

Ten Daily Affirmations for Male Survivors

By Howard Fradkin, PhD, LICDC,
Co-Chairperson, MaleSurvivor Weekends of Recovery

1. Recovery is absolutely possible and achievable for me.
2. I will practice being disloyal to dysfunction and loyal to functionality.
3. I give myself permission to connect to loving, affirmative, strong, sensitive, accepting men and women in my community.
4. I release and forgive myself for any responsibility I have accepted in the past for my abuse.
5. The abuser(s) from the past chose to hurt me; I will stop repeating the lie that it just happened to me.
6. Offering myself daily compassion is necessary for my healing and growth.
7. I commit to connecting to the boy inside me today so we can play, laugh and experience joy together, even if just for a minute or two.
8. I believe deep inside me I possess the ability to face the truth of my abuse and to learn to use new tools for healing.
9. I have the right and the ability to speak the truth of my abuse and deserve to be heard, understood, believed and supported.
10. Feeling is healing; as I heal, I develop the ability to experience a wider range of emotions to enhance my health and connections to others.

Mission Statement:

MaleSurvivor is committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through treatment, research, education, advocacy, and activism.

"I was terrified to attend—being surrounded by men in an isolated location for the purpose of disclosing and addressing my abuse. And at the end of the Weekend of Recovery, I was sad to leave. I was among healthy, accepting non-abusive brothers—good, caring men who didn't hurt me or use me. It was the first time in my life I felt like a man, a whole, complete man. It is a life-changing experience. My wife, my kids, my friends and even co-workers have commented in the last 6 months how different, how much better I am since the Weekend of Recovery. Thank you."

—Alumnus, Weekend of Recovery



MaleSurvivor National Organization Against Male Sexual Victimization

5505 Connecticut Avenue, NW #103

Washington, DC 20016-2601

Email: admin@malesurvivor.org

Telephone: 1-800-738-4181

www.MaleSurvivor.org

DARE TO DREAM



Are you a Male Survivor too?

"The first time I attended a Weekend of Recovery was the first time in my life that I did not feel alone."

—Participant Alta, UT
August 2010

AN INVITATION TO
HEAL IN COMMUNITY. . .

MaleSurvivor Weekends of Recovery

What is a Weekend of Recovery?

The MaleSurvivor Weekends of Recovery program has changed the lives of over 700 men and their loved ones. Started in 2001, the weekends are unique opportunities for any adult survivor who is seeking further support in his recovery to get more help. During the weekends participants and the facilitator team co-create a safe community for healing where everyone's story is heard. Starting in 2007, the program was expanded to include weekends for couples who want to work on healing their relationships. .

"The weekend was the best thing I could have done for myself. I wish I had done it a few years ago. The facilitators created an atmosphere of trust and openness and felt our pain along with us. A wonderful bond was formed with other survivors and I now have understanding friends that I can help support and will help support me. The weekend passed too quickly and ended too soon but I left feeling like a great load had been lifted and with new energy to move forward on the road to recovery."

—Participant, Hope Springs 2009

"In the healing process there is no substitute for a caring, supportive community. Jim, Howard and their team are consummate creators of a safe environment in which each can benefit from the others. They know that the power of the group is greater than the sum of its parts and they facilitate an atmosphere where healing can and does take place. Every aspect of the workshop was attended to with care and concern for our safety and well-being. It was one of the most beneficial and powerful few days of my life and now, a full month afterward, I am still in daily correspondence with those who were complete strangers to me before the weekend."

—Participant, Dahlongega May 2010

Is a Weekend of Recovery Expensive?

The facilitator team volunteers their professional time to conduct Weekends of Recovery. This helps to keep the cost for the weekends affordable and accessible to most male survivors of diverse economic means. The cost of registration includes the facilitated Weekend of Recovery program, plus lodging and food. Scholarship assistance can be requested for men experiencing financial hardships.

Who Leads the Weekends of Recovery?

Weekends of Recovery are facilitated by trained clinicians using the same clinical boundaries and code of ethics as adopted by the American Psychological Association. Howard Fradkin, a psychologist with over 28 years of experience working with male survivors, and Jim Struve, a licensed clinical social worker with over 34 years working with male survivors, lead a diverse facilitator team of 19 highly trained and experienced licensed social workers, psychologists, professional counselors, and a certified body awareness educator. To ensure safety and the opportunity for personal attention for each man who attends, each weekend has a facilitator to participant ratio of 1:3.5.

How Can I Learn More About Weekends of Recovery?

Detailed information about the weekends is available at the MaleSurvivor website: www.malesurvivor.org. You can also read comments from men who have attended a previous weekend at this same website (see the "Testimonials" section under the tab Weekends of Recovery). Many participants have described these weekends as being a very intense and rewarding experience.

2012 Schedule MaleSurvivor Weekends of Recovery

Level I Weekends

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|-------------------|--|
| March 23 - 25 | Sequoia Retreat Center
Ben Lohmond, CA |
| May 18 - 20 | The Center for New Beginnings
Dahlongega, GA |
| June 15 - 17 | Guest House Retreat and Conference Center
Chester, CT |
| July 13 - 15 | Kempfenfelt Conference Center
Barrie, Ontario, Canada |
| September 21 - 23 | Alta Lodge
Alta, UT |
| October 19 - 22 | Hope Springs Institute
Peebles, OH |

Advanced Level Weekend

- | | |
|----------------|------------------------|
| August 17 - 19 | Alta Lodge
Alta, UT |
|----------------|------------------------|
- Building Intimacy: This Weekend is open to Level 1 Alumni & their partners

For information about registration, transportation, and accommodation, contact our Community Relations Director at:

Email: admin@malesurvivor.org

Telephone: 1-800-738-4181

