



MEN & HEALING

PSYCHOTHERAPY FOR MEN

TENDING THE WOUNDS

A one-day training on clinical engagement on trauma issues for male survivors.

Length:	1 day (6.5 hours). Can be offered in modules upon request.
Format:	In-person or online.
Prerequisites:	Truth Telling (T1)
Learning Style:	Structured, combining lecture with small group work, role plays, and experiential exercises.
Group Size:	While the ideal group size for participatory learning is 20, larger groups can be accommodated.

Description

Tending the Wounds emphasizes a variety of clinical strategies working with male survivors, focusing particularly on psychodynamic and experiential approaches. This therapeutic heavy-lifting is applicable to both individual and group engagement. Starting with the framework of ego state theory, a variety of intra-psychic conceptions and interventions will be considered. A balance of both trauma-focused and strengths-focused strategies will be presented.

Lecture, role plays, dramatic presentations, experiential opportunities and group discussion are all utilized throughout the day to ensure thorough engagement with the participants. The content of ***Tending the Wounds*** is thoroughly road-tested for trauma recovery and are “male-friendly” in their design. Again, there is opportunity for deeper reflection in both small and large group discussions, finishing with a grounding meditation before the day concludes.

Audience

Health-care professionals, therapists in private practice, and agency-based clinicians and sexual-assault workers who are working on or planning focused intervention strategies (individual and/or group programming) with male survivors.

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“This fabulous [Men & Healing] Guidebook highlights the impact of sexual abuse trauma on boys and their development, in particular the lifetime effects of complex post-traumatic stress on mood swings, depression suicidal thoughts and relationships.”
- The Survivor Trust, UK

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Background of the Men & Healing Model

- This model of service originated in Ottawa in 1999 under the auspices of The Men’s Project. It is approaching its 25th year of service and has undergone considerable revisions over the years based on continuous quality improvement. Over this period, more than 5,000 clients have benefitted from this service.
- In their review of this service model, the Aboriginal Healing Foundation considered the model to be a “promising healing practice” (Vol. III).
- It is the only model of men’s group trauma treatment in the world that has been subject to two peer-reviewed studies demonstrating clinical effectiveness. Studies are available upon request.
- Training on this model has been conducted with hundreds of service provider organizations, First Nations and community initiatives across Canada and the United States, as well as seven other countries, including branches of the Canadian and American military.

“M&H has a proven track record within military communities. First of all, it is a registered service provider with the Canadian Forces Health Services. Secondly, it has provided training to the Sexual Misconduct Response Centre/Department of National Defence (DND), as well as to over a dozen military sites of the American Department of Defense. Lastly, M&H was brought in as a “Subject Matter Expert” by the DND on issues of addressing sexual violence within the Canadian Armed Forces”

Additional Information

- Electronic copy of material is provided to participants. Bound participant handbooks with presentation materials can be made available.
- Training content can be adapted to the needs of specific audiences.
- An evaluation can be conducted, including a summary of findings prepared for organizers and/or funders.