

Helping Men Recover

Trauma-Informed
Treatment for Men



 DAN GRIFFIN
ENTERPRISES

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 GRIFFINRECOVERY
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*We cannot just change
what men think,
We have to change
what we think about men.*



breathe









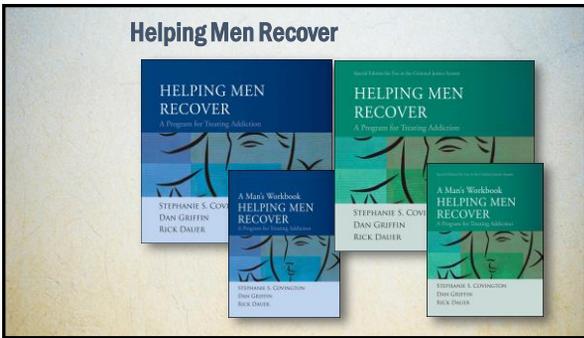


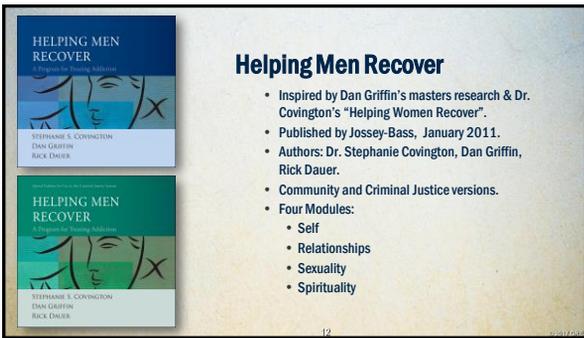
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<p><u>Man Rules®</u></p> <ul style="list-style-type: none"> • Don't Cry • Don't ask for help • Don't show emotion • Don't be vulnerable • Be a sexual superman • Don't show weakness • Always be in Control • Integrity • Responsibility 	<p><u>Therapy/Recovery</u></p> <ul style="list-style-type: none"> • Cry/Grieve • Ask for help • Express emotion • Be vulnerable • Learn intimacy • Admit powerlessness • Let go of control • Integrity • Responsibility
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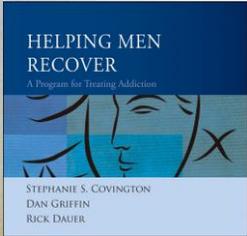


Using the Facilitator Guide

- Chapter One - Theoretical Foundation
- Chapter Two - Guidelines for Facilitators

- Module Summary
- Session Summary and Structure
- Facilitator Notes
- Suggested Dialogue

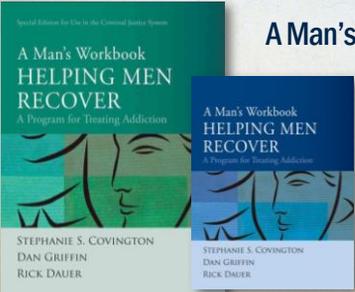
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Core Elements

- Recovery Check-In and Check-Out
- Small group discussions
- Interactive lectures
- Internal Structure
- Grounding and self-soothing exercises
- Kinesthetic activities
- Creative activities
- "A Man's Workbook"

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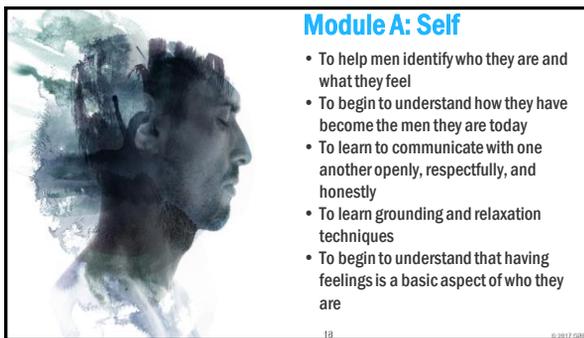


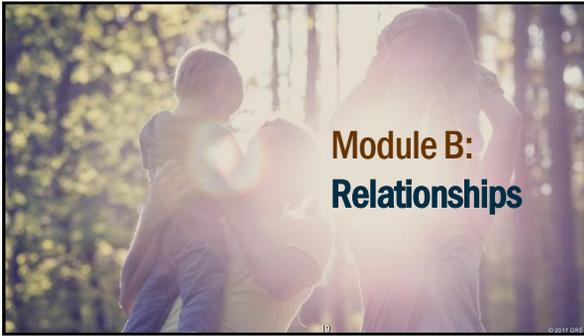
A Man's Workbook

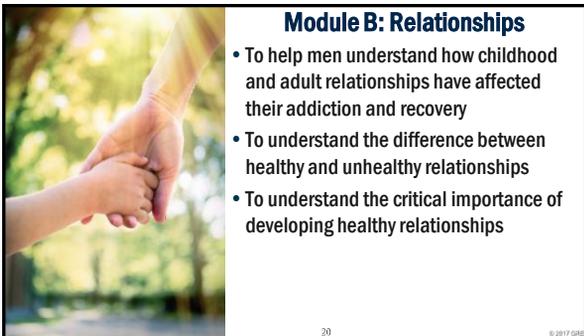
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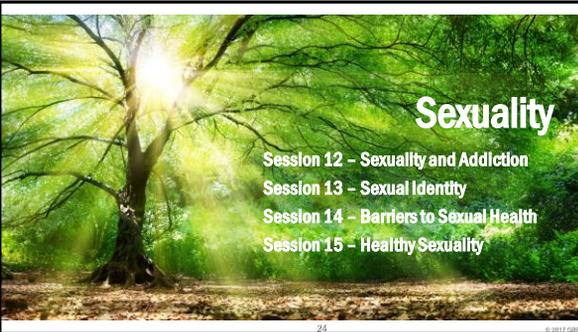


Module C:
Sexuality



Sexuality

- To become comfortable discussing sexuality
- To develop a positive approach to sexuality
- To examine how addiction has impacted their sexuality
- To begin to identify and overcome barriers to healthy sexuality



Sexuality

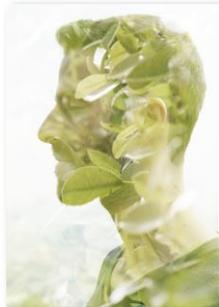
- Session 12 - Sexuality and Addiction
- Session 13 - Sexual Identity
- Session 14 - Barriers to Sexual Health
- Session 15 - Healthy Sexuality

Module D: Spirituality



Spirituality

- To introduce the concept of spirituality
- To begin a personal spiritual journey
- To recognize inherent advantages and disadvantages of being male
- To learn that grief is a healthy emotional process
- To begin envisioning a sober and healthy future
- To bring closure to group experience



Spirituality

- Session 16 – What Is Spirituality?
- Session 17 – Real Men
- Session 18 – Creating a Vision



Overview of Principles of HMR/MIT

- Facilitator self-awareness and personal work



Overview of Principles of HMR/MIT

- Men are not the problem – how men have been raised is the problem



Overview of Principles of HMR/MIT

- Trauma is a gendered experience



Overview of Principles of HMR/MIT

- Co-facilitation is highly recommended



Overview of Principles of HMR/MIT

- Traditional treatment was not created with men's unique issues and needs in mind – therefore, both men and women have not been trained to work most effectively with men



Overview of Principles of HMR/MIT

- We (clinicians, facilitators) do not know who a man should be – our only job is to help facilitate that self-discovery



Overview of Principles of HMR/MIT

- Confrontation as a primary mechanism for treating men is not effective yet that philosophy remains in the field



Overview of Principles of HMR/MIT

- Creating a healthy relationship to power and control



Overview of Principles of HMR/MIT

- Compassion & Non-judgment



Overview of Principles of HMR/MIT

- Reframe behavior through the context of the Man Rules & Safety



Overview of Principles of HMR/MIT

- Sexuality is essential subject matter for men's treatment. Men will hide fear, discomfort and confusion behind bravado and humor.



Key Fidelity Elements

- Small Groups



Small Groups

- 3 is the magic number!
- Expectations must be very clear
- Visit each group early (and often if necessary) without appearing to eavesdrop
- Allow small groups to exceed time allotments
- If the men are struggling, manipulate the composition of the small groups

Key Fidelity Elements



- Interactive lectures

Interactive Lectures

- The most difficult skill
- Be prepared for anything and everything
- Allow the experience to be organic
- Know that there will be huge disparities from one group to the next
- If the men are not contributing, there is a good reason
- Trust the process



Key Fidelity Elements

- Constant reference to Man Rules dichotomy

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Key Fidelity Elements

- Allow the men to talk

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Key Fidelity Elements

- Common Ground - How many of you have ever?

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Key Fidelity Elements

- Non-shaming and non-confrontational: "How does that fit with the man you want to be?"

Continuous Assessment

- Very few men will acknowledge physical or sexual abuse during an initial interview
- Avoid close-ended questions (or employ open-ended questions to augment)
- Re-assess for abuse/trauma histories after a man has been in programming for multiple sessions and has demonstrated that he feels a level of safety



Abuse 100% unacceptable
Zero tolerance for abuse

- Whatever happened to you as a child was not your fault.
- Whatever you do as an adult you are 100% responsible for

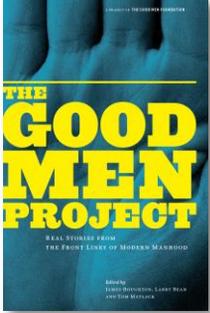
Accountability & compassion



The mission of **1in6** is to help men who have had unwanted or abusive sexual experiences in childhood live healthier, happier lives.

INFO **OPTIONS** HOPE

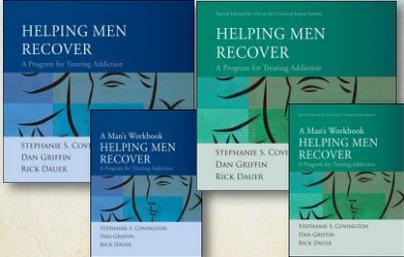
@ www.1in6.org @ www.1BlueString.org

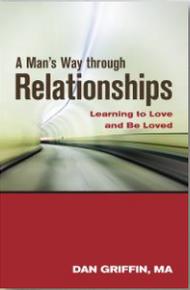


THE GOOD MEN PROJECT {magazine

@ www.goodmenproject.com

Helping Men Recover

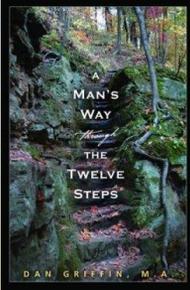




A Man's Way through Relationships
Central Recovery Press (August 2014)

First trauma-informed focused solely on helping men navigate the joy and pain of relationships in the face of their internalized ideas about masculinity and what it means to be a man.

Into Action exercises at the end of each chapter give reader the opportunity to immediately practice the ideas in each chapter.



A Man's Way through The Twelve Steps

"When I grew up I learned two things about what it takes to be a man. Number one, I learned to fight. And number two, I learned to drink"
 - Jo, *A Man's Way Through the Twelve Steps*



WHAT WOULD MEN TELL YOU IF THEY WEREN'T TOO BUSY WATCHING TV

Allen Berger, Ph.D. Dan Griffin, M.A.



Treatment Improvement Protocol 56 - SAMHSA

Addressing the Specific Behavioral Health Needs of Men

TIP 56

SAMHSA

<http://store.samhsa.gov/shin/content//SMA14-4736/SMA14-4736.pdf>

- Published by SAMHSA - May 2014
- Addresses the specific treatment needs of adult men with substance use disorders
- Reviews gender-specific research and best practices, such as common patterns of initiation of substance use among men



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what we think about men.*

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Yo! I'm working on my issues. Stay in touch.

I promise all your dreams will come true if you do

Text **THEMANRULES** to **22828** to get started.



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What Can GRE Do For You?



- Program Assessment
- Half and Full Day Workshops
- Men's Retreats
- Implementation Training on *HMR*
 - Three Day
 - Four Day
- Consulting for Improving Services for Men
 - Trauma-Informed
 - Gender-Responsive
 - General Improvement for Engaging Men

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