

# ***Secret Men's Business***

*A presentation to*  
**The 29<sup>th</sup> Family Therapy Conference**

***WORKING FOR FAMILIES***

at  
**St. Lucia University Campus**  
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by  
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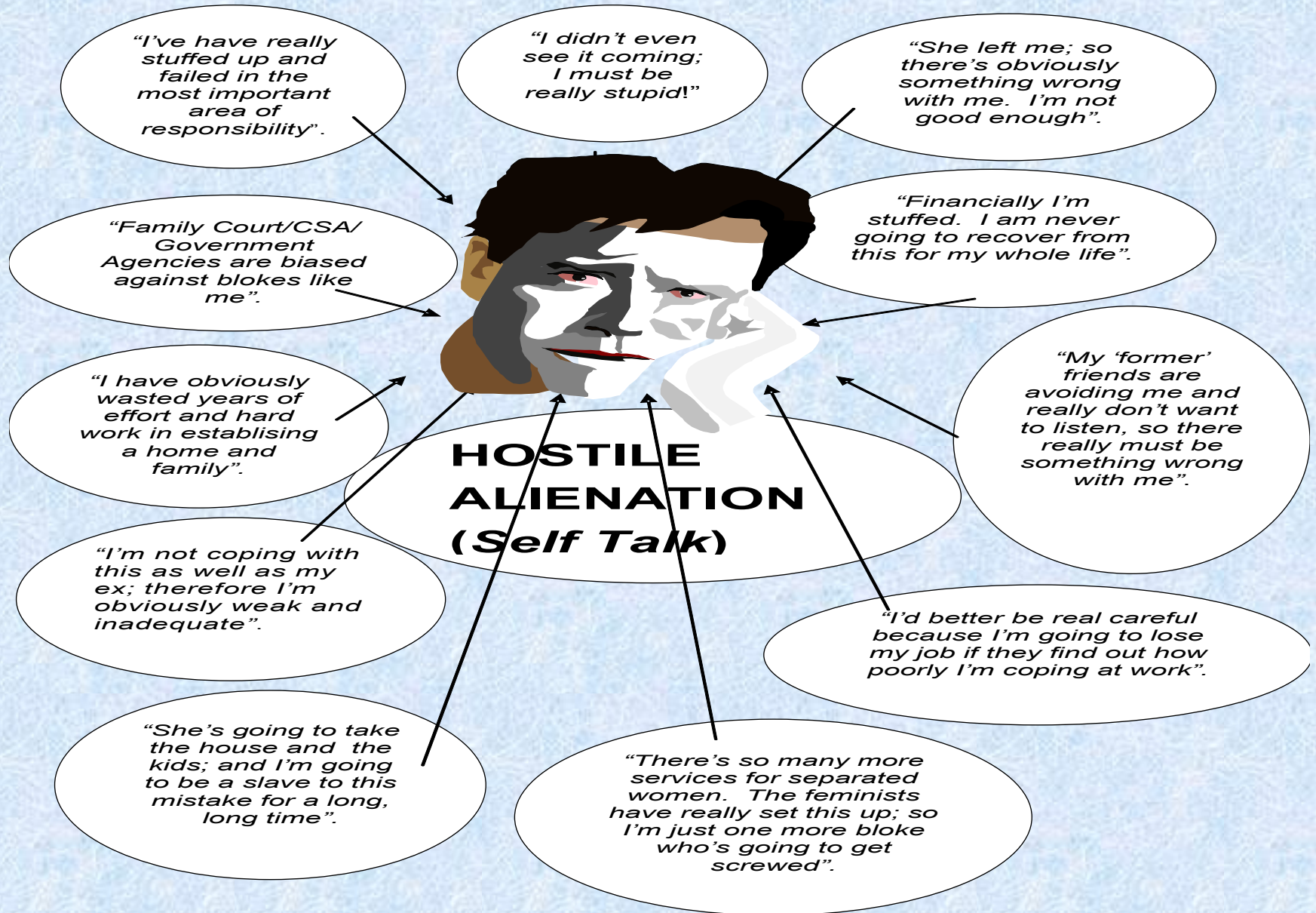
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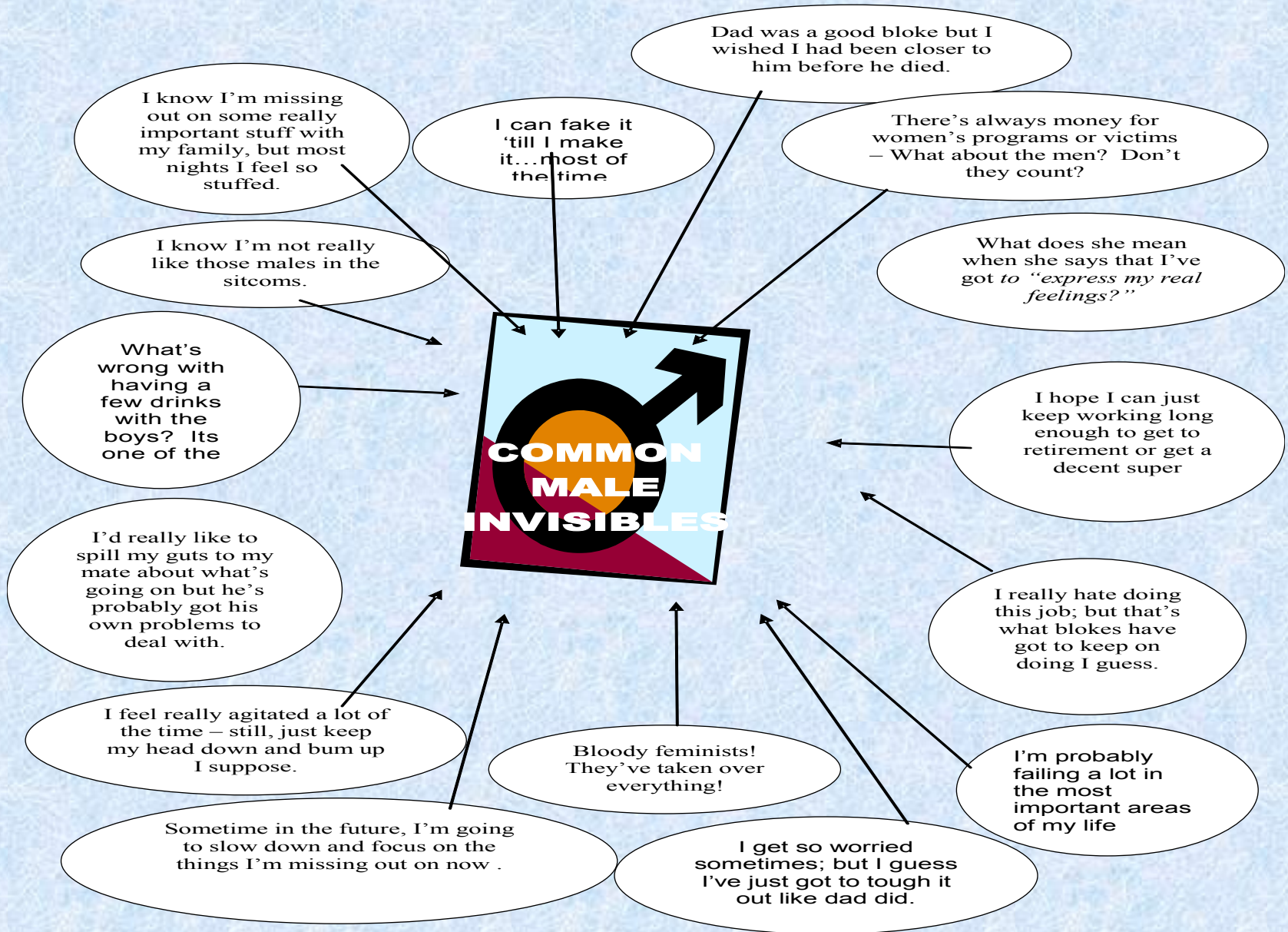
***MALE  
Homunculus***



# The SMH - Separated Male Homunculus



# The GMH – General Male Humulculus



# What Current Models Share

## ....about Males in Crisis

- Males are pathological (*the problem, either mad or bad*).
- Males lack appropriate personal resources (*inadequate*).
- Symptomatic intervention (*target selective difficulties*)
- Male behaviours are extreme (*unwarranted/ dangerous*).
- Male responses are self-destructive and egocentric.
- Males are in need of accepting some form of “value-added” intervention.

### ***rather than .....***

- Addressing core issues (*identity, roles, skills etc.*)
- Addressing emotional processing challenges.
- Highlighting the need for male-friendly approaches.

# What am I really Saying?

- Males in crisis experience particular fears.
- Traditional models of understanding and intervening with males are inadequate.
- Many men in relationship crisis suffer from *“Hostile Alienation”*.
- *MENDS* offers a male-friendly, effective and proven method to:
  - Contain difficulties experienced by males in crisis
  - Provide pro-social transitions to better functioning

# Client Fears

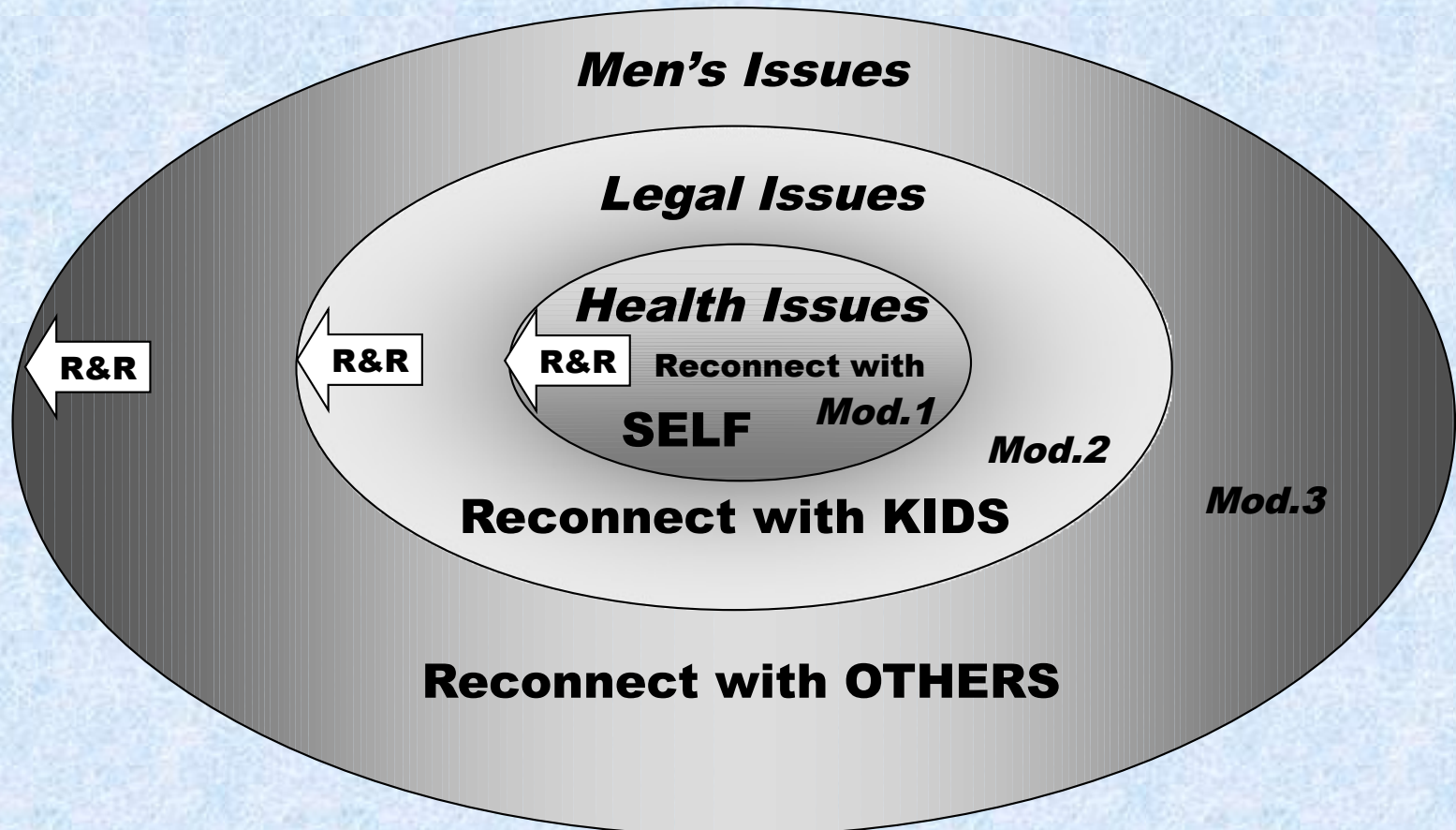
**Separated men  
needn't lose:  
their shirt,  
..their kids,  
..or their life!**



# ***MENDS - Course Structure***

<b><i>Week</i></b>	<b><i>Session</i></b>
<b>1</b>	Information Session Assessment
<b>2</b>	Review and Redirection
<b>3</b>	<b>Reconnecting with Self</b>
<b>4</b>	Health Issues
<b>5</b>	Review and Redirection
<b>6</b>	<b>Reconnecting with Children</b>
<b>7</b>	Legal Issues
<b>8</b>	Review and Redirection
<b>9</b>	<b>Reconnecting with Others</b>
<b>10</b>	Men's Issues
<b>11</b>	Review and Redirection
<b>12</b>	Assessment Graduation

# ***MENDS* Program Elements and Inter-relationships**



# ***MENDS* - What Is It?**

- Structured program (12 x 2hr sessions) for men in relationship crisis
- Now available for individual counselling
- Validated pro-social & clinical outcomes
- Enables critical self-auditing and upskilling
- Specifically addresses issues of:  
*(Health, Legal & Men's Issues)*
- Sessions target containment & learning in key areas *(Self, Roles & Relationships)*

# What Does ***MENDS*** Do?

- Creates and maintains a ‘male-friendly’, honest yet safe (*non-competitive, non-shaming*) format
- Utilizes no-nonsense clinical & mentoring approaches
- Enables client self-auditing of core issues (*identity, masculinity, relationships*)
- Provides skills training and practice opportunities in emotional processing and communication
- Challenges clients toward pro-social values and attitudes (*esp. personal responsibility*)
- Allows CBT therapy targets to be internalized (*i.e. become self-learning rather than ‘head-learning’*)

# **Therapeutic Tools**

*(How to make the homunculus more visible)*

- Structured Autobiography (*narrative/ self-auditing*)
- I Statements (*critical communication skill*)
- Journalling for Change (*self-monitoring skill*)
- Male Engagement Concepts (*Article*)
- Emotional Inheritance (*Article*)
- *MENDS* Client Research Outcomes (*Article*)
- ***MUST READ***
  - (1) *“Manhood”* by Steve Biddulph and
  - (2) *“I Don’t Want to Talk About It”* by Terrence Real &
  - (3) *“The Seven Principles for Making marriage Work”*  
by Gottman & Silver

# ***The (Practitioner) Traps***

- Transference and Counter-transference
- Feeding the Victim role
- Counter-therapeutic “political-correctness”
- Pathologising normality

# **Professional Boundary Markers**

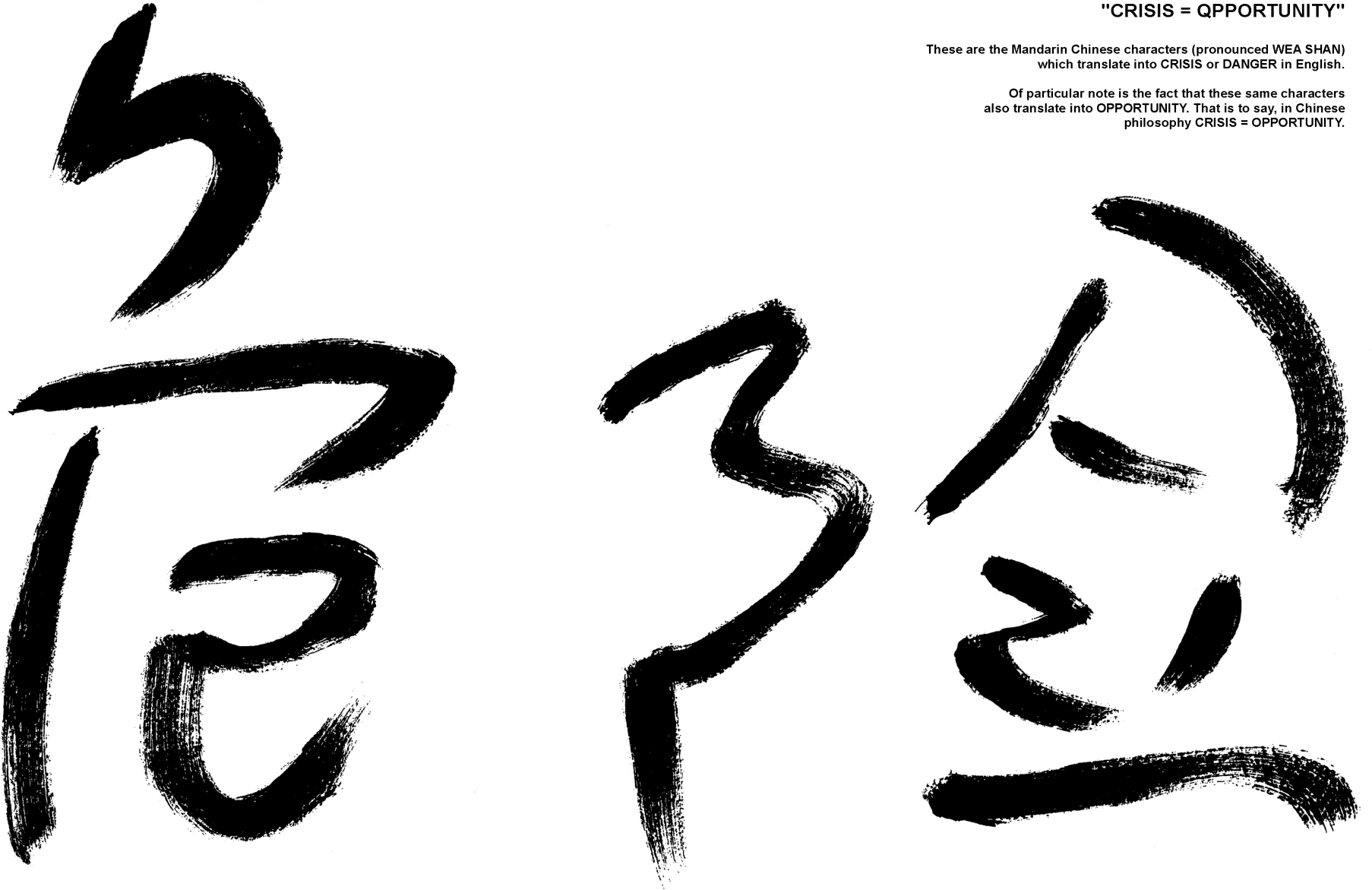
- Being Friendly vs. Being a Friend
- Being Personable vs. Being Personal
- Being Interested vs. Being Familiar
- Being Empathic vs. Being Sympathetic
- Acting Confidentially vs. Acting Secretively
- Being Persuasive vs. Being Manipulative
- Being Consistent vs. Being Pedantic

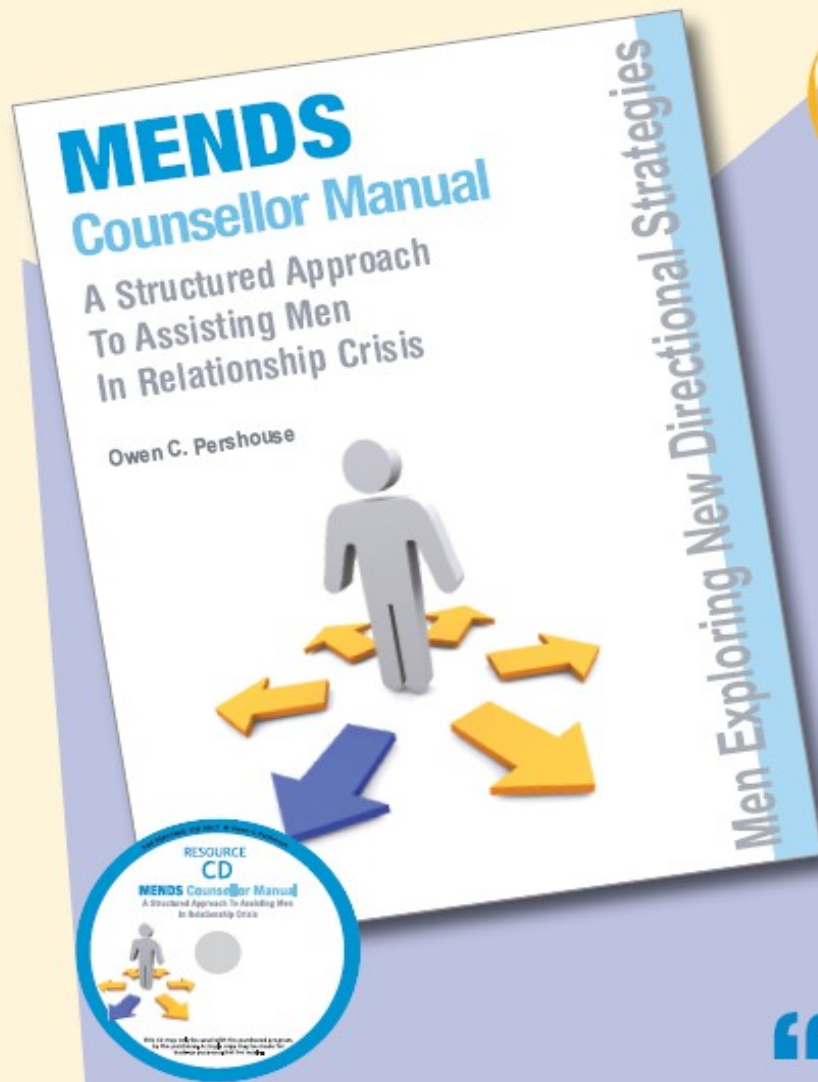
# Wea Shan (*Crisis=Opportunity*)

"CRISIS = QPPORTUNITY"

These are the Mandarin Chinese characters (pronounced WEA SHAN)  
which translate into CRISIS or DANGER in English.

Of particular note is the fact that these same characters  
also translate into OPPORTUNITY. That is to say, in Chinese  
philosophy CRISIS = OPPORTUNITY.





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# MENDS

**Men Exploring New  
Directional Strategies**  
**A Structured Approach  
To Assisting Men  
In Relationship Crisis**

Owen C. Pershouse

**Complete Program  
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and Resource CD**

“... a program of world standard in addressing one of the most serious social issues of our time.”

*Steve Biddulph  
Author of Manhood, Raising Boys,  
The Secret of Happy Children*