

FOR IMMEDIATE RELEASE

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“HELPLESSNESS”

The Mental Health Challenges Brothers Experience When They Learn Their Sisters Are Molested By Parents?

Based On A True Story New Book Sheds Light on Taboo Subject

Los Angeles, CA – May 30, 2023 – Author, Keeper Catran-Whitney tackles a fragile, rarely discussed, yet urgent subject with the release of *HELPLESSNESS*. *HELPLESSNESS* is the first of a powerful 3-volume book series, *From Helplessness to Hopefulness to Happiness*, a true-life story that deals in depth with the effects of sexual abuse—especially the emotional and mental trauma brothers endure when they learn their sisters have been molested; in this case, like in millions of others, molestation not by a stranger, but *by a parent*. Through this personal revelation that his brothers and sisters continue to deal with 40 years later, Keeper hopes to educate and encourage others to boldly deal with the issue, including exposing its perpetrators, bringing the historic “epidemic” from the shadows into the light so that *victims can be healed*.

According to a “Top Pick” review of *HELPLESSNESS* by TaleFlick (a curation and library service for authors, specializing in adapting books to movies and tv shows), “*Rarely are authors able to imbue their stories with as much heart, pain, and passion as Keeper. Audiences are not ready for the depths that this work chronicles.*”

HELPLESSNESS reveals the shock and pain Keeper and his 3 brothers experienced upon learning their stepfather had been sexually molesting their 4 sisters for years. What deepened the wound was that their mother had known the entire time and had done nothing and said nothing to protect her four little girls.

Learning of the tragic situation was made even worse because of the timing. You see, Keeper and his family—The Whitney Family—were a very popular local singing group about to sign a major recording deal with the renowned Motown Records. Keeper, a teenager at the time, along with his older brother, 2 younger brothers, a 16-year-old sister, and 3 little sisters—a 12-year-old and 11-year-old twins—along with their mother and stepfather would be signing a historic deal, unmatched at the time by any Motown group since the Jackson Five. In addition, *At Whit’s End*, a 30-minute musical comedy sitcom was in the works.

This family’s success and fame was not to be, however – at least not in the entertainment world. Learning about the secret molestation brought every possibility of a better life for this struggling family to a halt. They would not make an impact on the world in the way they had planned—through singing, dancing, and acting. Keeper now believes there was a bigger assignment, perhaps a *master plan*. One which would save lives.

Although it has been decades since the family secret was exposed to the siblings, the passing of the years has not meant the passing of the pain. Keeper Catran-Whitney and his brothers were told to never talk about the molestation. They withheld the secret, which destroyed them emotionally and broke the sibling relationship as well. No one knew how to deal with it, especially the boys. They were left holding a secret and enduring the pain. That is, until Keeper decided he could withhold it no longer. He began talking about it with his own family—his wife, son, and daughter—and eventually with some of his sisters and brothers. He found some relief in writing the story—hoping to free himself, and his brothers especially, from the imprisoning agony of not being able to protect their sisters. They needed healing.

Book 1, *HELPLESSNESS*, reveals how Keeper began a slow healing process. First, by understanding he and his brothers were *victims*, too. This was a true revelation. The victimization had weakened their spirits; yet, Keeper believed there was victory on the other side of the indescribable shame. *How many other brothers agonized helplessly upon learning their sisters had been sexually violated?* He found no substantial information about it. To help himself, his brothers, his family, and others address the dilemma—and *recover*, not only did he write about it, but he also began a YouTube podcast, *This is for the Brothers*, to openly discuss the issue. Find additional information at KeeperCatranWhitney.com.

With the 3-book series, Keeper aims to spare potential victims by bringing the issue from the secret places to the light, thereby, exposing a long tradition of molestations inflicted especially onto children by parents,

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relatives, and *outsiders*. Outsiders that include trusted leaders such as preachers, teachers, and babysitters. Keeper believes “It’s the secrets that perpetuate the rampant molestation epidemic—allowing more victims to suffer.”

HELPLESSNESS has contributions from three of Keepers’ sisters and two of his brothers providing a comprehensive understanding of the impact child sexual abuse trauma has on the entire family. This type of sibling collaborative endeavor is unheard of in the accounts of child sexual abuse.

Keeper Catran-Whitney is available for speaking engagements, television appearances, and interviews regarding his books and the devastating effects of sexual molestation on families—especially on brothers whose sisters have been molested.

HELPLESSNESS is available on Amazon.

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