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For the Prevention of Child Abuse and Adult Victimization

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PRESS RELEASE

Canadian Author helps male sexual abuse programs in Norway

Canadian author, Tom Wilken, returned from a press conference in Oslo, Norway with a sense of gratitude. Wilken is thankful his book *Rebuilding Your House of Self Respect: Men recovering in group from childhood sexual abuse* has been translated into Norwegian and that the people of Norway will benefit from the efforts of Canadians. The Norwegian edition is called *Fri Fra Fortid: Seksuelt misbrukte menn i gruppeterapi*. The official release of this book in Norway was on December 13, 2011.

Rita Nilsen is the Managing Director of the Capacity Building Foundation Retretten, Oslo Norway, and the Executive Director for Retretten Rehab. She contacted Wilken, the Project Coordinator for the Silence to Hope project after reading the RYHSR book at a New York Conference. Nilsen wanted to explore the possibility of helping the people of Norway by translating his book into their native language.

The next step included asking Alf Anderson to evaluate the material and potentially translate the book. Anderson worked with the Minister of Justice in Norway on this topic, and he wrote the *International Report on Child Pornography, Child Prostitution and Child Trade Children*. Anderson referred to Wilken's book as "the best book of its kind that I have ever read. The problems Wilken writes about are so important for so many, and his solutions sound logical in every sense."

Wilken explained the STH project has the largest education and awareness program of its kind in the history of Canada due to the partnership they have with the Canadian Centre for Abuse Awareness, the Diocese of London, and numerous other agencies. Over 15,000 free copies of his book have been distributed to date. The book is literally a gift from thousands of Canadian victims and their support teams, to Norwegian survivors and their support team.

The RYHSR book was originally printed in 2003 when seven brave men shared their recovery journey with their group facilitator. Since that time numerous survivors from throughout the country have contributed by sharing their experiences. Without their help, this project would not be possible. The book was completely revised for the second printing in 2008 and there have been three additional printings.

Wilken also released a workbook in 2010 to help counsellors and group facilitators in service delivery for their clients. The Norwegian group is now in the process of translating this workbook. To contact Tom Wilken 1-877-676-7613 email silencetohope@hotmail.com website: www.silencetohope.com