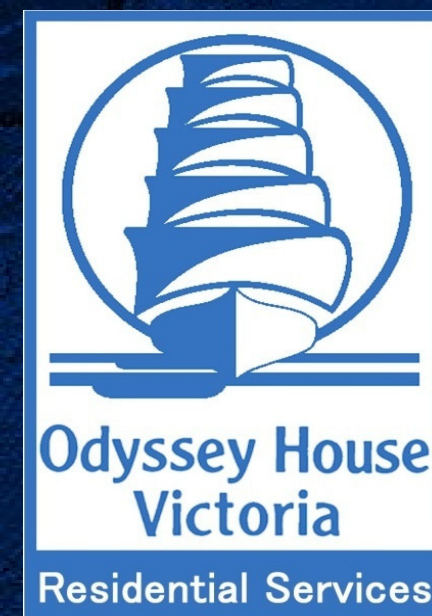


Working with men in the therapeutic community

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Why a Men's Group?

- Specific health issues
- Taboos
- Sexuality
- Less inhibition
- Ownership of a particular space

Individual session content

- Male identity and mateship
- Fathers and fathering
- Intimate relationships
- Sex and sexuality
- Anger and stress management
- Men's health
- BBQ

Male identity and mateship

- Exploration of the concept of identity
- Individual expression of identity
- Feedback from other group members
- The notion of mateship vs. friendship

Fathers and fathering

- Experience of being fathered
- The impact on self
- The role of the father
- Experiences of fathering
- Hopes and fears

Intimate relationships

- Is intimacy sex?
- Finding a working definition
- Experiences of intimacy – in past and present
- Gender and its' relationship to intimacy

Sex and sexuality

- Past experiences
- Sex without substances
- Sex and sexuality – What's the difference
- Homosexuality and homophobia
- The celibate community

Anger and stress management

- Individual relationships to anger
- Past experience
- Damage vs. usefulness
- Other members perceptions

Men's health

- Health as primary self care
- It's O.K. to talk about it
- Your testes are your friends – issues specific to men

BBQ

- Men relating
- Closing the group
- Acknowledging the journey
- Evaluation

Challenges and risks

- Potential for splitting
- Idealisation
- Getting blokes to talk
- Maintaining focus
- Timetabling

Linking to the community

- Transferring experience to other therapeutic spaces
- Identifying the spaces where learning can be practiced
- Blocks to transition
- Role modelling language

The role of the therapist

- Role modelling
- Flattening the hierarchy
- Owning the space
- Managing the alpha male

Evaluations

- Informal discussion
- Questionnaire

Thank you