



**Hey Folks;**

And a Happy New Year to you All!

Here is some news and reviews of our work over the last while.

**Services Offered:**

This winter, we will be offering new group programs in the community: [Anger Management](#), [Men & Healing Phase I](#) (childhood abuse recovery), and [Emotional Intelligence/Emotional Integrity](#). All group programs require an assessment interview and can be scheduled at any time.

Our long-term [Men & Healing Phase II](#) abuse recovery program operates year round, and is open to Phase I graduates.

Of course, our [Individual Psychotherapy](#) services can be accessed any time. Same procedure: complete the “[enroll](#)” tab on our Home Page. It’s that easy!

### **New Additions:**

We are pleased to welcome **René-Marc Lavigne, M.Ed.** to our team of psychotherapists. René is offering individual and group programming, both in English et Français. His background includes youth work, crisis services, psycho-education, and individual and group psycho-therapy. You are welcome to reach him at [rene@menandhealing.ca](mailto:rene@menandhealing.ca).

### **Emotional Intelligence? Emotional Integrity?**

We have reached a decision on revising the name of this service! We received lots of feedback from our loyal readers, outlining the merits of “emotional intelligence” (a known concept in the community, anchored in Goleman’s work, a term used in many sectors) versus “emotional integrity” (a more dynamic term, a lifelong goal vs. a static skill set, and fits in more with the notion of healing and recovery). So the answer is: Both! We will use both terms in our broader messaging to the community, but internally we will be referencing “Emotional Integrity” in our programming and training material.

Thank you all for your suggestions — and the most convincing feedback we received was from **Michelle Bentley**, a psychotherapist here in the Ottawa area. We will be in touch with you shortly, Michelle, and get you your prize for your suggestions – A DVD of the documentary “Boys & Men Healing.” Congratulations!

### **A Modest Acclaim...:**

The good people at the **Centre for Addiction & Mental Health (CAMH)** named Rick Goodwin as one of **Canada’s Top 150 Leaders in Mental Health!** With all due modesty aside, it was great to see our work on men’s mental health gain this recognition. You can see this write up as well as the other national award winners at: [http://give.camh.ca/site/PageServer?pagename=rick\\_goodwin](http://give.camh.ca/site/PageServer?pagename=rick_goodwin)

### **Our Training Services:**

We finished 2017 with a burst of training overseas, starting with a training event for our US partner agency **1in6, Inc.** at the **US Air Force** base in Misawa, Japan. In

Christchurch, New Zealand, Rick shared a keynote address *What it Will Take?* with our colleague David Lisak of 1in6, Inc. at the **3<sup>rd</sup> South–South Institute**, the international forum on male sexual trauma. Another workshop was co-led with our colleague Graham Jobson entitled *Two Medicines: The Intersection between Aboriginal and Western Approaches in Addressing Men’s Healing*.

In December, we delivered a training for the **Sexual Assault Centre of Kingston** (SACK)– one of the growing number of sexual assault centres in Canada that are shifting their focus to being inclusive of all survivors, regardless of gender. Kudos to our friends at SACK!

**International Work:**

We are also pleased to announce that our joint writing project with our colleagues **Living Well of Australia** on the operational delivery of men’s services has now been published! Check out the Foundations resource at <https://www.livingwell.org.au/> We will soon begin a North American version of this resource, with the expected publication of late fall 2018.

Best, Rick & *M&H* Team

Rick Goodwin, MSW RSW  
Clinical Director

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