



Happy spring to our Colleagues and Friends!

Program Updates

Anger Management Group: April 12, 2016 - A few spots are still available!

Men & Healing – Phase 1: June 2016 – Assessments are free for this program

Emotional Intelligence: May 12, 2016 – Assessments are being conducted

New Program: Emotional Intelligence

Our *Emotional Intelligence* group therapy program holds the vast space between our two other signature group programs: our trauma recovery programming aptly called *Men & Healing*, and on the other end of the file our *Anger Management* program.

I vacillate about changing its name to Emotional integrity – because that is even more of the ticket. Despite the success of Daniel Goleman’s book (let alone his dialogue with the Dali Lama!) there is an edge to this name – perhaps if you are considering enrolling in it, you have to self-identify as emotionally unintelligent! Emotional Integrity, on the other hand, is a constant state of striving and being – particularly in relationships.

Whether one is in a relationship or freshly out of one, EI strives to embody attunement, presence, and responsiveness in relationships, at the same time enhancing self-awareness and authenticity. When you live your life with thoughts, feelings and behavior being in sync, it gets pretty sweet!

Whether you think this program speaks to you, or could be a good supplement to one’s individual therapy, we promise EI will help build a personal (and interpersonal) sense of integrity! Consider yourself, or someone you care for, invited! Led by *Karen White Jones, MSW RSW*, this service is considered psychological services and may be reimbursable with extended health benefits.

We are currently conducting assessment interviews, with the program beginning in May 2016.

Newsworthy Items

- The male residents at Daybreak Housing of Ottawa will be receiving an Emotional Intelligence program! Paul Ferdinand, MA will lead
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- We finished conducting a training with the US Army at Fort Bliss, Texas in partnership with 1in6 Inc. out of Los Angeles.
- For the third year running, we are providing a training at the Ending Violence against Women International conference in Washington DC. This year, Vice President Joe Biden will also attend!
- We recently presented at the “Trauma Informed Care within Criminal Justice & Corrections” conference run by the National Associations Active in Criminal Justice.
- Our collaborative services with the Ottawa Mission are going strong!
- Our joint programming of Good Lives with John Howard Society will be starting up shortly.

Give us a shout

If you want to discuss our services, collaborative programming, our training services, or other issues of mutual interest.

Best, Rick & Team

Rick Goodwin, MSW RSW

Clinical Director

Men & Healing: Psychotherapy for Men

35 Beechwood Avenue, 3rd Floor

Ottawa, ON, Canada K1M 1M1

(613) 482-9363 ext 400

rick@menandhealing.ca

www.menandhealing.ca

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