



MEN & HEALING

Psychotherapy for Men



Dear Friends & Colleagues:

As we celebrate our second anniversary, we would like to take a retrospective on our original vision of the Centre, and what we are doing to make *Men & Healing (M&H)* a place to happen (thank you, Mr. Downie, for shifting both sentence structures and Canadian self-identity while you were with us).

If you have received promotional material on *M&H*, we talk about our **three pillars of service...**

Male-Centred Therapy:

Some folks find it interesting that we deliver significantly more [individual therapy](#) than group services. Many guys prefer individual sessions – when possible, it is best to offer a choice of services. Time, schedule, and personal preference all are factors. That being said, our core group therapy programs are

going strong: [Anger Management](#), [Emotional Intelligence](#), and our trauma recovery programs [Men & Healing Phase 1](#) and [Men & Healing Phase 2](#). Enrollment and assessment interviews can be scheduled at any time.

Our collaboration with other Ottawa-based agencies is growing. We are indeed proud of these service agreements which allow their clients to access specialized group services to be delivered without the barrier of fees.

Our collaborative partners this fall are **The Ottawa Mission** (Men & Healing trauma recovery), **John Howard Society** (Men Moving Forward), **Daybreak Housing** (Emotional Intelligence), and **House of Hope** (Emotional Intelligence). Keep them in mind for your United Way or year-end charitable gifting! And if you are with an agency and want to explore this arrangement, don't be shy!

Expertise in Trauma:

Our trauma training services have been chugging along the last while. From **Waypoints Services** in Fort MacMurray to the **Kitigan Zibi First Nation** in Quebec, we have been busy delving into ways of working with men and trauma in a variety of settings.

Stateside, our training has brought us to work with the **US Marine Corp Legal Symposium** as well as the **Los Angeles Department of Mental Health** – particularly their sex trafficking unit. All of our American trainings are arranged through our US partner agency, **1in6, Inc.**

More work is ahead. November will be busy with the **US Air Force** in Misawa, Japan, then off to New Zealand to present at the third **South-South Institute** in Christchurch. This international forum on male sexual trauma will be holding an Indigenous lens to the issue. Rick, along with *M&H* colleague **Graham Jobson**, will be presenting “*Two Medicines: The Intersection between Aboriginal and Western Approaches in Addressing Men’s Healing.*” On the last day of the institute, Rick and **David Lisak** will lead the keynote: “*What It Takes: Building and Sustaining Organizations for Male Survivors.*”

Finally you may want to check out the following publication that’s hot off the press. Richard Gartner, psychologist/psychoanalyst and friend of *M&H*, has put out yet another book on male sexual trauma and recovery - and we have a chapter in it! See: ***A Requiem of a Men’s Trauma Organization: The Men’s Project 1998-***

2015 R.I.P. in *Boys and Men Betrayed: Understanding the Trauma of Sexual Abuse and Healing*. Editor: Richard Gartner, PhD. New York: Routledge. 2017.

And, if you want to see the training advert for 1in6, Inc.'s services in the U.S., and see Rick in action, check out: <https://www.youtube.com/watch?v=Zz22WS6iQAQ>

Emotional Integrity:

We are so keen to put Emotional Integrity into practice with all of our clients and services that we are thinking we should rename our core program from “Emotional Intelligence” to “Emotional *Integrity*.” While Emotional intelligence sounds like a static quality in folks, Emotional Integrity reflects more of an active dynamic that is essential for a lifetime of relationships.

Got an opinion on this name change? Send along your thoughts to training@menandhealing.ca. In the next edition of this newsletter, we will do a snapshot of the thoughts we have received, and **announce the winner from a draw of responses!**

Best, Rick & *M&H* Team

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It's about men. It's about time.