

Embodying Love and Power in Relationships: An Advanced Weekend of Recovery

August 5-7, 2016

Alta Lodge, Alta, Utah (near Salt Lake City, Utah)

Male Survivor is excited to announce our 11th Advanced Weekend of Recovery and our 5th Relationship Building Weekend! All alumni who want a safe place to focus on developing relationship skills and deepening the level of intimacy in their relationships are welcome to participate in this advanced weekend, whether single or partnered.

This Advanced Weekend of Recovery will focus on providing participants with the skills to balance and integrate being both loving and powerful in relationships. Trauma can set up survivors of sexual abuse to be trapped in responding in relationships from a submissive or aggressive stance. Power in relationships generally gets a bad reputation; however, love without power is ineffective, and power without love is manipulative. The skills of embodying both love and power will increase participants' ability to handle conflicts, be more self-directed, and feel safer to be more open in relationships.

If you have a partner, they are welcome and encouraged – but not required - to join you. It is not a requirement for your partner to have attended a Level One Weekend; to be eligible, only you need to have attended a Level One Weekend. We have developed a policy that this weekend is only for couples without a history of violence of physical abuse. This is because we will not address those issues in depth and we want to ensure safety for all participants. However, we encourage individual WOR alumni to attend the weekend alone to address these issues if this is a difficulty in your relationship. If there are any questions about this policy, please contact Jim Struve, Co-Chair for the WOR's at 801-953-4928.

If you are single and want to explore and develop your relationship building skills, this weekend is designed to help you as well.

Goals of this Advanced Weekend on Relationship Building include:

- 1) Increasing awareness, understanding, and compassion regarding the impact of abuse on relationships and intimacy;
- 2) Learning practical skills for connecting with your own inner experience, being assertive during interpersonal conflict, developing emotional and sexual intimacy, and working together with others to further your healing; &
- 3) Providing partners of male survivors with additional support and skills to increase their own self-care and ability to experience intimacy in their relationships.

In response to alumni requests, we have expanded this weekend to begin on Friday at 9:30 am and end at 2 pm on Sunday. We encourage you to arrive on Thursday, and registration will be open on Thursday evening for all participants. Special Alta Lodging package rates will be available to all who arrive on Thursday and will include your meals prior to the actual beginning of the weekend on Friday morning. We hope our earlier ending on Sunday will allow for easier travel arrangements on Sunday for east coast participants.

This is our 17th visit to Alta Lodge, which tells you how much we love the facility, its extremely supportive and nurturing staff, and the gorgeous surroundings. Alta Lodge is located at 8,600 feet (2,700 meters) at the base of the Alta Ski Area in Utah's Wasatch Mountains. Alta Lodge, nestled in a quaint alpine setting at the top of Little Cottonwood Canyon, offers spectacular mountain views. During the summer months, the mountain meadows abound in gorgeous wild flowers, adding to the beauty of this setting. Alta Lodge is part of a rare tradition of country inns where the attentiveness and warmth of family hoteliers is combined with the pleasures of excellent dining and comfortable surroundings. The atmosphere of the Alta Lodge is relaxed, intimate and informal.

Facilitator Team:

Weekends of Recovery are facilitated by trained psychotherapists and educators, utilizing the same clinical boundaries and code of ethics as adopted by the American Psychological Association. The weekends are adjuncts to participants' ongoing recovery work with individual and/or group psychotherapy, twelve step programs, and individual spiritual work, and are not meant to substitute for the participants' local support systems that are consistent with their own recovery. Dr. Howard Fradkin, a Psychologist, and Jim Struve, a Licensed Clinical Social Worker, both with over 30 years of experience working with male survivors, co-chair the facilitator team. The team of facilitators includes other Psychologists, Social Workers, Marriage and Family Therapists, Mental Health Counselors and a Mind-Body Awareness Specialist. Biographies of all staff members for this weekend can be found on the MaleSurvivor website at www.malesurvivor.org. Facilitator staff for the 2016 Advanced Weekend are Lee Beckstead, Peter Botteas, Bill Burmester, Chad Corbley, Rob Hawkings, Lisa Jameson, Lynne MacDonell, and Mikele Rauch, Matt Stella, and Jim Struve. MaleSurvivor reserves the right to make changes to the team dependent on the number of registrants.

The Role of Women Facilitators at the Weekends of Recovery:

One of the valuable resources at a Weekend of Recovery is the presence of women facilitators who bring a wealth of therapeutic experience with men who have had a history of sexual abuse. Women facilitators can offer the benefit of witness and exchange that may differ from what men have experienced. During the weekends, they share fully in the responsibilities and work of the team. The inclusion of women on the team offers men an opportunity to examine their reactions to women in a safe setting.

Is this Advanced Weekend for Me? How Can I Prepare for the Weekend?

For those contemplating this advanced weekend, we encourage you to consider what you believe are next steps you want to take in your recovery relating to how you identify, express and manage your feelings, how you deal with your shame, and how comfortable you feel being powerful and connected to others. Oftentimes, survivors struggle to ask for the support they need, and because you've already been to a Weekend of Recovery, you may experience this Advanced weekend as a safer environment for you to take the emotional and/or physical risks and/or creative risks which will help you move forward. Past participants

have told us that the experience of brotherhood or sisterhood and support they experienced at Level One grows even stronger as they get to reconnect with men or women from the weekend they attended and also connect with men and women from many other weekends.

This weekend is designed to help you develop skills that will help you be safer in your body, safer in your willingness to trust others as you share and become more vulnerable, and practice skills to learn how to effectively protect yourself while creating opportunities for deeper intimacy in your life. To achieve this, we'll help you identify how you've learned to be loyal to dysfunctional messages and dysfunctional people in your life, and help you develop the ability to be loyal to functional messages and to connect in more functional ways. While the weekend is designed to challenge you to take some steps out of your comfort zone, your boundaries will always be respected if you choose to opt out of any experiences we offer. Our hope is that the skills you practice here at the weekend will be transportable back to your own home and to the significant people in your life.

For those working with professionals, we recommend you discuss your planned participation in this weekend to get their feedback and suggestions for how you can benefit as much as possible from the experience while keeping yourself as safe as you need to be. As with Level One, if you are in therapy, we ask you to download the Advanced Weekend Therapist Letter of Support from the website and return it to us. If you have an already established support system of friends/family members/significant others, we also encourage you to talk with them about your participation so they can be available both before and after the retreat as needed to help you prepare and process your experiences.

If you are not in therapy, and/or do not yet have a support network, we encourage you to consider setting up an appointment with a therapist before you come to the weekend, after your return, and/or encourage you to explore self-help groups and resources available in your community or nearby. This way you can follow up on some of the experiences and skills you learn that will help the weekend's learning stay fresh in your mind and help you apply what skills and awareness would most help your continuing recovery.

Information About Transgender and Intersex Participants:

MaleSurvivor recognizes that gender exists on a continuum and that many survivors of sexual assault may identify anywhere on the gender continuum, including identifying as transgender or intersex. MaleSurvivor wants to honor this diversity while also preserving the Weekends of Recovery as a space to heal in a community of men. It is our belief that the design of the Weekends of Recovery can best be utilized by any individual who is a self-identified male and who wants to heal in a male-identified space. Therefore, self-identified male transgender and intersex survivors are welcome to participate in the Weekends of Recovery.

Required Screening Interview:

One of our staff members will be contacting you by phone within two weeks of when we receive your application to talk with you about your needs for the weekend and your readiness to participate. All participants must be able to safely and appropriately engage in structured group activities. If we have any concerns about you participating, we may suggest some steps you can take to enhance your readiness for this weekend or we may ask you to wait for a future weekend while you take some additional steps we believe would be important for you to benefit from the experience. **Please do not schedule your travel arrangements until after your interview is completed and you have been told you have been accepted as a participant. *If you are planning to attend with your partner, both you and your partner need to be interviewed and accepted before travel arrangements are made.*** The facilitator team will make every effort to complete that process as quickly as possible. The earlier you register, the more possible that will be (which of course could help you save money on transportation and by getting an early registration discount).

Survivors with a History of Sexual Offending:

Any person who has been convicted of sexual perpetration and/or has been placed on a sexual offender registry as an adult is ineligible for participation in the regularly scheduled Weekends of Recovery. If this is true for you, we recommend you do not register now, and instead, review the last paragraph in this section to learn how you may be able to attend a specially designed weekend in the future.

In instances of adjudication on sexual perpetration charges as a youth, individuals will be considered for eligibility and readiness for the Weekends of Recovery on a case-by-case basis through an interview with one of the Co-Chairpersons.

In instances in which someone has been previously convicted of sexual offending as an adult and their legal charges have been expunged, they will also be interviewed for appropriateness to participate in a Weekend of Recovery.

MaleSurvivor understands that some survivors have sexually acted out in childhood, adolescence, or even adulthood, and we do not wish to automatically exclude them from a Weekend of Recovery. Therefore, all applicants to the Weekends of Recovery must complete an interview, and during that interview they will be screened for any instances of sexual offending in their history. When a history of sexual offending is disclosed, an interview with one of the Weekends of Recovery Co-Chairpersons will be required along with a consultation with their current psychotherapist to determine if they will be accepted based on consideration of their best interest and the best interest of all participants. We have an expectation that all potential participants will be honest in their screening interview and will disclose any such history or incidents in their past because some participants may experience safety concerns with people with such histories.

The MaleSurvivor Facilitator team believes that all survivors have a right and an ability to heal. To facilitate that goal, we will maintain a waiting list for men who are deemed inappropriate to attend one of our regularly scheduled Weekends because they have been convicted of sexual perpetration and/or have been placed on a sexual offender registry as an adult or as a youth. When we have gathered a sufficient number of names and the ability to facilitate such a weekend, it is our intention to offer a special weekend for these men to assist them to further their healing as survivors. To be placed on this waiting list, contact Howard Fradkin, PhD, Co-Chairperson, at hfradkin@malesurvivor.org and include a brief description of why you are requesting to be placed on this waiting list.

Registration Options and Costs

Registration will be limited to the first 36 registrants.

Registration includes the costs of the facilitated Weekend of Recovery program, with our 10 facilitators from the MaleSurvivor Weekend of Recovery Facilitator Team, plus lodging, 6 meals, and snacks.

Water, juices, tea and coffee, and snacks will be available throughout the weekend. We have a variety of accommodations in the lodge. If you are not a MaleSurvivor member, we encourage you to join the organization prior to registration both to secure a significant discount and to help support the work of MaleSurvivor.

Because the official weekend program will begin at 9:15 a.m. on Friday, it is advisable that you plan to arrive in Salt Lake City on Thursday. Alta Lodge has arranged to make rooms and food available for Thursday evening. In addition, rooms and meals will be available on Sunday for anyone who wishes to stay over until Monday morning. Therefore, we have expanded our registration to provide package options for anyone wishing to arrive at Alta Lodge on Thursday evening and/or stay over Sunday night. **All package deals described on the grid below include the costs of the program itself.**

Review the chart below to determine which option works best for you. There are also many hotels near the Salt Lake City International Airport and in the downtown area if you prefer budget lodging for either Thursday or Sunday. It is approximately 40 minutes from either the airport or downtown to Alta Lodge.

Advanced Weekend of Recovery Registration Package Options (“X” indicates what is included for each option).

NOTE: Option A is the basic package for attending the Advanced Weekend of Recovery. Options B, C,

D, E, F & G allow for add-on packages of room and food at Alta Lodge for participants who arrive on Thursday and/or stay over until Monday.

Registration Package Options	Option A: Advanced Wknd Only (Basic Package)	Option B: Advanced Wknd + Thurs. Lodging & Dinner* + Fri Bkfst.	Option C: Advanced Wknd + Thurs. Lodging & Dinner* + Fri. Bkfst + Sun. Lodging & Dinner + Mon. Bkfst	Option D: Advanced Wknd + Thurs. Lodging & Fri. Bkfst	Option E: Advanced Wknd + Thurs. Lodging + Fri. Bkfst + Sun Lodging & Dinner + Mon Bkfst	Option F: Advanced Wknd + Sun. Lodging & Dinner + Mon. Bkfst.	Option G: Advanced Wknd + Fri. Bkfst
Fri. & Sat. Lodging	X	X	X	X	X	X	X
Wknd Meals: Fri Lunch thru Sun. Brunch	X	X	X	X	X	X	X
Thurs. Lodging		X	X	X	X		
Sun. Lodging			X		X	X	
Thurs. Dinner		X	X				
Fri. Bkfst		X	X	X	X		X
Sun. Dinner			X		X	X	
Mon. Bkfst			X		X	X	

*Thursday Dinner Open from 6:30-8:00 pm; if you plan on arriving to Alta Lodge later than 8 pm, please choose an option that does not include Thursday dinner.

Advanced Weekend of Recovery Registration Costs

NEW THIS YEAR:

Registration will close one month prior to the beginning of the weekend (= July 5th), with no exceptions. We encourage you to sign up early to reserve your spot.

Below is a breakdown of the different room types and package options available (please refer to above chart that describes each of the 5 package options). There is a limited availability of each type of room selection – each type of accommodation will be distributed on a first come, first serve basis.

ROOM SELECTION DESCRIPTIONS: All rooms have private baths except for the dorm rooms (room selection #5), which has shared bath facilities. All rooms have a mountain view.

Room Selection #1: Corner Single Deluxe Bedroom, Private Balcony, Fireplace – East Wing

Room Selection #2: Single Bedroom, Standard King Bed - East or Middle Wing

Room Selection #3: Double Corner Deluxe Bedroom, with Sitting Area – Middle Wing

Room Selection #4: Double Standard Bedroom (1 Queen Bed and 1 Double Bed) Middle Wing

Room Selection #5: Triple/Quad Dorm Room, Shared Bath.

Registration Fees	Option A (Basic Package)		Option B (Add-on lodging/ meals)		Option C (Add-on lodging/ meals)		Option D (Add-on lodging/ meals)		Option E (Add-on lodging/ meals)		Option F (Add-on lodging / meals)		Option G (Add – on Fri. Brkfst Only)	
	Member	Non-Member	Member	Non-Member	Member	Non-Member	Member	Non-Member	Member	Non-Member	Member	Non-Member	Member	Non-Member
Rm Selection #1	\$950-	\$1025	\$1,126	\$1,201	\$1,302	\$1,377	\$1,098	\$1,173	\$1,274	\$1349	\$1,126	\$1,201	\$958	\$1,033
Rm Selection #2	\$875	\$950	\$1,005	\$1,080	\$1,135	1,210	\$977	\$1,052	\$1,107	\$1,182	\$1,005	\$1,080	\$883	\$958
Rm Selection #3	\$900	\$975	\$1,052	\$1,127	\$1,204	\$1,279	\$1,024	\$1,099	\$1,176	\$1,251	\$1,052	\$1,127	\$908	\$983
Rm Selection #4	\$800	\$875	\$930	\$1,005	\$1,060	\$1,135	\$902	\$977	\$1,032	\$1,107	\$930	\$1,005	\$808	\$883
Rm Selection #5	\$695	\$770	\$776	\$851	\$857	\$932	\$748	\$823	\$829	\$904	\$776	\$851	\$703	\$778

PLEASE NOTE: All meals are pre-paid with your registration and there are no refunds for meals you do not eat; likewise, all extra nights lodging are pre-paid and there are no refunds for late arrivals or early departures.

To register for the weekend, we ask that you complete an online registration. To hold your spot for the weekend, you will be charged \$150 deposit when you register online. You will have the choice on the registration form to either prepay your registration in full at the time of registration or opt for a payment plan. In the case of you opting for the payment plan, you will provide your credit card to our confidential system, and your deposit will be charged the day you register. You will receive a registration confirmation letter that will provide a schedule of when the balance of your registration will be charged to your credit card. **The system is set up to make equal monthly payments between now and July 5th, when your balance must be paid in full.**

CANCELLATION FEES: A \$50 processing fee will be charged for any cancellations up until July 5th. Any cancellation after July 5, 2016, will be subject to the loss of all monies paid.

Registration will remain open only until July 5, 2016, provided there is space available.

Gifts to the Scholarship Fund and Applying for Scholarships:

When you register, or at any time, we invite you to contribute to the WOR Scholarship Fund, which you can access by clicking on the Weekend of Recovery tab, and then the sub-tag, Scholarship Donations. You can also contribute by adding funds to your registration package online or on the attached form. We continue to have many requests each Level One Weekend for scholarships, and all contributions of any size are welcome and will help another male survivor experience the gifts you have received by attending a Level I Weekend. The scholarship fund is primarily to help first time attendees at a Level I Weekend of Recovery, however we are offering some very limited scholarship help for this advanced weekend. If you want to apply, click on the tab Weekends of Recovery, and the sub-tab, Scholarship application form to apply.

Dining:

Chef Sam Wolf has been preparing meals of exceptional quality for Alta Lodge guests for over thirty years. The outstanding cuisine will certainly be one highlight of your Weekend of Recovery. A special treat is in store on Sunday, when we'll get to visit the Alta Lodge Sunday Buffet, a grand buffet featuring gourmet breakfast and lunch and dessert items! All of your food and snacks are included in your registration fees. The Chef is prepared to provide vegetarian cuisine if you request it ahead of time. Other special dietary restrictions or needs must be indicated on your registration form. Coffee and tea, half and half and soy milk will be supplied all weekend long for you.

Other information about Alta Lodge:

No alcohol or un-prescribed drugs may be brought to the weekend. There is also a no smoking policy anywhere in the Lodge-including guest rooms, out of consideration for other guests. Cigar and pipe smoking, as well as e-cigarettes are also prohibited. Guests may smoke outside the Lodge on the lower sundeck.

Please bring a jacket & some warm clothes if you are sensitive to the cold. Temperatures may be as low as the mid-40s at night and should be in the 60s & 70s during the daytime. Average high temperature is 70, and average low is 48. Remember mountain air can feel chilly once the sun sets. Sunscreen is strongly advised - remember that sunrays are considerably more intense at mountain elevations. A hat with a brim is also very helpful to protect you from the sun.

Alta Lodge is handicap accessible, however if you have any special physical needs, please let us know at the time of registration so that we can make plans to accommodate your physical abilities.

There are some spectacular hiking trails around Alta. If you plan to participate in any hiking activities, please pack hiking boots (or shoes comfortable for easy & moderate hiking trails), a hiking stick (if you use one), & a day pack.

All bedding, towels, hair dryers, shampoo and shower gel are provided.

Coping with the Altitude:

Alta Lodge is at 8500 feet altitude. It is not uncommon for people to experience minor physical symptoms above 8000 feet. (Symptoms can include headache, loss of appetite, & fatigue.) There are *no* specific factors such as age, sex, or physical condition that correlate with susceptibility to the effects of altitude.

Some people get it and some people don't, and some people are simply more susceptible than others. Here's some tips for how to deal with any effects of altitude that you may experience during the retreat:

- Stay properly hydrated. Acclimatization is often accompanied by fluid loss, so you need to drink lots of fluids to remain properly hydrated.

- Take it easy; don't over-exert yourself when you first get up to altitude. Be prepared that tasks such as climbing stairs may require more physical exertion than you're used to for the same task at a lower elevation. Light activity during the day is better than sleeping because respiration decreases during sleep, exacerbating the symptoms.

- Avoid tobacco and alcohol and other depressant drugs including, barbiturates, tranquilizers, and sleeping pills. These depressants further decrease the respiratory drive during sleep resulting in a worsening of the symptoms. The acclimatization process is inhibited by dehydration, over-exertion, and alcohol and other depressant drugs.

- If you have any concerns about your susceptibility to the effects of altitude, please consult with your physician. **Diamox** (Acetazolamide) is a prescription medication that can moderate the side effects of altitude for most people. However, since it takes a while for Diamox to have an effect, it is advisable to start taking it 24 hours before you go to altitude.

When to Arrive and Depart-Making Plane Reservations

The weekend begins at 9:15 am on Friday, and ends Sunday at 2 pm. Alta Lodge is only 32 miles from the Salt Lake City International Airport, generally a 45 to 60 minute cab ride, and 40 minutes from downtown Salt Lake City. The final 8 miles of the drive is up a winding and scenic canyon road. You can arrange your transportation from Salt Lake International City Airport to the Alta Lodge through the Alta Shuttle at 800-255-1841 or with Canyon Transport at www.canyontransport.com/main - reservations for both shuttle providers must be made at least 24 hours in advance. Prices vary by season, so please check with either

carrier for current fee (not including gratuity). Rental car information is available at www.slairport.com/transport/rentalcars. Once you register and are interviewed and accepted, you will be able to access the transportation bulletin board under the MaleSurvivor Alumni area. On that board, you can communicate with other participants regarding sharing rooms and sharing rides to and from Alta. Eight airlines offer service to Salt Lake City International Airport: Alaska Air, American, Delta, Frontier, JetBlue, Sky West, Southwest, and United.

Given travel time, we recommend all participants plan to arrive on Thursday; and plan to depart on Sunday no earlier than 4:30 pm from Salt Lake City. Please be sure to review our arrival policy below before making your travel plans. If you cannot accommodate your schedule to arrive and depart at these times, please be considerate and do not register. We require all participants plan to stay until the end of the weekend on Sunday to allow you and the community sufficient time for closure.

Please do not schedule your travel arrangements until after your interview is completed and you have been told you have been accepted as a participant. If you are planning to attend with your partner, both you and your partner need to be interviewed and accepted before travel arrangements made. The facilitator team will make every effort to complete that process as quickly as possible. The earlier you register, the more possible that will be (which of course could help you save money on transportation and by getting an early registration discount).

Early Arrival/Late Departure:

Because this is an Advanced Weekend, and because we are starting early on Friday, we encourage you to book a room at Alta Lodge prior to the start of the weekend, and you may also plan on staying over after the weekend. Fees for extra nights of lodging and extra meals are indicated in the package options. Please note the facilitators will not be available to help on Thursday as we will be busy planning for the weekend. There are other dining options in the area, although be aware they are somewhat limited as ski season does not open until weeks after our visit to the lodge.

Bus, Train and Car Transportation:

Salt Lake City is serviced by train on Amtrak (www.amtrak.com/destinations/index.html). Buses are provided by Greyhound (www.greyhound.com). Salt Lake City is accessed via I-80 (east-west) and I-15 (north-south).

Arrival and Departure Policy

Safety for all participants is our utmost concern. Therefore, it is a requirement that in order to participate in the weekend, participants must arrive at the beginning of the weekend, at our meeting room, Our Lady of the Snows, at 9:15 am on Friday. The absolute deadline is 10 am on Friday, when the safety exercise begins. In planning your trip, you are expected to take into consideration the unpredictable delays that may accompany your travel. While we understand you may encounter delays for many reasons, we are unable to allow anyone to begin the weekend if you arrive later than 10 am on Friday. In other words, you cannot be admitted to the weekend after 10 am for any reason. If you are experiencing a delay, we request you to call us to inform us of your arrival status. It is important to understand that in the event of your inability to attend due to late arrival, you will forfeit all monies paid for your registration. One strategy to avoid this situation is to arrive in Salt Lake City the night before, and stay at Alta or some other hotel in the Salt Lake City area. Your consideration of this policy will help strengthen the feeling of safety for all participants and help us to build a community.

Regarding departure, we also require if you are planning on attending the weekend, you plan to stay until the end at 2 pm. As you know from Level One, the end of the weekend is as important as the beginning, and for some participants, we know saying goodbye may be one of those growth areas you are more uncomfortable with. Please arrange your transportation accordingly so you and all of us can benefit from your participation the entire weekend.

Therapist Recommendation Letter:

On the MaleSurvivor website, when you click on *MaleSurvivor Healing Events*, you will notice a tab that says, *Consent Forms*. Be sure you click on the *Therapist Support Letter for the Advanced Weekend*, and not

for the Level I letter. We ask that all participants who are currently in therapy bring this letter to your therapist prior to the weekend, and ask them to complete it with you and send it back to us by July 22nd. The information in this letter will help us to provide for any additional needs you may have for safety. It is our intention to use this letter to help ensure your safety, and in no way is it intended to disempower you or cast doubt on your own judgment about your readiness to participate in the weekend.

ANY QUESTIONS:

Questions can be directed to Jim Struve at 801-953-4928 or emailed to jimstruve@mac.com or Trisha Massa, Community Outreach Director, at 800-738-4181, or emailed to ytamassa@aol.com