



# MEN & HEALING

## *Training and Consultation*

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With 20 years of experience delivering cutting-edge training across Canada and internationally, we are pleased to outline our training programs for service providers:

### **T1 – It Happens, It Matters: a one-day training concerning male sexual trauma**

*It Happens, It Matters* is our introductory training on male sexual trauma. After introducing male-centred intervention and counselling, it explores aspects of male psychology, current research on male sexual abuse and assault, and both conceptual and pictorial representations of how trauma impacts men's lives. It finishes with case-studies and video testimonies of male survivors, allowing for the formulation of recovery and healing.

### **T2 – From Conceptualization to Engagement: a two or three-day training on male sexual trauma & the recovery process**

*From Conceptualization to Engagement* begins by examining the intersection between men's gender coding and adversity, outlines current research around male sexual abuse and assault and explores how trauma affects male survivors. The second day emphasizes cognitive and psychodynamic engagement strategies in working with male survivors, along with focused presentations on men's rage as well as sexually dysregulated behaviour. The day finishes on strengths-based therapeutic approaches and multi-faceted reflections of men's healing.

### **T3 – Core Curriculum: a one-day training on first-stage engagement with male survivors**

This training offers a step-by-step process of intake, assessment and first-stage engagement with male survivors. Derived from the evidence-based “*Men & Healing*” program of working with male survivors, participants are guided through the process of providing dedicated services to men. Much of the learning is experiential, lending itself to group engagement and facilitation. All participants receive the *Men & Healing Participant Guidebook*.

### **T4 – Group Theory & Practice: a two-day training on group therapy for mental health service providers**

As healing cannot occur in isolation, group work is a preferred model of intervention with vulnerable populations of all genders. This training teaches group processes and intervention skills to facilitate dynamic yet safe engagement with clients. Group theory is explored in terms of conceptual approaches as well as the differences between psycho-education versus process work. Participants gain experience using group techniques such as Opening Circle, Testimony, conflict resolution, etc.

*“5++ for presenters. Exceeded expectations! Will be attending another training. So very glad I signed up for all the sessions. This was very much more than I expected.” - Training participant*



### **T5 – Revisioning Men’s Anger, Rage & Violence: a one-day training on trauma-informed engagement strategies with men**

While many practitioners are aware that men who are prone to rage and partner violence have histories of childhood abuse, few intervention programs are derived from this research and application. This training is different. It presents a more nuanced and respectful approach to working with this population. It examines the links between male childhood trauma and intimate partner violence (IPV) as well as the clinical implications and engagement strategies of adopting a trauma-oriented focus of rage and violence.

### **T6 – Keeping the Spirit Alive: a two-day training on the management and prevention of vicarious trauma**

For professionals who counsel clients with histories of childhood abuse, vicarious traumatization (VT) is an occupational hazard. As a result of being immersed in their clients’ stories of terror, cruelty, and despair, it is virtually impossible not to feel some personal disturbance. This training creates a safe environment to acknowledge the toll this work takes on trauma workers. Combining educational and experiential exercises, it strengthens counsellors’ clinical work while helping them build anti-VT strategies into their professional and personal lives.

### **T7 – Emotional Intelligence: a two-day training concerning emotional integrity and well-being**

Apart from fundamental aspects of masculinity that may block interpersonal connection, men may experience a variety of barriers to emotional integrity and well-being. Past trauma, emotional dysregulation, affective numbing, and over-expression of anger and rage can play a part. Using lecture, small group work, role play and experiential exercises, this training helps therapists work with the broader psycho-social needs of their male clients towards greater emotional intimacy, expression and integrity.

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

Rick is a clinician and trainer. Over the past 20 years, he has focused on male sexual trauma – managing both national and regional 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.*

Rick co-authored *Men & Healing: Theory, Research and Practice with Male Survivors of Childhood Sexual Abuse* (2009) as well as three other edited books on the subject. He also co-authored the upcoming Australian guidebook *Foundations* (2017).

Rick won the inaugural *Attorney General’s Award of Distinction* (2007) for his work in “developing and implementing innovative victim service programs.”

#### **Men & Healing: Psychotherapy for Men**

Ottawa, Ontario, Canada

For full training descriptions, please visit [menandhealing.ca](http://menandhealing.ca)