

Heroes, Villains, And Healing



1 in 6 males will be sexually abused in their lifetime. This fact is often ignored or not believed.

Heroes, Villains, and Healing is a guide to help male survivors of childhood sexual abuse understand and heal from the trauma of their past using DC Comic Book super heroes and villains.

This helpful book is divided into three parts. The first is "Heroes," which explains how some coping strategies of male survivors are similar to the archetypes of such DC super heroes as Superman, Batman, and the Flash.

The second part, "Villains," examines how other coping strategies may not be as positive, having traits and attitudes of villains such as Lex Luthor and the Joker.

"Healing" is the final part, which explains how striving to live the life of a hero or a villain can be sustainable. To truly heal from childhood sexual abuse means working through the stages of healing and receiving help from a therapist or counselor. This final section includes writing exercises and examples that help male survivors know they are not alone, as they come to terms with their abuse and heal from past trauma.

Who: This group is open to **adult males (18+)** who have experienced childhood sexual abuse

Start Date: Thursday, September 7

Time: 7:00 PM to 8:30 PM

Size: Open

Location: 205 F Street NE, Washington, DC

Cost: \$25 Free non-clinical group (cost of book and supplies is \$25)

Deadline to Register: August 30, 2017

Scan the QR Code to the right, or copy the following link into your web browser:

<https://www.flipcause.com/widget/MjIwOTM=>

