WHAT DO WE **REALLY** THINK ABOUT FATHERS?

**Developed by Dan Griffin, MA**
**Presented by Harrison Crawford, LPC, LISAC**
ABOUT HARRISON
OBJECTIVES

• **What personal and systemic biases might affect how we think about fathers?**

• **How do these ideas impact the services we provide for fathers?**

• **What do we do with this knowledge?**
When you think of fathers in the child welfare system — who do you see?
AN ABUSER?
A DRUG ADDICT?
A DEADBEAT DAD?
A RESOURCE?
SOMEONE WHO NEEDS HELP?

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SOMEONE WHO LOVES HIS CHILDREN?
A FATHER?

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The Water
WHAT THE HELL IS WATER?
“BABIES DON’T NEED FATHERS, BUT MOTHERS DO. SOMEONE WHO IS TAKING CARE OF A BABY NEEDS TO BE TAKEN CARE OF.”

quoteswave.com

- Amy Heckerling
The best thing a father can do for his baby, is to love his mother.
It's not easy being a mother.
If it were easy, fathers would do it.
World’s Deadbeat DAD
GROUNDING
EXERCISE
It Runs Deep
The Man Rules®

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MAN RULES ®

- Don’t Cry
- Don’t lose Control
- Don’t ask for help
- Don’t show emotion
- Don’t be weak
- Don’t back down
- Don’t be vulnerable

- Be a protector
- Integrity
- Don’t hit or disrespect women
- Responsibility
- Be a provider

- DON’T BE A GIRL!
- DON’T BE GAY!!

Have as much **SEX** as possible, whenever possible, with as many **HOT** and **DIFFERENT** chicks as possible, with as **BIG** of a **DICK** as possible.
SAFETY
THE WOMAN RULES™

• BE THIN – ALWAYS
• BE BEAUTIFUL – ALWAYS
• BE A NURTURER
• BE A MOTHER
• BE IN RELATIONSHIP WITH A MAN – ALWAYS
• BE EMOTIONAL

• BE PASSIVE
• BE WEAK
• BE QUIET
• BE NICE
• BE DOMESTIC
• BE SELFLESS/CARE FOR EVERYONE OTHER THAN YOURSELF

Be a LADY in the streets and a FREAK in the sheets
WHY FATHERS NEED SERVICES THAT SPEAK TO THEIR UNIQUE ISSUES AND NEEDS
WHAT’S BEEN MISSING?
IS THERE ANOTHER WAY TO VIEW MEN’S TRAUMA?
MEN, VIOLENCE, AND TRAUMA

75% of student suspensions, expulsions, grade failures, special education referrals, school violence casualties, and all other assaults are boys.

70% of suicides are boys/men.

75% of teenage suicides are boys.

80% of the homeless are boys/men.
MEN, VIOLENCE, AND TRAUMA

- 80% of homicide victims are men
- 93% of prison inmates are men
- 99% of executed prisoners are men (in the last decade, 700 men and 10 women)
- Men are 2 to 5 times more likely to develop a substance use disorder
TRAUMA = WOUND
DEFINITION OF TRAUMA

TRAUMA OCCURS WHEN AN EXTERNAL THREAT OVERWELMS A PERSON'S INTERNAL AND EXTERNAL POSITIVE COPING SKILLS.

(VAN DER KOLK, B. 1989)
RESPONSE
It’s NOT Trauma
THE PARADOX OF MALE RELATIONAL INTIMACY
**MAN RULES**

- Always be in Control
- Don’t Cry
- Don’t ask for help
- Don’t show emotion
- Be a sexual superman
- Don’t show weakness
- Integrity
- Responsibility
- Be a provider

**HEALTHY RELATIONSHIPS**

- Share control
- Share feelings
- Ask for help
- Vulnerability
- Intimacy
- Honesty
- Compromise
- Trust
- Safety
- Communication
Being An Asshole Is All Part Of My Manly Essence
WE REPEAT
WHAT WE DON’T REPAIR
THE LONGEST WAR IS THE ONE AGAINST WOMEN

BY REBECCA SOLNIT
Yes means yes
NO MEANS NO

ME TOO

#MEETO
WE ARE ALL IN THIS TOGETHER
ZERO TOLERANCE FOR ABUSE

Whatever happened to you as a child was not your fault.

And

If you are engaged in any abusive or violent behavior you are 100% responsible and it must stop now.
Conscious Masculinity
Enlightened Choice

Traditional Masculinity
Socialization

Relaxed Masculinity
Personal Growth

Toxic Masculinity
Shame & Trauma
“It is not about doing it perfectly. It is about doing it consciously.”
BREATHE
AMAZING DADS!
FINDING THE FATHER WITHIN
AMAZING DADS!

- Introduction & Overview
- The Man Rules
- Emotional Regulation & Anger
- Family History
- Fathers
- Mothers
- Healthy Relationships

- Communication
- Let's Talk About Sex Part 1
- Let's Talk About Sex Part 2
- Discipline
- Finding Balance
- Play
- A Vision of Fatherhood

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A MAN’S WAY THROUGH THE TWELVE STEPS

• Similar structure to Dr. Covington’s “A Woman’s Way Through the Twelve Steps”

• Interviewed over 25 men
  • Ages 25 to 59
  • Sobriety from 1 to 42 yrs

• First gender-responsive and trauma-informed book for men in recovery focused on men’s unique issues and needs

• Core Issues
  • Emotional Awareness, Relationships, Grief, Anger, Violence, Abuse, and Trauma
Follow up to A Man’s Way through the Twelve Steps

First trauma-informed book 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.
THE MAN RULES

PODCAST

Available on iTunes, Stitcher, and Google Play

www.themanrules.com
WE <3 DADDY
We cannot just change what men think, we have to change what we think about men.
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