

Using Trauma for Good with Nathan Spiteri

Male survivors of sexual abuse is a topic that is surrounded by stigma, shame, and misunderstanding, making it extremely difficult for survivors to speak out and receive the support they need. We're proud to feature Nathan Spiteri on this week's episode, as he shares his powerful story and advocates for change.

Nathan Spiteri, is a filmmaker, actor, writer, sexual abuse survivor, activist, and advocate. Nathan shares his personal journey of being sexually abused as a child and how he turned to drugs, violence, and sex to cope with the trauma. He ultimately sought therapy and joined Alcoholics Anonymous, Narcotics Anonymous, and Sex Anonymous to turn his life around. Nathan now uses his painful past to raise awareness and educate people about sexual abuse. Nathan has aligned himself with organizations both in Australia and the US to raise awareness, educate people, and act as an advocate for sexual abuse. He shares the importance of creating change, having difficult conversations, and speaking up about male and child sexual abuse to change the narrative.

Hear from Neil Parekh and Candace Sanchez as they delve deep with Nathan into the experiences of male survivors of sexual abuse, exploring the challenges they face in coming forward and seeking help, the impact of abuse on their mental health and relationships, and the importance of creating safe and supportive spaces for them to heal.

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