



# MEN & HEALING

## *Training and Consultation*

### **From Conceptualization to Engagement:**

a two or three-day training on male sexual trauma & the recovery process

#### **Description**

***From Conceptualization to Engagement*** combines conceptual training on male sexual trauma with core intervention skills and strategies to empower frontline workers to purposely intervene with male survivors. This combination of trauma theory and practice – with an emphasis on cognitive and psychodynamic approaches – addresses many of the practical and clinical concerns of frontline professionals.

The first day starts with a male-centred approach to both intervention and counselling, and with it an exploration of male psychology. In particular, we examine the intersection between men's gender coding with men facing adversity. An overview of current research on both male sexual abuse and sexual assault follows. Trauma is then explored, both conceptually in the lives of men, as well as through experiential portrayal and video testimonies of male survivors.

The second day emphasizes a variety of cognitive and psychodynamic engagement strategies in working with male survivors, which are demonstrated through lecture, role plays, dramatic presentations and group discussion. It also focuses on two aspects in the lives of many male survivors: issues of rage and violence, as well as sexually dysregulated behaviours. From crisis intervention to the final phases of trauma care, the day finishes on strengths-based therapeutic approaches and multi-faceted reflections of men's healing.

#### **Audience**

This training is ideal for healthcare professionals, case managers, addictions staff, justice workers, as well as other front-line staff who have some clinical engagement with clients. A counselling background is necessary to benefit from all aspects of this training.

**Note:** A three-day training is recommended for audiences with varied educational or counselling backgrounds or who want more experiential knowledge.

## Curriculum Detail

Day I - 9:00 a.m. to 4:30 p.m.

Welcome and Introductions

A Primer on Male-Centred Approaches to Therapy

The Intersection of Male Socialization with Male Sexual Victimization:

- The Traditional Male Code
- Gender Role Strain
- Psychotherapy vs. Masculinity
- A Research Primer on Male Sexual Abuse & Sexual Assault
- Cultural Delusions about Male Sexual Victimization

The Aftermath of Sexual Abuse:

- The Human Response to Danger
- Dissociation and the Traumatic Response

The Repercussion of Male Sexual Victimization:

- Mood & Behavioural Disturbances
- Cognitive Impairment
- Gender & Sexuality
- Relational Issues
- Risk Taking/Dangerous Behaviours

The Wobble: An Adaptation of the Dialectic of Trauma in Men's Lives

Asking the Ask: First Steps to Client Engagement

Expressions of the Survivors' Journey:

- Testimony as Healing
- Licenced Screening of *Boys & Men Healing* or *The Bristlecone Project*

Closing Remarks

## Curriculum Detail

Day 2 - 9:00 a.m. to 4:30 p.m.

Welcome to the Day

The Working Zone: Understanding the Client's Relationship to Trauma

A Primer on Ego States & their Application:

- Functional Perspectives
- Structural Perspectives on Ego States
- Mapping the Trauma: Drama Triangles, Trauma Triangles

Role of Attachment Style in the Lives of Survivors

Re-visioning Men's Rage & IPV:

- Correlation between Childhood Abuse & IPV
- The Role of Shame in Men's Lives
- Shame Rage Spiral
- Male Emotional Funnel

Sex Stuff: Exploring Discordant Sexual Behaviour in Men's Lives:

- Risk taking
- Trauma-induced Misogyny & Homophobia
- Sexual Identity Confusion

Building External Strengths: Resiliency & its Role in Trauma Care

Leading Summary: What Does Men's Healing Look Like?

Closing Remarks & Evaluation

## Lead Trainer

### **Rick Goodwin, MSW, RSW** **Clinical Director**

Rick is a clinician and trainer on issues concerning men's mental health. Much of his work over the past 20 years has focused on male sexual trauma – managing both regional and national initiatives in Canada. Aside from being the Clinical Director for *Men & Healing: Psychotherapy for Men*, he is also the Clinical Trainer for the American non-profit organization *Lin6, Inc.* where he conducts training for professionals on issues of trauma and recovery as well as facilitates their online trauma recovery group programming.

His training work on engagement strategies concerning gender, violence and trauma has taken him throughout Canada and the USA as well as Jamaica, England, Japan, Guam, South Korea, Cambodia and India.

Among his publications, Rick co-authored *Men & Healing: Theory, Research and Practice with Male Survivors of Childhood Sexual Abuse* (2009) – a guidebook is now being used to formulate services internationally. He also co-authored the upcoming Australian guidebook *Foundations* (2017) and contributed to three other edited books on the subject. Additionally, Rick was the author for Health Canada in their investigation concerning the correlation between men's experience of HIV and sexual violence.

Rick is the inaugural recipient of the *Attorney General's Award of Distinction* for his work in "developing and implementing innovative victim service programs" (2007).

## Additional Information

- Participant handbooks with copies of all presentation materials and other useful resources can be made available.
- Training content can be adapted to the needs of specific audiences.
- An evaluation can be conducted, including a summary of findings prepared for organizers and/or funders.

*"I cannot begin to tell you how beneficial and important this training session was for me. The information and insight I gained will provide the building blocks for a men's survivor group in Wyoming. Your knowledge and passion for this area was evident and was truly inspiring. I am still months away in starting the group, but I am deeply committed to providing such services to the community." - Training Participant*

### **For training fees and scheduling, please contact:**

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