



HEALING THE HEARTS OF MEN

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If we don't initiate the boys,
they will burn down the village
just to feel the heat.

-African Proverb

Session Description

There are specific differences between men and women, biologically, emotionally, mentally, socially, spiritually. Men experience behavioral health and substance abuse issues differently than women. This interactive workshop will explore the specifics of men's issues, masculinity, and healing.

Session Objectives

Participants will:

- ① Gain a greater understanding of men's issues in behavioral health, substance use and healing.
- ② Leave with at least 4 experiential techniques to utilize with men.
- ③ Gain knowledge and direct practice skills related to the developmental stages of men.
- ④ Gain sound understanding of the theoretical basis of helping men

Why Male Specific?

- ▶ Information About Men
- ▶ Developmental Stages of Men
- ▶ Archetypal Model
- ▶ Guidelines for Treating Men
- ▶ Key Issues
- ▶ Men Learn Differently Than Women
- ▶ Men and Women Adopt Certain Roles When Treated Concurrently
- ▶ Sex

INFORMATION ABOUT BOYS/MEN

- ▶ The majority of children abused, neglected, and murdered are boys (Kipnis 1999)
- ▶ Most of the children in foster care, shelters, and juvenile institutions are boys (Kipnis 1999)
- ▶ 80% of student suspensions, expulsions, grade failures, special education referrals, school violence casualties, and all other assault victims are boys (Gurian 2007)

INFORMATION ABOUT BOYS/MEN

- ▶ 70% of suicides are by men (CDC, 2012)
- ▶ 70% of Alcoholics/Addicts are men (Powell, 2003)
- ▶ 80% of the homeless are boys/men (NAEH, 2012)
- ▶ 80% of homicide victims are men (U S DOJ, 2011)
- ▶ 93% of prisoners are men (U S DOJ, 2011)
- ▶ 99 % of executed prisoners are men (U S DOJ, 2011)

Understanding Developmental Stages of Men

| STAGE | Model |
|----------------|----------------|
| ▶ Youth | (Page) 0-25 |
| ▶ Young Adult | (Knight) 20-35 |
| ▶ Adult | (Prince) 30-45 |
| ▶ Mature Adult | (King) 40-60 |
| ▶ Elder | (Elder) 50-? |

ARCHETYPE

- ▶ noun1 .the original pattern or model from which all things of the same kind are copied or on which they are based; a model or first form; prototype.
- ▶ 2.(in Jungian psychology) a collectively inherited unconscious idea, pattern of thought, image, etc., universally present in individual psyches.
- ▶ Origin of archetype

Archetypes

▶ Lover

- ▶ Connection, Purpose, New Beginnings

▶ Warrior

- ▶ Service, Loyalty, Energy

▶ Magician

- ▶ Creativity, Intuition, Introspection

▶ King

- ▶ Wisdom, Caretaker of the Kingdom, Blessing

MATURE LOVER

- ▶ Is in Touch with and Embraces His Emotions
- ▶ Open to New Relationships
- ▶ Connects at a Deep Personal Level with Others
- ▶ Has a Healthy Connection With The Spiritual Dimension/Soul
- ▶ Is Spontaneous and Playful
- ▶ Has a Healthy Appetite for Life
- ▶ Can Feel Sensual without Embarrassment/Shame
- ▶ Appreciates Music, Dance, Art, Nature, Beauty
- ▶ Can Grieve
- ▶ Can Celebrate

DEFLATED LOVER – STOIC

- ▶ Fears being alone or abandoned (Gets Small)
- ▶ Struggles to connect
- ▶ Prefers to appear emotionless
- ▶ Unfeeling or Numb
- ▶ Feels Vulnerable – Lost Child
- ▶ Easily shamed

INFLATED LOVER – ADDICT

- ▶ Fears being alone or abandoned (Gets Big)
- ▶ Prone to addictions
- ▶ Easily flooded emotionally
- ▶ Overwhelmed and Consumed by emotions and desire
- ▶ Idealizes relationships, falls in & out of love easily
- ▶ Seeks ultimate and continuous high

MATURE WARRIOR

- ▶ Gets the job done
- ▶ Accepts Responsibility
- ▶ Loyal
- ▶ Sense of Duty
- ▶ Focused
- ▶ Determined
- ▶ Perseveres
- ▶ Persistent
- ▶ Disciplined
- ▶ Communicates Directly
- ▶ Holds Boundaries
- ▶ Dependable
- ▶ Does not dwell about the past; moves forward
- ▶ Acknowledges is Clean about his ANGER
- ▶ Here and Now Oriented

DEFLATED WARRIOR – VICTIM

- ▶ Avoids conflict at all costs
- ▶ Avoids aggression
- ▶ Procrastinator
- ▶ Believes things will go wrong
- ▶ Tells people what he wants them to hear

INFLATED WARRIOR – SAVAGE/PERPETRATOR

- ▶ Looks for a fight or conflict
- ▶ Humiliates or violates others
- ▶ Challenges or ignores others' boundaries
- ▶ Extremist

MATURE MAGICIAN



- ▶ Insightful
- ▶ Sees quickly to the heart of the problem
- ▶ Stays calm & detached during times of crisis
- ▶ Good at assessing options, offering advice
- ▶ Open to ideas
- ▶ Always learning
- ▶ Intuitive
- ▶ Imaginative
- ▶ Thoughtful
- ▶ Reflective
- ▶ Objective
- ▶ Detached
- ▶ Faces & moves through his fears
- ▶ Meaning in ritual and symbolism
- ▶ Recognizes cycles & patterns
- ▶ Holds impressions of people & situations; does not judge

▶ DEFLATED MAGICIAN – DUMMY/JESTER

- ▶ Trouble thinking clearly under pressure
- ▶ Needs all the data to decide
- ▶ Fears making a mistake
- ▶ Confused easily

▶ INFLATED MAGICIAN – MANIPULATOR/TRICKSTER

- ▶ Likes the idea of manipulating others to get what he wants
- ▶ Doesn't like to self-disclose personal information
- ▶ Doesn't want to let others know what he is thinking
- ▶ Suspicious of others
- ▶ Uses humor to hurt people
- ▶ Uses knowledge as a weapon

MATURE KING



- ▶ High sense of self worth
- ▶ Believes in himself & his abilities
- ▶ Has a vision for his life
- ▶ Sense of his place in the world
- ▶ Can entrust responsibilities to others
- ▶ Motivates, empowers, blesses, guides, encourages, nurtures others
- ▶ Comfortably accepts thanks, praise, blessing from others
- ▶ Has a sense of service for the whole (beyond self)
- ▶ Asks for what he wants
- ▶ Deep love for his realm
- ▶ Experiences joy
- ▶ Sees, mirrors, affirms others
- ▶ Accepts a power beyond himself
- ▶ Calm & reassuring in crisis
- ▶ Embraces that which is healthy & good
- ▶ Let's go of that which must die

DEFLATED KING – WEAKLING/IMPOTENT

- ▶ Life decisions are to avoid or smooth over conflict
- ▶ Life lacks purpose & direction
- ▶ Constant approval seeking
- ▶ Rudderless- little vision or direction to his life

INFLATED KING – TYRANT/NARCISSIST

- ▶ Demands things done his way
- ▶ Difficulty accepting direction, guidance, criticism
- ▶ Sees self as special
- ▶ Puts self-interest ahead of others
- ▶ Others exist to serve him

- ▶ Effectiveness and efficiency of group work
- ▶ Men are kinesthetic (human doers, hunters gatherers)
- ▶ Positive impact from creating experiences that explore parts of unconscious and challenge thinking and behaviors
- ▶ Motivates and empowers
- ▶ Invites clients to support each other's work

Implications For Experiential Group Work

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- ▶ Men are reticent to group work and activities stimulate participation and eagerness to learn/grow
- ▶ Promotes responsibility and accountability
- ▶ Helps develop perceptual and conceptual skills
- ▶ Increases attendance
- ▶ Improved outcomes
- ▶ Fun!!!

Ground Work

1. Be sensitive to traditional male roles: men as “success objects”
2. Understand attitudes, behaviors that define masculinity
3. Given men’s hesitancy to seek help, ask, “Why now”
4. Expect ambivalence, resistance; difficult for men to ask for help (roll with resistance)

Ground Work

5. Go one step at a time
6. Structured, goal-directed, action-oriented
7. Document attendance
8. Monitor intensity, avoid competitive exchanges, questioning
9. Emphasize collaboration; Offer choices which empower
10. Sit at an angle, side-by-side
11. Ask Permission

Ground Work

12. Create physical distance
13. Use pictures: timelines, “score cards,” calendars
14. Use Rituals
15. Structure:
 - Check in period, gathering ritual
 - Closing statements, ending ritual
 - Offer behavioral commitments

Ground Work

15. Find non-abusive role models
16. Fathering, caring, nurturing,
17. Non-stereotypical activities, arts, service,
18. Non-violent sports
19. It takes a direct hit to get many men's attention. Symbols need to be real, graphic, honest, hard, archetypal.

Ground Work

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- 20.** Therapist must be authentic, trusting and able to take risk.
- 21.** Clients in treatment are apart of microcosm.
- 22.** Clients are aware of group purpose at initial session
- 23.** Clients are encouraged to participate but “any man may pass”
- 24.** Compassion and creativity are catalyst for experiential processes
- 25.** Listen to your heart

Key Issues For Men

1. Men & Work
2. Men & Relationships
 - a) Children
 - b) Partners
 - c) Fathers
 - d) Mothers
3. Men & Money

Key Issues For Men

4. Men and Substances
5. Men and Emotions
6. Men & Sexuality
7. Men & Technology
8. Men & Spirituality

Men & Work

- How do you introduce yourself at a party?
- What's the lure of work for you?
- What has work become for you?
- What's the toll of work on you?
- Where men get their self identity, self worth, and self esteem.

Men & Relationships

- ▶ Trust is most important component and can be difficult for men to achieve
- ▶ Drama triangle (persecutor, victim, & rescuer)
- ▶ Codependency
- ▶ Men who are addicted may have:
 - ▶ poor boundaries
 - ▶ poor communication skills
 - ▶ "ego maniac with inferiority complex" or low self-esteem coupled with toxic shame and an unhealthy ego
 - ▶ abandonment issues
 - ▶ disregard for feelings and safety of others
- ▶ "Hurt people, hurt people"--Men may have trauma history which can manifest into current abusive (sexual, mental, physical) and neglectful relationships

Men & Their Children

- ▶ Role in Recovery
- ▶ Effect of behavior on children
 - ▶ Substance Use
 - ▶ Violence and Trauma
- ▶ Lack of Role Model
- ▶ Lack of Parenting Skills
- ▶ Legal Barriers
- ▶ Men and their Sons
- ▶ Men and their Daughters

Experiential Process

**Write an Ethical
Will for your
Children.**

**What Lessons &
Principles would
you want to leave
them?**



Men & Their Partners

- ▶ "Partner" is all inclusive sensitive language
- ▶ LGBTQ men may have difficulty processing relationships due to cultural/societal stigma
- ▶ Do their partners use or engage in high risk behaviors?
- ▶ How supportive are their partners? Will they attend session with client?
- ▶ Engage partners in treatment and change process which can increase retention and completion
- ▶ Individual and couple therapy concurrently

MEN AND THEIR FATHERS

▶ Father Wound

- ▶ Failing to have a strong, loving and supportive relationship with a responsible father or father surrogate
- ▶ A result of modeling after and then repeating significant weaknesses of the father such as selfishness, excessive anger, emotionally distant behaviors

MEN AND THEIR FATHERS

It does not matter who my father was.

It matters who I remember he was.

Exercises on Men & Fathers

- When I think of my father, I feel _____”
- If he stood in front of me now, I would say, “Dad, I needed you to...”
- What have I blamed my father for?
- Other male figures in my life?

Exercises on Men & Fathers

- ▶ My father taught me _____
- ▶ Positive/negative things you learned from him
- ▶ Did you ever feel you were “good enough” for him?
- ▶ What emotions did he show?

Exercises on Men & Fathers

- Share a memory of your father.
- What were some of your father's teachings or messages to you?
- How did he teach you to "be a man?"
- Are you ashamed of something you did to another boy when you were young

Men & Their Mothers

Mother Wound

- ▶ My mother is always a piece of me and I of her.
- ▶ Relationship with your mother is the primary relationship.
- ▶ It inevitably conditions much of your life.
- ▶ Being overwhelmed by unresolved feelings .
- ▶ She is caught forever in your mind and heart as a negative mother image, preventing the possibility of an authentic relationship.

Exercises around Mothers

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- ▶ How did your mother let you know that she loved you? Was it healthy or unhealthy?
- ▶ What do you need to do to cut the umbilical cord (healthy or unhealthy) that connects you?
- ▶ How did she criticize you or emasculate you?
- ▶ What were the overt and covert messages that you received?
- ▶ How did she take you from or keep you from your father?
- ▶ How did she take you from or keep you from stepping into being a man?
- ▶ What magical spells did your mother weave in your life?
- ▶ What magical spells does she still weave in your life now?
- ▶ How did your mother bless you?
- ▶ What do you need to tell her right now about you that she doesn't know or feel.

Importance of Connection

- ▶ Time: 30 minutes – 1 hour
- ▶ Materials: Large spool of yarn
- ▶ Process Intention: To create basic understanding of building relationships through identifying and focusing on similarities. Identification is the antidote for loneliness.

Men & Money

- ▶ Forbidden Subject
- ▶ Provider
- ▶ Supplies the kingdom with what it needs
- ▶ Closely tied to work
- ▶ A measure of power
- ▶ A measure of control
- ▶ A measure of worthiness

Men & Substances

- ▶ Men use substances for two primary reasons- to confirm themselves and their masculinity or to compensate for their perceived inadequacy.
- ▶ Confirmatory = Using substances because it's consistent with definitions of masculinity
- ▶ Compensatory = Using substances to cope with pain

Men & Substances

- ▶ Distinguish confirmatory vs. compensatory use.
- ▶ Use the difference to create discrepancy and dissonance to motivate change.
- ▶ Some men will need to work on unhealthy conceptions of masculinity
- ▶ Some men will need to work on feelings of inadequacy.
- ▶ Both groups need to create a new identity around who they are with substances.

The Truth is Freedom

- ▶ Time: 30 minutes – 1 hour
- ▶ Materials: Stop watch
- ▶ Process Intention: To allow safe place to become honest and vulnerable with peers which creates deeper connection and meaning between men and sets intention for future group work.

Men & Emotions



Use Primary Emotions

- Happy
- Angry
- Afraid
- Sad
- Guilt
- Shame



**MUCH OF WHAT PASSES AS MALE ANGER IS
ACTUALLY MALE SADNESS**

Men & Sexuality

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- ▶ Sexual Orientation
- ▶ Sexual Behavior
- ▶ History of Sexual Development
- ▶ Relationship of Emotional Intimacy to Sexual Activity
- ▶ Relationship of Sexual Activity to Masculinity
- ▶ Birth Control
- ▶ STD's
- ▶ Sexual Trauma
- ▶ Anxiety & Shame

Men and Technology

- ▶ New concept to consider as technology evolves
- ▶ Technology the catapult of the billion dollar porn industry
- ▶ Tinder, Grindr and others
 - ▶ Makes sex and intimacy more accessible
- ▶ Gaming and internet addiction on the rise
- ▶ Technology can create false reality/delusions
- ▶ Can affect sleep patterns, libido and cognitive functioning related to attention
- ▶ Technology marketed with default feminine features (i.e. Siri, Kit)

Men & Spirituality

- ▶ Beliefs
- ▶ Spiritual Practices
- ▶ Denomination
- ▶ Difference between Spirituality and Religion
- ▶ Possible Masculine Models
- ▶ Use to Motivate Change

Recovery Man Affirmation

- ▶ Time: 1-1.5 hours
- ▶ Materials: white board, markers, pen/pencil and 3x5 for participants, full length mirror
- ▶ Process Intention: This process empowers it's participants through cognitive dissonance and getting to the core values the participants have been separated from due to substance use. This process is about the beginning stages of creating a healthy identity through ego deconstruction which allows space for constructing a new sense of self through positive affirmation. The transformation occurs by allowing the client to see who they are not, who they are and who they choose to be through recovery.

Recovery Man Affirmation

▶ As a man, I (am) _____.

Provider

Caring

Solid

Strong

Thief

Afraid

Powerful

Addict/Alcoholic

Fearless

Good Father

Invisible

Hate

Good Husband

Inadequate

Honest

Good Worker

Horny

Take care of

Angry

Thoughtful

business

Sad

Immature

Head of my family

I don't know

Lacking

Good

Good Son

Loved

Loving

Loving

Present for family

Leader

Recovery Man Affirmation

▶ As a man addicted, I (am) _____.

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Provider

Strong

Powerful

~~Good Father~~

~~Good Husband~~

~~Good Worker~~

Angry

Sad

I don't know

~~Good Son~~

Loving

Caring

Thief

Addict/Alcoholic

Invisible

Inadequate

Horny

Thoughtful

Immature

Lacking

Loved

~~Present for family~~

~~Solid~~

Afraid

Fearless

Hate

Honest

~~Take care of~~

~~business~~

~~Head of my family~~

Good

Loving

~~Leader~~

Recovery Man Affirmation

▶ As a man addicted, I (am) _____.

53

Angry

Sad

I don't know

Thief

Addict/Alcoholic

Invisible

Inadequate

Horny

Immature

Lacking

Loved

Afraid

Fearless

Hate

P.O.S.

Criminal

Scum

Junkie

Unreliable

Unlovable

Inadequate

Sneaky

Mean

Untrustworthy

Dishonest

Liar

Cheater

Hopeless

Guilty

Shameful

Unreliable

Absent

Unable to work

Shaky

Lost

Up to no good

Steal

Let others down

Weak

Ungodly

Dirty

Filthy

Recovery Man Affirmation

▶ As a man recovering, I (am)_____.

Honest

Kind

Loving

Good father

Good son

Hard working

Love

Lovable

Wise

Smart

Reliable

Truthful

Dependable

Have integrity

Do my best

Go to meetings

Work steps

Call my sponsor

Spiritual

Pay my way

Love my family

Serene

Peaceful

Caring

Nurturing

Take care of
business

Good husband

Home every night

Follow through

Stay out of

trouble

Save money

Work a program

Recovering Man Affirmation

- ▶ As a man, I (am)_____.

THANK YOU!

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WHEN IN DOUBT-

LOVE THE MAN

Experiential Processes

The Truth is Freedom

- ▶ Time: 30 minutes – 1 hour
- ▶ Materials: Stop watch
- ▶ Process Intention: To allow safe place to become honest and vulnerable with peers which creates deeper connection and meaning between men and sets intention for future group work.

Importance of Connection

- ▶ Time: 30 minutes – 1 hour
- ▶ Materials: Large spool of yarn
- ▶ Process Intention: To create basic understanding of building relationships through identifying and focusing on similarities. Identification is the antidote for loneliness.

Spiritual Voice

- ▶ Time: 1 hour
- ▶ Materials: none
- ▶ Process Intention: To offer safe environment for men to verbalize one attribute/principle they want from their Higher Power. This process allows men opportunity to engage in active listening and ability to be supportive of peers needs. The word Higher Power or God can cause men to shy away from 12-step recovery. This process can allow men to create a beginning conception of the principles of faith and believing.

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