**AGPA Connect 2023 Presenter Information**

**Course Code:** XIV

**Course Title:** Reconnecting Masculinity: Reworking the Terms of Manhood

**Course Times:** 9:30 AM - 5:30 PM & 9:00 AM - 5:00 PM

**Course Dates:** Tuesday, March 7 & Wednesday, March 8

**Instructors:** David Dumais

Craig Haen

**Course Description:** Terry Real characterized masculine development as a “process of elimination, a successive unfolding of loss,” capturing how males learn to distance from feelings and, in turn, from others. Self-reliance, however, defies fundamental attachment needs. This Institute focuses on replacing disconnection with safe forms of male intimacy. All male-identified participants welcome.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎‎List three ways that gender socialization inhibits male intimacy.
2. Identify and explore two experiences in participants’ own masculine development that reinforce or inhibit connection.
3. Identify two ways that processing present-moment experiences of connection can inform group development.
4. Describe two ways of adapting the therapy frame to work more effectively with male- identified clients.
5. Describe two sources of vulnerability for males who gather together in groups.
6. Identify three ways that group process can facilitate movement from disconnection to connection.
7. Distinguish adult male intimacy from defensive forms of self-reliance.

**Significant Articles:**

1. Ashfield, J. A., & Gouws, D. S. (2019). Dignifying psychotherapy with men: Developing empathic and evidence-based approaches that suit the real needs of the male gender. In J. A. Barry, R. Kingerlee, M. Seager & L. Sullivan (Eds.). The Palgrave handbook of male psychology and mental health (pp. 623-645). Palgrave Macmillan.
2. "Mahalik, J. R., Di Bianca, M., & Harris, M. P. (2021). Men’s attitudes toward
3. mask-wearing during COVID-19: Understanding the complexities of mask-ulinity. Journal of Health Psychology, 27(5), 1187-1204. doi: 10.1177/1359105321990793"
4. O’Loughlin, J. I., Cox, D. W., Castro, Ca. A., & Ogrodniczuk, J. S. (2021). Disentangling the individual and group effects of masculinity on PTSD treatment. Counselling Psychology Quarterly. https://doi.org/10.1080/09515070.2021.1922359
5. Rabinowitz, F. E. (2019). Deepening group psychotherapy with men: Stories and insights for the journey. American Psychological Association.
6. Seidler, Z. A., Wilson, M. J., Kealy, D., Oliffe, J. L., Ogrodniczuk, J. S., & Rice, S. M. (2021). Men’s dropout from mental health services: Results from a survey of Australian men across the life span. American Journal of Men’s Health, 15(3), 1-12. https://doi.org/ 10.1177/15579883211014776

**Agenda**

Day 1 (Morning)

I. Introductions/Group Contracting/Overview (25 min, Objective 8, Craig Haen & David Dumais; Didactic/Experiential)

• Structured introductions

• Group contracting in vivo

• Setting the task—looking at masculinity

II. Group Process Experience I (70 min, Objectives 2, 3, Craig Haen & David Dumais; Experiential)

• Define yourself as a man (qualities, attitudes toward those qualities, relationships with other males, origin of ideas about masculinity)

• Define women (qualities, attitudes toward and relationships with them, origin of where you learned to treat women the way you do)

III. Examining Masculinity as a Function of Upbringing (70 min, Objective 2, Craig Haen & David Dumais; Lecture/Discussion/Handouts/Experiential)

• Growing up male (examining self and relationships at different developmental stages)

• When did you know you were male?

• The myths of becoming a man Day 1 (Afternoon)

IV. Disavowal of the Feminine (50 min, Objective 1, Craig Haen & David Dumais; Lecture/Discussion/Handouts/Experiential)

• Rejection of expressiveness

• Rejection of vulnerability

• How these lead to lack of connection

V. How do Men Connect/Disconnect? (80 min, Objective 3, Craig Haen & David Dumais; Lecture/Discussion/Handouts/Experiential)

• Connection to self

• Connection to others

VI. Group Exploration of Fatherhood (50 min, Objective 3, Craig Haen & David Dumais; Experiential)

• Fathers (experiences with fathers and as fathers)

• Mothers (experiences with mothers and internalized aspects of the relationship)

VII. Question and Answer/Gathering Feedback (15 min, Objectives 1, 2, 3, Craig Haen & David Dumais; Discussion)

Day 2 (Morning)

I. Reflection on Day 1 (15 min, Objectives 3 & 4, Craig Haen & David Dumais; Discussion) Examining Depression in Men as a function of Male Socialization (90 min, Objective 2, Craig Haen & David Dumais; Lecture/Discussion/Handouts/Experiential)

• Disempowerment & Grandiosity

• Shame

• Relationship to self in depressed men

• Empathic reversal—linking depression to trauma

II. Reconnecting Men, Group Process Experience I (90 min, Objective 1, Craig Haen & David Dumais; Experiential)

• Identification with the dual relationship between victim and oppressor

• The crisis of manhood—two outcomes (clinging to traditional norms & questioning those norms)

• Self-worth

Day 2 (Afternoon)

III. Reconnecting Men, Group Process Experience II (80 min, Objective 1, Craig Haen & David Dumais; Experiential)

• The Grandiose Self

• The Wounded Child

• Mature Functioning

V. Group Integration (80 min, Objective 3, Craig Haen & David Dumais; Experiential)

• Redefining Maleness in light of the two-day exploration

• Writing the new rules of gender

• Sharing

VI. Question and Answer/Gathering Feedback (25 min, Objectives 1, 2, 3, Craig Haen & David Dumais; Discussion)

• Meta-processing and integration

VII. Fill out evaluations (10 min)

**Assessment Questions**

Question 1 (include possible answers)

Psychological violence lies at the core of traditional socialization of boys in our culture. (T/F)

Correct Answer 1

True

Question 2 (include possible answers)

The standards of traditional masculinity are: a) wide-ranging and embrace a diversity of presentations b) open to personal interpretation and adaptation c) unrealistically narrow and perfectionistic, almost no one measures up

Correct Answer 2

c

Question 3 (include possible answers)

Which of the following applies to male privilege and status? a) It reinforces males turning their backs on vulnerability and connection. b) It is not seen across cultures. c) It is not connected to violence and oppression.

Correct Answer 3

a

Question 4 (include possible answers)

Healthy self-esteem is: a) Earned through accomplishment and achievement. b) Tied to financial status. c) A myth. d) None of the above

Correct Answer 4

d

Question 5 (include possible answers)

Contrary to conventional ideas that link self-worth and self-reliance, it is more accurate to link self-worth with: a) an in-born personality characteristic b) relational connection c) neither

Correct Answer 5

c

Question 6 (include possible answers)

Which of the following is an example of empathic reversal? a) When the child comes face to face with their caregiver’s pathology and learns to overvalue the caregiver’s feelings while diminishing their own. b) When the child feels seen and contained by his caregivers.

Correct Answer 6

a

Question 7 (include possible answers)

Which of the following is a true statement about men? a) They are naturally much more independent b) They are less attachment oriented c) They are natural rescuers d) None of the above

Correct Answer 7

d

Question 8 (include possible answers)

Processing present-moment experiences of connection between group members does which of the following: a) Disrupts the flow of group process b) Heightens that sense of connection between members c) Shuts out the other members of the group

Correct Answer 8

b

Question 9 (include possible answers)

In order to engage men in group process safely and effectively, groups should be composed of: a) Only cisgender men b) Only heterosexual men c) A range of masculine-identified participants

Correct Answer 9

c

Question 10 (include possible answers)

Which of the following is a topic likely to arise in groups for males? a) The impact and influence of fathers b) Dynamics of power and aggression c) Longing for comfort and safety d) All of the above

Correct Answer 10

d

Specific Focus Process Group registration limit

20