

## Rick Goodwin, MSW RSW, Senior Trainer

Rick is the Clinical Director for *Men & Healing: Psychotherapy for Men* as well as the lead Clinical Consultant for the American non-profit organization *Tin6, Inc.* Over the past 20 years, Rick has managed regional and national initiatives in Canada, primarily focusing on trauma recovery.

Rick co-authored *Men & Healing: Theory, Research and Practice with Male Survivors of Childhood Sexual Abuse* (2009) as well as three edited books and an upcoming manual, among other publications on the subject.

Rick won the inaugural *Attorney General's Award of Distinction* (2007) for "developing and implementing innovative victim service programs."



## About Men & Healing: Psychotherapy for Men

Based in Ottawa, *Men & Healing* offers empowering, innovative and clinically sound counselling services for men and their families.

### Individual Psychotherapy

Our individual services focus on:

- trauma recovery
- anger issues
- relationship/family conflict
- emotional integrity
- gender and sexuality
- substance abuse recovery
- depression and anxiety
- loss and grieving

### Group Counselling Services

Our group services include:

**Men & Healing:** Recovery from childhood sexual and/or physical abuse. Phase I (short-term) and Phase II (long-term) services offered.

**Anger Management:** Developing skills and awareness to overcome problems at work and/or home due to inappropriate expression of anger and rage.

**Emotional Integrity:** Enhancing emotional intelligence, expression, and relationship building.

Clinical Supervisor: Dr. Brenda Saxe, PhD C. Psych.



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

If you are part of an agency, community service, or government body that wants to build services for men, or deepen your expertise in male-centred approaches to therapy, let's talk. We offer seven customizable training programs on a variety of concerns regarding men and their families. All trainings can be contoured for public audiences.

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

*It Happens, It Matters* is our introductory training on male sexual trauma. It explores aspects of male psychology, male sexual abuse and assault, as well as conceptual and pictorial representations of how trauma impacts men's lives. It finishes with case studies and video testimonials of male survivors.

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

*From Conceptualization to Engagement* examines men's gender coding and adversity as well as male sexual abuse and assault, trauma, rage and sexually dysregulated behavior. It also explores cognitive and psychodynamic engagement strategies around recovery and healing.

**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. Much of the learning is experiential, lending itself to group engagement and facilitation. All participants receive the *Men & Healing Guidebook*.

**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, experiential techniques, intervention skills, conceptual approaches, as well as the differences between psycho-education versus process work.

**Re-Visioning Men's Anger, Rage & Violence:** a one-day training on trauma informed engagement strategies with men

This training presents a compassionate approach to working with men who are prone to anger, rage and violence. 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.

**"5++ for presenters. Exceeded expectations! Will be attending another training. This was very much more than I expected."**

- Training participant

**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. Combining educational and experiential exercises, this training strengthens counsellors' clinical work while helping build anti-VT strategies in one's professional and personal life.

**Emotional Integrity:** a two-day training concerning emotional intelligence and well-being

Apart from the "male code" that may block interpersonal connection, men may experience various barriers to emotional integrity (e.g. past trauma, emotional dysregulation, affective numbing). This training helps therapists work with male clients towards greater intimacy, expression and integrity.

**Our Training History**

For over 20 years, Rick and his colleagues have provided clinical training to communities, First Nations, social service agencies and government services throughout Canada. International work has included the US military, the UK and India, among others.

We also have extensive experience providing keynote speakers and community workshops.

Please see [menandhealing.ca](http://menandhealing.ca) for more detailed information on our training services.