

# TRAUMASEXUALITY

MEN ABUSED AS BOYS

MEN BETWEEN VICTIM AND PERPETRATOR

PETER JOHN SCHOUTEN



boy

this book in **21** key words

in the first **moment** of **sexual** abuse serious

**damage** is caused if there is no attention for this you end up in an

**interval** and then

you **forget** what happened in the moment but

**you live with the damage**

in **mental paralysis** and you are a

**traumasexual** after many years a day comes when

the experience re-enters your **awareness** and the

**coping process** has to start

that takes place in phases in which you first have to open up the **secret** and

learn to **acknowledge** your painful experience

and resolve **contradictory dilemmas** you have to

**bid farewell** to

the **six** connections with the **perpetrator** only then can you return to

being **yourself** and can you leave the **trauma** behind you with

**meaning** and

**forgiveness**

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# PREFACE

THIS BOOK IS A STRUCTURED SKETCH  
EXPLORING THE TRUTHS SURROUNDING SEXUAL ABUSE  
THAT HAVE ORIGINATED FROM THE OBSERVATION OF THE  
LIVES OF THOUSANDS OF MEN WHO WERE SEXUALLY  
ABUSED DURING THEIR CHILDHOOD, OFFERING MODELS  
AND DIAGRAMS TO HELP YOU CONTINUE TO SEARCH FOR  
YOUR OWN TRUTH

**Reader notes**

This book is a structured sketch exploring the truths surrounding sexual abuse. It originates from the observation of the lives of thousands of men who were sexually abused during their childhood. It offers models and diagrams to help you continue to search for your own truth. The theory is supported with many quotes from men. It is written chiefly in an informal style. The result is that it is difficult to distance yourself from what you are reading. This is what is intended, that the subject touches you. An intentional decision. An abstract and formal style of writing would not do the target group justice and it could cloud the seriousness of the matter. You may get more from this book if you read it in sections, returning to it through time. Perpetrators can be male or female. Read he as both he and she.

# FOR WHOM

## **Victims and perpetrators of sexual abuse**

This book has been written for men who were sexually abused during their childhood. Perpetrators can learn about how their sexual attack, although it may only have lasted a few minutes, has affected a boy's life. This is a reference book for partners, family members, counsellors and others involved.

Both victims and perpetrators will recognise themselves in active victimhood. In the various sexual roles in traumasexuality, with its enormous compulsion for repetition, the dividing line between perpetrator and victimhood becomes very thin. The dividing line is usually only the conscience and a degree of capacity of empathy towards the side of the victim.

## **Motivation**

My motivation for writing this is that there is far too little knowledge regarding the damage, consequences and processing of sexual abuse. It is urgently required so that change can take place. All research shows that sexual violence is common, with boys as victims too. It is estimated that five to fifteen percent of the male population has been involved in this in one way or another and it occurs in all classes and levels of society. These are considerable numbers. I was confronted with sexual abuse when I was almost four years of age and this has forced me to deal with it. In the nineteen eighties, in my role as a counsellor, I started pioneering work through offering help to this group. Without in-depth knowledge, but I had been trained in working with trauma. Sexual abuse at the time had been patented by feminist movements, through which male victims were considered hostile. Men had to just remain perpetrators. I stubbornly carried on despite this oppression. Today there barely appears to be a difference in the effects of sexual abuse for girls or boys. Although the damage is the same, gender-specific differences can be observed in the consequences of the damage. This is for example apparent from the behaviour concerning victimhood and emotions. There will be many women who will embrace the theory and models in this book.



### **Traumosexuality**

Through sexual abuse you become traumasexual. Traumosexuality is the invisible driving force behind addictions, behind perpetration, behind domestic violence, behind divorce, behind sex addiction, behind entrepreneurship in the sex industry, behind visiting prostitutes, behind gender issues, behind confused sexuality, behind criminal behaviour.

Another motivation for writing this book is the denial and the serious neglect of the group by governments. You have to know about it before you can see it, but what if no one wants to know? In the appendix about the collective denial I provide a few recommendations for recognition and prevention.

# RESEARCH

## **Empirical research**

This book is based on empirical research. The basis has been collected from information from thousands of counselling sessions, psychodrama sessions, group meetings and many conversations with other counsellors. The hundreds of questions, responses and contributions to my website produced detailed information. See: [seksueelmisbruik.info](http://seksueelmisbruik.info)

I saw, observed, concluded, created a model, tested it and concluded once again. The process went from practice to theory, to assumptions, to (working) models. Can I draw conclusions and make statements that apply to this group that are worthwhile? Or even better: can I put forward a statement that could be accepted as the truth?

In my daily work with men I discovered truths I could not tackle with regular counselling. Sexual abuse is a complex and extensive problem and through the corresponding complaints a multitude of diagnoses can be arrived at. Anxiety disorder, depression, borderline, narcissism. They are never a perfect fit and only describe the manifestation but never the root of the problem. I consciously avoided using the usual DSM-V codes that have become the standard language for counsellors. I believe that these create more obstacles and are actually avoidable steps. The diagnosis depression or anxiety disorder is so easy to arrive at and then everyone knows what it is about. But if the cause of a diagnosis is traumasexuality\* or a mental paralysis\*, this requires a different approach. Then things should start to move more in the right direction. Dealing with what it is all about. Some men find diagnosis violent and feel as though they have been raped again by the arrogance and know-it-all approach of a counsellor. From the role as a counsellor, a special attitude and a different treatment are required than that of an approach with a set protocol. The research is based on practice. It has originated from observations in practice. I can say tentatively that the observations come near to a certain reality. The many responses from and consultations with colleagues confirmed for me time and time again that the conclusion described was accurate. The templates, the frameworks and models connect with most of the clients' problems.

\* see later chapters in this book

A common response is: *'At last someone has put into words how it is for me, this is me, I have come home'*. This gave me enormous hope and energy to continue.

In this book I look at sexual abuse from a psychological, psychodrama and psychotherapy perspective. My perceptions and observations took place in situations in which men spontaneously displayed what possessed them in their actions. I received an enormous volume of hidden information from lives following sexual abuse. I was continually confronted with the same themes that stemmed from the experiences. I experienced realisation in conversations between myself and sexually abused men and felt a specific dynamic. In my field - psychodrama - people display their inner world through drama. An unfamiliar world opened here each time and it became steadily more familiar to me: this is the inner world of a person who was abused as a boy.

This book is the empirical, recorded reality surrounding sexual abuse of boys. It is an attempt to draw this reality into the actual day-to-day reality of the world. Open up a non-existent secret world and integrate it in relationships, families and society.

### **Details**

How can you create a little bit of order from this immense chaos? How can you create one whole from all the fragmented parts, each with their own contradictions? This book is packed with details. I consider all the details as serving and contributing to the whole issue. During the process of simplifying this complex material it first had to become more complicated. It matured from chaos to order. Towards the end of the writing process it actually became very simple. The philosopher Spinoza said that everything has a cause, and a causal connection. Here too there is a clear cause and a clear consequence. But a consequence with a manifestation shrouded in mist. The mist comes from the fact that we are people with feelings and secrets. They are obstacles to clarity.

Peter John Schouten, January 2016

# CONTENT

## **Horizontal structure**

This book is structured according to the sequential order of the various phases visible after abuse. These are first the event (the moment), the damage, the consequences of the damage and finally the healing process. In time this moment only actually takes a single second, the damage becomes timeless and the consequences usually stretch over decades. These years can be considered an incubation period, I call them the interval in this book. The coping process follows this period and can take from a few months to several years.

## **Vertical structure**

The vertical structure follows the content of the experience. This concerns the categorisation and description of the depth of the experience and putting the hidden feelings into words. It is the description of a chaotic situation in which inner logical connections were broken. Time and place both ended up in another dimension. Which is why in some cases a more intuitive order has been followed. This makes extra demands of the reader, who is then involved in the search for clarity that every victim has to explore. This is dealt with mainly in the chapter about the consequences: the damage that is lived with. Through the enormous impact of abuse on a person's life I have permitted myself a more intuitive order here. With the ultimate goal of providing simplicity and a comprehensible guide.

*It has become so complicated because we have many feelings that obscure the simplicity.*

## THE FOUR CHAPTERS

The moment is the description of the experience during the sexual abuse. The damage is the consideration and the analysis of the damage caused by the experience. The interval comprises the observations of the damage that was lived through. The coping process is the description of the process of repairing the damage.

*The moment comprises multiple elements.*

### **1 The moment**

Chapter 1 is the description of what takes place in the first moment that a child is touched sexually by an adult. This one moment is the basis of this book. The moment is looked at under a magnifying glass and this allows us to distinguish the five most important elements: the shock, the sexuality, the loss of childhood, the secret and the yearning for a witness. The moment itself is recorded in a universal lost second.

*The damage is described in-depth for every element.*

### **2 The damage**

A description of the damage that takes place as a result of the experiences in the moment. This is where the damaging effect of the five most important items is discussed. The shock that causes fear, helplessness and division. The premature sexual experience that forges a permanent connection, making a sexual imprint that affects the further sexual development. The loss of the childhood returns in the description of pseudo-adulthood. How the secret is constructed and made unshakable is described. Because others cannot be part of a shocking sexual experience, a life of loneliness starts where release through a witness becomes a torment.

*Each element of the damage has far-reaching consequences.*

### **3 The consequences of the damage**

In this chapter the enormous consequences of the damage become visible. How the damage can show itself for many years in the 'interval' without there being any awareness of it. All the topics from the previous two chapters return. The moment and the inflicted damage connected with day-to-day life. Together, the effects of the shock, the loss of childhood, the secret and the yearning for a witness form a complex of problems. They are described under the heading mental paralysis. Characteristics of this are an inner division, paralysis and half-heartedness. The damaging effects for sexuality are returned to under the heading traumosexuality. Characteristics of this are: confusion

regarding sexual and gender identity, permanent, addictive sexual patterns and triangular relationships. Both terms are very important because they expose how sexual abuse leads to a damaged life. All terms and expressions are described in great detail in two subchapters.

The damage is repaired in the process of coping.

#### **4 Repairing the damage**

Healing is in fact a natural process in which a particular sequence can be observed. What needs to take place is dealt with in this chapter. Of course, the damaging elements from the moment require healing. All the components of the act as experiences from the moment, and the thread that is symbolic for the connection between the perpetrator and the victim, are tackled one at a time. How the secret can be broken and how difficult it is to witness what appears is detailed. Through the reconstruction of what happened in the moment and in being keenly sensitive to the damage, movement occurs. This returns all the components of the shock, the premature sexual experience, the loss of childhood, the secret and yearning for a witness to your consciousness. These are described in the six connections with the perpetrator and how these have to be broken. With recovery belongs interpretation. Once a lot of work has been completed and the perpetrator has lost his power, a period of emptiness and reorganisation starts. This is followed by a description of how meaning can be given to the traumatic sexual experience and forgiving the perpetrator.

#### **APPENDICES**

The six appendices are: partners, parents, counterforces, recommendations, definition and sources. In the appendices you can read additional information for partners and the parents of men who were sexually abused during their childhood. The appendix 'Counterforces' is a description of the many outside forces that can hinder the road to recovery. In the appendix 'Recommendations' are ideas about social interference, about prevention and about help. The appendix 'Definitions' has all the definitions, the principles and the terms used in this book. Finally, in the appendix 'Sources' a list of the sources that form the basis for this book.