

## Abstract

This study set out to look at the link between childhood sexual abuse and the affect of shame on the adult male survivor. I initially developed my rationale for practice. I then carried out a literature review of the experiences of shame and sexual abuse. The research highlighted three aspects to this study, shame, childhood sexual abuse and cultural beliefs regarding masculinity. I then considered how the literature reviewed informed my clinical work and have presented a case study illustrating my practice. Through my research, clinical practice and personal experience I found that shame was the overriding emotion however, this is heightened and compounded by our cultural beliefs regarding masculinity.