

## **Therapeutic resources and sexual assault support information**

Project Title:

- **“Black Men, Sexual Tropes, Trauma and Resilience: A transnational portrait of erotic racism, sexual stereotypes and Black men’s lives”**

Brock University Research Ethics Board approval:

- **file #21-279 - KITOSSA**

There is growing awareness of males surviving of sexual violence across the life-course from childhood into adulthood. As this recognition grows, so too are counseling therapeutic services and sexual assault support information.

Should you need counseling or therapeutic services the following are provided for your consideration, without my guarantee or recommendation.

### **Suggested coaches, counselors and therapists**

**David Archer**, MSW, MA in Couple and Family Therapy

- Email: [david@archertherapy.com](mailto:david@archertherapy.com)
- Web: <https://archertherapy.com/about/>
- My approach is anti-racist, intersectional feminist, and Queer and Trans friendly
- Areas of specialization: relationship problems, stress reductions, anger management, social anxiety, quitting cigarettes/marijuana abuse and relapse prevention

**Michael Forfieh**, MSc in Therapeutic counselling

- Email: [opokufm@gmail.com](mailto:opokufm@gmail.com)
- Web: [michaelforfiehcounselling.com](http://michaelforfiehcounselling.com)
- Blog: [michaelforfiehcounselling.wordpress.com](http://michaelforfiehcounselling.wordpress.com)
- accredited member of BACP (British Association of Counselling and Psychotherapy) and BAATN (Black and Asian Therapists Network)
- Areas of speciality: depression, anxiety, addictions, relationship difficulties, mood management including angry feelings, self-esteem, abuse and trauma
- Approaches include: Transpersonal, Humanistic, Cognitive Behavioural Psychodynamic and E.M.D.R. (Eye Movement De-sensitisation Re-processing)

### **David Grant RSW, MSW, BSW, Ph.D student in Public Health Sciences**

- Email: [david.jay.grant.9@gmail.com](mailto:david.jay.grant.9@gmail.com)
- Phone: 647-794-0966
- Website: <http://globalmindemancipation.org>
- Specializes in working with Black/African descent people experiencing varying forms of mental and emotional distress incl. anxiety, depression, psychotic disorders, psychological trauma incl. racial trauma, history of sexual abuse and more
- Takes a holistic socio-cultural clinical approach to mental health and wellness, child welfare, anti-Black racism, psychological functioning in education, best practices in working with Black people (children, youth and adults)
- Uses a range of treatment modalities including Cognitive Behavioural Therapy (CBT), Psychodynamic Therapy, Solution Focused Therapy, as well as other approaches grounded in Africentric principles
- Writes Sentencing and other forms of expert witness legal reports for Black inmates
- Free to reach out via email or free 15-minute phone consultation.

### **Dr. Delroy Hall**

- Website: <http://www.delwes.com/>
- Videos
  - <https://www.youtube.com/watch?v=ypPdjq3Qwpc>
  - <https://www.alisonjaye.net/2020/08/29/dr-delroy-hall-good-mental-health-bereavement-counselling/>
- registered member of the British Association for counselling and Psychotherapy (BACP), adheres to the standards of the BACP ethical framework
- counsellor for over thirty years within a variety of settings
- doctorate in Pastoral Care and a Masters in Pastoral studies
- club chaplain for Sheffield United Football Club
- foci: anger management, bereavement counseling, depression, self love, suicide and self-harm prevention and individual and cultural trauma

### **Cayo Whyte, RSW, MSW, BSW, Ph.D. (candidate)**

- Email: [youfirstcounselingservice@gmail.com](mailto:youfirstcounselingservice@gmail.com)
- Phone: 7059962668
- Highly
- over 16 years of hands-on experience providing support to clients with diverse needs, with a particular emphasis on individuals from Black and Indigenous communities
- Approach to counseling recognizes impacts of colonialism from an Afrocentric and Indigenous lens that honors and nurtures the mind, body, community, and SPIRIT.

- Practices offer a wide range of supports tailored to meet the specific needs of individuals, families, and youth from diverse backgrounds
- Counseling and therapy that addresses crisis intervention, stress management, anxiety, depression, social relationships, mental health concerns, challenging family dynamics, behavioral issues, substance use, and more
- Free to reach out via email or phone for a free 15 minute consultation.

## **Resources**

### **Male sexual violence resources**

If you are a survivor of sexual violence, at whatever age and may wish to consult a therapist, you are encouraged to seek out assistance. The list provided here is not an endorsement, but suggested for you to make inquiry:

- Dorais, Michael. 2009. Don't Tell: The Sexual Abuse of Boys, 2nd Edition. Montreal: McGill-Queen's University Press.
- Gartner, R. B (Ed.). 2017. Understanding the Sexual Betrayal of Boys and Men. London: Routledge.
- She Touched Me: Five Snapshots of Adult Sexual Violations of Black Boys  
Tommy J Curry, Ebony A Utley  
Kennedy Inst Ethics J. 2018; 28(2): 205-241. doi: 10.1353/ken.2018.0014.  
<https://pubmed.ncbi.nlm.nih.gov/30100600/>
- When Males Have Been Sexually Abused as Children: A Guide for Men  
[https://www.canada.ca/content/dam/phac-aspc/migration/phac-aspc/sfv-avf/sources/nfnts/nfnts-visac-male/assets/pdf/nfntsx-visac-males\\_e.pdf](https://www.canada.ca/content/dam/phac-aspc/migration/phac-aspc/sfv-avf/sources/nfnts/nfnts-visac-male/assets/pdf/nfntsx-visac-males_e.pdf)
- When Teenage Boys Have Been Sexually Abused: A Guide for Teenagers  
<https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/prevention-resource-centre/children/teenage-boys-sexually-abused-guide.html>
- Sexual Assault of Men and Boys  
<https://www.rainn.org/articles/sexual-assault-men-and-boys>
- 1in6.org  
<https://1in6.org/>
- Psychology Today (Find a therapist)  
<https://www.psychologytoday.com/us/therapists>