

AMACHI:
“WHO KNOWS WHAT
GOD HAS BROUGHT US
THROUGH THIS CHILD.”

NIGERIAN IBO

David A.
Washington

OBJECTIVES

- 1) Describe the benefits of using the terminology “spiritual wounding” in working with males.
- 2) Identify interventions that benefit males with spiritual wounding experiences
- 3) Acknowledge how heterosexism can be a form of spiritual wounding in the clinical setting both in individual and group therapy.
- 4) Explain Rik Isensee’s 10 Stages of healing for males that have sex with males and the second coming out experience.
- 5) Explain and summarize ways a therapist can be gender responsive and culturally awareness when assisting in the healing process for African-American males.
- 6) Describe how knowledge of Post Traumatic Slave Syndrome can enhance treatment.

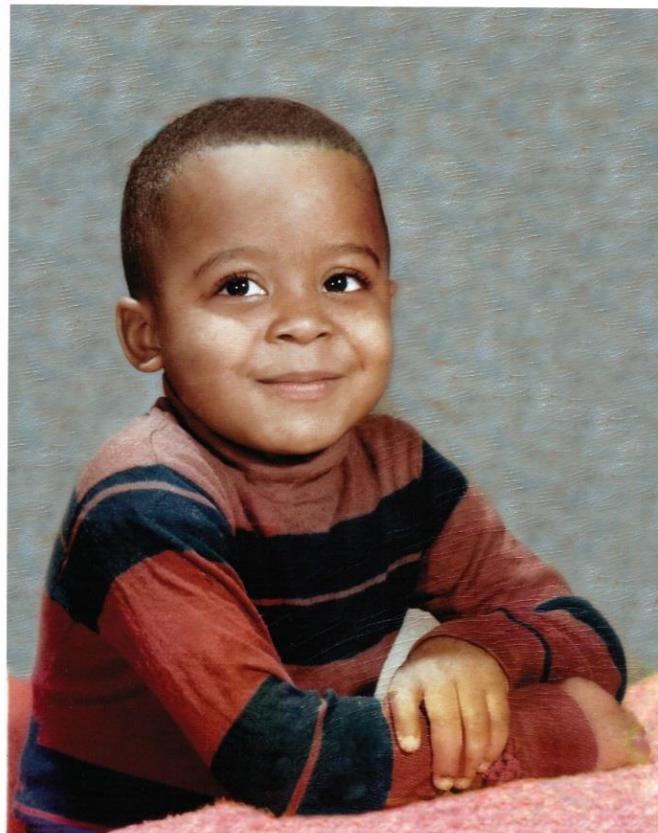
A JOURNEY BACK

- What therapeutic interventions would you use if you were introduced to David at your clinic at age/year;
 - 1972
 - 1981/82
 - 1984
 - 1989
 - 1991
 - 2014

THE SET UP: 1965 PRENATAL TRAUMA?

Martin Luther King, Jr. led 25,000 to state capitol in Montgomery, Alabama

Hagerstown, Maryland (Mason-Dixon Line)- The last stop of the Underground Railroad



FAMILY

■ Family History

- Mom “stay at home mom”, second marriage: escaping from first husband, 30 years younger than Dad
- Dad hard worker 40-60 hours a week, 2nd grade education, 5 sons from three different women
- Siblings ranged in age from 30 years older to one year older
- Neighborhood-Cosby neighborhood, everybody knows your name

THE FIRST TRAUMATIC EVENT

- Raped at age 7 by two teens (1972)
 - Environment in which the trauma occurred
 - Neighborhood
 - Medical
 - Educational (*learning disability)
 - Family
 - Criminal justice

SECOND TRAUMATIC EVENT AND RESPONSE

- Sexual abuse by neighbors
 - Age 8-12
 - Age 10 suicide attempt
 - Some therapy with parents present in the room

THIRD TRAUMATIC EVENT

- Divorce of parents at age 11
 - Mom walks out on a rainy Friday/Saturday Night
 - Custody
 - Court hearing
 - Unheard of for a man to get custody of both his children in our town in 1977

LIGHT AT THE END OF THE TUNNEL

■ Music and the Arts

- Scholarships to music camps, especially the Interlochen National Music Camp
- Later got to play on WMAR-TV Baltimore for a Marathon to raise money for the Pediatric Oncology Therapy Center with Lee Curreri (more about this later)
- Self-esteem is a little better
- Worldview changing: anything is possible, California/New York, here I come!

THE DARKNESS ISN'T OVER YET: THE FOURTH TRAUMA

- The big C, malignant- 3 survivors in the world, lucky me!
- Sophomore in High School
- Medically - three days longer would have led to death, possible loss of larynx
- Major surgery or move to a specialty hospital
- The Johns Hopkins Hospital
- MIRACLE!!!!
- Anger at God

NEWSPAPER ARTICLE

Local youth who battled cancer to appear on television benefit



David Washington

David Washington, the North High student who has successfully battled a rare throat cancer, will appear on a Baltimore TV telethon to benefit Johns Hopkins cancer research today from 1 p.m. until 11 p.m. on Channel 2.

David's father, Walter Washington, said David was diagnosed by doctors at Johns Hopkins as having form of throat cancer so rare that only three other known cases exist in the world.

On the Variety Club Telethon today, David, 16, will be interviewed by Johns Hopkins doctors, and he will also play his saxaphone — a feat the youngster was once told he might not ever do again when his cancer was discovered less than a year ago.

Last summer David won a national music scholarship through competition, and while at music camp he noticed a persistent sore throat.

When he returned home, the sore throat was diagnosed as cancer, and David was told he might not talk or play saxaphone again. Less than a year later he is doing both, and he travels to Johns Hopkins once a month for 3 to 4 days of treatments.

THE SAXOPHONE



THE MEAL

VARIETY CLUB—TENT 19

Celebrity Ball

WITH STARS OF THE VARIETY CLUB / WMAR-TV TELETHON

Proceeds to Build the
**VARIETY CLUB PEDIATRIC ONCOLOGY THERAPY CENTER
AT JOHNS HOPKINS HOSPITAL**

SATURDAY, MAY 29, 1982—MARTIN'S WEST

Cocktails—Hors d'oeuvres: 7:00 P.M., Dinner: 8:00 P.M.
Entertainment: 9:30 P.M., Dancing: 10:30-1 A.M.
ZIM ZEMAREL and His Orchestra

Table No. 22

No

314

Admission: \$100 Per Person—Black Tie Optional



FINDING MY SENSE OF CONTROL

- First encounter with self-destructive maladaptive behaviors as adaptations of the trauma
 - Drugs.....
 - Rockin' Roll.....
 - Sex.....AC/DC Back in Black (1980's)
 - Totally out of control, but managing socially



FROM COLLEGE TO HOMELESSNESS

- HOWARD UNIVERSITY (on a scholarship)
- No sense of boundaries or of danger, and acceptance found externally
- Introduction to those involved with the criminal justice system....not the good side
- Substance use increases
- Asked to leave college
- Finally on the streets of The District of Columbia sleeping from Place to Place

NOT WHAT'S WRONG WITH ME, IT'S WHAT HAPPENED TO ME?



Local members of All-State Choir
M. Mar 25, C. W. L. mod. 11/19/83
LAWTONOK C 15 CO

THE TRUE LIGHT

- Father allows me to return back to the home where the abuse occurred 1987
- Given a diagnosis of another chronic medical condition with the expectation of living 5 more years in 1989
- Asking myself, “is this it?”
- No need to cut down on substance use...right? Sick for days after using a substance and knowing my body is breaking down
- Entered a 12-Step Program through a human services class
- 6 months clean, and I’m homicidal/suicidal

EMBRACING THE LIGHT

- Horizon Hospital in Clearwater Florida
- “Could the rape and sexual abuse really have affected me?”
- Back to college: Associates of Arts (couldn’t believe it)
- 3 years later a certified chemical dependence counselor
- Offer to work for The Johns Hopkins Hospitals Program for Alcoholism and Other Drug Dependencies
- Back to College: Bachelor of Science, Bachelor of Social Work, and a Masters of Social Work
- 4 days out of college started a career as a trauma specialist with the Department of Health and Mental Hygiene for the State of Maryland.

CARRYING THE TORCH

- Program Coordinator for the TAMAR Project
- Consultant for trainings on: The TAMAR Program, Trauma-informed care and service, Co-occurring Capable and Enhanced practices
- Conduct RISE-Rewriting Inner Scripts, weekend retreats. Weekend of group work to address internalized oppression/homophobia in males
- Life is great for a person that never thought he would live to see age 25.
 - Still experience: seeing my rapist and sexual abusers several times a year; being triggered by the winter weather and movies; some maladaptive behaviors (food, shopping, cognitive messages) chronic medical condition that has to be managed; and 12-Step involvement.

SPIRITUAL WOUNDING

The Spirit: That force within a person that is believed to give the body life, energy, and power.

Spiritual wounding- A view of oneself as _____, as the results of wounding events that impact a persons beliefs, values and behaviors.

Part of the work in treatment can be to complete the statement “a view of oneself as_____” as the result of wounding events and

What are the beliefs values and behaviors that may be impacting the global level of function

SPIRITUAL WOUNDING

Why use the word spiritual wounding instead of Trauma

- Trauma is a loaded word for some males and speaks to vulnerability
- Most cultures speak of a spirit
- It's not seen as "mental health"
- Our retention levels and request for services increased in 2 weeks of referring to the work as spiritual healing versus trauma healing

10 STAGES OF HEALING

■ Rik Isensee

Reclaiming Your Life: The Gay Man's Guide to Recovery From Abuse, Addictions, and Self-Defeating Behaviors (Lincoln, NE.: iUniverse, INC, 2005)

- 1. Acknowledge abuse**
- 2. Identify posttraumatic effects**
- 3. Recognize self-destructive behaviors**
- 4. Get support for recovery**
- 5. Work through feelings**
- 6. Counter shame and negative messages**
- 7. Combat homophobia and heterosexism**
- 8. Learn how to nurture yourself**
- 9. Assert your own needs**
- 10. Create your own life**

The Second coming out.

POSTTRAUMATIC SLAVE SYNDROME

Keith Boykin

(*One More River to Cross: Black and Gay in America*, New York: Anchor Books, Doubleday 1996, p40)

“Blackness is still associated with a host of negative behaviors, from criminality to sexual promiscuity, a reputation that has lingered since slavery...In fact, when we think of blacks, we are more likely to conjure up images of lazy workers, criminals, and sexually active welfare mothers than of industrious, law-abiding entrepreneurs. The Reverend Jessie Jackson acknowledged that blacks internalize the stereotypes when he said “There is nothing more painful to me...than to walk down the street and hear footsteps and start to thinking about robbery, then look around and see somebody white and feel relieved.”

While this may not be the case for all blacks in America, I wonder how many of the people we see feel and think the same way. Being trauma informed can open the window to self freedom.

WORKING WITH AN AFRICAN-AMERICAN MALE SURVIVOR OF SEXUAL ABUSE

- “There are no survivors. It’s just us in here and them out there,” taken from the movie 28 Weeks Later
 - Some questions/issues to consider in the assessment and therapy
 - Assuming heterosexuality can shut down the process or play into the internalized oppression/shame cycle
 - What culture does the patient identify with (AA, GLBI(Intersexed)A, heterosexual,
 - Are there religious issues that are obstacles to recovery
 - Understanding of sexuality
 - The race of the perpetrator
 - Ask the patient “What are your thoughts about working with me, a _____ (Caucasian, Native American, European male/female....)

GET OUT OF THE BOAT

■ In closing

- John Ortberg, *If You Want to Walk on Water, You've Got to Get Out of the Boat* (Zondervan, 2008)