

Game Plan: A Clinician's Guide to Helping Men Achieve Emotional Fitness

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Male-Specific Focus

- Facts about men.
- What are men taught?
- What do we ask of men in treatment?
- How to effect change in men.
- Why alternative therapies work with men.

Facts About Men

- 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)

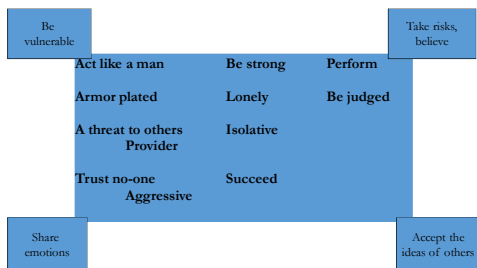
More Facts About Men

- 70% of all suicides are men (CDC, 12)
- 70% of all addicts/alcoholics are men (Powell, 03)
- 80% of the homeless are boys/men. (NAEH, 12)
- 80% of homicide victims are men (US DoJ, 11)
- 93% of prisoners are men (US DoJ, 11)
- 99% of executed prisoners are men (US DoJ, 11)

What are men taught?

- That only women can be depended on for emotional needs.
- That they “need” sex and should know how to please their mate.
- That fatherhood is not as important as motherhood.
- That they must always appear strong and confident.

Out of the box....



MOTIVATIONAL INTERVIEWING

DEFINITION: Motivational interviewing is a client-centered, evidence-based, goal-oriented method for enhancing intrinsic motivation to change by exploring and resolving ambivalence with the individual.



SPIRIT: Collaboration; autonomy; respect; compassion.

“ A client-centered, goal oriented intervention focused on resolving ambivalence in the direction of change”

“...not a series of techniques ... but a way of being with clients”

Focus Groups

- Module I: *Being a Man*
- Module II: *Father/Son – Mother/Son*
- Module III: *Emotions 101*
- Module IV: *Sexuality*
- Module V: *Spirituality*

Focus Groups

Module I

Being a Man.

- Act like a man
- Men relating to men
- The pain of acting like a man
- Men and intimacy

"ACT LIKE A MAN" BOX.....

Verbal Abuse:			Physical Abuse:
	tough	have money	
	aggressive	never ask for help	
wimp ⇔	competitive	anger	⇔ hit/beat up
girl ⇔	In control	sedness love connection	⇔ teased
sissy ⇔	no feelings	confusion	⇔ isolated
nerd ⇔	don't cry	low self-worth resentment	⇔ rejected
fag ⇔	take charge	curiosity excitement	
punk ⇔	don't make mistakes	isolation	⇔ forced to play sports
mark ⇔		don't back down	⇔ sexual assault
bitch ⇔	succeed	take it have sex with women	

Kival, Paul. *Boys: 1001 for Men*. New Jersey: Publishers, 1999

Being a Man

What have you learned about men?

- How would you complete these sentences:
 - Men are...
 - Men usually...
 - Men never...
 - Boys are different than girls because they...
 - Boys lack...
 - Boys should be able to...
 - Boys won't want to...
 - Compared to girls, boys are more...
 - Compared to boys, girls are more...
 - Most of the men in my life have been...

Being a Man

- How did you cope with the pressure to act like a man? When you were young did you feel you were tough enough? Did you try to act tougher?
- Were you disrespected by adults for not acting like a man? What names were you called?
- Were you hit by others? Parents? What do you carry from these experiences.

Focus Groups

Module II

Father/Son – Mother/Son Relationships

- Family of Origin
- Fathers/Mothers
- Images of self

You and Your Father:

- Describe your father, what do you remember about him? What kind of person is/was he? What did he talk with you about? What didn't he talk about? How did he express his feelings? What feelings did he express? How did he relate to women, children, other men?
- Complete this sentence, "What my father passed on to me was...."

You and Your Father:

- If your father was standing in front of you today, how would you complete this sentence, "Dad, I needed you to...."
- For what have you blamed your father?
- What other "father figures" were in your life growing up? Who were your heroes? What did you learn from them?
- What qualities do you think are important in a father?

You and Your Mother

- Describe your mother, what do you remember about her? What kind of person is/was she? What did she talk with you about? What didn't she talk about? How did she express her feelings?
- Complete this sentence, "What my mother passed on to me was...."

You and Your Mother

- If your mother was standing in front of you today, how would you complete this sentence, "Mom, I needed you to...."
- For what have you blamed your mother?
- How have the women in your life been different from or similar to your mother?

Focus Groups

Module III

Emotions 101

1. Interpersonal violence: Anger and Rage (Emotional regression - DETOUR)
2. Emotional awareness
3. Bridging the chasm

DETOUR by John Lee

Defining Emotional Regression

- A return to your past/history
- Feeling less than the powerful adult you normally can be
- Feeling small or little
- The statement, "I lost it", could mean you lost your balance, perspective, ability to be reasonable, logical, rational, mature or adult.

Results of Rampant & Unchecked Regression

- Regret
- Premature dismissal or termination of employees, friends or family
- Confusion and chaos
- Poor boundaries and limits
- Bad choices and decisions
- Needless confrontations and conflicts

5 Things That Bring People Out of Regression

1. Attention
2. Empathy
3. Time: *"Sometimes the truth depends on a walk around the lake."*
Wallace Stevens
4. Contact
5. Release

Focus Groups

Module IV

Sexuality

- Sexuality and addiction
- Body image
- Sexual identity
- Sexual abuse

Men and Sex:

- Describe your current attitude about sex. How do you feel about it?
- On a scale of 1-10, 1 being the worst sex life on the world and 10 the best ever, how would you rate your current sex life? Why? Your past sex life? Why?
- In what way do you believe your current sexual practices help/hurt your emotional, physical and spiritual well-being?

Men and Sex:

- In what way do you think you need to change your practice and attitudes about sex? As you age?
- Who taught you about sex?
- What was your first sexual experience like? With whom? Where? What feelings surface as you look back upon it?

Focus Groups

Module V

Spirituality

- What is spirituality?
- Prayer and meditation
- Creating a vision

A Spiritual Inventory

Respond to these statements as honestly as possible. You may experience the following in your daily life. If so, how often? (1= many times a day, 2 = every day, 3 = most days, 4 = some days, 5 = once in a while, 6 = never or almost never)

- I feel a presence of something greater than myself (Spirit, Higher Power, God).
- I experience a connection to all of life.
- At times (in nature, in community, in worshipful times) I feel a joy that lifts me out of my daily concerns.

A Spiritual Inventory

- I feel deep inner peace or harmony when....
- I ask for help from my Higher Power, God, in the midst of daily activities.
- I feel guided by my Higher Power in the midst of daily activities.
- I feel love for me from something greater than myself.
- I feel that love for me through others.

A Spiritual Inventory

- I find strength and comfort in my faith, my religion, and my spiritual life.
- The beauty of creation spiritually touches me.
- I feel thankful and grateful for my blessings.
- I feel a selfless caring for others.
- I desire to be closer to and in union with my Higher Power.
- In general, I feel close to something greater than myself....

Integrated Therapies

- Experiential Therapy
- ROPES
- Art Therapy
- Psychodrama
- Tai Chi
- Yoga

Experiential Therapy

- Spiders Web
- Alligator Alley
- TP Shuffle
- Group Juggle
- Magic Carpet
- Trust Walk

Art Therapy

- The Bridge
- Clay Sculpting
- Vision Mapping
- The Mask

Video Work

The Great Santini

- When you saw the basketball scene, what feelings and emotions were generated? Could you relate the scene to your experience with your father? Other men?
- How have you dealt with dominating men like Bull Meachum in the movie?

Video Work

Field of Dreams

- How did you feel when Ray played catch with his dad?
- If you could do one thing with your dad, what would it be?

Video Work

City Slickers

- What are the key themes?
- What is the key message from the three friends regarding their fathers, and how would you relate these statements to your own father?
- As you look back on your life, what was your Best Day/Worst Day?

Summary

- Specific male issues require specific focus.
- Motivational approach breaks down typical dominant/submissive barriers.
- Therapeutic milieu is critical for relationship building and trust.
- Holistic approach addresses whole issue.
- Integrated therapies open the male heart.

End of story....

Thank You!

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