

Male Victims: The Impact of Trauma on Masculinity

Signs and Symptoms

- ❖ Addictive behaviors
- ❖ Inability to resolve conflicts with others
- ❖ Panic Attacks
- ❖ All or Nothing thinking
- ❖ Eating Disorders
- ❖ Inappropriate attachments
- ❖ Unexplained intense fears of people, places and objects
- ❖ Disorientation
- ❖ Inability to tolerate intense feelings
- ❖ Innate belief that they are bad / worthless
- ❖ Anger, irritability, mood swings
- ❖ Physical Stress
- ❖ Guilt, shame, self-blame
- ❖ Sadness or Hopelessness
- ❖ Anxiety or Fear

Facts and Myths

- ❖ Whether a male is gay, straight, or bisexual, his sexual orientation is neither the cause nor the result of sexual assault
- ❖ If we focus on the *violence* of sexual assault rather than the *sexual* aspects of the interaction, it is easier to understand that sexual assault has nothing to do with a male's sexual orientation
- ❖ 28% of male victims of rape were first raped when they were 10 or younger

Trauma-Informed Interventions

- ❖ Culturally Sensitive not Culturally Competent
- ❖ Promote Safety
- ❖ Provide Skills
- ❖ Implement Interventions
- ❖ Garner Resiliency

Resources

- ❖ <http://www.apa.org/topics/trauma/>
- ❖ http://www.helpguide.org/mental/emotional_psychological_trauma.htm

- ❖ <http://www.recoveryonpurpose.com/upload/Structured%20Clinical%20Interview%20for%20PTSD.pdf>
- ❖ http://www.bhevolution.org/public/trauma_screening.page
- ❖ <http://www.ptsd.va.gov/professional/pages/assessments/list-adult-self-reports.asp>

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