

# It Can Happen to Boys, Too: Men Healing From Childhood Sexual Trauma

With Guest Dr. Doug Carpenter

A Webinar From



BROTHERS ON A ROAD LESS TRAVELED





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## Who We Are

Men supporting each other in better aligning our sexual thoughts, feelings, and behaviors with our values, faith, beliefs, and life goals.

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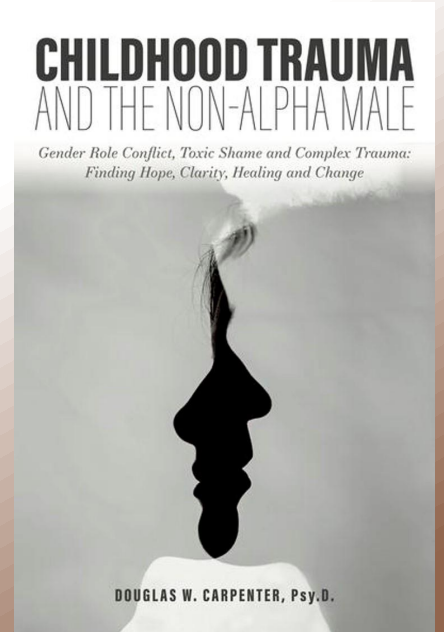


**Douglas Carpenter** holds a doctoral degree in clinical psychology (Psy.D.) and is a licensed psychologist and professor.

He is co-founder of Insight Counseling Services in in Rochester, Michigan, and author of the book Childhood Trauma and the Non-Alpha Male.

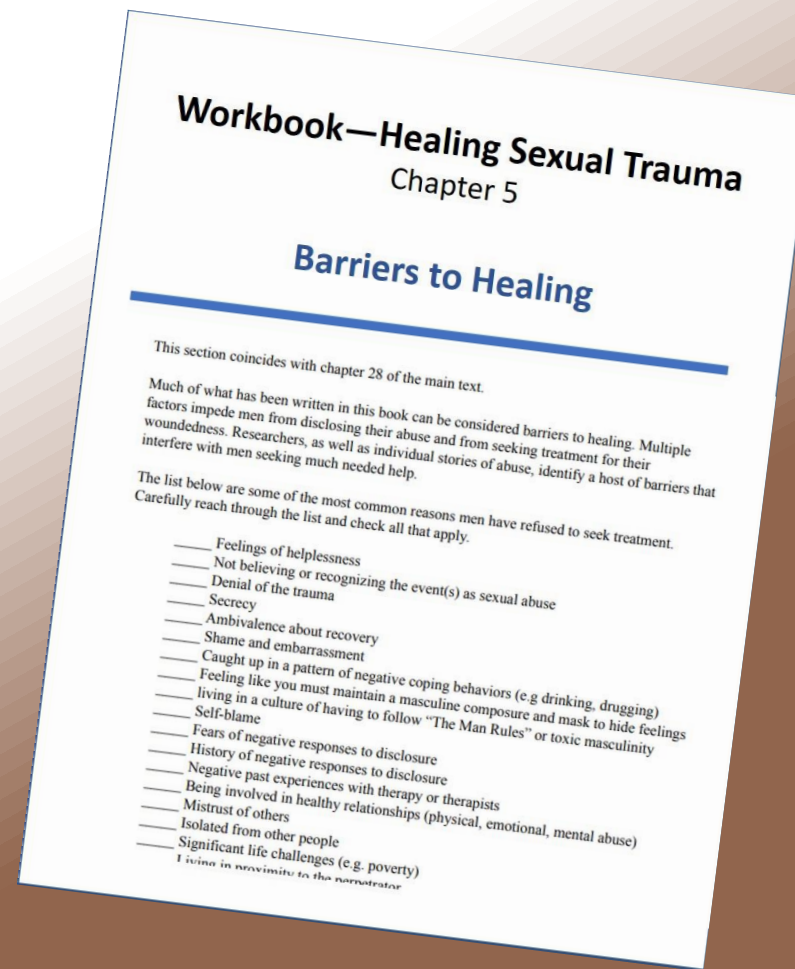
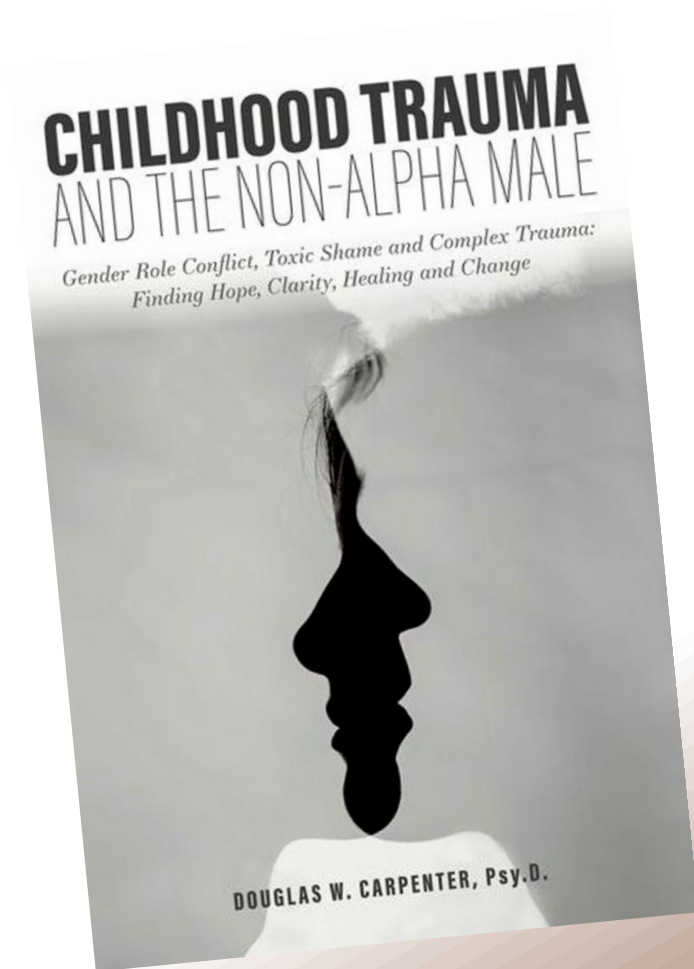
The unique trauma of sexual abuse and especially its effects on boys is a subject that Dr. Carpenter extensively studies and counsels on professionally.

He is currently researching and writing a book and accompanying workbook on male sexual trauma.



From one chapter to an entire book  
and accompanying workbook:

**Why go so much deeper?**





**The forgotten victims:  
Does it really happen to boys, too?**

*me too*

# Sexual Trauma

What is it and how can it affect victims?





# Effects of Sexual Trauma on Boys





A person wearing a bright red hooded jacket and dark pants is sitting on a set of dark stairs. They have their head buried in their arms, which are crossed over their knees, suggesting a state of despair or sadness. The stairs have yellow safety stripes along the edges. The overall mood is somber and reflective.

# The Lies Abused Boys Often Believe

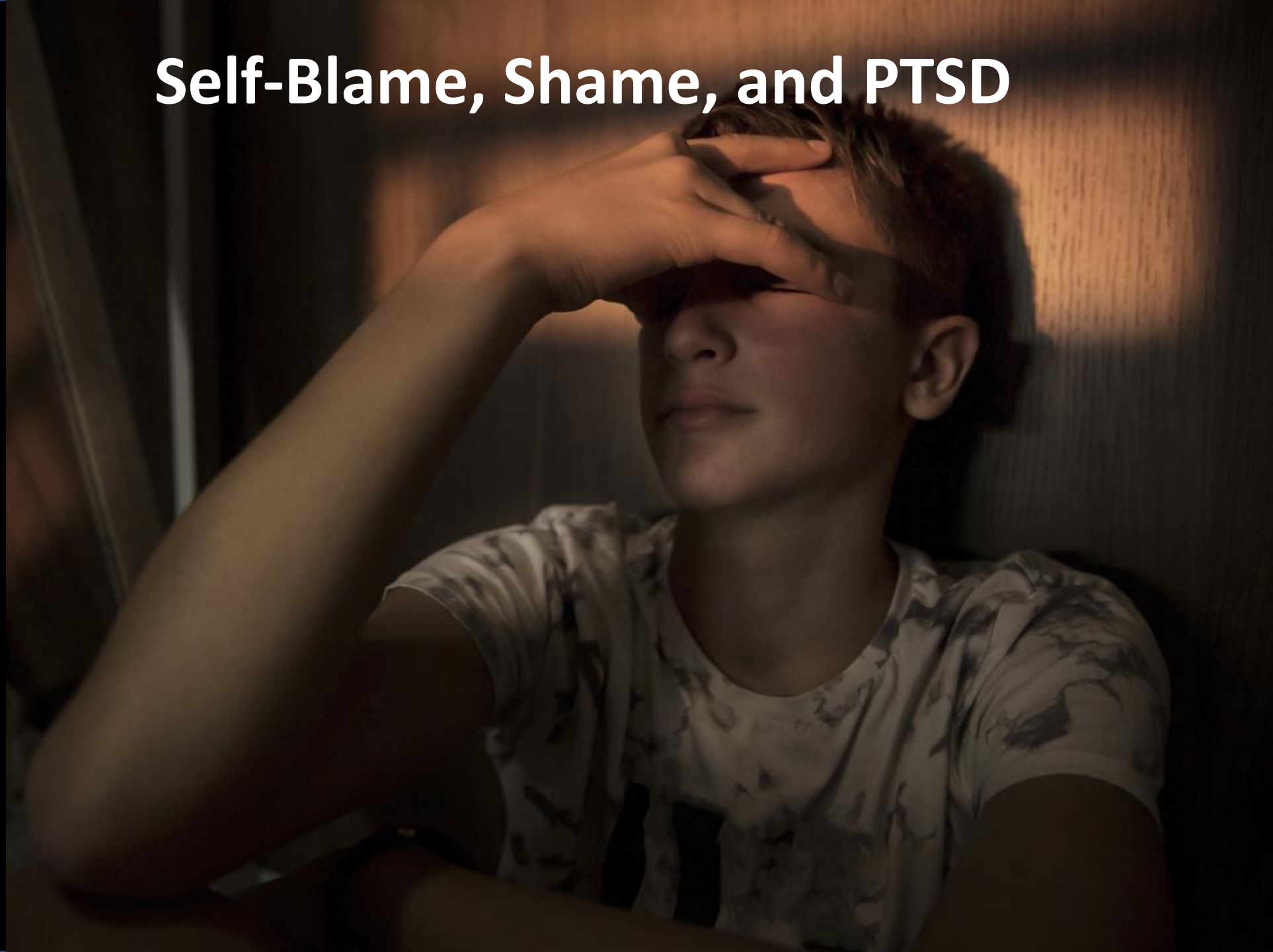




## The “Man Rules”

- Don't be weak
- Don't show emotions
- Don't ask for help
- Don't cry
- Don't be a victim

# Self-Blame, Shame, and PTSD





# Self-Doubt and Sexual-Identity Confusion



A photograph of a man and a woman on a beach at sunset. The man, wearing a grey t-shirt, has his arm around the woman's shoulder. The woman is wearing a white t-shirt and has her back to the camera. The background shows the ocean and a sandy beach under a warm, golden light.

# The Trauma Bond

- Constantly reliving it
- Defending the abuser
- Being drawn to the abuser
- Being drawn to others who resemble the abuser



# Trauma Repetition

Anonymous or casual sex with men can become trauma repetition.

But since it relieves the pain only temporarily, the pain returns in waves after the sexual encounter is over.

These men repeat the pattern again and again, hoping for healing and a different resolution.

A close-up photograph of a person's hand holding a smartphone. The phone's screen is blue and displays the word "Sexting" in white, bold, sans-serif font. The background is dark and out of focus, showing what appears to be a person's face in profile.

Sexting



# Trauma Repetition

For some men, if they are willing to face their underlying issues...

...and recognize that their feelings come from trauma rather than sexual confusion...

Their desire to act out sexually often dissipates.



# Barriers to Healing





# Breaking the Cycles of Shame and Self-Blame





# Practicing Self-Compassion





# Releasing Anger and Resentment



# Rewriting Your Internal “Story”:

Changing the meaning you ascribe to past events



**R E W R I T E**

# Positive Coping Strategies

- Disclosure
- Sharing your story with other survivors
- Listening to stories of hope and triumph
- Spirituality
- Therapy
- Self-help groups
- Positive relationships with other men and women
- Guided imagery, meditation, yoga, breathing techniques
- Learning sports, martial arts
- Building self-esteem





# Moving Beyond Victim to Thriving Survivor



# Following up with Dr. Carpenter

Insight Counseling Services

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BOOK RELEASE!!

About

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**INSIGHT  
COUNSELING SERVICES**

Insight Counseling Services is located in the University Village Plaza in Auburn Hills, Michigan. Fully licensed professionals offer competent mental health services in a caring, confidential environment. Call now to schedule your confidential intake assessment at 248-923-2099.

**EXPERIENCE**

- hope
- healing
- clarity
- change

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