SETTING THE STAGE:
HOW THE MALE IDENTITY IMPACTS MALE SURVIVORS OF CHILDHOOD ABUSE
Rick Goodwin, MSW, RSW  
Clinical Director, Men & Healing

Rick is a clinician and trainer on issues concerning men’s mental health. Much of his work over the past twenty years has focused on male sexual trauma – managing both regional and national initiatives in Canada. He currently directs Men & Healing, a collaborative mental health practice in Ottawa. (www.menandhealing.ca).

In the United States, he is the Clinical Trainer for 1in6, Inc., the leading non-profit organization that addresses male sexual trauma and recovery. In this role, he is the primary trainer on clinical and first response issues, and through this role has provided training to all branches of service with the US military.

His training work on gender and violence has taken him throughout the USA as well as Jamaica, England, Japan, South Korea, Guam, Cambodia and India.

Among his publications, Rick co-authored Men & Healing: Theory, Research and Practice with Male Survivors of Childhood Sexual Abuse (2009) and Foundations (2017) – both guidebooks that are now being used to formulate services internationally.

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Individual and Couple Therapy

Group Therapy Programs:
- Men & Healing Trauma Recovery Phase 1
- Men & Healing Trauma Recovery Phase 2 (two concurrent programs)
- Anger Management
- Emotional Integrity

Collaborative Services:
- Ottawa Mission - Men & Healing Trauma Recovery
- John Howard Society - Trauma Recovery
- House of Hope - Emotional Integrity
- 1in6, Inc. Online Support Groups for Men Who Have Experienced CSA &/or ASA

Training & Consultation Services: Canada-wide; in USA with 1in6, Inc.
IT DIDN’T HAPPEN. IT DOESN’T MATTER.
THE MALE CODE
(adapted from David & Brannon, 1976)
THE RUGGED INDIVIDUAL
THE BIG MAN
GIVE ‘EM HELL

Socially Sanctioned

Unsanctioned
NO SISSY STUFF PART 1: REJECTION OF PERCEPTION OF FEMININITY
NO SISSY STUFF PART 2:
REJECTION OF PERCEPTION OF HOMOSEXUALITY

Matthew Shepard
December 1, 1976 – October 12, 1998
MASCULINITY=INVULNERABILITY?

Research shows that compared to girls, boys are more likely to be diagnosed with a behavior disorder, prescribed stimulant medications, fail out of school, binge drink, commit a violent crime, and/or take their own lives.
GENDER ROLE STRAIN
(adapted from the writings of Joseph H. Pleck, PhD)

Gender role strain refers to the negative effects of traditional gender socialization on individual males.
DISCREPANCY-STRAIN:
The distress felt by a man when he fails to live up to his internalized ideal of manhood - the discrepancy between his ideal male self and his actual self.
TRAUMA-STRAIN:
The normative developmental and ritual traumas in male socialization.
DYSFUNCTION-STRAIN:

The negative consequences for men, and for those around them, when men successfully fulfill roles that are dysfunctional and/or support violence.
THE DISTILLATE OF THE MALE CODE & ROLE STRAIN

Shame

Grandiosity

Lives of all men, including Male Survivors
THE CLINICAL INTERSECTION:
MALE SOCIALIZATION & SEXUAL TRAUMA

“Although there is little doubt that men and women undergo many of the same traumatic events and suffer in many of the same ways, it is clear that:

1) some traumas are more common in one sex than the other, and
2) sex role socialization affects how such injuries are experienced and expressed.

These differences, in turn, have significant impact on the content and process of trauma-focused therapy.” - Briere & Scott, 2006.