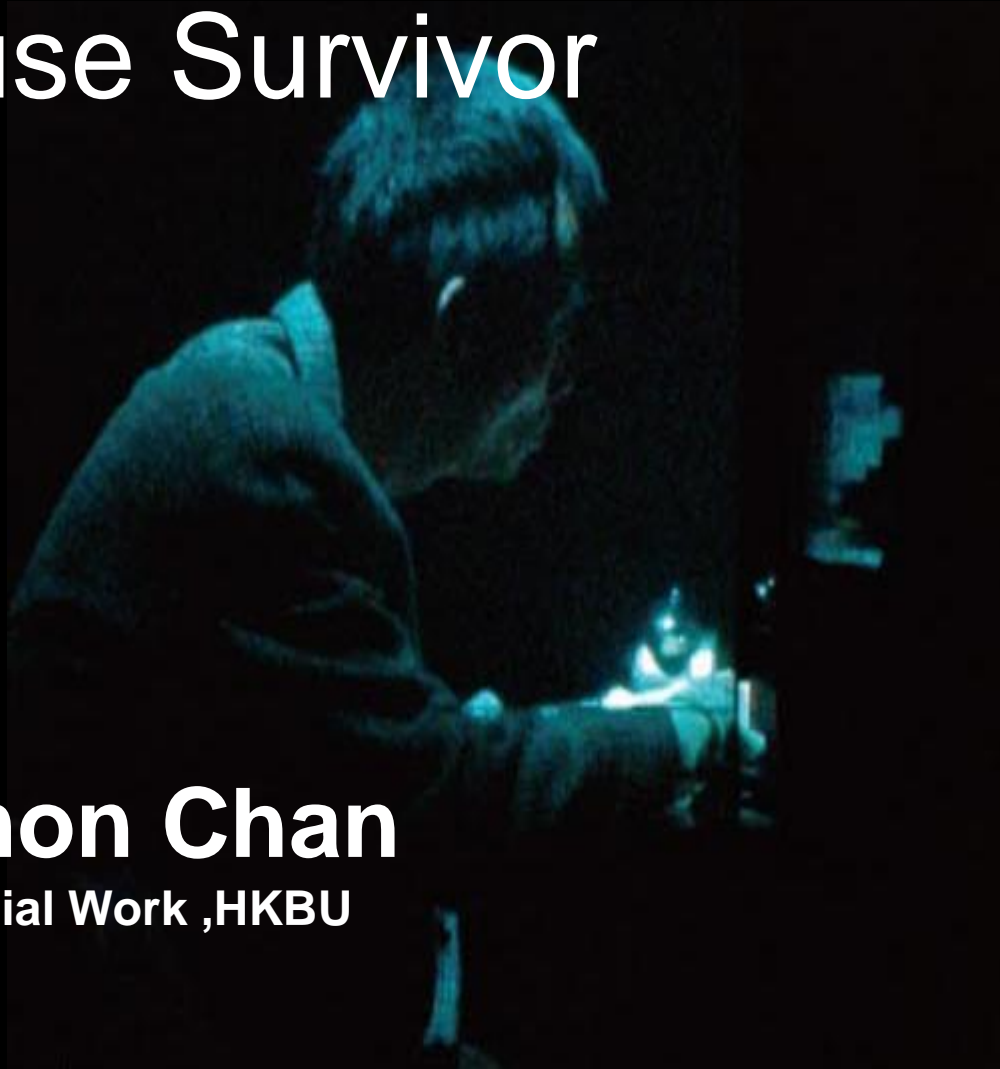


Men in Trauma – the Landscape of Sexual Abuse Survivor

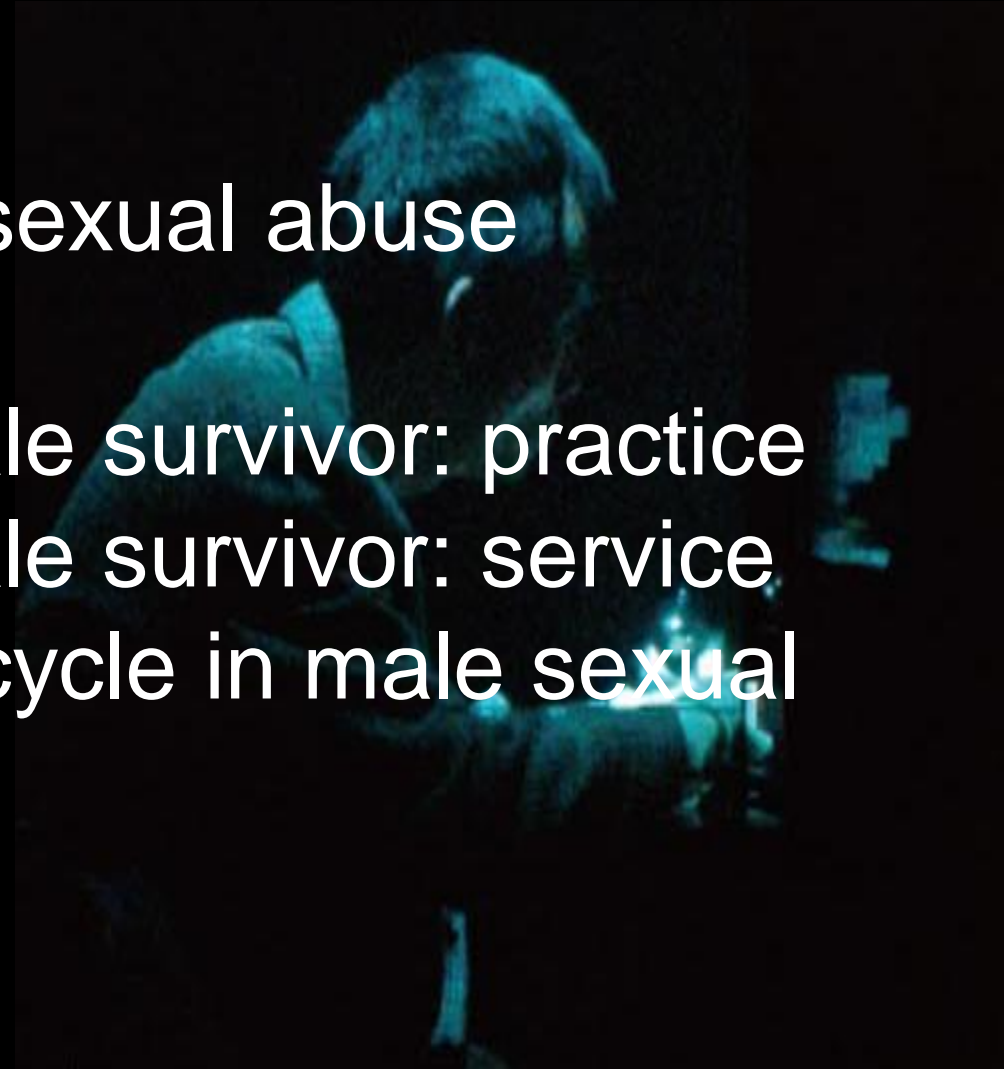


Dr. Simon Chan

Dept of Social Work ,HKBU

Content

- 1) Men in trauma
- 2) Male childhood sexual abuse survivor study
- 3) Working with male survivor: practice
- 4) Working with male survivor: service
- 5) Victim-offender cycle in male sexual abuse



Financial issues

EMA

Gambling

Divorce 20,000/ yr

Depression

Rising need of social service from men

Fathering issue

Marital conflict

Unemployment



Financial issues-
wife addiction

EMA

Female
gambler

Sexual abuse victim

Suicide survivor

1) Men in Trauma- male victim

Intimate partner
abuse

Marital conflict-
wife mental issue

Dating violence





信徒生活系列



弟兄情

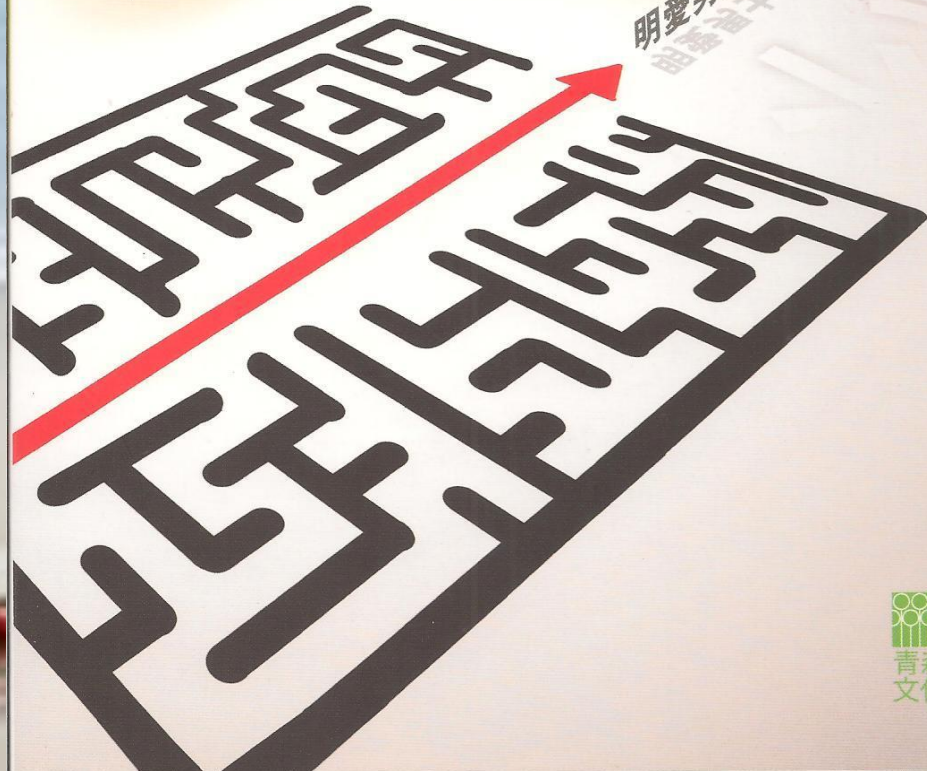
打破男人間的冰牆

蔡元雲、陳德茂等著



那些年 從 **困惑** 走到 **不惑**

明愛男士成長中心 著



走向服務的**另一端**

香港男士服務的挑戰



Caritas
Personal
Growth Centre
for Men



香港浸會大學
HONG KONG BAPTIST UNIVERSITY

社會工作系助理教授 陳德茂博士

男士往往「被要求」成為強者，男士在心理及情感上的需要大都被忽略。



靜靜起義

起義我

男士工作新思潮

陳德茂 編



陳德茂 編

男士工作新思潮

靜靜起義



東華三院
Tung Wah Group of Hospitals



香港浸會大學
HONG KONG BAPTIST UNIVERSITY
社會工作系
Department of Social Work

開啟男士服務之門- 「連繫男士」研究

二零一三年十月



東華三院青少年及家庭服務部

陳德茂博士
香港浸會大學社會工作系助理教授



在你遙遠的附近

尋找離婚男士的足跡

作者：陳德茂博士
李建賢博士
黎偉倫先生



男士成長中心
Caritas Personal Growth Centre
for Men



香港浸會大學
HONG KONG BAPTIST UNIVERSITY

Men in grief

男士喪親之痛 - 面對家人自殺之真實歷程

作者：陳德茂博士



香港浸會大學
HONG KONG BAPTIST UNIVERSITY

合力編製

香港浸會大學社會工作系

反思男性性侵犯倖存者的創傷 研究報告

被遺忘的主角

作者：陳德茂博士

香港明愛

香港浸會大學社會工作系

聯合進行




明愛曉暉計劃
童年創傷輔導服務



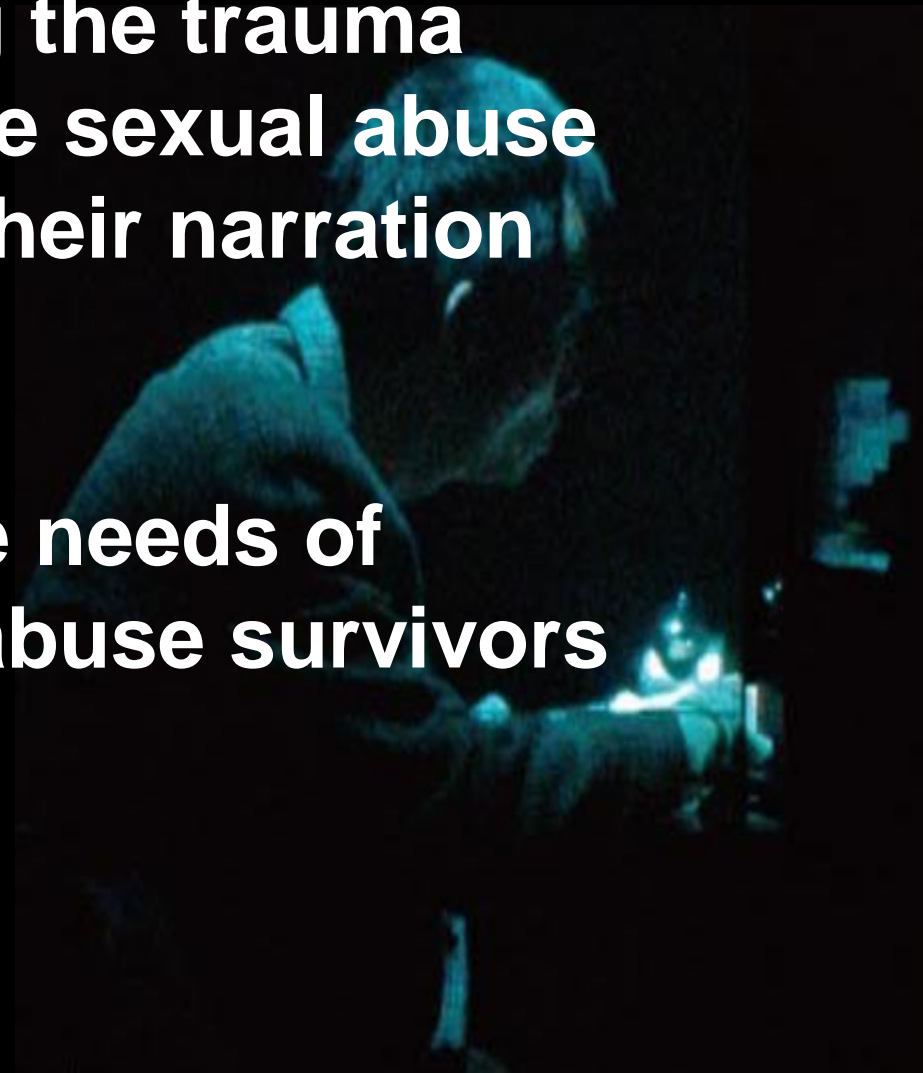
香港浸會大學
HONG KONG BAPTIST UNIVERSITY

香港浸會大學社會工作系

本計劃由  香港公益金資助

2) Research objectives

- To understanding the trauma and struggle of male sexual abuse survivors through their narration
- To investigate the needs of the male sexual abuse survivors



Methodology

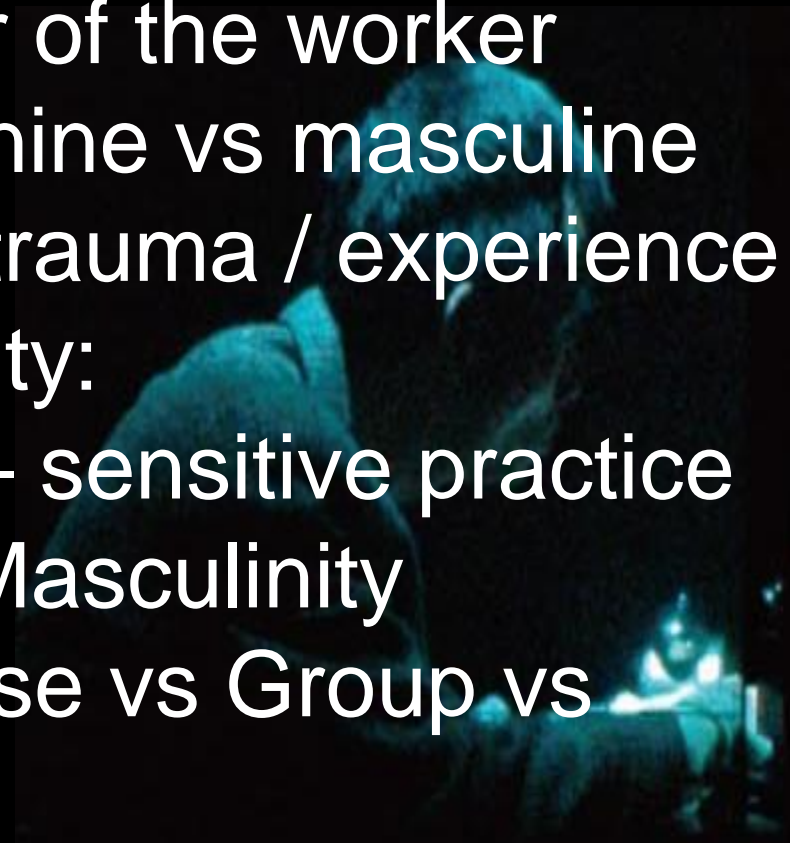
Three phases

- 1) Observation in the treatment group
- 2) Focus Group
- 3) In-depth interview



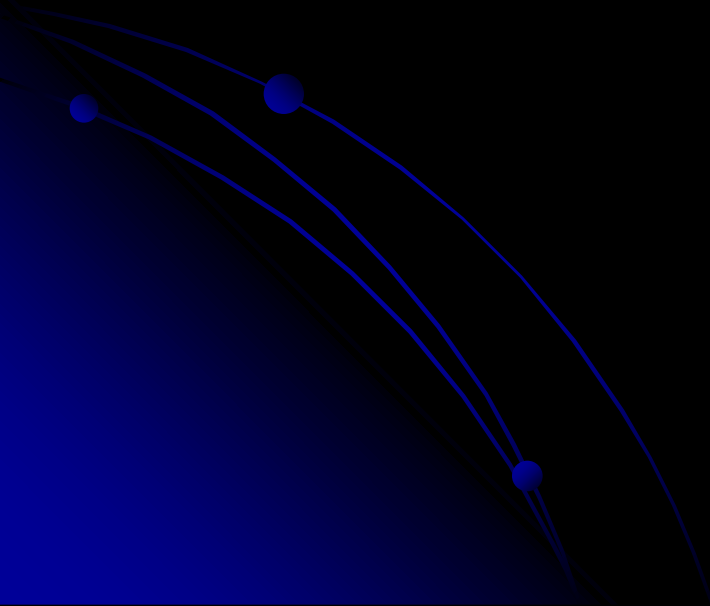
1. Chan, T. M. S., Teram, E., & Shaw, I. F. (In press). Balancing Methodological Rigor and the Needs of Research Participants: A Debate on Alternative Approaches to Sensitive Research. *Qualitative Health Research*. doi:10.1177/1049732315605272
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5. Chan, T. M. S. (2010). [Research Brief: Trauma from Sexual Abuse: The Untold Story of Male Victims in Hong Kong] *The Hong Kong Journal of Social Work*, 44(1), 69-76.
6. Chan, T. M. S. (2010). *Men in trauma: The narration of male sexual abuse survivors in the Chinese context*. Hong Kong, China: Caritas-Hong Kong. (In Chinese)

3) Working with male survivor: practice point

1. Position: gender of the worker
 2. Language: feminine vs masculine
 3. Externalize the trauma / experience
 4. Gender sensitivity:
sensitive issue – sensitive practice
 5. Cultural issue: Masculinity
 6. Intervention: Case vs Group vs
Community
- 

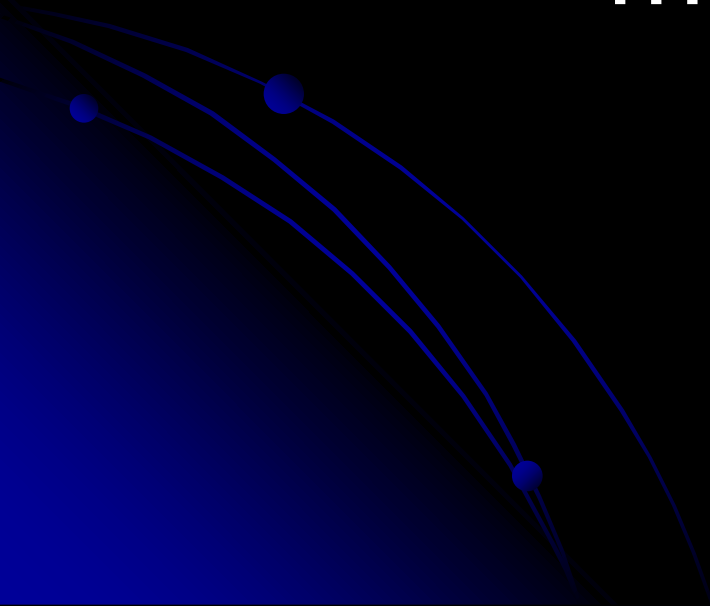
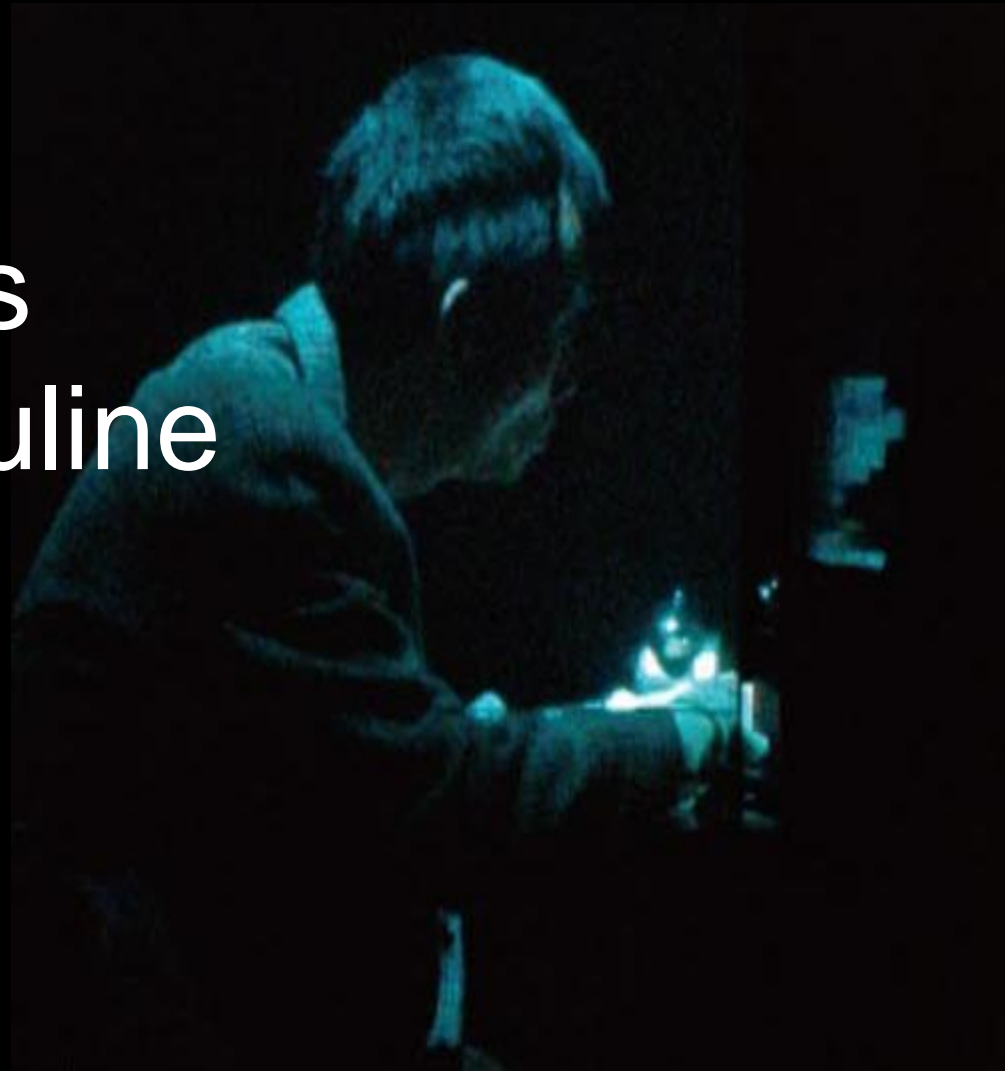
Working with male survivor: practice point

1. Position of the worker gender of the worker



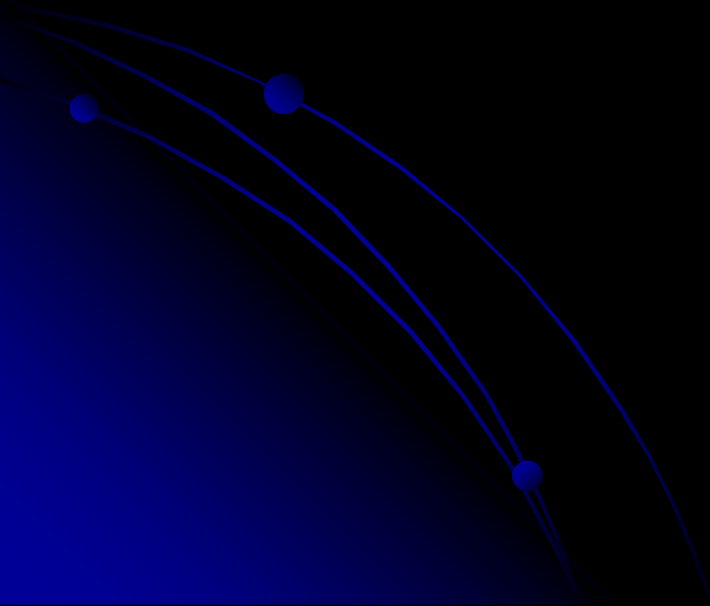
Working with male survivor: practice point

2. Language: feminine vs masculine



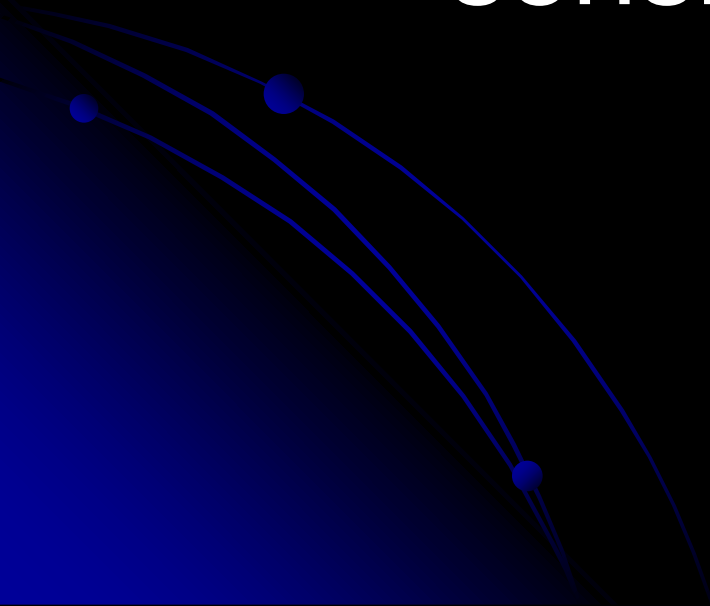
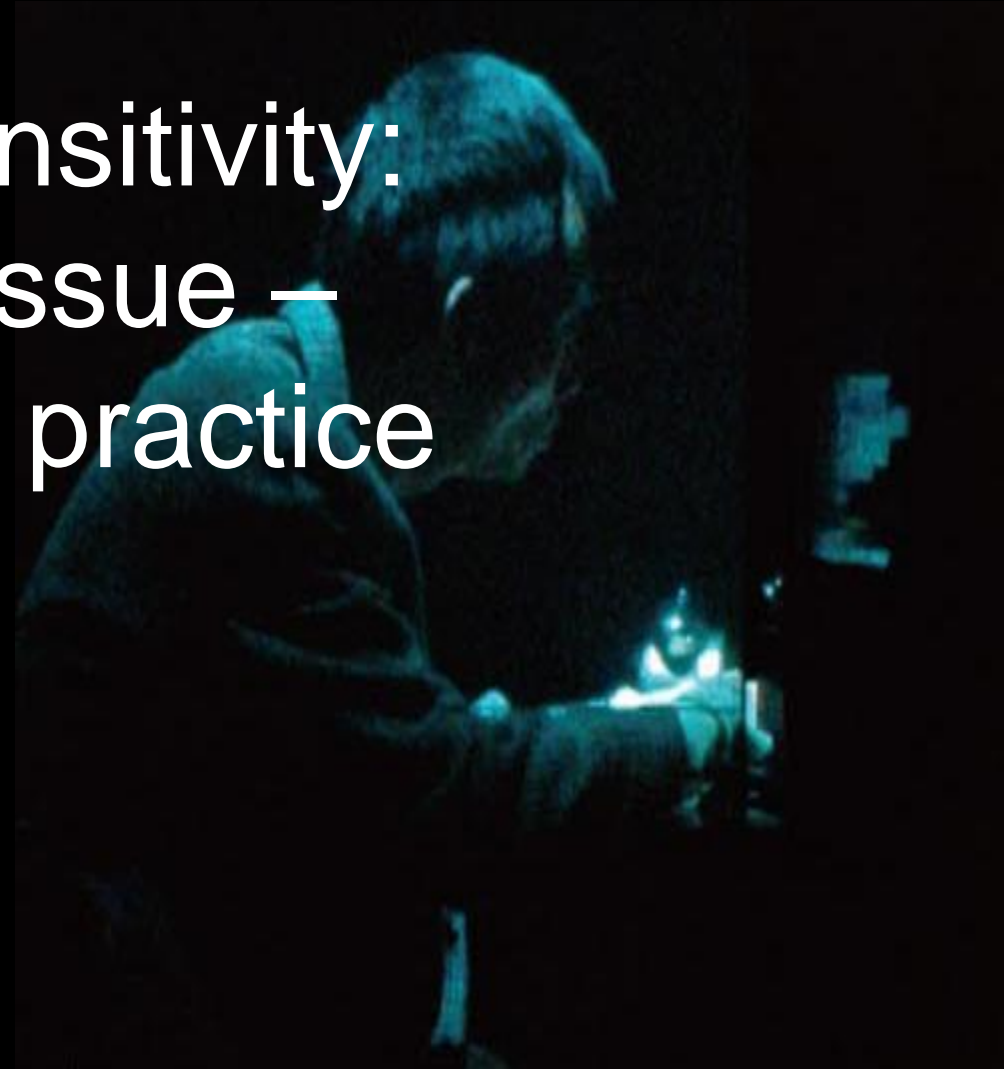
Working with male survivor: practice point

3. Externalize the trauma / experience



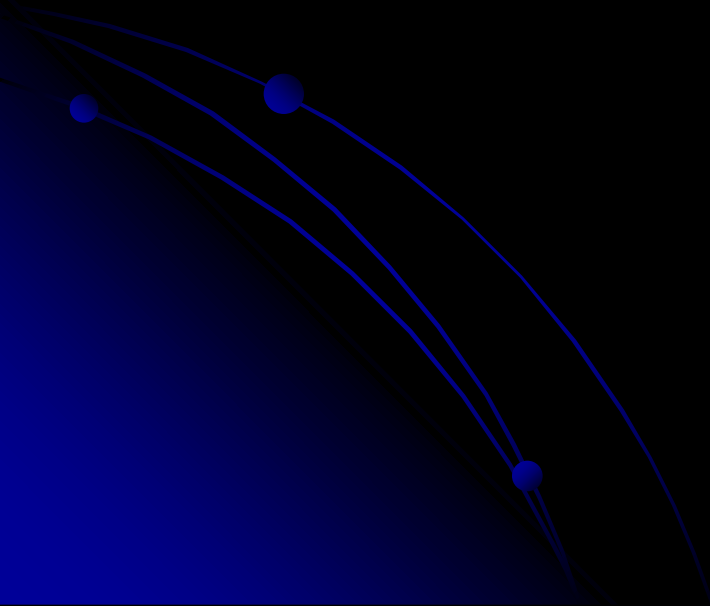
Working with male survivor: practice point

4. Gender sensitivity: sensitive issue – sensitive practice



Working with male survivor: practice point

5. Cultural concept: Masculinity



What is masculinity?

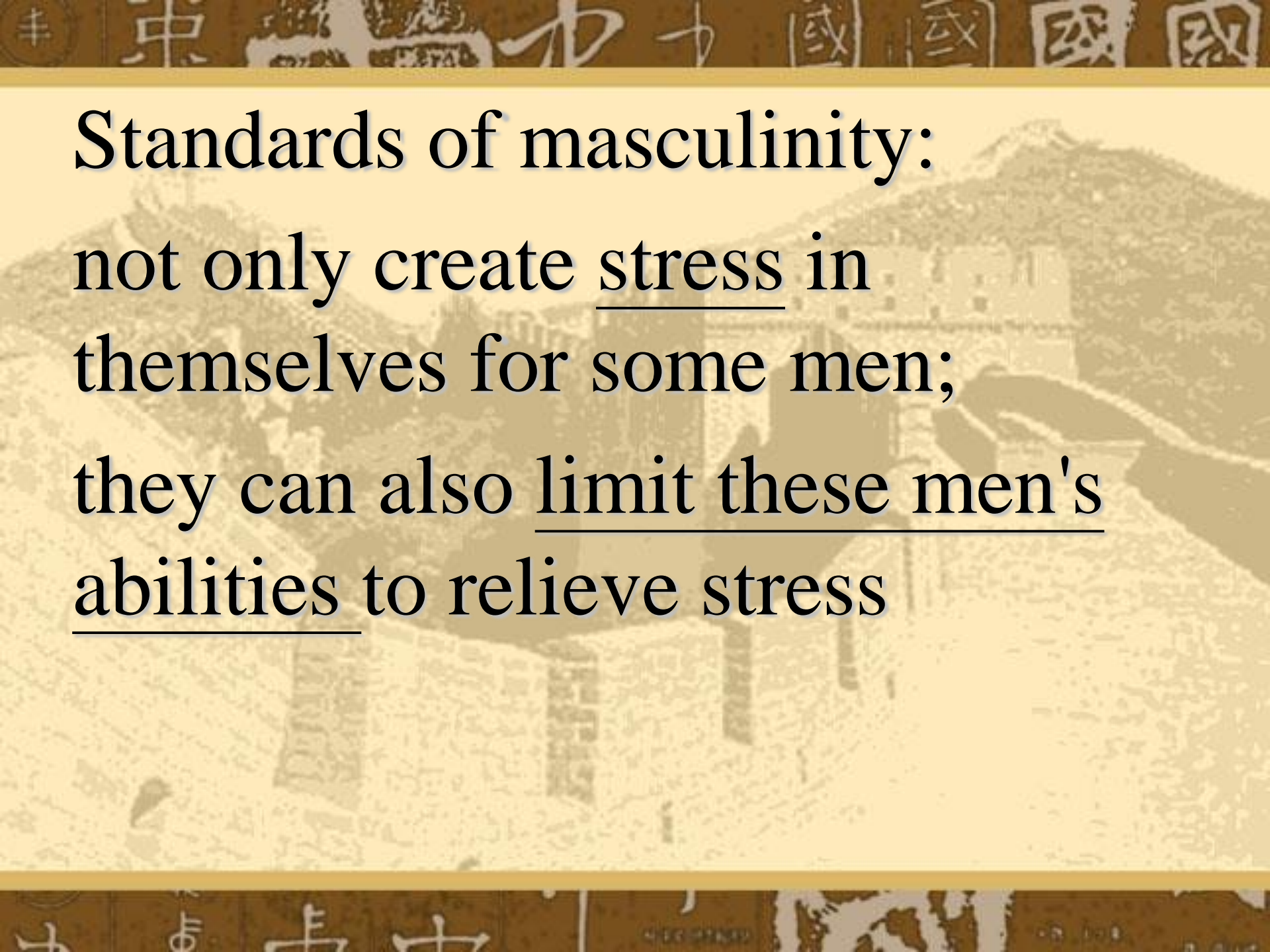
Masculinity ideology refers to men's acceptance or internalization of a culture's definition of masculinity, and beliefs about adherence to culturally defined standards of male behavior

(Pleck., Sonenestein, & Ku, 1993).

Masculinity:

can be de-constructed as the standard measuring the behavior but also a mechanism that men responding based on the concept of masculinity.

(Vandello, Bosson, Cohen, Burnaford and Weaver, 2008)



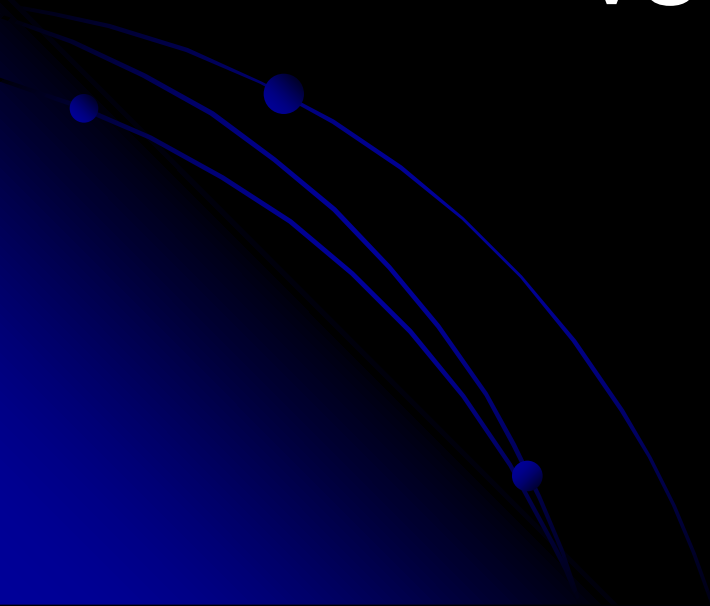
Standards of masculinity:
not only create stress in
themselves for some men;
they can also limit these men's
abilities to relieve stress

As gender role expectation:

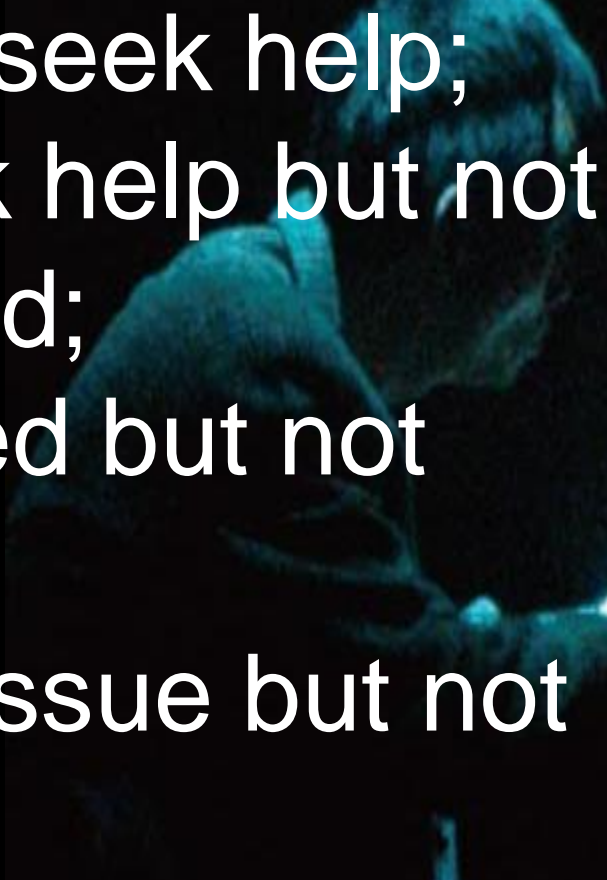
- ⌘ shape the ways in which trauma is experienced,
- ⌘ shape the ways in which trauma is interpreted;
- ⌘ shape the ways in which recovery proceeds,
- ⌘ we also hope to explore whether masculinity would be another level of traumatization once men found no choice

Working with male survivor: practice point

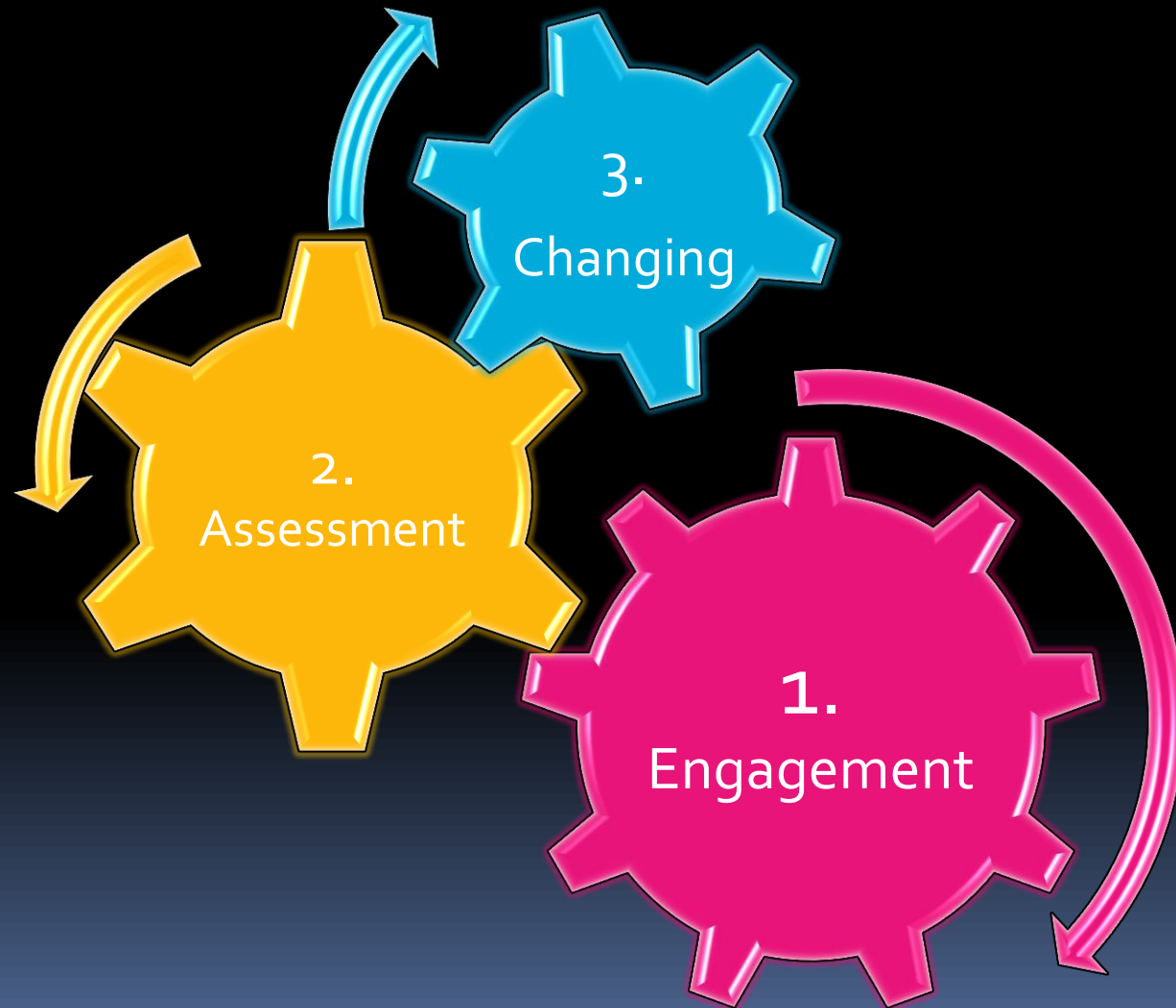
6. Intervention: Case vs Group vs Community

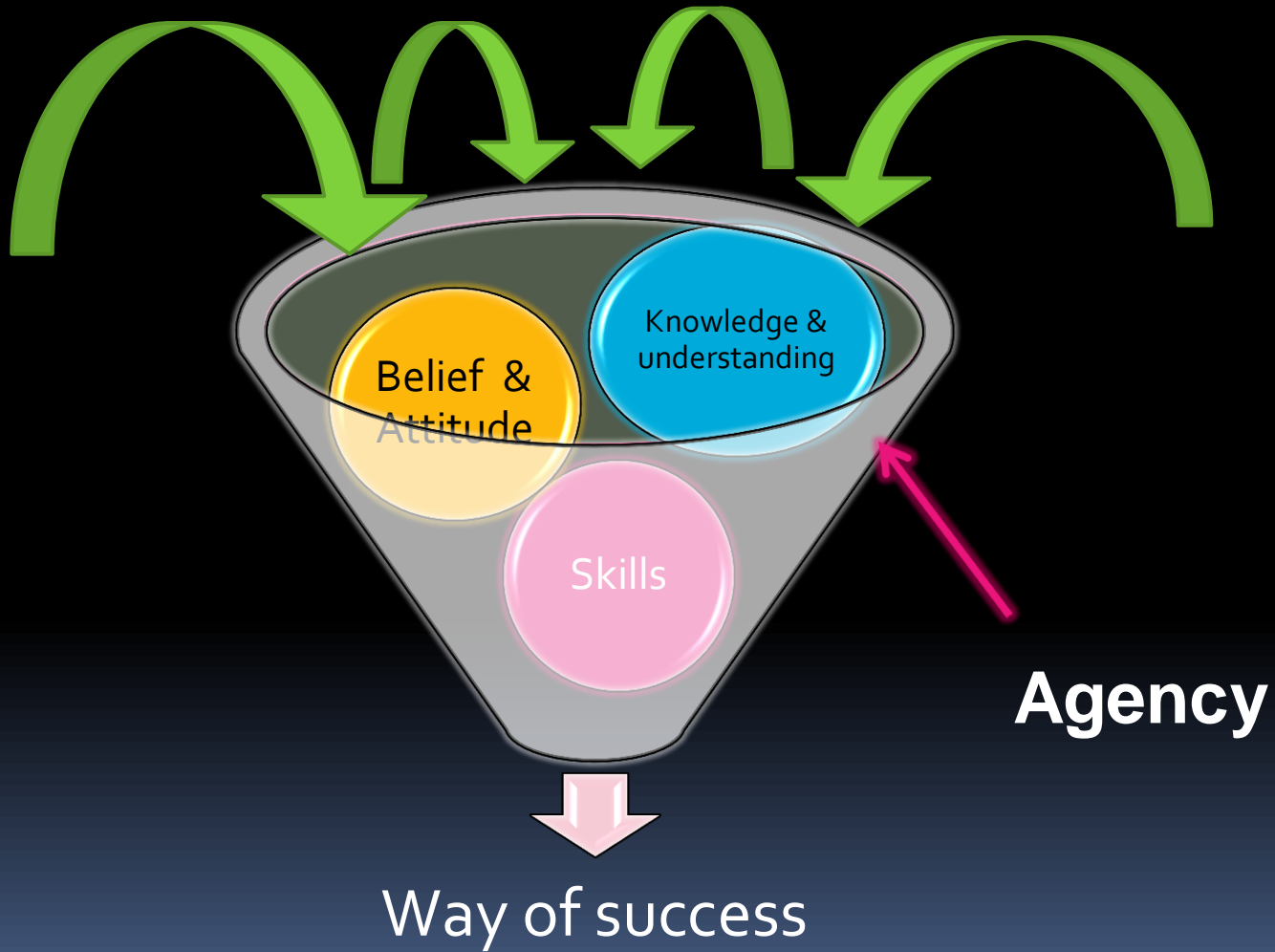


4) Working with male survivor: service

1. Not willing to seek help;
 2. Come to seek help but not being engaged;
 3. Being engaged but not disclose
 4. Disclose the issue but not being helped
- 
- A photograph of a man in a dark room, possibly a survivor, looking down with a somber expression. The lighting is dim, with a blueish tint, and the man's face is partially obscured by shadows. He appears to be in a state of distress or contemplation.

Three stages on services

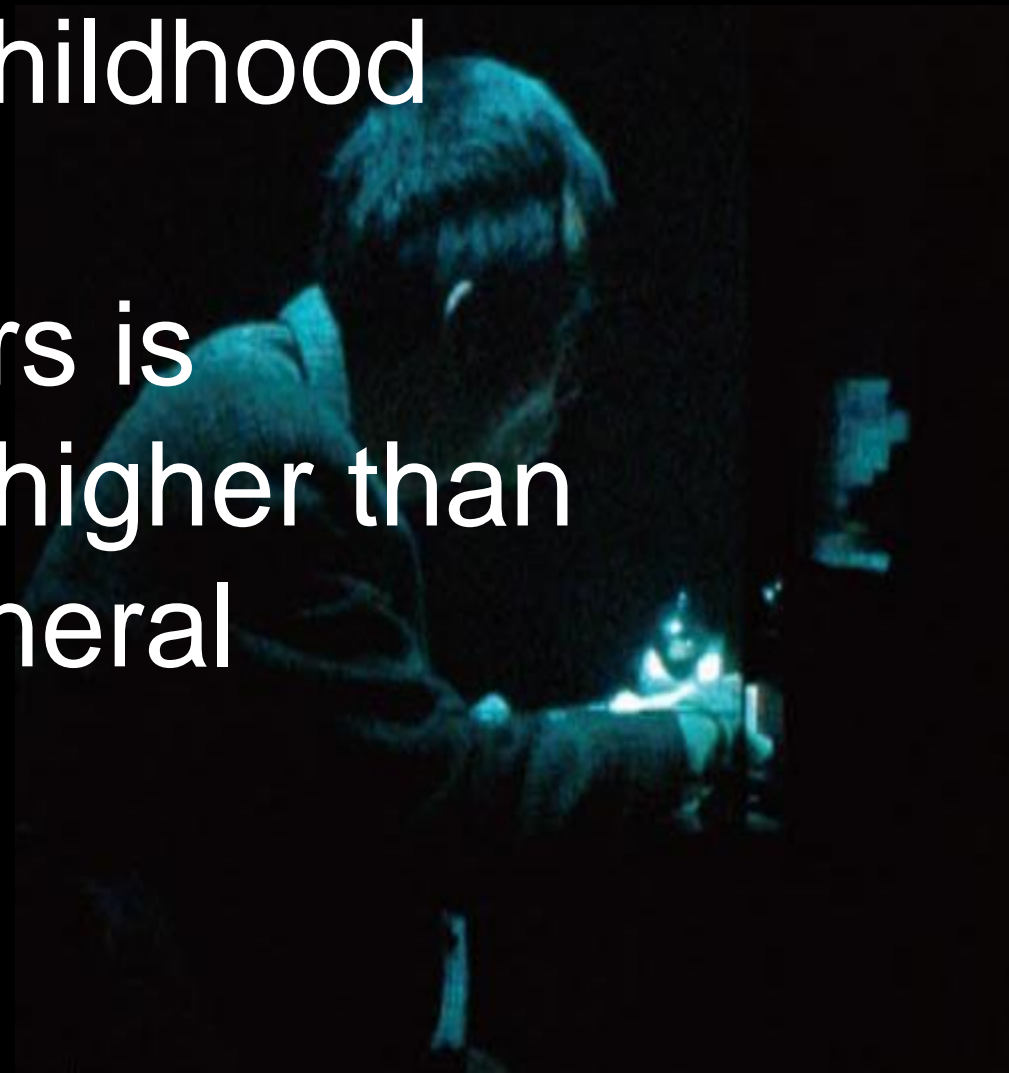




5)Victim-offender cycle in male sexual abuse

Prevalence of childhood sexual abuse:

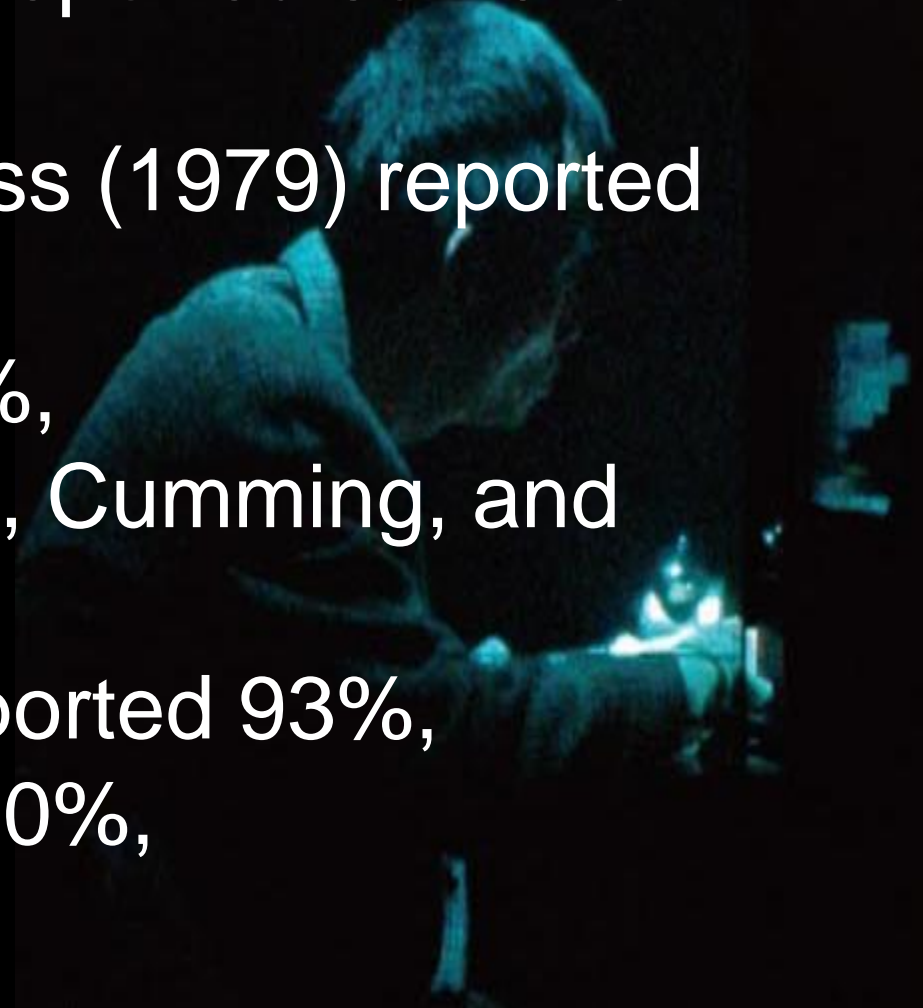
- child molesters is considerably higher than that in the general population;



Victim-offender cycle in male sexual abuse

Child molesters had reported some form of sexual trauma:

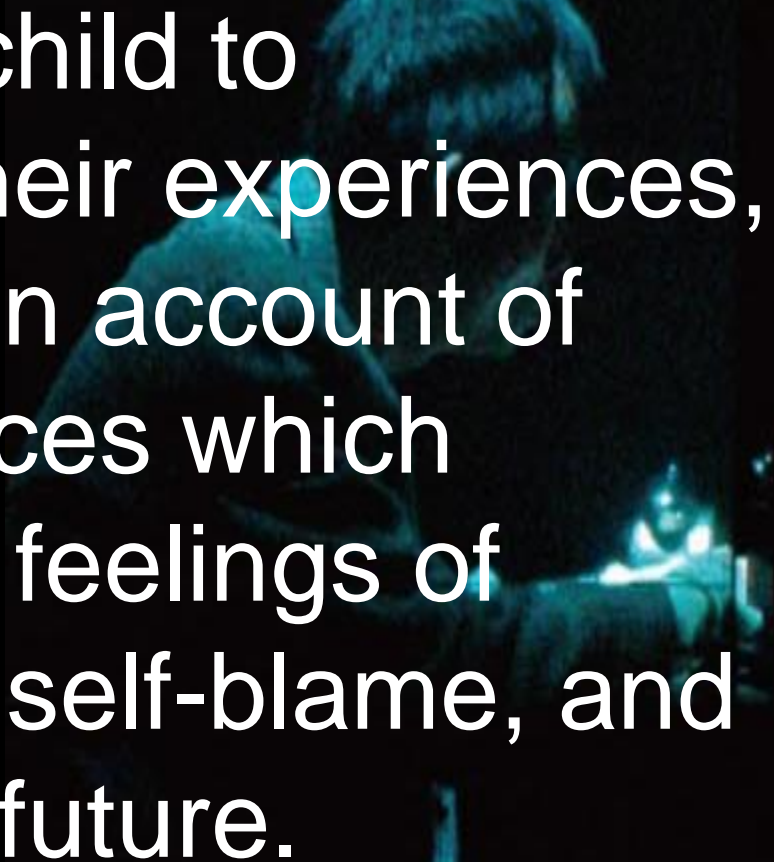
1. Groth and Burgess (1979) reported 32%;
2. Faller (1988) 27%,
3. Pithers, Kashima, Cumming, and Beal (1988) 56%
4. Briggs (1995) reported 93%,
5. Graham (1996) 70%,



Prevention and Intervention

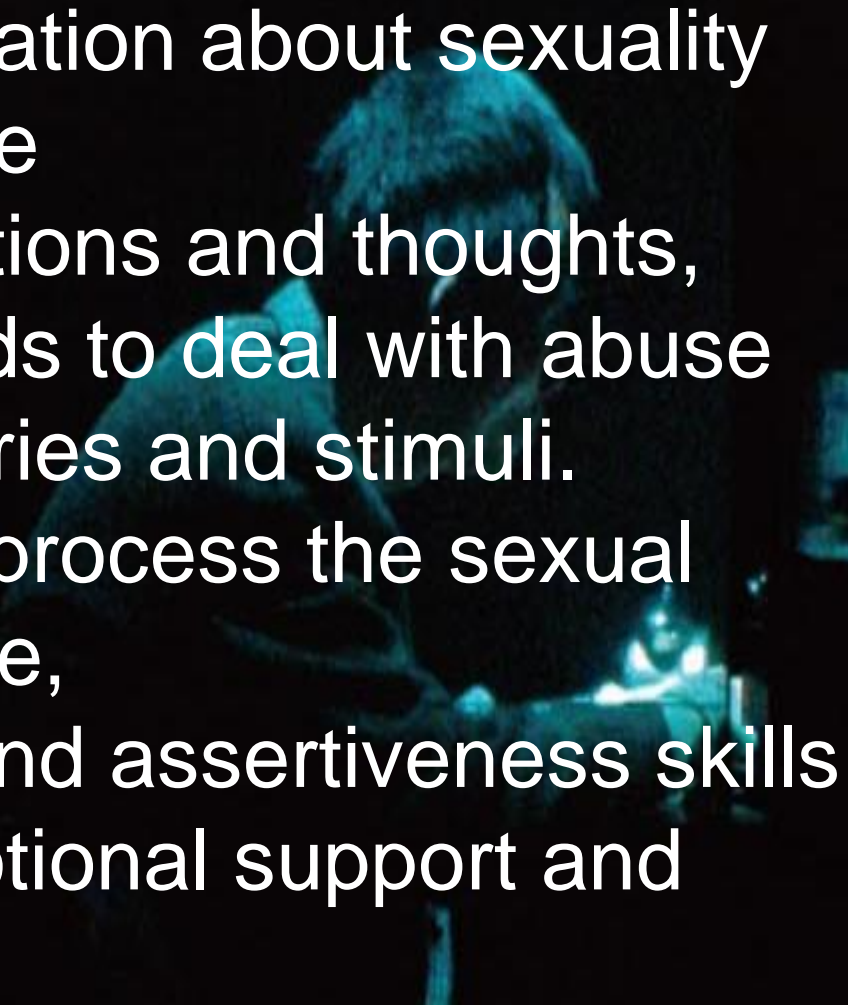
Abuse focused treatment:

Aims:

1. To assist the child to 'externalize' their experiences,
 2. To construct an account of their experiences which reverses their feelings of responsibility, self-blame, and fears for their future.
- 
- A young boy with dark hair is sitting at a desk in a dimly lit room. He is looking down at a book or paper on the desk. The room is dark, with a few lights visible in the background, creating a somber and focused atmosphere. The boy's expression is serious and contemplative.

Prevention and Intervention

Abuse focused treatment:

1. Open communication about sexuality and sexual abuse
 2. Expressing emotions and thoughts,
 3. Teaching methods to deal with abuse related to memories and stimuli.
 4. Child's ability to process the sexual abuse experience,
 5. Self-protection and assertiveness skills
 6. A context of emotional support and understanding.
- 

Acknowledgement

- Caritas Project for Adult Survivors of Childhood Trauma
- Twelve heroes

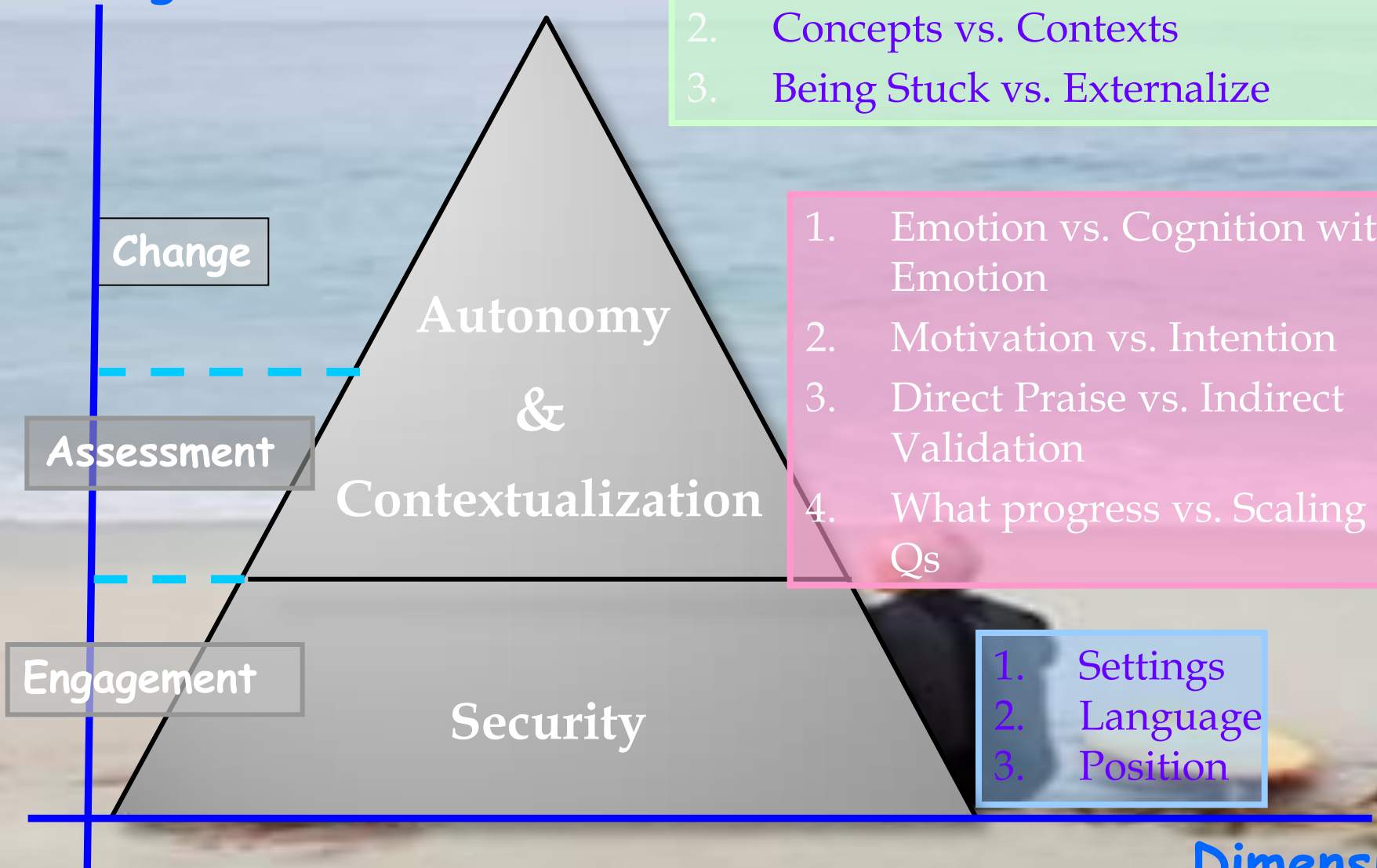


Thank You

simon@hkbu.edu.hk



Stage



1. Challenge vs. Kiss & Kick – Territory
2. Concepts vs. Contexts
3. Being Stuck vs. Externalize

1. Emotion vs. Cognition with Emotion
2. Motivation vs. Intention
3. Direct Praise vs. Indirect Validation
4. What progress vs. Scaling Qs

1. Settings
2. Language
3. Position

1. Chan, T. M. S., Teram, E., & Shaw, I. F. (2015). Balancing Methodological Rigor and the Needs of Research Participants: A Debate on Alternative Approaches to Sensitive Research. *Qualitative Health Research*. doi:10.1177/1049732315605272
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Findings (1)

- Interviewees used the following words to describe their feeling:

混亂 (Chaos)

噁心 (Disgusting)

荒謬 (Ridiculous)

內疚 (Guilty)

沒有感覺 (No feeling)

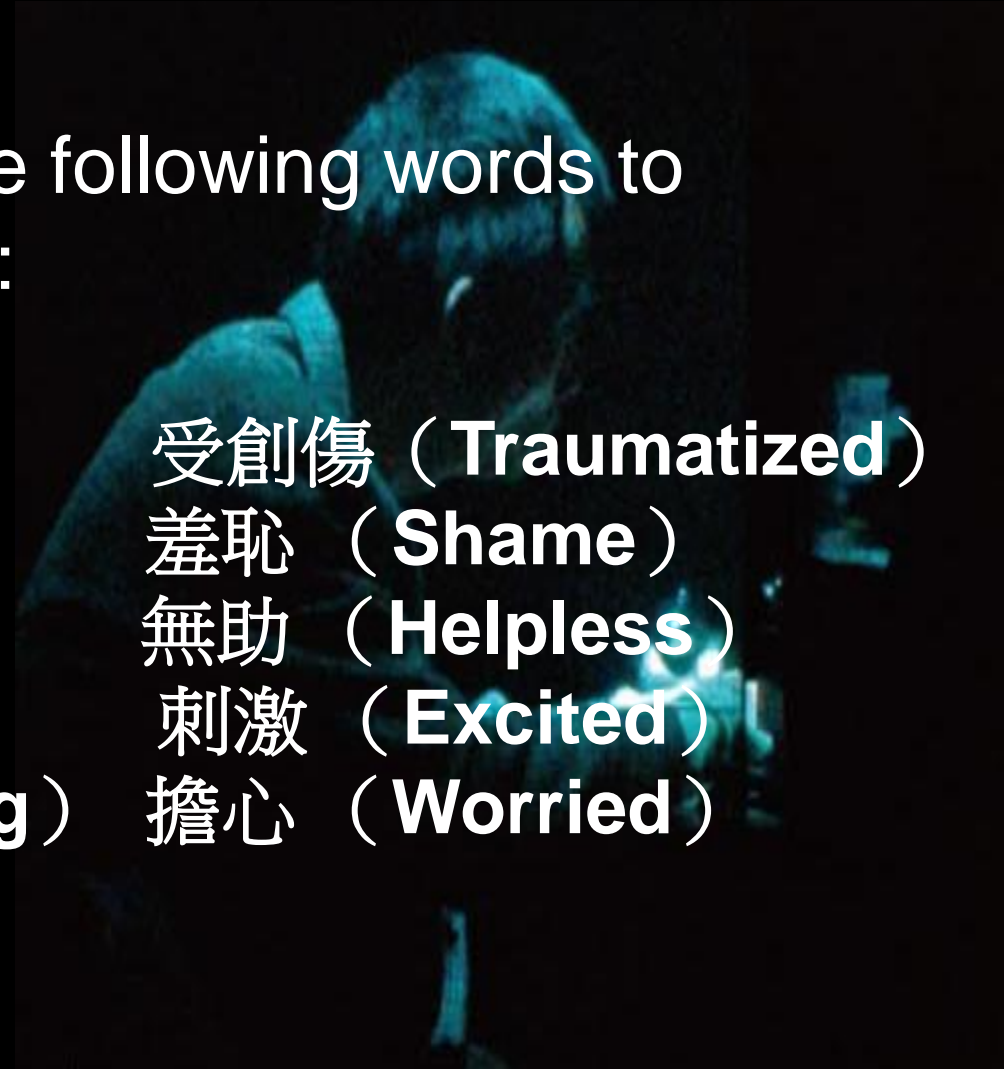
受創傷 (Traumatized)

羞恥 (Shame)

無助 (Helpless)

刺激 (Excited)

擔心 (Worried)

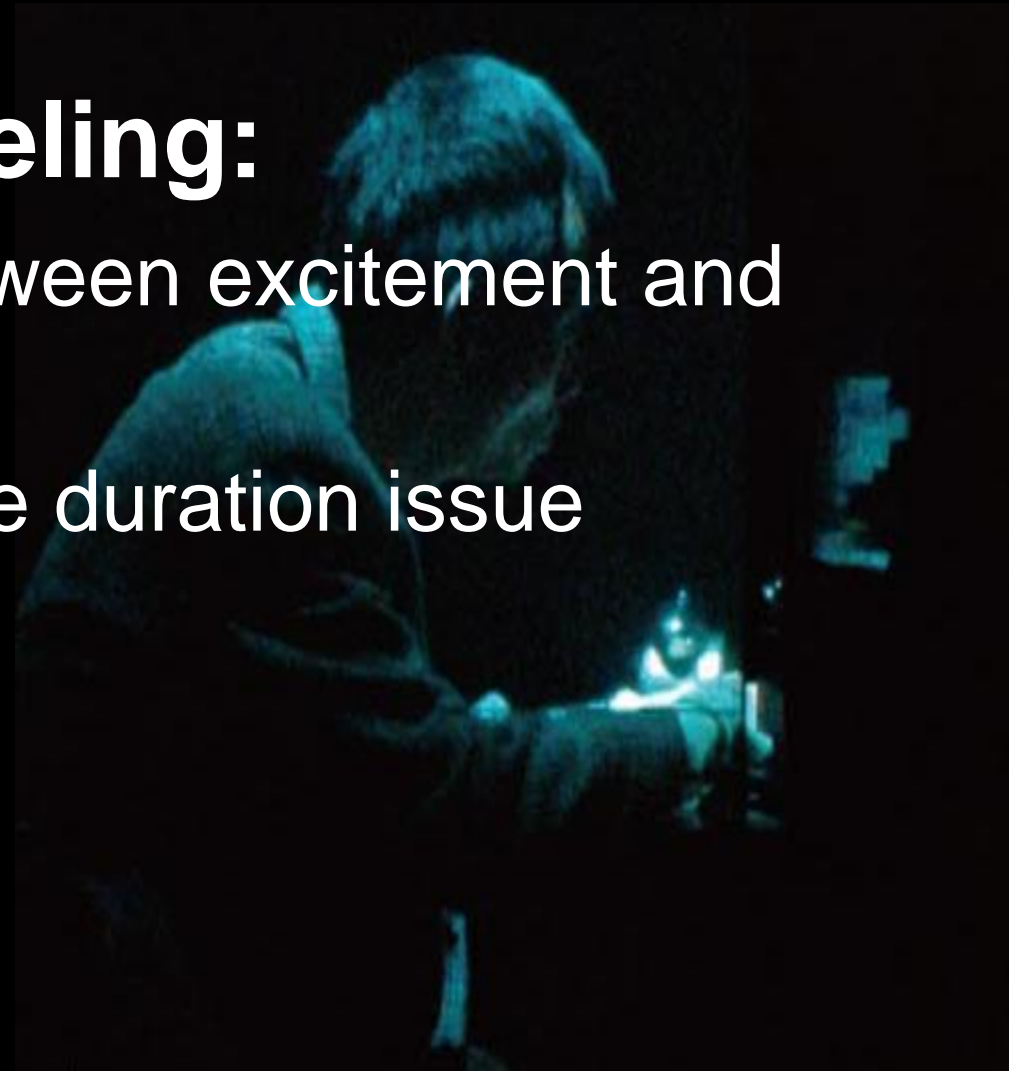


Finding (2)

Ambivalent feeling:

The confusion between excitement and being hurt - guilt

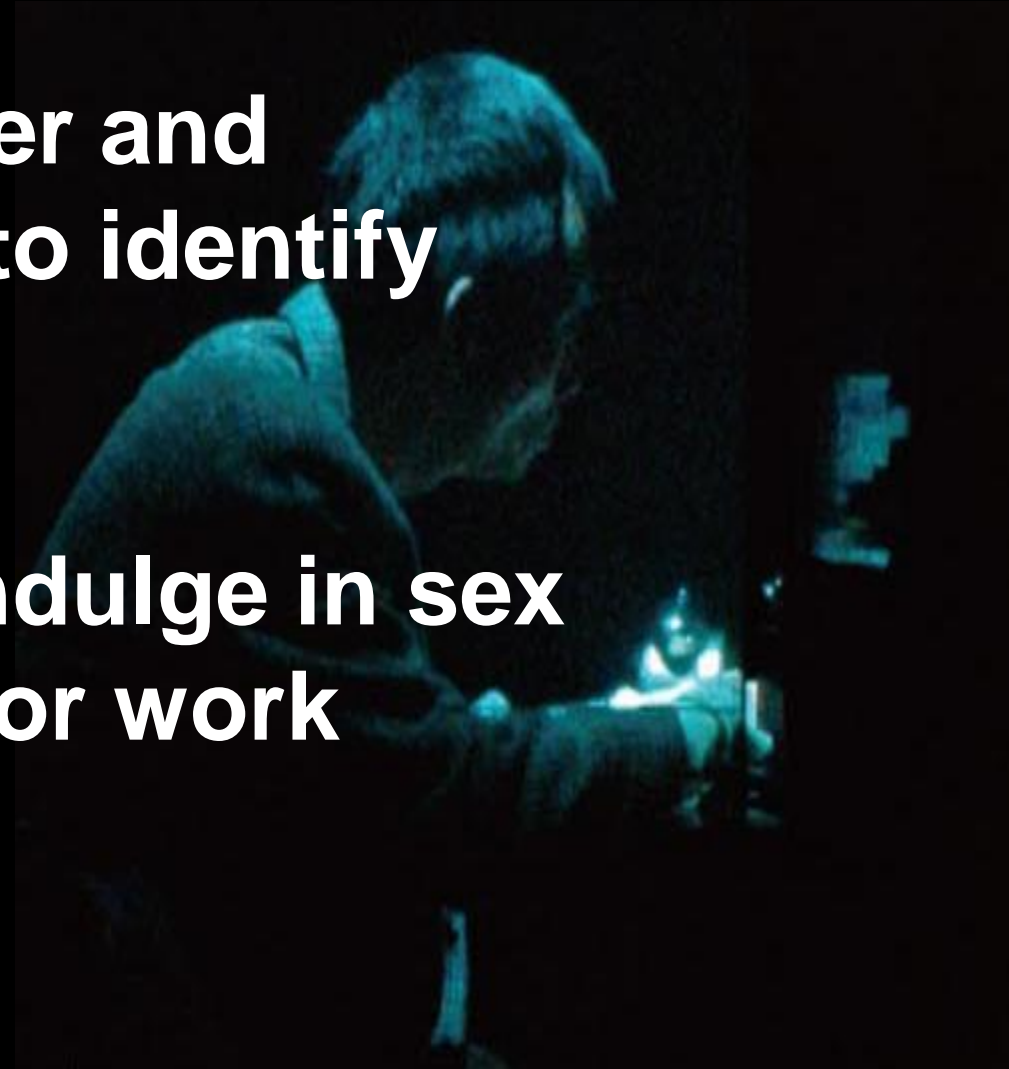
→ responding to the duration issue



Findings (3)

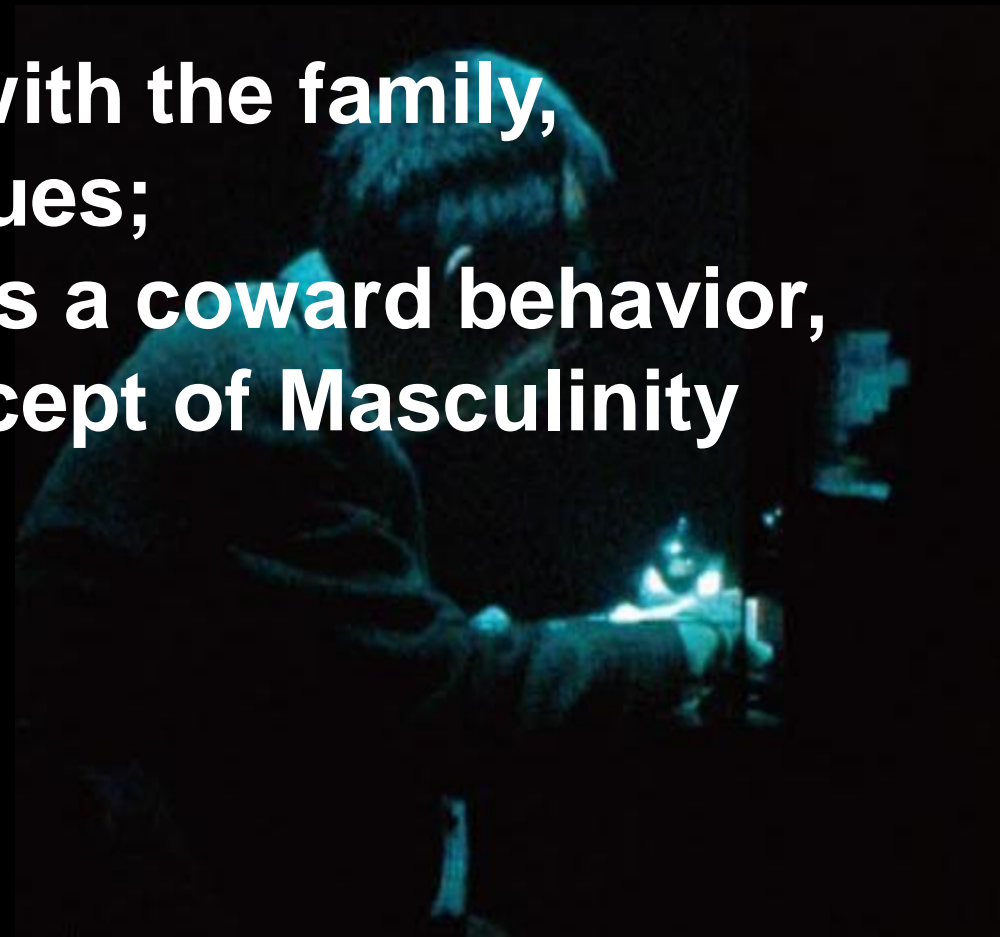
- **Using the power and control strategy to identify themselves**

e.g. addiction / indulge in sex (homosexual ?) or work



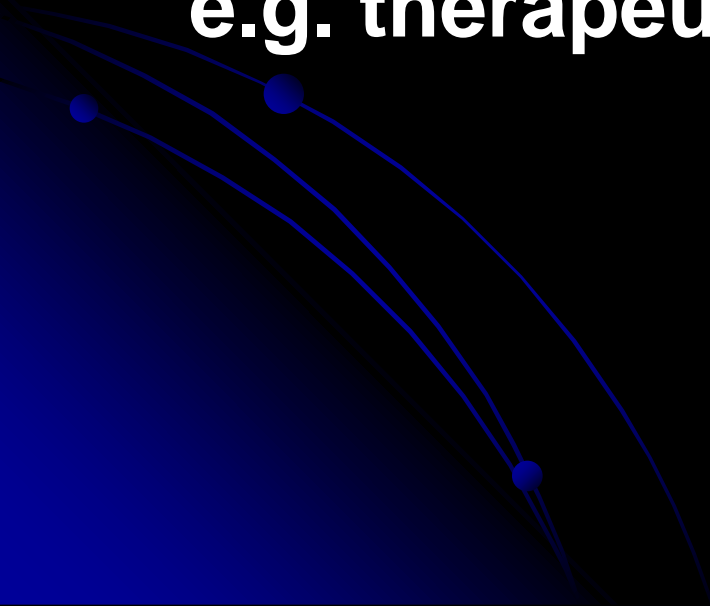
Findings (4)

Unwilling to share with the family, friends and colleagues; which they think it is a coward behavior, and violate the concept of Masculinity



Findings (5)

- **Need the support from others who have similar experience, e.g. therapeutic group**

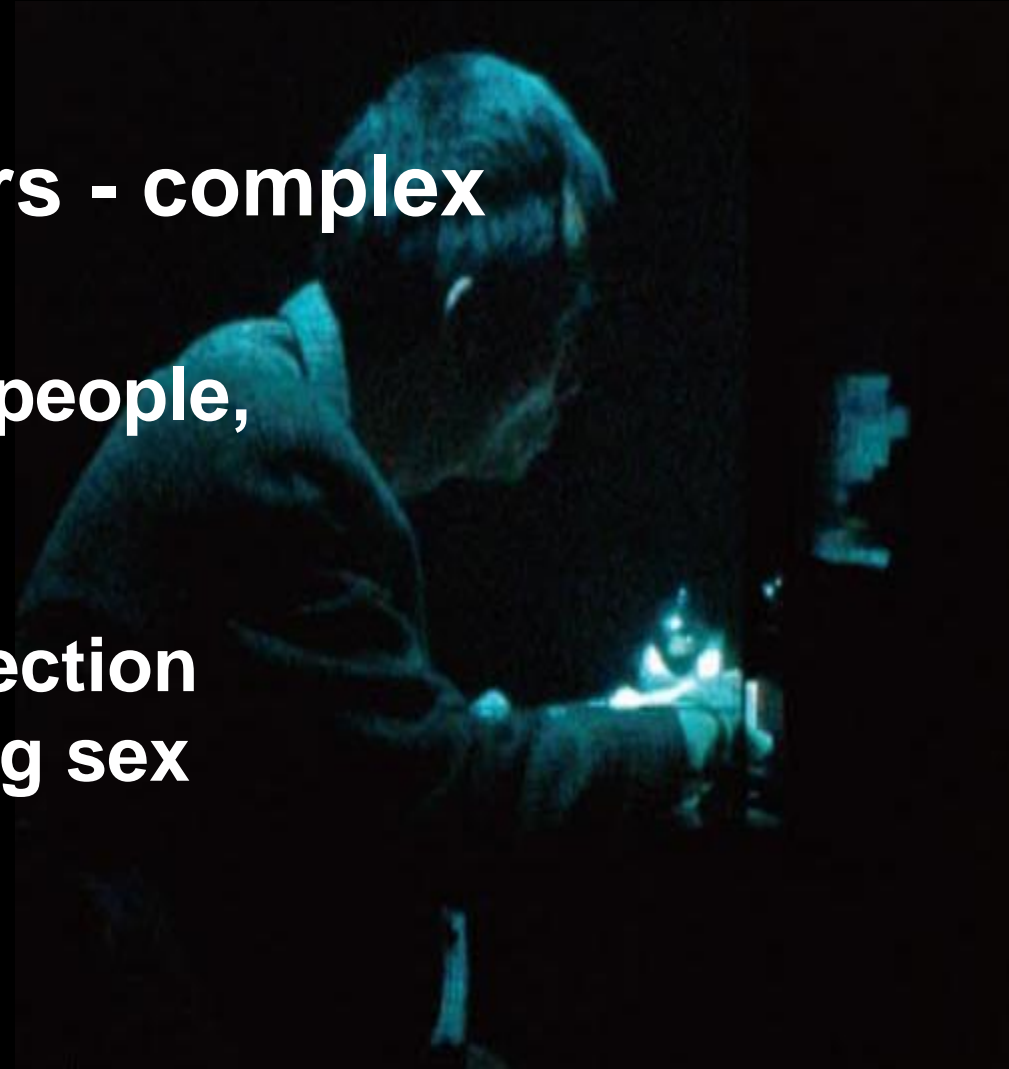


Discussion (1)

SEX to the survivors - complex

**Hurtful: lose trust in people,
feel unsafe**

**Intimacy: seek connection
with people by having sex**



Discussion (2)

Gender role stereotype :

Not only women, but men as well, are being oppressed under the dominant discourse of gender role stereotype (Brooks, 2001);

Masculinity can be de-constructed as the standard measuring the behavior (create stress) but also a mechanism that organize how men respond (limit the capability to relieve stress) to the abuse (Vandello, Bosson, Cohen, Burnaford and Weaver, 2008)

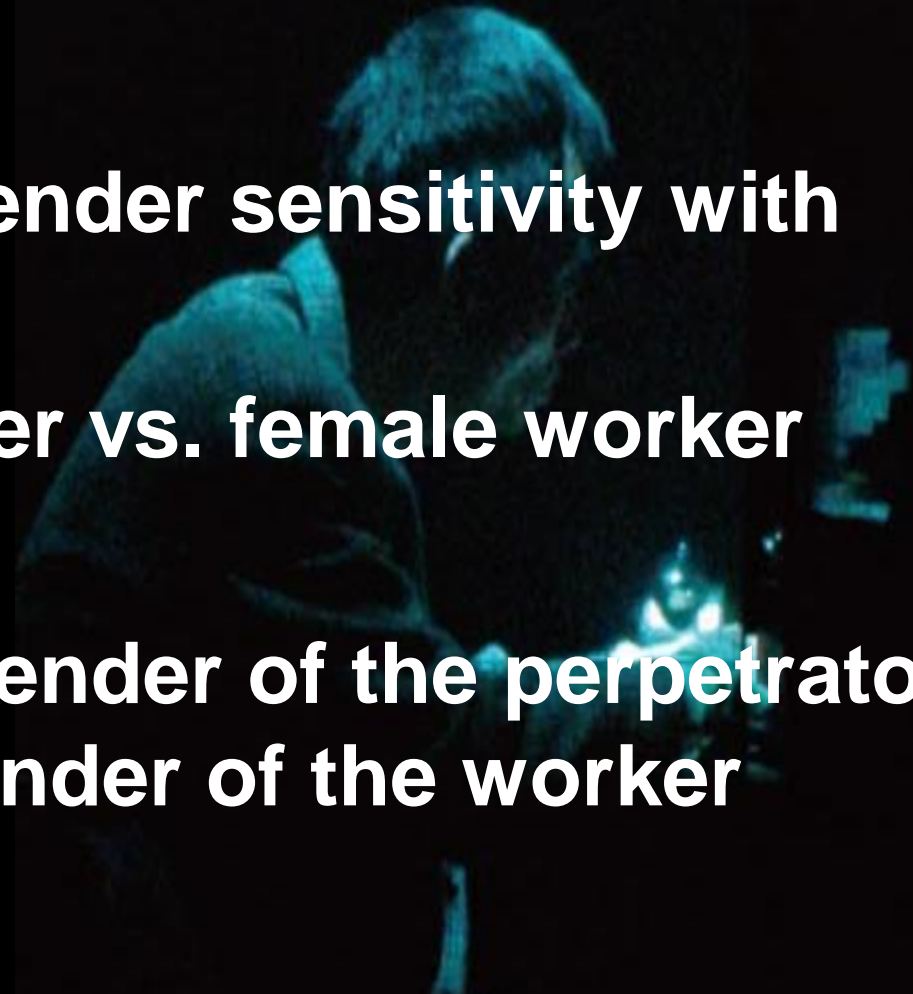
Discussion (3)

Implication to social service

Worker: Increase gender sensitivity with clients

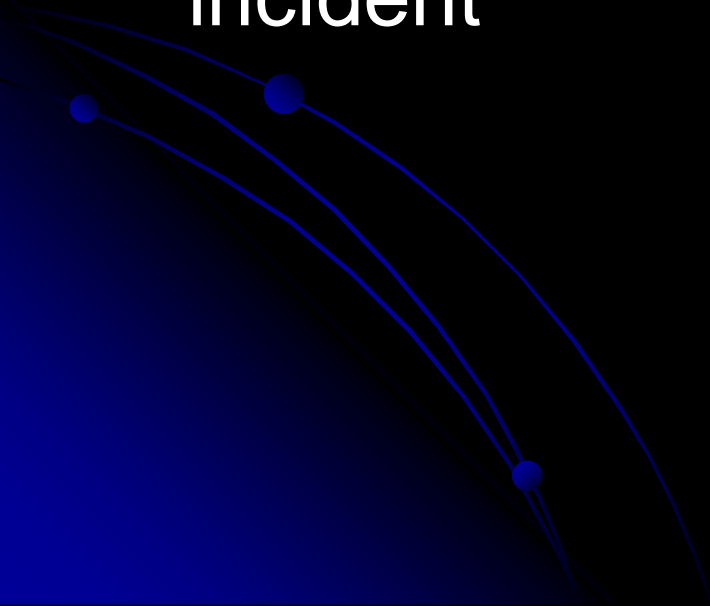
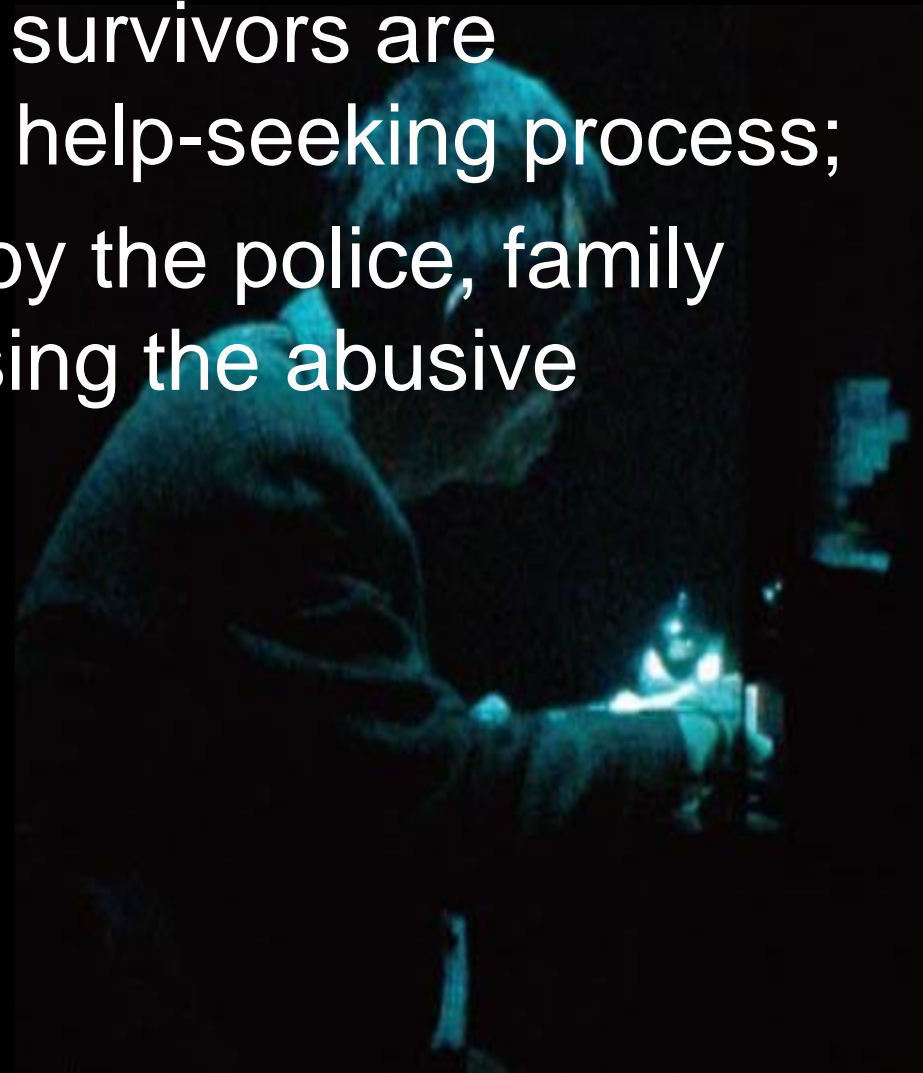
Debate : male worker vs. female worker

**All it depends the gender of the perpetrator,
rather than the gender of the worker**



Discussion (4)

- Male sexual abuse survivors are marginalized in the help-seeking process; e.g. being rejected by the police, family members in disclosing the abusive incident



Discussion (5)

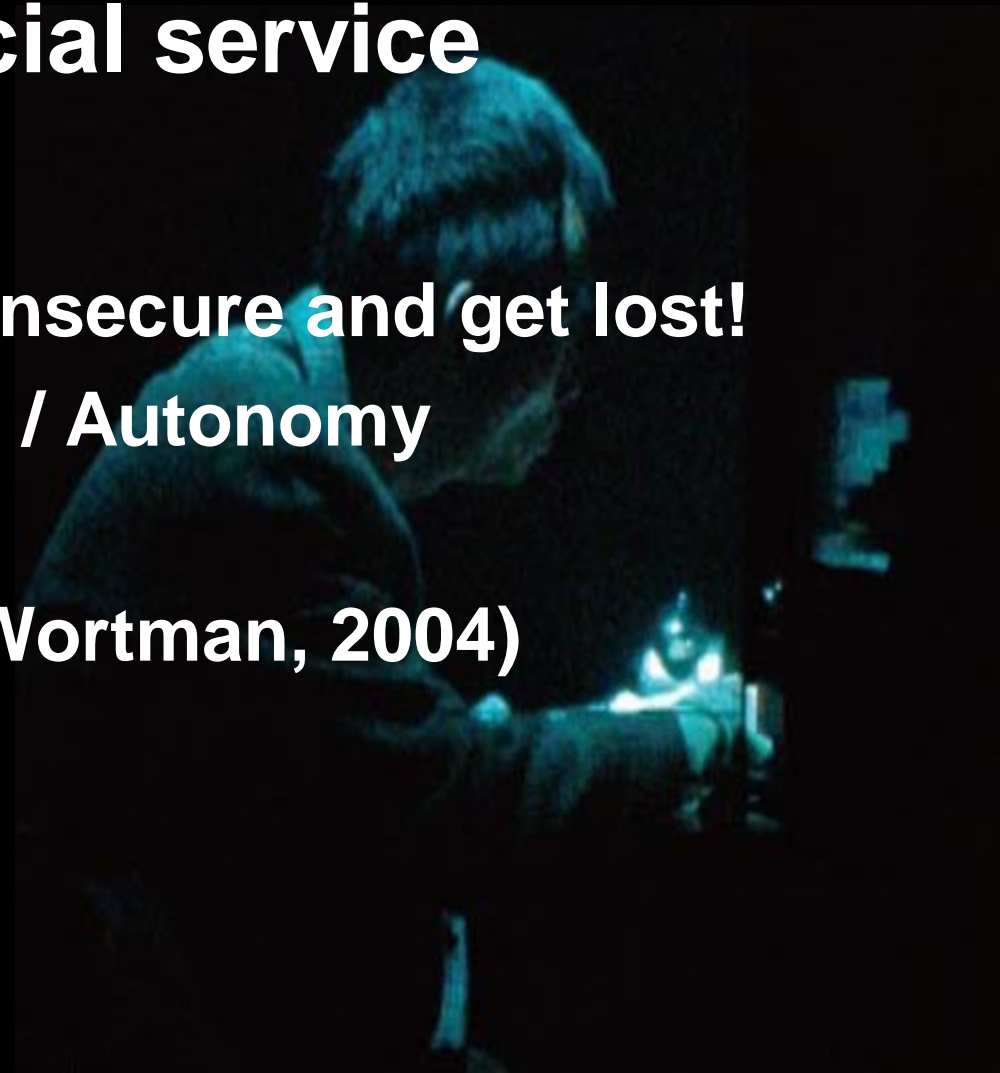
Implication to social service

Most survivors feel insecure and get lost!

→ **Personal Agency / Autonomy**

→ **Self acceptance**

→ **Self protection (Wortman, 2004)**



Feminist philosophical stance:

- ⌘ Male perceptions have shaped the dominant view in society.
- ⌘ This dominant view controls the definitions of women, social structures, and institutions, as well as thought and value patterns (Brown, 1990).
- ⌘ Ironically, this dominant view has also greatly limited harmed men!



Question:

⌘ How the men's trauma shaping one's ideology & perception of masculinity?

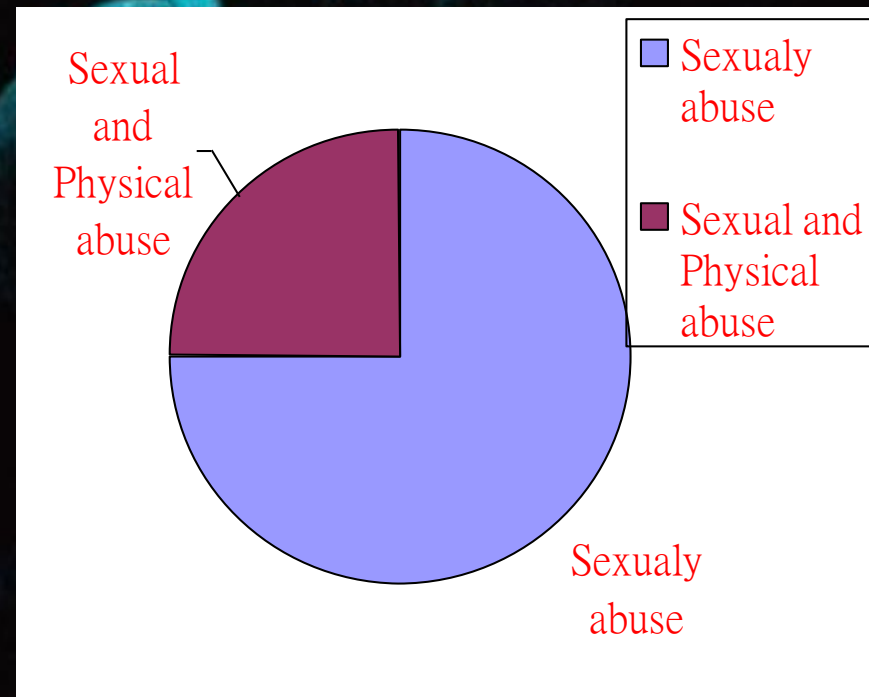
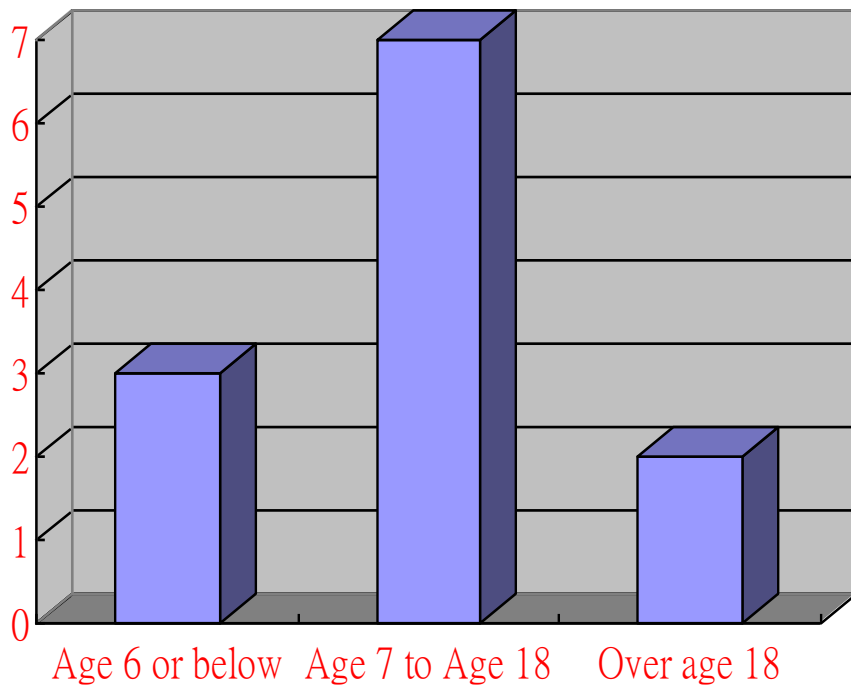


Question:

Is there any quality in men – part of masculinity- or coping that men have in dealing with their stress and trauma?

Backgrounds of interviewees

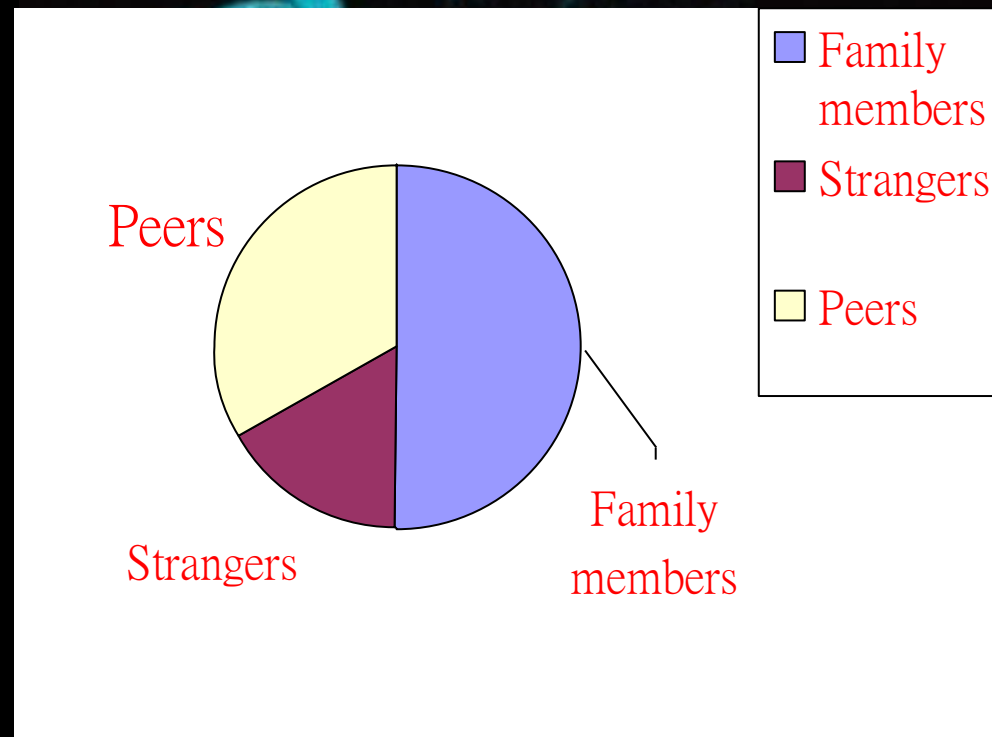
- Twelve
- All the participants are under the service of Caritas-HK
- Age of being abused : 3-31
- Including sexual and physical abuse



Backgrounds of interviewees

- Number of abusive incidents: 1 to 60
- Duration of each abusive incident :
5 minutes to 2-3 hours
- Duration of abused history:
5 minutes to 10 years

- 6 – Abused by family members
- 6 – Abused by peers or strangers



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