

Men in Recovery Workshops

Our weekends are for men who have experienced or believe to have experienced sexual abuse, as children or adults.

They are NOT for men who are abusing or have a history of abusing others, (these men need a different kind of support that we do not provide).

The fear of sitting in a group of men is normally very high at the beginning but reduces quickly once the weekend begins.

We are aware of that and structure the events to lower the fear barometer. We put a lot of effort into creating a sense of safety in the group.

We currently run:

- [1/2 day group meetings](#)
- [Introductory Weekend Workshops](#)
- [Themed Weekend Retreats](#)

and

[offer one day Training Events for therapists and other professionals.](#)



How to contact us:

info@meninrecovery.org

Our website

If you are seeking help or curious about what we offer, please take a look at our website. Here you will find background information, resources and read first hand what other men think about us.

You can also leave a message there, we promise to get back to you within 2 working days.

www.meninrecovery.org

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MIR leaflet V1

MEN in RECOVERY

supporting sexually abused men
on their journey to wholeness



'I have learnt that the power of men together can enable a man to transform himself and his future.'

Jonathan, Forres

Recovery is Possible

It is estimated that 1 in 6 men in the UK have been sexually abused. The trauma they experience can dictate major parts of the life that comes afterwards. It has many symptoms from isolation, low self esteem, addiction, violence to self or others, to relationship difficulties.

ISOLATION is the most damaging. It cuts you off from the resources that could help change your present life experience for a better one. The truth is that life gets better when you come out of isolation and do something different.

Men in Recovery

was formed as a vehicle to support men on their journey to wholeness. We run workshops for men with a history of abuse, offer seminars and trainings to inform and educate professionals around all aspects of male sexual abuse. We maintain a website with information and resources available to all men to use as part of their recovery.

What We Do

- ❖ Raise awareness about male sexual abuse, especially the impact on men and their families; and the consequences for society as a whole.
- ❖ Provide a resource for men to move into the recovery phase.
- ❖ Offer workshops and group meetings for men who have experienced abuse.
- ❖ Demonstrate the power of being with a peer group and men's ability to support each other.

~ **Sexual abuse typically leaves men with confusing feelings, loneliness and can lead to issues around trust.**

~ **We understand what you are struggling with.**

~ **It takes a lot of courage to acknowledge what happened and move onto the road to recovery.**



~ **We are here to support you on your journey through the difficulties into self-empowerment.**

I truly believe that it is not necessary for men to lead low quality lives blighted by experiences that mostly happened decades ago. It is not eezzy to change but neither is living a low quality life. This charity exists because I KNOW it can be different. Starting that process of change is what we are about.

~ **Stephen Linturn**



The Charity

Men in Recovery is based in Scotland and has been registered in 2014.

The charity was founded by **Stephen Linturn** who has an established therapy practice in the North of Scotland. He worked extensively with individuals and couples for over 12 years. Many of his clients had sexual abuse as part of their history and Stephen's approach has proven to be successful in working with this client group.

Stephen brings a wide range of experiences to supporting men who have been sexually abused. He combines a sensitive, caring and grounding nature with personal experiences of trauma, plus an honours degree from the University of Life.

The charity has now become the acknowledged resource for the area through their activities and provided information.