



# MEN & HEALING

*Training and Consultation*

## **Emotional Intelligence/Emotional Integrity:**

a two-day training concerning emotional integrity and well-being

### **Description**

Clients of all genders and walks of life want to “be heard.” This core need is expressed in its relationship with ourselves, our relationship with significant others, and our ability to be fully connected as humans.

This notion of emotional integrity is both a core value in the counselling field as well as a core outcome. Based on close to 20 years of providing the **Emotional Intelligence/Emotional Integrity** group therapy program to men, this training serves therapists in their work with respect to the psycho-social needs of their clients.

Apart from fundamental aspects of masculinity that may block interpersonal connection, there are a variety of roadblocks to emotional integrity. Past trauma, emotional dysregulation, affective numbing, and habitual over-expression of anger and rage can all play a part. Applicable to both individual and group counselling modalities, this training delivers many of the core needs of male clients.

Using a variety of learning methods (e.g. lecture, small group work, role play and experiential exercises), participants in **Emotional Intelligence/Emotional Integrity** will be empowered to incorporate both this awareness and subsequent skill set into their practice. Whether the goal is to work with clients’ perception of emotions, utilization and expression of emotions, emotional regulation and/or ability to experience emotional intimacy, this training is for you.

### **Audience**

This training is ideal for healthcare professionals, counsellors, mental health advocates, group practitioners as well as other front-line staff who clinically engage with clients.



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

Welcome and Introductions

Defining Emotional Integrity

Emotional Expression & Responsiveness

The Intersection of Male Socialization with Men's Expression of Emotionality:

- The Traditional Male Code
- Gender Role Strain
- Psychotherapy vs. Masculinity
- Vulnerability vs. Invulnerability

The Aftermath of Trauma:

- The Human Response to Danger
- Dissociation and the Traumatic Response
- The Wobble: An Adaptation of the Dialectic of Trauma in Men's Lives
- The Working Zone

Ego State Approaches to Emotional Presence:

- Functional Ego States
- Structural Ego States
- The Drama Triangle
- The Trauma Triangle

Attachment Theory:

- The Regulation of Emotionality
- Working the Therapeutic Relationship

Closing Remarks

## Curriculum Detail

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

### Welcome to the Day

#### Re-visioning Men's Rage & Intimate Partner Violence (IPV):

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

#### The Intersection of Mind & Emotions:

- Mindfulness as an Adjunct to Therapy
- Reflective Listening
- Fact, Story, Experience
- Irrational Thinking & Therapeutic Confrontation

#### Promoting Emotional Expression & Interpersonal Connection:

- Johari Window
- The Four Corners of Emotional Presence
- The Skill Set of Assertiveness
- Conflict Resolution

#### Emotional Intelligence as a Group Program Model – Some Considerations

#### 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.

*"Awesome! 10+ for presenters. Overall expectations – above the rating scale. Excellent. Very useful information. You both work extremely well as a TEAM. Thank you." – Training Participant*

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

Rick Goodwin MSW RSW, Clinical Services Director  
Men & Healing: Psychotherapy for Men  
Ottawa, Ontario, Canada  
[rick@menandhealing.ca](mailto:rick@menandhealing.ca)  
(613) 482-9363 ext. 400