

MaleSurvivor Weekend of Recovery Level I:
DARE TO DREAM
Guest House Retreat and Conference Center, Chester,
Connecticut
July 22– 24, 2016

MaleSurvivor Weekends of Recovery are open to any man, 18 or older, who has been sexually victimized as a child and/or as an adult. We have selected a very special place to host this weekend experience, the Guest House Retreat and Conference Center, in Chester, CT. Guest House is a beautifully renovated country inn on private wooded land and is adjacent to the 16,000-acre Cockaponset State Forest, which has many miles of hiking trails. Cedar Lake, a 70-acre lake with a public beach, is less than half a mile away. Nearby attractions include the charming New England village of Chester. Guest House is only ten miles from Long Island Sound and its ocean beaches. You can visit their Web site at <https://guesthousecenter.org>

Conveniently located midway between New York City and Boston, Guest House is easily reachable via major highways or train. Nearby airports are in Hartford, Providence, and New Haven.

NEW THIS YEAR: Registration will close one month prior to the beginning of the weekend, with no exceptions. **We encourage you to sign up early to reserve your spot.** Please note that for 2016, the number of Level I Weekends has been reduced from four to three, so we anticipate there will be more demand for spaces.

Goals of the Level I Weekend of Recovery:

- 1) To provide an opportunity to experience a safe environment in which participants can discover they are no longer alone in their recovery.
- 2) To provide an opportunity to co-create and experience safety with other survivors as they explore further aspects of their healing journey.
- 3) To provide an opportunity for survivors to share their inner pain, strength and hope with others who have been abused.
- 4) To provide an opportunity for participants to give a voice to their experiences as survivors.
- 5) To provide a safe way for participants to share the story of their abuse with others who will understand and offer support.
- 6) To provide a safe place for participants to experiment with letting go, opening up and being vulnerable, and practice asking for the support they need.
- 7) To provide an opportunity for participants to explore safe ways of going beyond their comfort zones, and to find ways to get beyond their blocks to move beyond their abuse to experience a greater sense of freedom in their minds, bodies, and spirits.
- 8) To provide a safe place where participants can experience a sense of community, brotherhood and joy.

Facilitator Team

The Weekends of Recovery are facilitated by trained psychotherapists, 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. **Jim Struve**, Licensed Clinical Social Worker with over 38 years of experience working with male survivors co-chairs the facilitator team, along with **Dr. Howard Fradkin**, a Psychologist with over 32 years of experience working with male survivors. The weekends are also directed by a Leadership Team, which in addition to Jim and Howard includes **Lynne MacDonell**, BA, R.P. and **Sharon Imperato**, LMHC. The team of facilitators includes other Psychologists, Social Workers, Marriage and Family Therapists, Psychotherapists, and Mental Health Counselors. Biographies of all staff members for this weekend can be found on the MaleSurvivor Web site at www.malesurvivor.org

Howard Fradkin and Sharon Imperato will be co-coordinating the Guest House facilitator team. The rest of the team for this weekend includes **Ernesto Mujica**, **Mikele Rauch**, **Peter Bottéas** and **Bill Burmester**.

MaleSurvivor reserves the right to make changes to the staff depending on enrollment.

Safety at the Weekends

Screening for attendance on a Weekend of Recovery is required and will be conducted after a potential participant registers. The purpose of the screening interview is to help determine whether a potential participant is ready to safely and productively participate in the weekend. If we determine a participant is not yet ready, we will suggest other activities he could engage in to prepare himself for participation in a future weekend.

Safety on the Weekends of Recovery is a priority. As a facilitator team, we emphasize personal safety for everyone in attendance at a Weekend of Recovery. To accomplish this goal, at the beginning of each weekend we engage in a collaborative process between facilitators and participants to define the safety guidelines for the weekend. The facilitator team is committed to working with the participants to provide structure and support to help protect individual and group safety and to promote opportunities for growth.

Another way we work to ensure safety is by having enough facilitators at each weekend so that individual attention is available whenever it is needed, along with encouraging participants to risk asking for help from each other as each participant brings a wealth of experience and skills with them.

To protect and promote an environment of safety, we do not allow the use of alcohol or any recreational or non-prescribed drugs. Sexual contact between participants during the weekend is not permitted. If a participant fails to adhere to these norms, or there are any other violations of safety guidelines, then the Weekend of Recovery co-chair will meet with the participant to determine whether he will be allowed further participation in the weekend.

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 For Me? How Can I Prepare for the Weekend?

For those working with professional clinicians, 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. All participants must be able to safely and appropriately engage in structured group activities. After receiving confirmation of your registration, if you are in therapy, please go the Web site and download the form for your therapist to complete which confirms you and your therapist agree you are prepared for the weekend. 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 weekend 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 either before you come to the retreat, or as soon as possible after your return, and/or encourage you to explore what types of self-help groups and resources are available in your community or near by. Another option is to visit the MaleSurvivor Web site, and go to the bulletin boards and connect with other survivors there, or visit the moderated chat rooms, where you can talk with others who either have been to a weekend or may also be considering registering. 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.

As mentioned above, part of creating safety at the weekends involves requiring every potential participant to talk with one of our facilitators prior to the weekend. 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. The facilitator team will make every effort to complete that process as quickly as possible. You are encouraged to register early, to help you save money on transportation and by taking advantage of the early registration discount.**

You can read comments from other participants on our Web page by clicking on the tab for the Weekends of Recovery, and then clicking on *Testimonials*. Many participants have told us that the weekend is a very intense and rewarding experience, and at the same time sometimes it is quite uncomfortable. We recognize that one of the challenges male survivors have is feeling comfortable enough to ask for help, especially when they are feeling most in need of the help. For participants who are aware they have a problem with dissociation, this can be an especially difficult challenge. We would encourage you to practice asking for help before the weekend, perhaps with your own therapist, as well as with friends and significant others, and to assess for yourself what gets in your way of asking for the help you need so you can let us know when we

contact you prior to the weekend. The facilitators are all highly skilled therapists, and oftentimes can be sensitive and intuitive enough to know you need help even when you are not asking. However, we will clearly need your help and ask you to take the risk to articulate your needs during the weekend. To the extent you can help us know you are needing some extra help at any time during the weekend, this will help you to have an even safer and a more beneficial experience.

During the weekend, we'll invite you to participate in a number of different types of activities. We'll spend some time helping each of you to feel as safe as possible. We'll take our time getting to know each other by sharing a little at a time. Frequently during the weekend we will meet in small groups, where you can have more individual time to talk and share your feelings and observations.

Everyone will be given some opportunities to choose how to tell your story—through words, art, movement, and/or music. We'll also introduce you to some different types of relaxation and visualization exercises you may choose to do at home to increase your ability to cope and manage life stresses. We'll also give you time to wander the beautiful grounds alone or with some of your fellow participants.

Policy Regarding Transgender and Intersex Participants

MaleSurvivor is committed to healing the sexual victimization of boys and men. MaleSurvivor also 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.

For more information for transgender sexual violence survivors, click on the following link to access resources provided by FORGE, an organization that provides peer support to people on the transgender spectrum: <http://forgeforward.org/2015/09/trans-sa-survivors-self-help-guide>.

“Male identified” does not require any medical transitions, such as hormones or surgery—only clarity of identification at the time of attending a Weekend of Recovery/Day of Recovery.

Any questions or concerns about the above policy may be directed to Howard Fradkin, PhD, at hfradkin@malesurvivor.org or to Jim Struve, LCSW, at jimstruve@malesurvivor.org, co-chairs of the Weekends of Recovery.

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, during which 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 Costs

NEW THIS YEAR: Registration will close one month prior to the beginning of the weekend, with no exceptions. We encourage you to sign up early to reserve your spot. Registration includes the costs of the facilitated Weekend of Recovery program, with our 6 skilled facilitators from the MaleSurvivor Weekend of Recovery Facilitator Team, plus lodging, 7 meals, and snacks. Bottled water, juices, tea and coffee will be available throughout the weekend. If you are not a MaleSurvivor member, we encourage you to join the organization prior to registration both to secure a significant \$75 discount and to help support the work of MaleSurvivor. Limited numbers of each type of accommodation are available, and will be distributed on a first-come, first-served basis.

_____ CATEGORY C1 Triple	MaleSurvivor Member	\$645
_____ CATEGORY C2 Triple	Non-member	\$720
_____ CATEGORY B1 Double	MaleSurvivor Member	\$745
_____ CATEGORY B2 Double	Non-Member	\$820
_____ CATEGORY A1 Single	MaleSurvivor Member	\$845
_____ CATEGORY A2 Single	Non-Member	\$920

To register for the weekend, we ask that you complete an online registration at www.malesurvivor.org and/or mail in a registration form. To hold your spot for the weekend, we are requesting at least \$150 deposit with your registration. 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. Your balance will automatically be charged to your credit card on June 22, 2016.

Any registration which is not paid in full by June 22, 2016, will be subject to cancellation and a \$50 cancellation fee. Any cancellation after June 23, 2016, will be subject to the loss of all monies paid. Registration will remain open only until June 22, 2016, provided there is space available.

SCHOLARSHIPS

Partial scholarships are available for this weekend for anyone who has limited income or financial hardship. The number of scholarships we can offer is dependent on MaleSurvivor's Scholarship Fund balance. If you have a need for a scholarship, please submit a scholarship application BEFORE you register for the weekend. You can access the "Apply for a Scholarship" application via the Weekends of Recovery menu tab at the MaleSurvivor Web site. After you complete the Scholarship Application Form, e-mail it to Lynne MacDonell, Weekend of Recovery Leadership Team, at WORScholarship@malesurvivor.org.

We ask that all scholarship recipients join as a paying member of MaleSurvivor to be eligible for a scholarship. Membership is based on a sliding fee scale according to your income. You can join MaleSurvivor by clicking on *Join MaleSurvivor*—the third tab down on the left-hand side of the Web site.

Scholarship recipients are expected to accept assignment to a triple room. The maximum available for scholarship grants is 75% of the registration rate for a triple room. We encourage you to apply for only the amount of help you need as we seek to spread our scholarship funds to as many men as possible. If your scholarship request can be granted, Lynne MacDonell will contact you by e-mail with authorization to register and directions about how to enter your scholarship into our payment system. We can only provide assistance with registration costs, and cannot at this time provide any assistance with transportation costs.

Scholarship recipients who cancel their registration more than 1 month prior to the starting date of the weekend may transfer their financial grant to a future Weekend of Recovery. However, recipients who cancel less than 1 month prior to the starting date of the weekend, or who arrive late or do not show, will be subject to the loss of all monies paid toward registration and will be expected to repay the amount of their scholarship grant. Any scholarship recipient who adheres to these cancellation policies is eligible to apply for a new scholarship grant for a future Weekend of Recovery.

If you are in a position to make a financial contribution to our scholarship fund, you can make a donation through the MaleSurvivor Web site at www.malesurvivor.org, or during the online registration process. Thanks for any help you can provide.

Dining

Executive chef Steve Matterazzo ensures that each individual meal is delicious and delightful. Guest House menus are creative and imaginative, and the meals are always satisfying and healthful. Fresh local and regional organic products are used whenever possible. Every meal offers variety and a vegetarian/vegan option is included whenever requested. With advance notice, Guest House can customize menus to accommodate individuals with dietary restrictions. All of your food and snacks are included in the registration fees. Please indicate on your registration form if you have special food requests, and be sure to mention these to the facilitator who will be interviewing you.

Smoking and Sobriety Policy

Guests may not smoke inside any building at Guest House—including guest rooms—out of consideration for other guests. Cigar and pipe smoking are also prohibited. We will indicate to you at the time of your arrival where the designated smoking area is and ask that you respect this limit. If you utilize e-cigarettes or chewing tobacco, please be aware they may also only be used in the designated smoking areas during break times.

Participants are expected to abstain from the use of alcohol or non-prescribed drugs during the weekend.

Internet Access

The Guest House has wireless Internet access. However, we request that you only access the Internet during break times and not during any regularly scheduled activities.

For Your Comfort While Visiting The Guest House

The *average temperature* for July is 80°F, the average high is 83°F, and the average low temperature is 66°F, which should make for a very comfortable stay for us. Average precipitation for the month of July is 3.4 inches.

Getting To The Guest House:

The Guest House is located at 318 West Main Street, Chester, CT 06412
Phone (860) 322-5770

By Air: Guest House is conveniently located near three major airports:
[Bradley Airport](#) (BDL), Hartford (50 minutes)
[Tweed Airport](#) (HVN), New Haven (40 minutes)
[T.F. Green Airport](#) (PVD), Providence (1 hour, 25 minutes)

By Train: Guest House is located about ten minutes from the Old Saybrook train station. Amtrak and Metro North both stop there, and from the station you can take a taxi to Guest House. From New York City it is approximately a two-hour train trip; from Boston it takes approximately two hours. When you schedule your trip, please keep in mind that Amtrak is frequently late. Metro North is more reliable.

Metro North / Shore Line East Railroad: NYC to Old Saybrook, CT
Amtrak: To Old Saybrook, CT – 800-872-7245.

NOTE: Transportation from Old Saybrook train station to Guest House is available from CAR-MAC private car service. This is the only taxi provider from Old Saybrook. **Advance reservations are required.** Call 860-388-2842 for reservations.

By Car: Directions can be found on The Guest House Web site at <http://guesthousecenter.org/page/4441-Location>

Driving times without traffic:

New York City: 2 hours

Boston: 2 hours

Providence: 1 hour, 30 minutes

New Haven: 40 minutes

Hartford: 40 minutes

Transportation Coordination

After you have registered and been accepted for the weekend, your name and e-mail address will be provided confidentially to our webmaster, who will provide you access to the MaleSurvivor Bulletin Board. On the board, the very last category is for Weekends of Recovery, and you will see a topic called Guest House Weekend of Recovery Transportation Coordination. You will then have access once you sign in to network with others who are planning on attending the Guest House Weekend so you can offer to share or give rides to those needing help in getting from the airport to the Center. To protect your confidentiality, this part of the bulletin board will only be able to be accessed by those registered for the Guest House Weekend, and by a representative from the Leadership Team. If you share a ride, please be respectful and offer assistance with paying for gas. **It is important that if you would like to participate in the transportation bulletin board, the e-mail address you provide when you register must be the same as the e-mail address you supply when you join as a free member of the Web site**

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. 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).

MaleSurvivor will not be responsible for any fees charged by your airline if you do not follow this policy and need to change your flying times.

When To Arrive And Depart—Making Plane Reservations

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. 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).

The weekend begins at 12 p.m. (noon) on Friday, and ends Sunday at 3 p.m. Please pay particular attention to the arrival policy below before making your travel plans. Given travel time, we recommend all participants plan to arrive on Friday no later than 10 a.m.; and plan to depart on Sunday no earlier than 6 p.m. if you are flying. If you cannot accommodate your schedule to arrive and depart at these times, please be considerate and do not register. Late arrivals would miss important orientation information, and we ask that all participants plan to stay until the end of the weekend on Sunday to allow you sufficient time for closure. If you find that the only airline reservations you can find will require an overnight stay on either Thursday or Sunday, we

are sorry, but we cannot provide overnight accommodations on Thursday or Sunday evening at the Guest House.

Arrival Policy

Safety for all participants is our utmost concern. **Therefore, you are expected to arrive and be checked in by 12 p.m. (noon) on Friday when we eat lunch together in order to participate in the weekend.** 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 your delay is greater than one hour. In other words, you cannot expect to be admitted to the weekend after 1 p.m. 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 the city of the weekend the night before, or a city near the airport. MaleSurvivor will provide you with information about budget hotels near the facility to help facilitate your stay. Your consideration of this policy will help strengthen the feeling of safety for all participants and help us to build a community.

Departure Policy

Safety concerns and respect for the needs of all participants for adequate time to have closure also have encouraged us to develop a departure policy as well. The weekend is structured so that all participants will have sufficient time on Sunday to plan for their transition back home, to reflect on what they have learned during the weekend, and have an opportunity to say goodbye and express appreciation to the new community of men they have joined. **To accomplish these goals, it is necessary that all participants stay until the weekend ends at 3 p.m.**

Completing a Level One Weekend is a requirement to attend any Advanced Weekends of Recovery. Any participant who leaves a weekend prior to 3 p.m. will be ineligible to attend an Advanced weekend until he completes a Level One weekend. We also suggest you read our Informed Consent Form on the Web site (you'll find it on the Weekends of Recovery tab) which also addresses early departure from the weekend.

Staying at Guest House Before or After the Weekend

For all Level One weekends, it is our policy that we do not allow participants to stay at the meeting facility either the night before the start of the weekend on Friday or at the end of the weekend on Sunday evening. Participants who arrive the night before or need to stay over often stay near the airports or nearby Guest House, where there are a number of budget and mid-priced hotels available. This is convenient especially if you are sharing a ride with others who are arriving and departing from one of the airports.

For Your Comfort While Staying at Guest House

Most cell phones do work here. There are plenty of walking trails through the woods, so bring socks, long pants, long sleeve shirts, bug protection and shoes that support you on rough terrain and are waterproof. Please bring your own flashlights. All bedding and towels are provided.

No alcohol or un-prescribed drugs may be brought to the weekend.

Therapist Recommendation Letter

When you register online, you will notice a link to a therapist recommendation letter when you click the tab Weekends of Recovery on the home page; be sure to click on 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 10th. 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. Please return the letter by July 10, 2016, to Howard Fradkin at hfradkin@malesurvivor.org or fax it to 614-445-8283.

Consent Form

There is also a tab on the Web site under Weekends of Recovery which contains our Participant Consent Form-please download the Level I Consent Form. We suggest you download this form and review it before you are interviewed. We ask that you bring your copy to the weekend, where we will provide you another opportunity to ask any questions you have. All participants must sign a consent form in order to participate in the weekend.

Male Survivor Weekend of Recovery Tentative Schedule July 22 - 24, 2015

FRIDAY

10-12 noon	Registration – Lobby of Guest House
12:15- 1	Lunch
1- 1:30	Welcome and Guidelines for Participation
1:30- 2	Co-creating Safety Guidelines
2- 2:30	Mind-Body Awareness Introduction
2:30- 3	Introducing Ourselves
3– 3:45	Break & Check-in for Lodging Rooms
3:45-5:45	First Small Groups
5:45- 6	Break/Journaling/Reflecting/Networking
6- 7	Dinner
7- 7:30	Break/Survivor T-shirts
7:30- 9	Mind-Body Awareness
9:00	Journaling/Reflecting/Networking/Bedtime Facilitator Check In

SATURDAY

7-8	Optional Walking Meditation
8-9	Breakfast
9-9:15	Check-In

9:15-10 Preparing to Tell My Story
10-12 Telling My Story-Small Groups
12-12:30 Break/Reflecting/Art
12:30-1:30 Mindfulness Quiet Lunch
1:30-2:30 Optional Hike
Survivor T-Shirts
2:30-4:30 Exquisite Self- Compassion
4:30-4:45 Break
4:45-6:15 Small Groups
6:15-7:15 Dinner
7:15-8 Break/Journaling/Reflecting/Networking/T-shirts
8-10 Shame Busting
10:30- Facilitator Meeting

SUNDAY

7:00-8:00 Optional Walking Meditation
8-8:45 Breakfast
9-9:15 Check-In
9:15-11 Community Building/Bridges to Home
11-11:15 Break
11:15-12:45 Brief evaluation; last small group
12:45-1 Break
1-1:45 Lunch
1:45-2 Break
2-3 Closing /Group pictures

ANY QUESTIONS:

Questions can be directed to Howard Fradkin, at 614-578-8887 or hfradkin@malesurvivor.org,
or to Trisha Massa, Community Outreach Director, at ytamassa@aol.com.