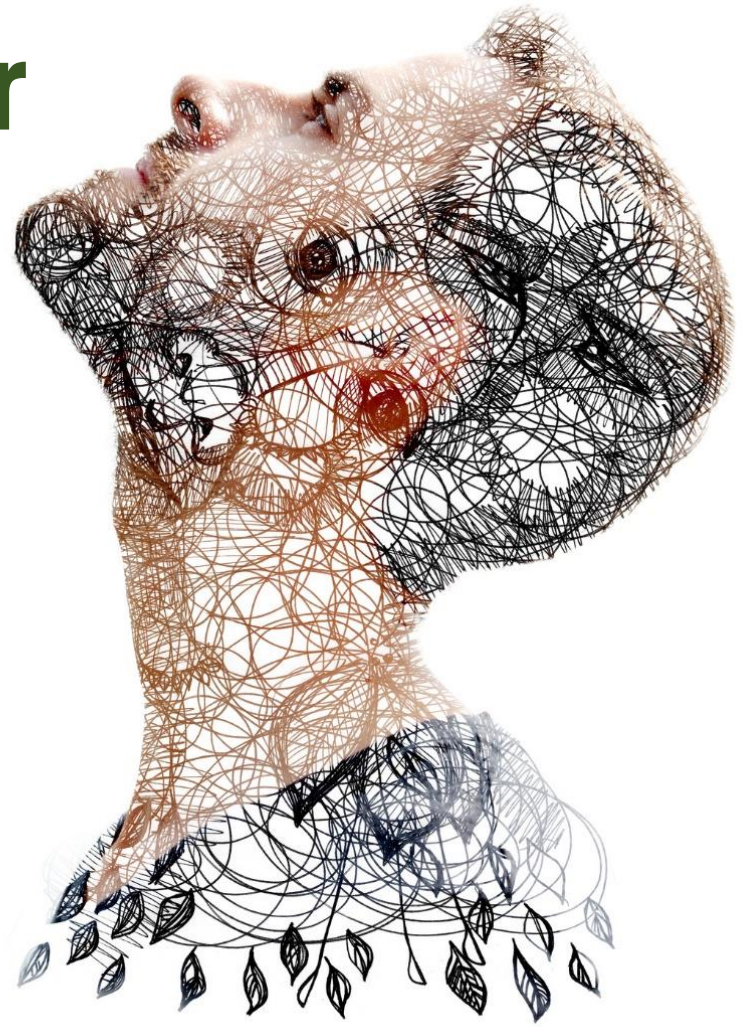


Helping Men Recover

Trauma-Informed Treatment for Men



DAN GRIFFIN
ENTERPRISES



GRIFFINRECOVERY
ENTERPRISES

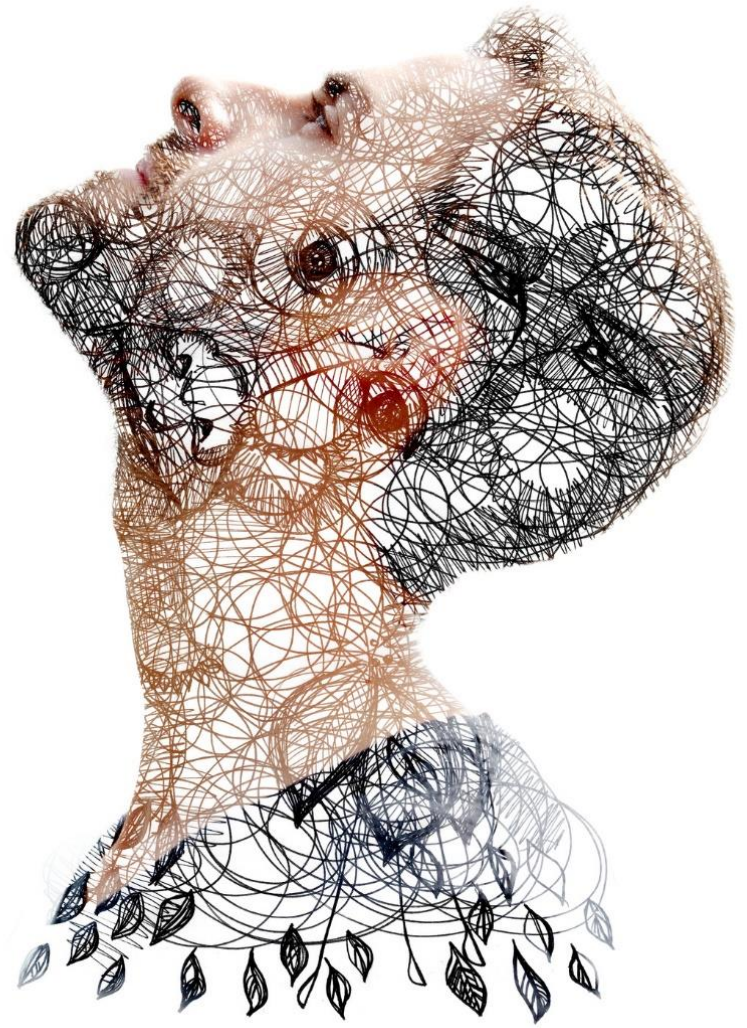
*We cannot just
change what men
think,
We have to change
what we think about
men.*





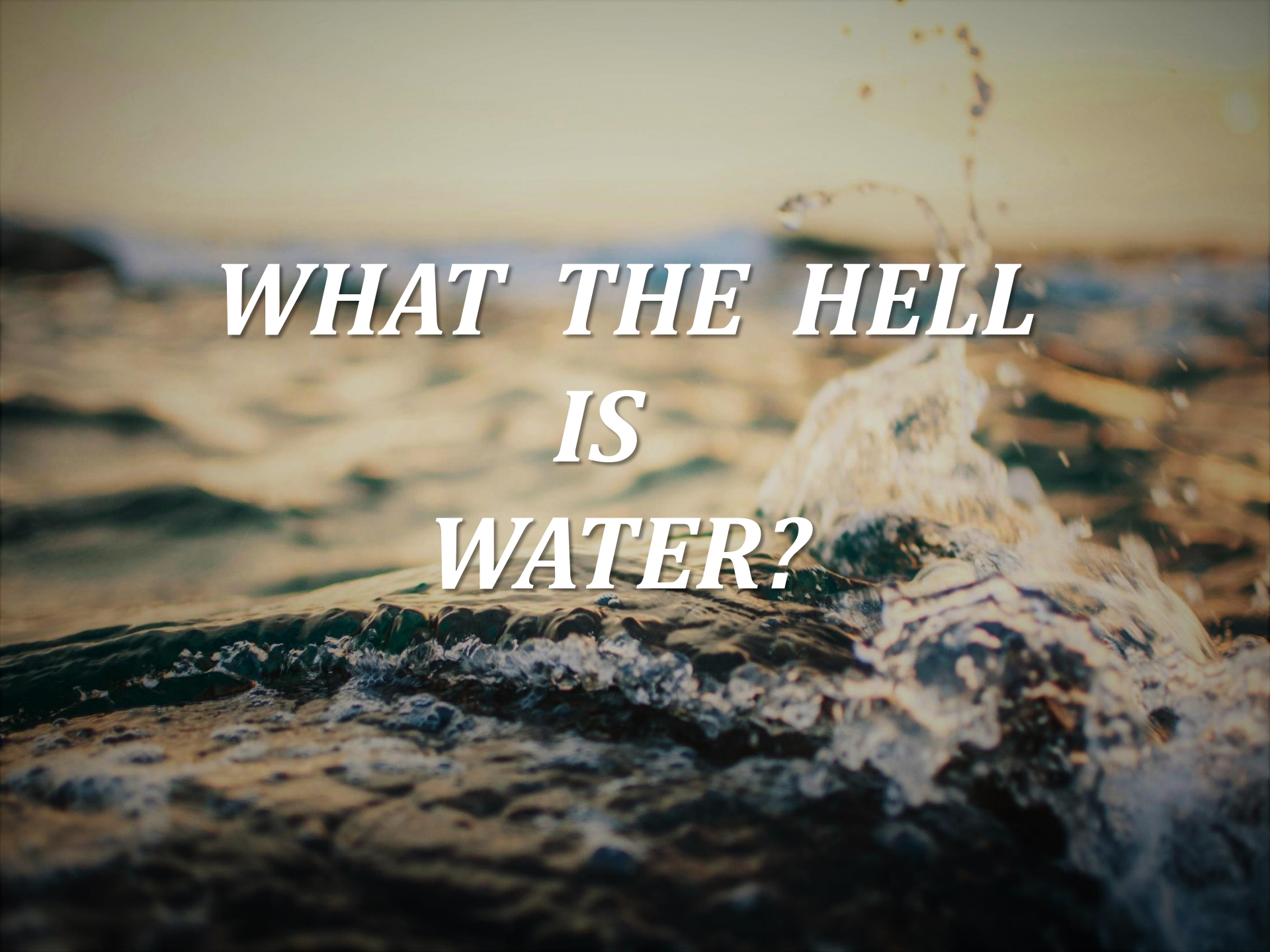
CAUTION

breathe



A close-up, slow-motion photograph of water splashing over a dark, textured rock. The water is captured in mid-air, creating a dynamic and energetic scene. The background is a soft, out-of-focus landscape of water and sky, suggesting a coastal or beach setting. The overall color palette is warm and natural, with blues, greys, and soft yellows.

The Water



*WHAT THE HELL
IS
WATER?*



A close-up, low-angle shot of water splashing over a rock. The water is captured in mid-air, creating a dynamic and textured scene. The background is a soft, out-of-focus landscape of water and rocks under a warm, golden light, suggesting a sunset or sunrise. The overall mood is serene and natural.

OUR WATER



The Missing *Peace*:
It's all Trauma

The Man Rules[®]



Man Rules ®

Don't Cry

Be a protector

Don't lose Control

Integrity

Don't ask for help

Don't hit or disrespect women

Don't show emotion

Responsibility

Don't be weak

Be a provider

Don't back down

DON'T BE A GIRL!

Don't be vulnerable

DON'T BE GAY!!

Have as much **SEX** as possible whenever possible with as many **HOTT** and **DIFFERENT** chics as possible with as **BIG of a DICK** as possible

A large yellow diamond-shaped sign with a thin blue border is centered on a dark background. The word "SAFETY" is written in bold, black, sans-serif capital letters across the center of the diamond. The background behind the diamond is dark and features a subtle, wavy pattern of light and shadow, suggesting a draped fabric or a textured surface.

SAFETY

***HOW HAVE YOUR IDEAS
OF BEING A MAN
CHANGED SINCE
GETTING INTO
RECOVERY?***

Man Rules®

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

Therapy/Recovery

Cry/Grieve

Ask for help

Express emotion

Be vulnerable

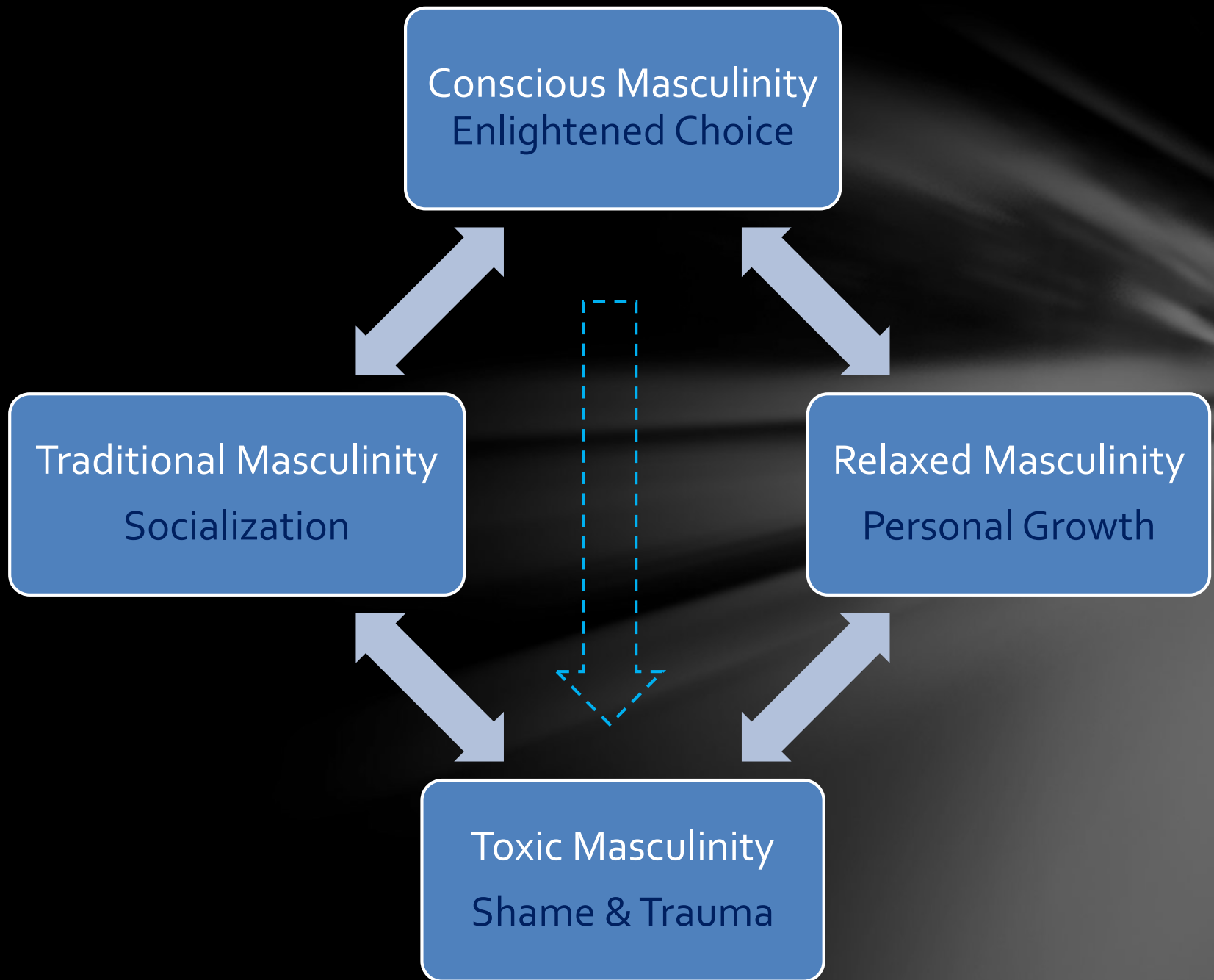
Learn intimacy

Admit powerlessness

Let go of control

Integrity

Responsibility



“It is not about doing it

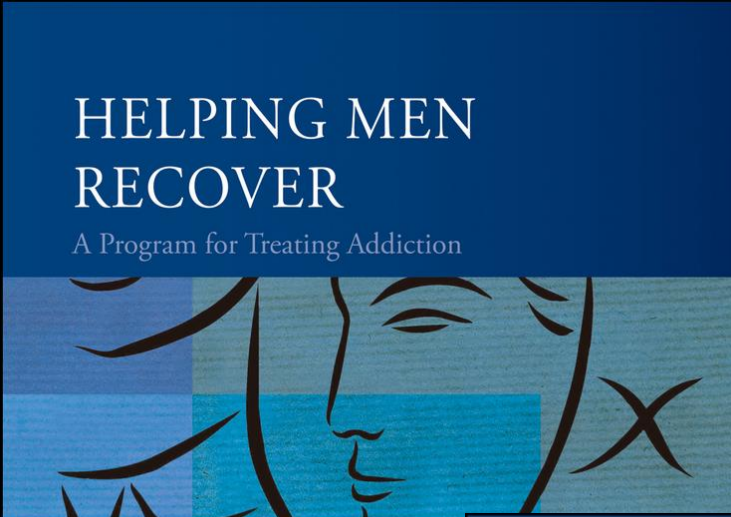
PERFECTLY

It is about doing it

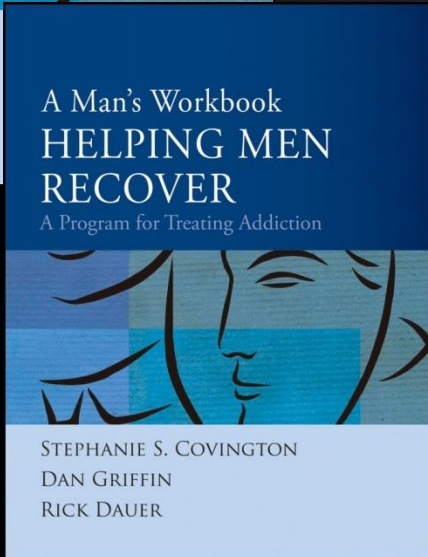
CONSCIOUSLY”

Training Structure

Helping Men Recover

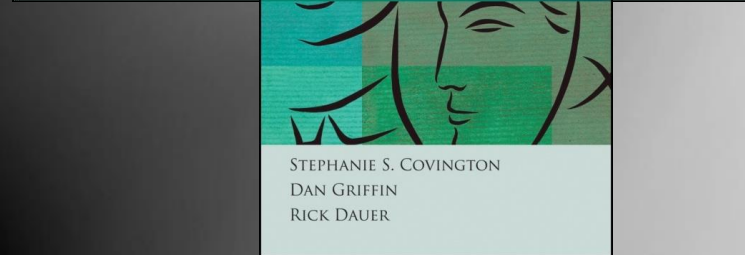
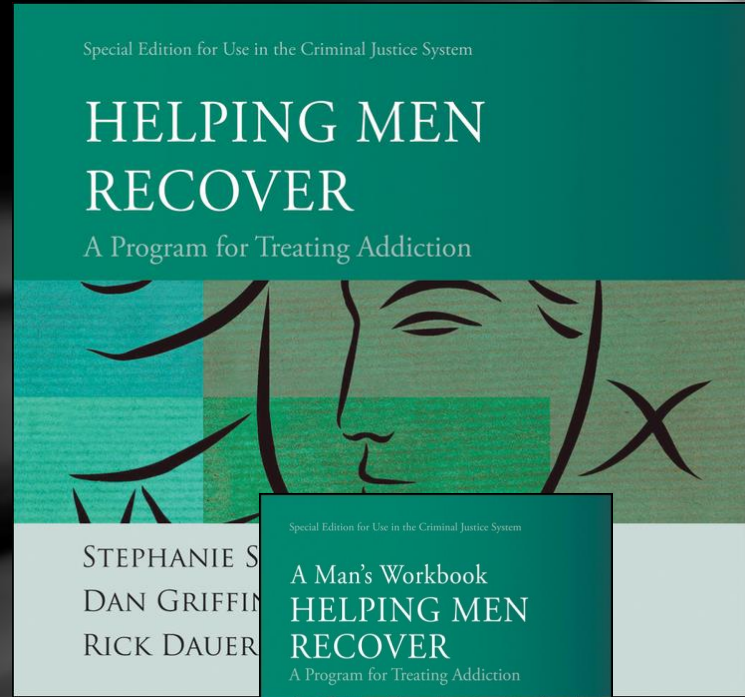


STEPHANIE S. COVINGTON
DAN GRIFFIN
RICK DAUER



A Man's Workbook
HELPING MEN
RECOVER
A Program for Treating Addiction

STEPHANIE S. COVINGTON
DAN GRIFFIN
RICK DAUER

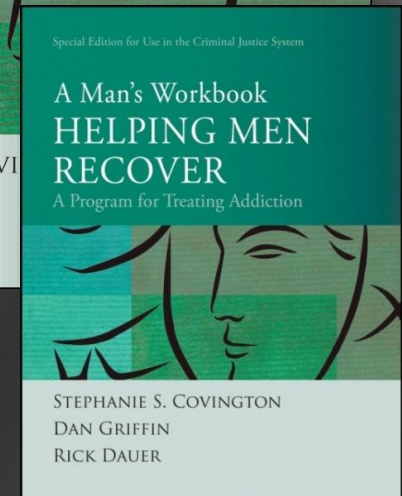
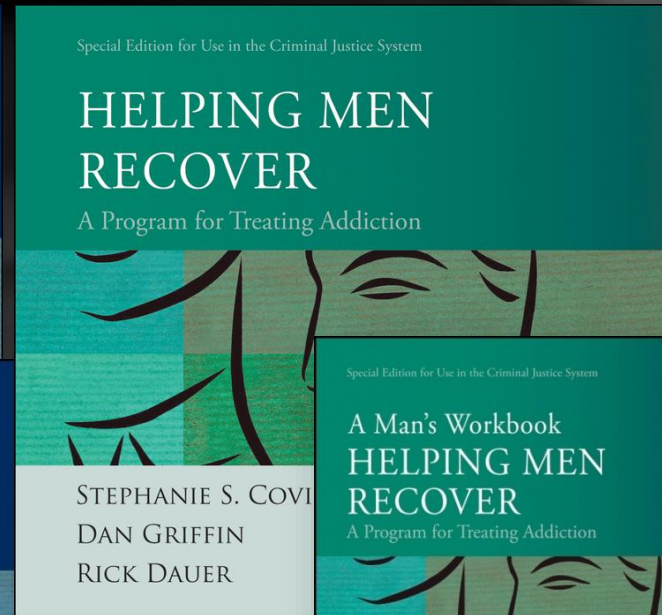
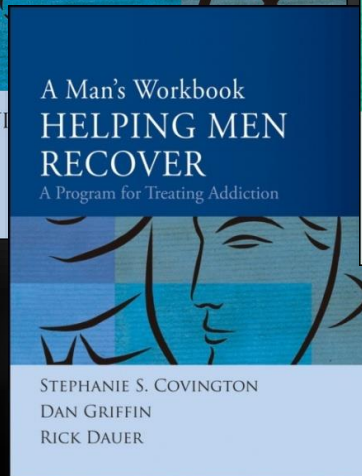
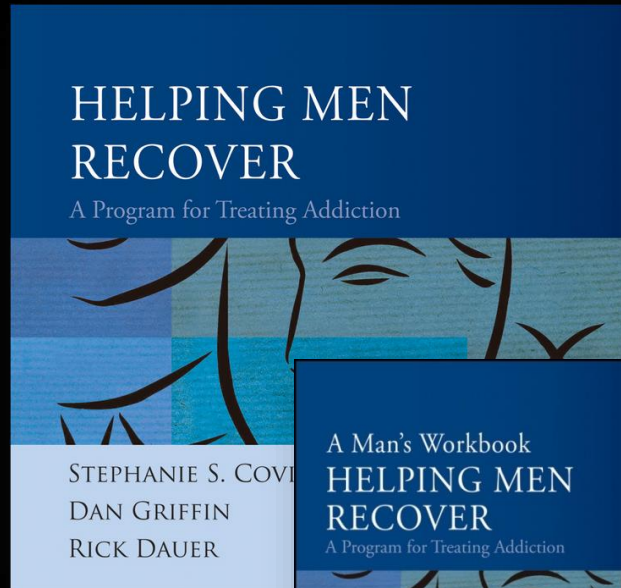


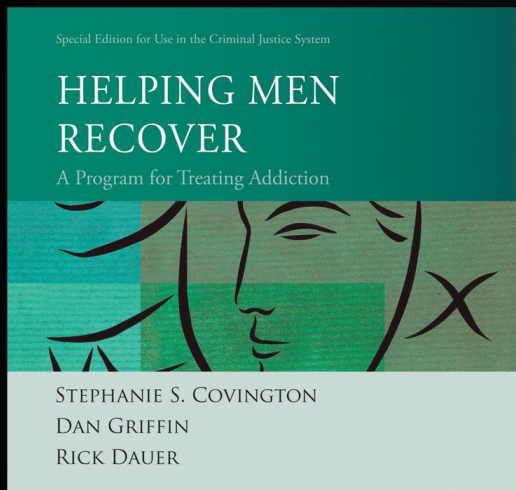
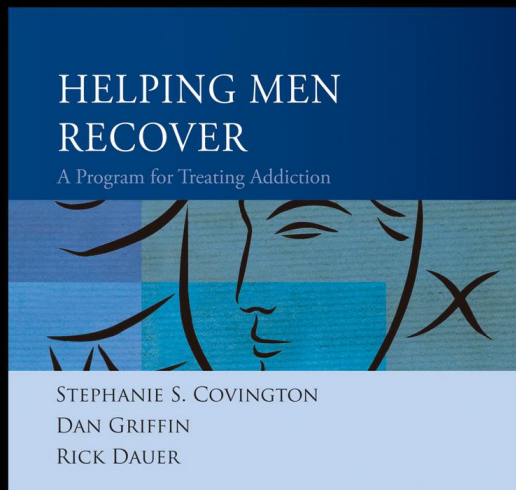
Special Edition for Use in the Criminal Justice System

HELPING MEN
RECOVER
A Program for Treating Addiction

STEPHANIE S. COVINGTON
DAN GRIFFIN
RICK DAUER

Helping Men Recover





Inspired by Dan Griffin's masters research & Dr. Covington's "Helping Women Recover".

Published by Jossey-Bass, January 2011.

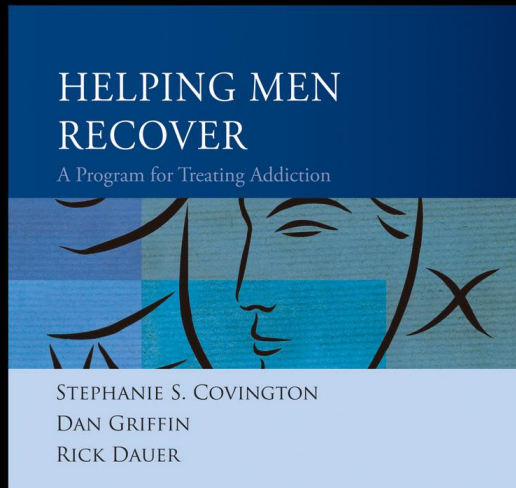
Authors: Dr. Stephanie Covington, Dan Griffin, Rick Dauer.

Community and Criminal Justice versions.

Four Modules:

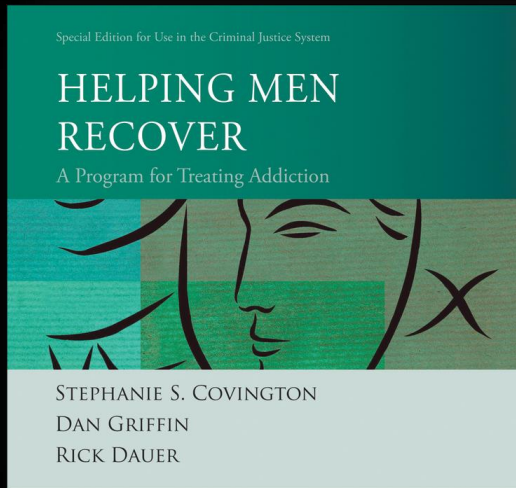
- Self
- Relationships
- Sexuality
- Spirituality

Using the Facilitator Guide



Chapter One – Theoretical Foundation

Chapter Two – Guidelines for Facilitators



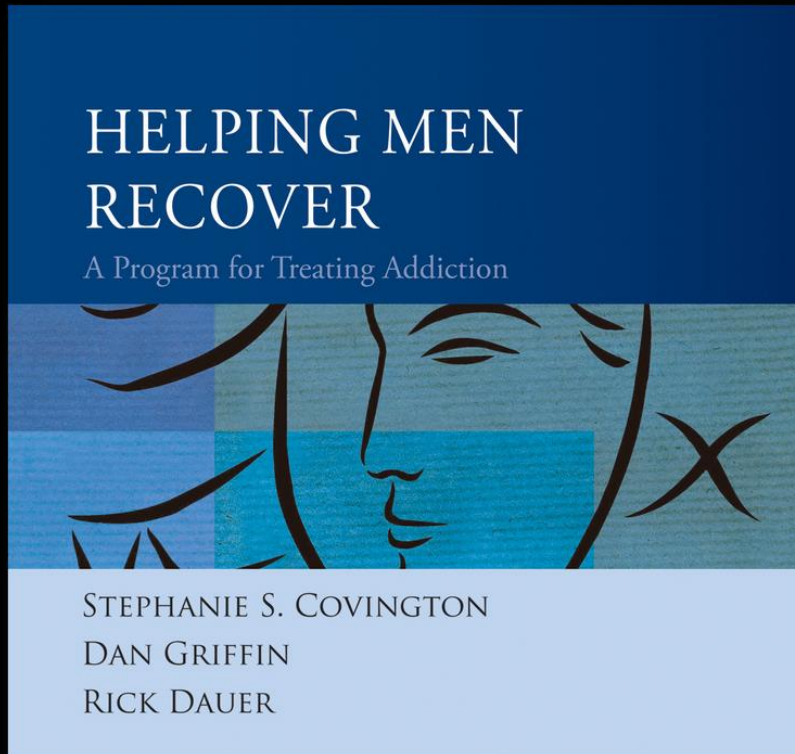
Module Summary

Session Summary and Structure

Facilitator Notes

Suggested Dialogue

Core Elements



Recovery Check-In and Check-Out

Small group discussions

Interactive lectures

Internal Structure

Grounding and self-soothing exercises

Kinesthetic activities

Creative activities

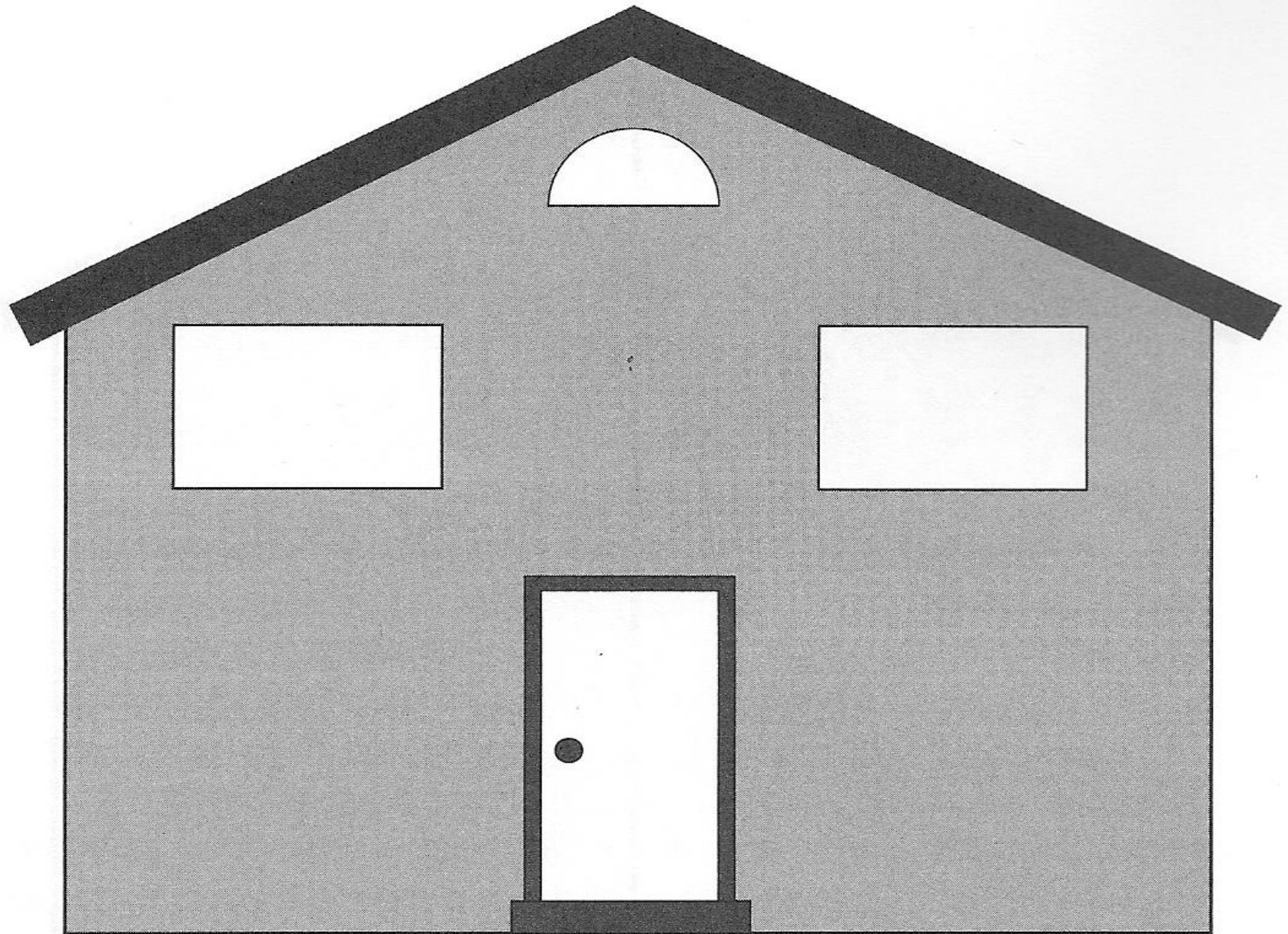
“A Man’s Workbook”

Session 4: Men: Inside and Out

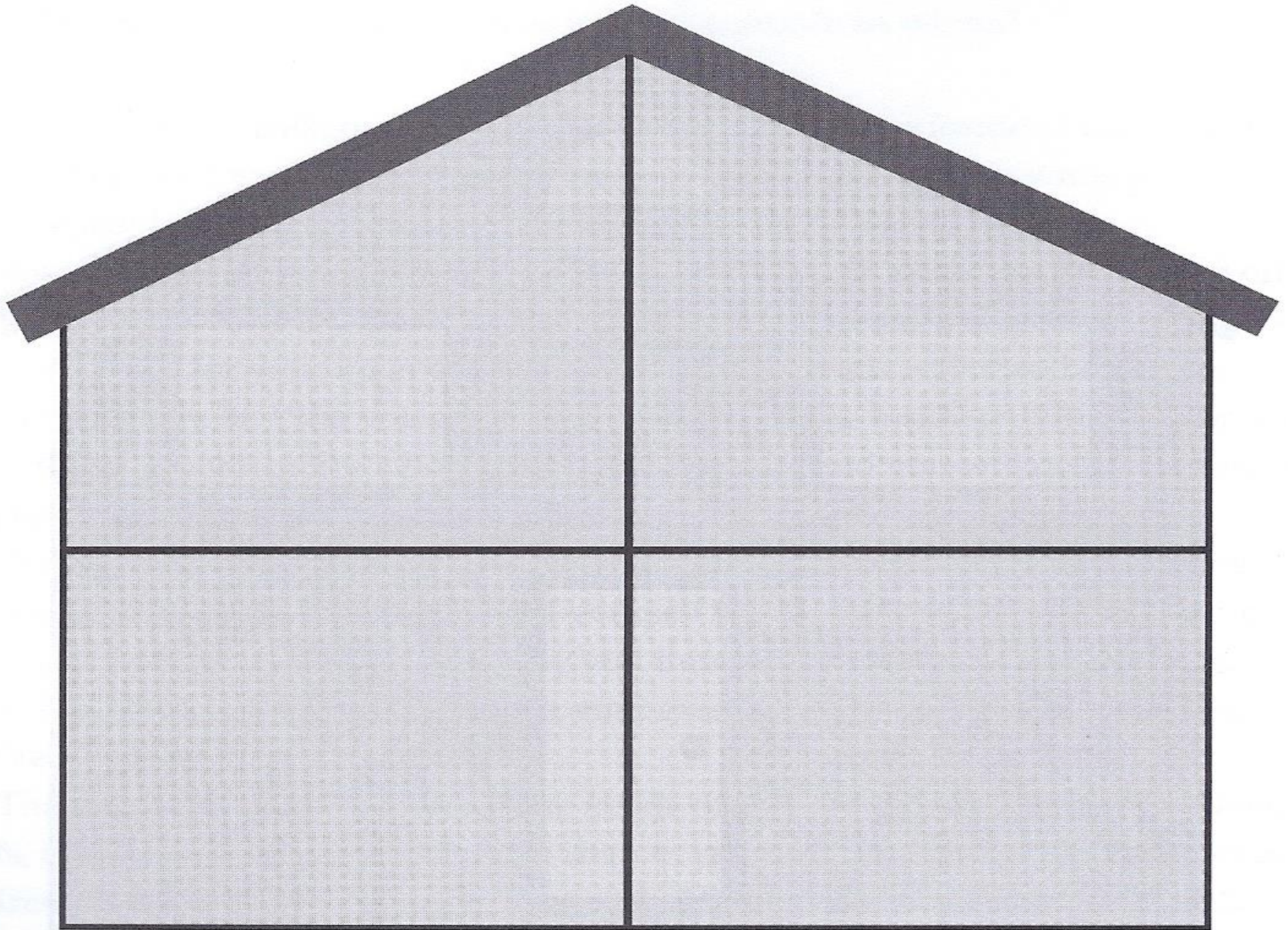
A House Divided

- Mini Lecture
- Client Example
- Breakout
- Debrief

The Outside of Your House



The Inside of Your House



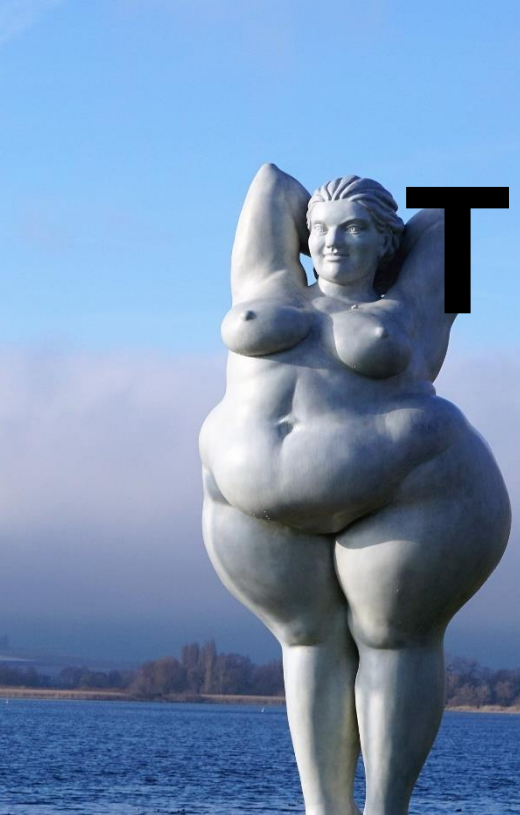
Small Group Exercise

What are some of the features on the outside of your house that you are proud of and would like to maintain?

What are some of the features on the outside of your house that are unnecessary and you would be willing to discard?

What are some of the things inside your house that you are proud of and want to maintain?

What are some things inside your house that work against you and you would like to discard or change?



THE WOMAN RULES™



Woman Rules

BE thin - ALWAYS

BE beautiful -
ALWAYS

BE a nurturer

BE a mother

BE in relationship
with a man - ALWAYS

BE weak

BE emotional

BE passive

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!

*The Longest War
is the One Against Women*

By Rebecca Solnit



#METOO



SHAME

"...the messages and expectations that bring us to our knees, are so organized by gender."

- Brene Brown

“It is not about doing it

PERFECTLY

It is about doing it

CONSCIOUSLY”

Emerging Paradigm - Values-Based Services

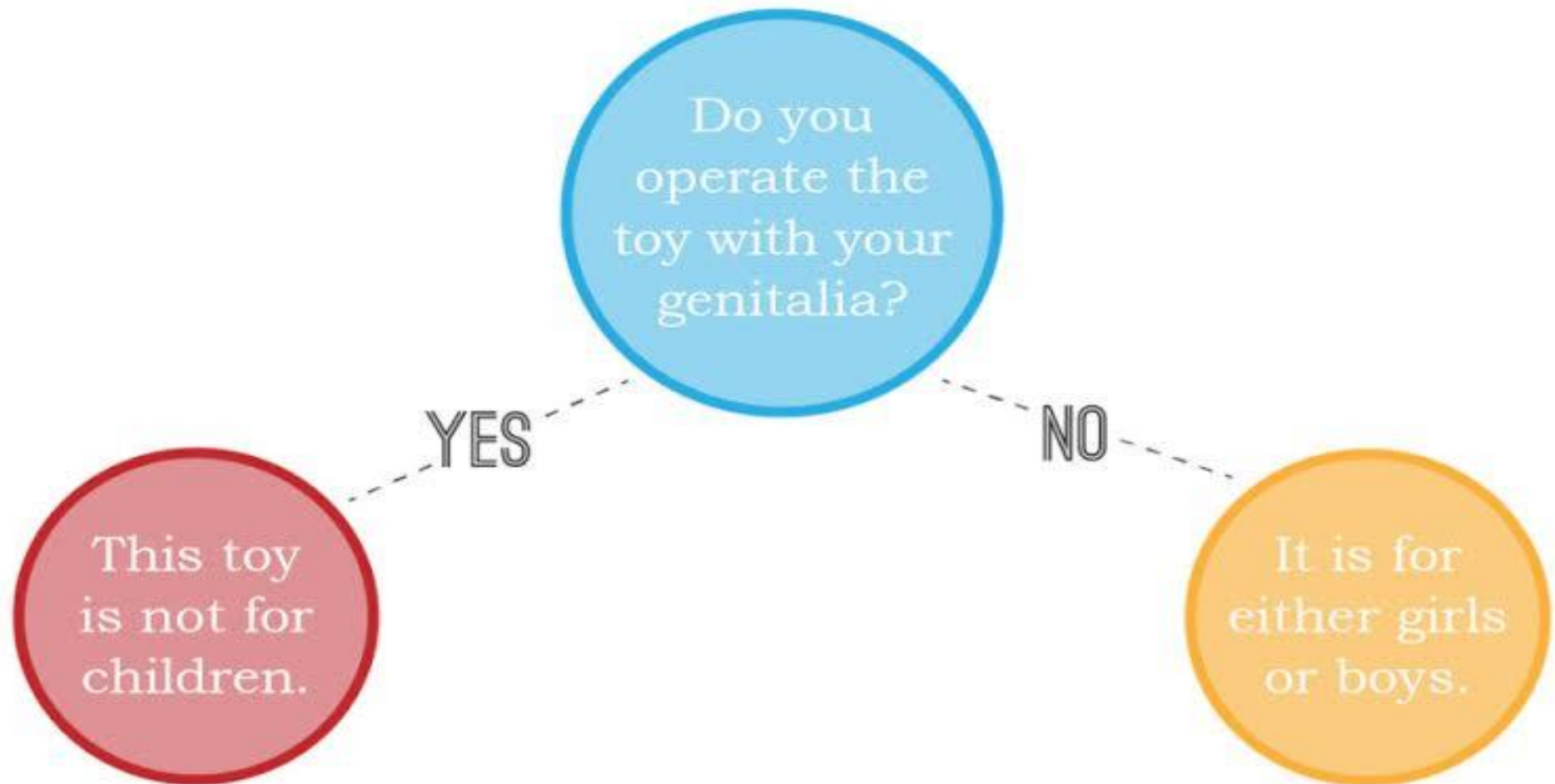


Gender Differences





HOW TO TELL IF A TOY IS FOR BOYS OR GIRLS: A GUIDE



Gender 101

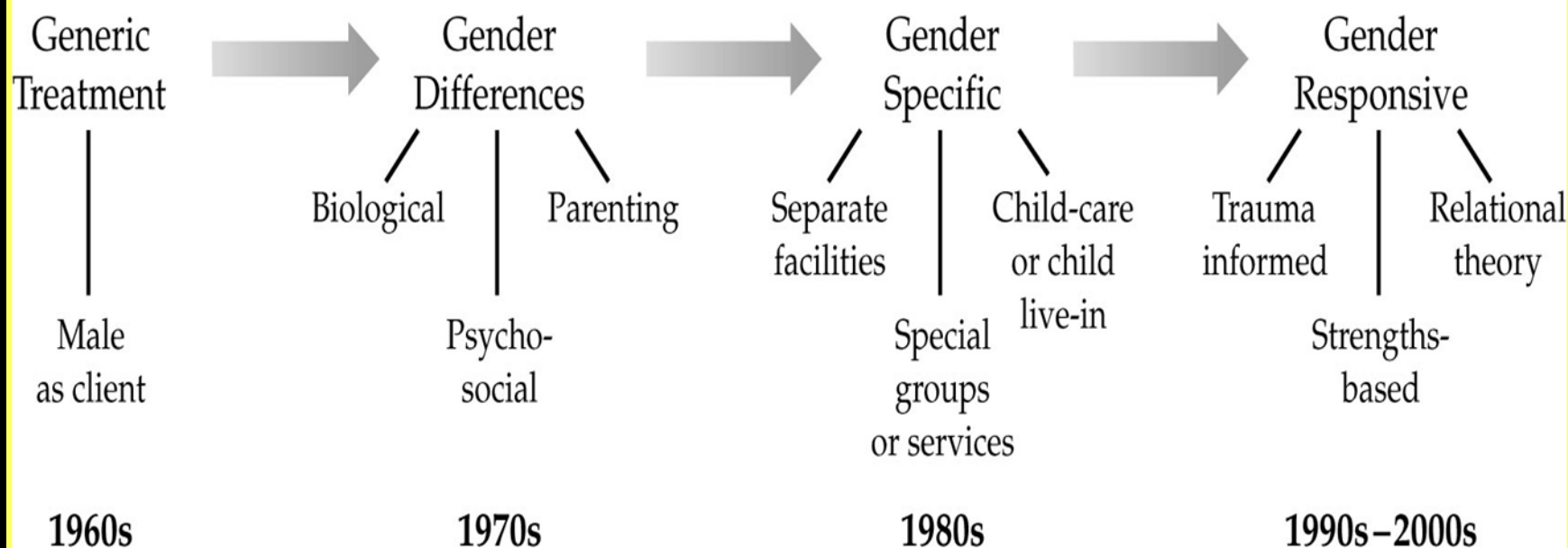
- “What’s Your Gender?”
- Sex
- Gender
- Gender Identity
- Gender Expression

Men's Integrated Treatment



Evolving Treatment Approaches

Evolving Treatment Approaches



From "Generic to Gender-Responsive Treatment: Changes in Social Policies, Treatment Services, and Outcomes for Women in Substance Abuse Treatment," by C. E. Grella, 2008. Copyright 2008 by Christine E. Grella. In Journal of Psychoactive Drugs, November 2008, (SARC Suppl. 5).

An underwater photograph showing a large splash of water on the left side, with numerous bubbles rising and spreading across the frame. The water is a deep blue color, and the lighting creates a sense of depth and movement.

It Runs Deep

Gender-Responsive Treatment

Source: Covington, S.S., & Bloom, B.E. (2006). Gender-responsive treatment and services in correctional settings. In E. Leeder (Ed.), *Inside and out: Women, prison, and therapy*. Binghamton, NY: Haworth.

A New Psychology of Men

Men Are Not the Problem

Hyper-Masculinity

Relational Cultural Theory

RCT and Men

RCT, Men, and Addiction Treatment

“The men who tend to be successful in treatment, and more importantly in long-term recovery, are those who learn how to ask for, accept, and offer help to others” - Bergman 2007

Connection

THE WOMAN RULES™

Disconnection

The Man Rules®

(Re)Connection

“We are **ALL**
Hard-Wired for Relationship”

***The Paradox
of Male Relational Intimacy*** ®

Man Rules

Always be in Control
Don't show emotion
Don't ask for help
Don't be vulnerable
Be a sexual superman
Always be right
Always win
Don't trust anyone
Don't show weakness
Be stoic and cool

Healthy Relationships

Let go of Control
Share Feelings
Ask for help
Vulnerability
Intimacy
Honesty
Compromise
Trust
Safety
Communication

INTIMACY =

SESSION 11

Twelve Forms of Intimacy

Sexual

Recreational

Creative

Commitment

Emotional

Communication

Crisis

Spiritual

Intellectual

Work

Conflict

Aesthetic

57

An underwater photograph showing a large splash of water on the left side, with numerous bubbles rising and spreading across the frame. The water is a deep blue color, and the lighting creates a sense of depth and movement.

It Runs Deep



TRAUMA =

WOUND

REALITY CHECK

*We are a traumatized field,
Working with traumatized clients,
Sending them to a traumatized
community.*

Definition of Trauma

trauma occurs when an external threat overwhelms a person's **internal and external positive** coping skills.

(Van der Kolk, B. 1989)

Definition of Trauma

RESPONSE

~~MAL~~ADAPTIVE

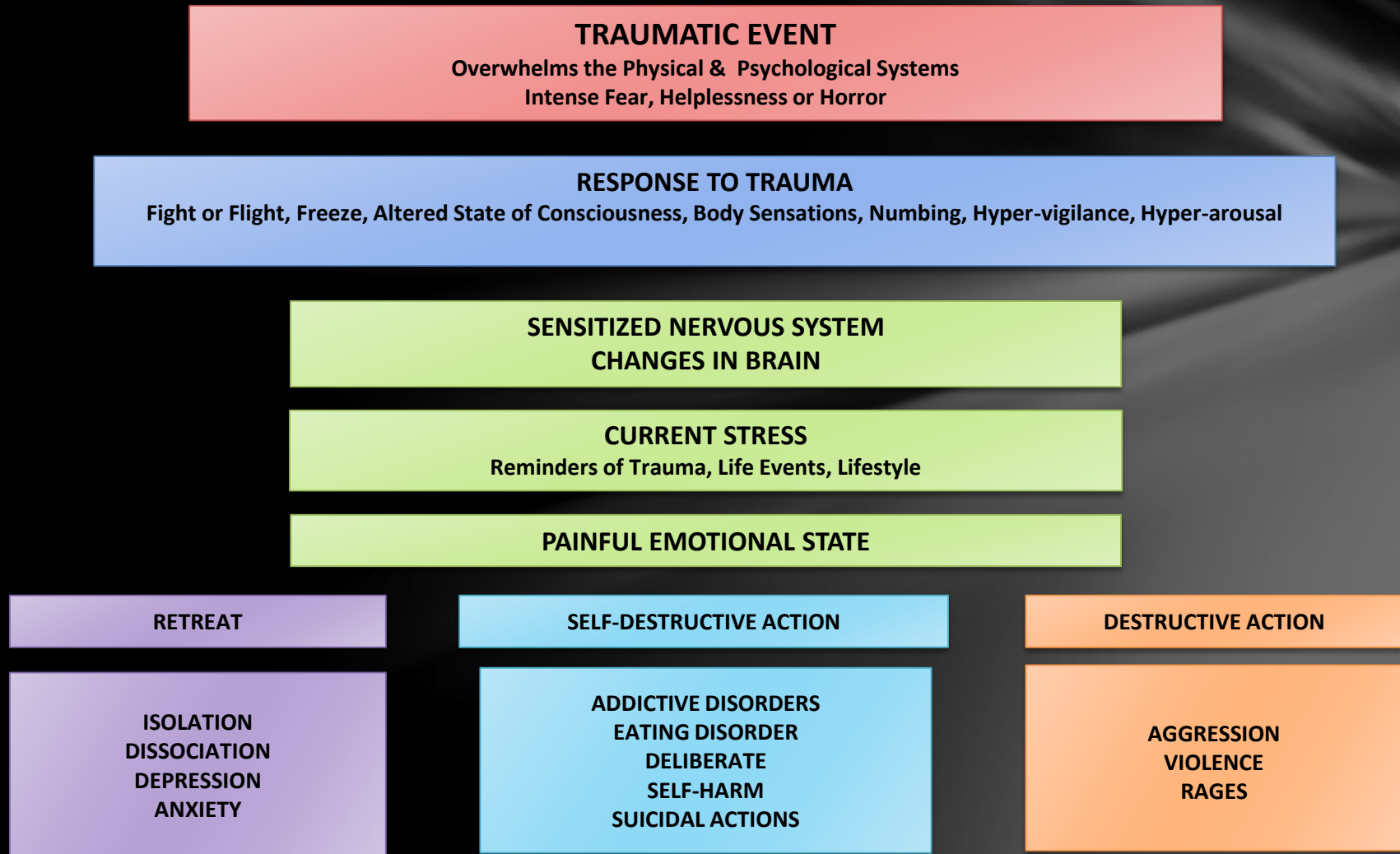
Definition of Trauma

BIG T

Small t

Iatrogenic

Process of Trauma



* Source: Stephanie Covington

ACE Study

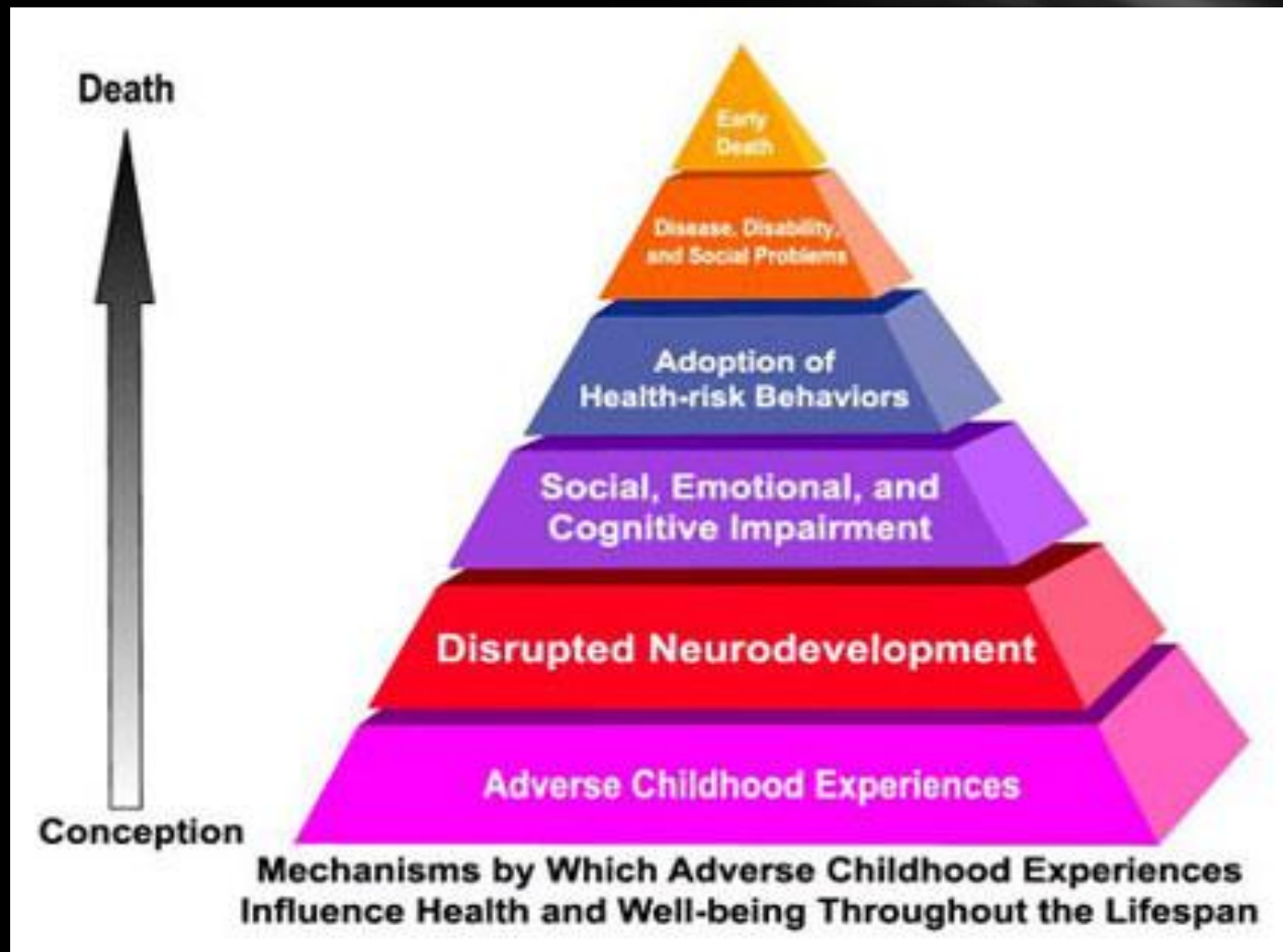
ACE Study – Kaiser Permanente from 1995 to 1997 →
17,000 participants

Each participant completed a confidential survey containing questions about:

- childhood maltreatment and family dysfunction
- items detailing their current health status and behaviors.

This information was combined with the results of their physical examination to form the baseline data for the study.

Adverse Childhood Experiences



Trauma

Three Group Models

<u>Group</u>	<u>Recovery Stage One</u>	<u>Recovery Stage Two</u>	<u>Recovery Stage Three</u>
Therapeutic task	Safety	Remembrance and mourning	Reconnection
Time orientation	Present	Past	Present, future
Focus	Self-care	Trauma	Interpersonal relationships

Source: Herman, 1992, 1997

Trauma

Three Group Models

<u>Group</u>	<u>Recovery Stage One</u>	<u>Recovery Stage Two</u>	<u>Recovery Stage Three</u>
Membership	Homogeneous	Homogeneous	Heterogeneous
Boundaries	Flexible, inclusive	Closed	Stable, slow turnover
Cohesion	Moderate	Very high	High

Source: Herman, 1992, 1997

Trauma

Three Group Models

<u>Group</u>	<u>Recovery Stage One</u>	<u>Recovery Stage Two</u>	<u>Recovery Stage Three</u>
Conflict tolerance	Low	Low	High
Time limit	Open-ended or repeating	Fixed Limit	Open-ended
Structure	Didactic	Goal-directed	Unstructured
Example	Twelve-step programs	Survivor group	Interpersonal psychotherapy group

Source: Herman, 1992, 1997

Trauma Screening & Assessment Tools

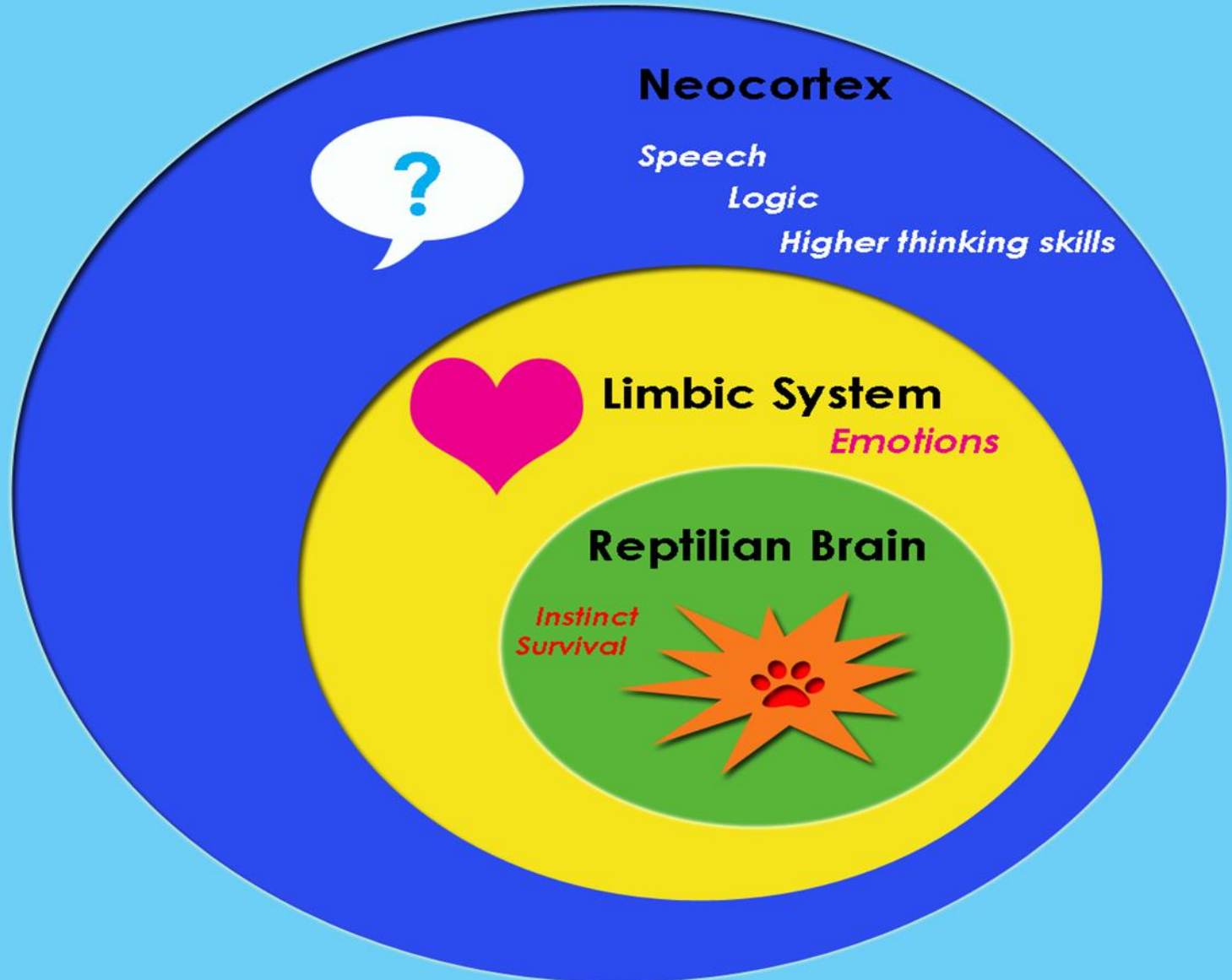
- Trauma Assessment for Adults (TAA)
- PTSD Checklist for Adults (PCL)
- Brief Trauma History Questionnaire (THQ)
- Traumatic Events Screening Inventory (TESI)
- Life Stressor Checklist – Revised (LSC-R)

Trauma Screening & Assessment Tools

- Post-traumatic Stress Diagnostic Scale (PDS)
- The SPAN (startle, physically upset by reminders, anger, numbness)
- Davidson Trauma Scale (DTS)
- Trauma Symptom Inventory (TSI-2)

The Triune Brain

Model



The Role of Attachment in Trauma

A Gender-Informed Framework for Trauma

A Culture Shift: Core Values of Trauma-Informed Care

Safety

Ensuring physical and emotional safety

Trustworthiness

Making tasks clear and maintaining appropriate boundaries

Choice

Prioritizing consumer choice and control

Collaboration

Maximizing collaboration and sharing of power with consumers

Empowerment

Prioritizing consumer empowerment and skill-building

Additional Principles of MALE Trauma-Informed Care

Mutual Responsibility

Each person is responsible for their part in the relationship and for their own behavior.

Compassion

Looking at the entirety of the person including their experiences and environments rather than being judgmental and dismissive.

Traumatic Stigmatization

CBT's (AND DBT)

Just Alright with me (oh yeah!)

Effective Stage 1 Healing Strategies

Safety

Stabilization

Structure

Affect regulation

Self-soothing and grounding techniques

Restoring a sense of competency

Focus on the survival, not the trauma event (move narrative from victim → survivor)

Essential Components

Triggers

- “What was going on with you?”

Early Warning Signs — physical reactions; verbal escalation; physiological responses (red faced, heart racing, etc.)

ASK THEM!!!!

- “What could we do to help you?”
- “What might you need if you start to feel uncomfortable?”

Strategies

Universal Precautions

A paradigm shift

From:

“What is wrong with you?”

To:

“What happened to you?”

A VISION FOR *THEM*

Key Areas of Focus for Men in TX

- The Role of Male Socialization on Recovery (Man Rules & The Principles of Recovery)
- Emotional Awareness
- The Role of Anger & Rage
- Relational Competence & Intimacy
- Healthy Sexuality

Key Areas of Focus for Men in TX

- Sexualization of females and homophobia
- Understanding Violence and Abuse
- The Male Experience of Trauma
- Male Privilege and Entitlement
- The development of trauma and gender roles in the family system

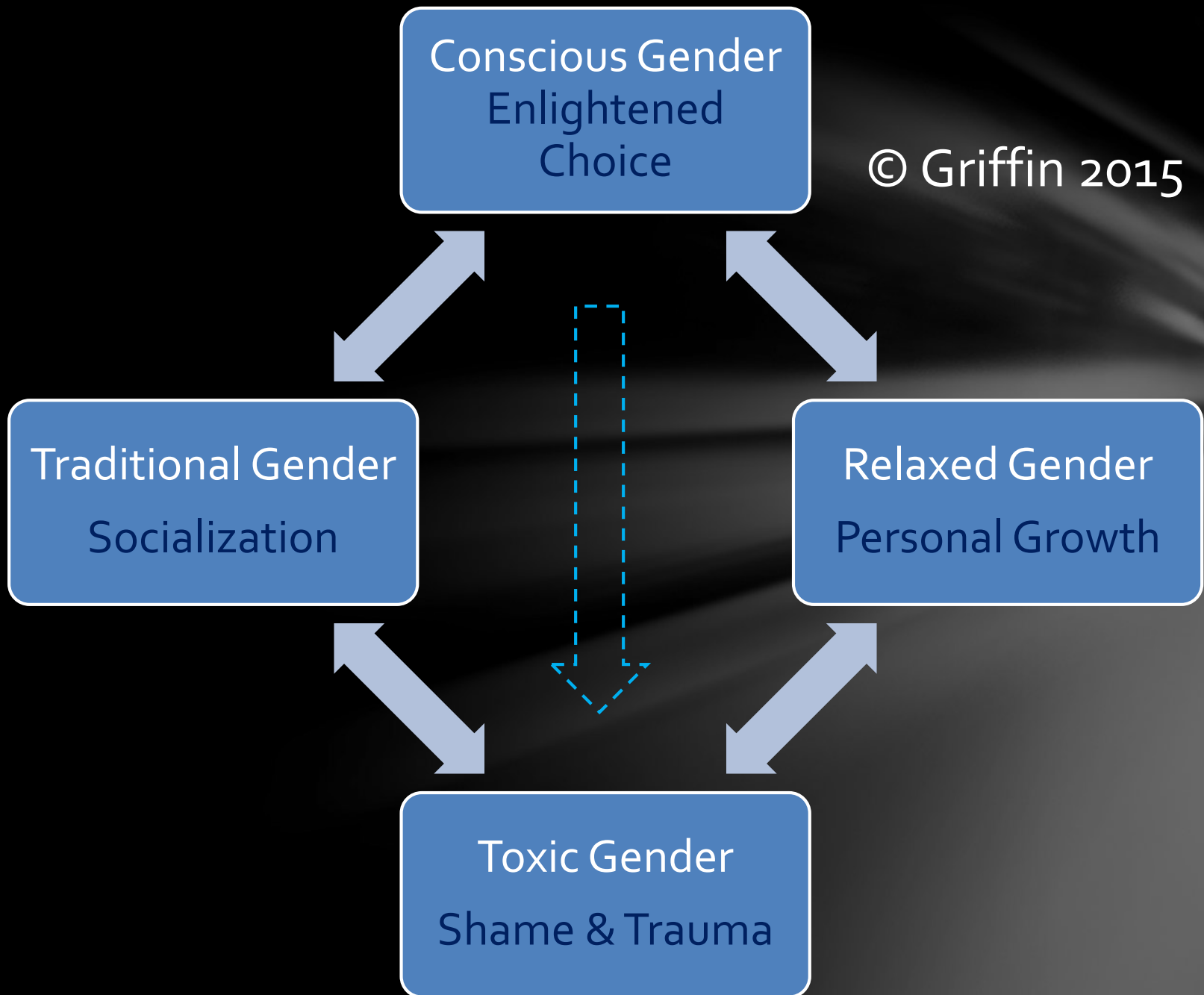
Key Approaches for Developing Therapeutic Alliances with Men

- Safety is first, last, and foremost
- Trust, vulnerability, and true engagement cannot exist without safety
- Safety vs. Trust
- Collaboration vs Power & Control
- View external behavior through the lens of safety
- Clinging to the Man Rules is about safety not defiance or disengagement

“How does that
behavior fit with the
man you want to
be?”



© Griffin 2015



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.



THE MAN RULES PODCAST

Available on iTunes, Stitcher, and Google Play

www.themanrules.com



GRE Services

One and Two-Day Workshops

- Men and Trauma
- Working Effectively with Men/Male-Identified
- A Man's Way through Relationships
- The Missing Peace: Men, Women, and Trauma
- What Do We *Really* Think About Fathers
- Effectively Engaging Fathers

Three Day *Helping Men Recover Curriculum* training

Keynote Presentations

Men's and Couples Retreats

Comprehensive program assessment, enhancement, and consultation

Close & Assignment



Helping men recover

Day 2

Grounding Exercise

Questions, Comments, Reactions?

Debrief first day assignment

Module A: Self

To help men identify who they are and what they feel.

To begin to understand how they have become the men they are today.

To learn to communicate with one another openly, respectfully, and honestly.

To learn grounding and relaxation techniques.

To begin to understand that having feelings is a basic aspect of who they are.

Module A: Self

Session 1 - Defining Self

Session 2 - Men in Recovery

Session 3 - Sense of Self

Session 4 - Men: Inside and Out

Session 5 - Men and Feelings

Session 1: Defining Self

Opening

Group Agreements

Grounding And Relaxation Exercises

What Do I Want To Get Out Of This Group?

Additional Exercises

Who Am I?

Session 2: Men in Recovery

What Does It Mean To Be A Man?

What Does It Mean To Be In Recovery?

Growing Up Male

Session 3: Sense of Self Our Lives As Journeys

Additional Exercises

A Man's Journey

Sharing Our Stories

Session 4: Men: Inside and Out

Session 5: Men and Feelings

Men, Relationships, And Feelings

- Mini-lecture
- Large Group Discussion

The Anger Funnel

- Mini-lecture
- Large Group Discussion

Additional Exercise

Communicating Feelings

Anger Funnel

Session 5: Men and Feelings

Communication & Feelings

Module B: Relationships

To help men understand how childhood and adult relationships have affected their addiction and recovery.

To understand the difference between healthy and unhealthy relationships.

To understand the critical importance of developing healthy relationships.

Module B: Relationships

- Session 6 - Family of Origin
- Session 7 – Barriers to Relationships
- Session 8 – Fathers
- Session 9 – Mothers
- Session 10 – Creating Healthy Relationships and Support Systems
- Session 11 – Effective Communication and Intimacy

Session 6: Family of Origin

Open the Group (Containment Exercise)

Family Sculpture

Additional Exercises

Family Roles

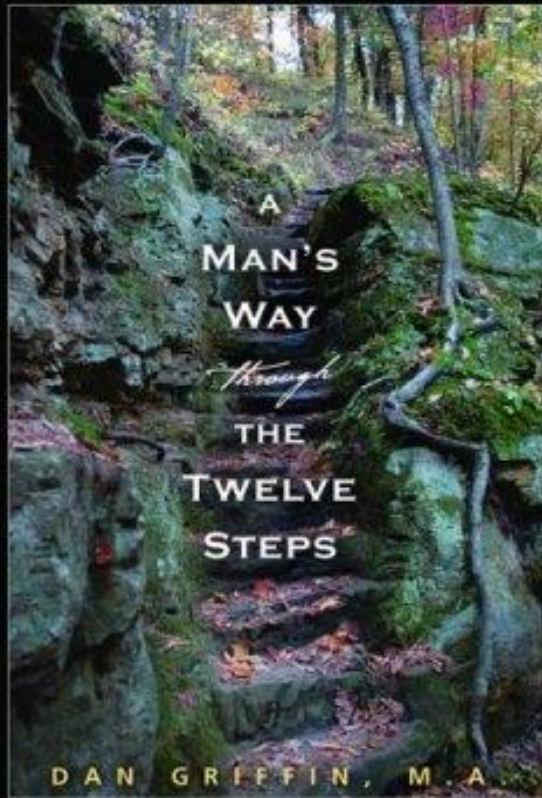
Advantages And Disadvantages Of Roles

Session 6: Family Sculpture

Session 6: Family ROLES BREAKOUT

ARE THERE WAYS YOUR
FAMILY ROLE IS IMPACTING
YOUR CURRENT
RELATIONSHIPS?

A Man's Way through the Twelve Steps



Replicated masters research

Similar structure to Dr. Covington's "*A Woman's Way Through the Twelve Steps*"

Interviewed over 25 men

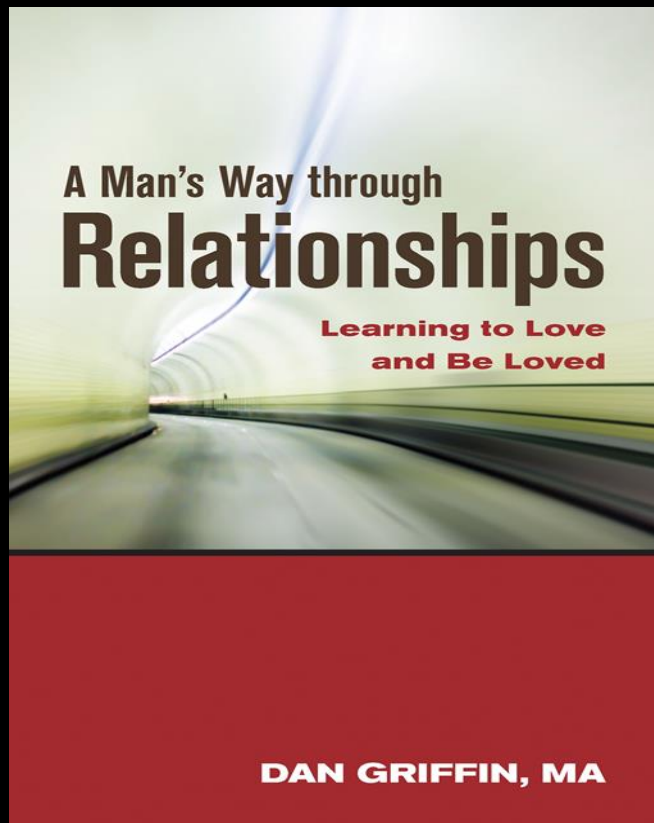
- Ages 25 to 59
- Periods of sobriety from 1 year to 42 years

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

A Man's Way through Relationships



The first trauma-informed book focused solely on helping men in recovery create healthy relationships.

Potential Uses for *AMW*

Complement to *Helping Men Recover*

Serve as resource to reinforce lessons

Provide examples from men on specific topics

Resource to use as men are transitioning from treatment to community-based settings

Potential Uses for *AMW*

Bridge between Treatment and Twelve Step Community

- Providing a unique interpretation of the Steps for men having a hard time connecting with meetings.
- Assigning chapters for men in treatment to provide additional understanding of Steps and core issues for recovery.
- Study groups for clients during treatment or as part of continuing care

**TRAUMA =
WOUND**

**TRAUMA =
WEAK**

Men, Violence & Trauma

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

75 percent of teenage suicides are boys

70 percent of all suicides are boys/men

80 percent of the homeless are boys/men

(Lyme et al., 2006)

Men, Violence & Trauma (cont.)

80 percent of homicide victims are men

93 percent of prison inmates are men

99 percent of executed prisoners are men (in the last decade, 700 men and 10 women)

Men are two to five times more likely to develop a substance-use disorder

(Lyme et al., 2006)

Male Violence Affects Women's Lives

Women aged sixteen to twenty-four experience the highest per capita rates of intimate violence (19.6 victimizations per 1,000 women) (Bureau of Justice Statistics, 2003; National Coalition Against Domestic Violence, 2009).

One in every four women will experience domestic violence in her lifetime. Eighty-five percent of domestic violence victims are women. Most cases are never reported to the police. (National Coalition Against Domestic Violence, 2009)

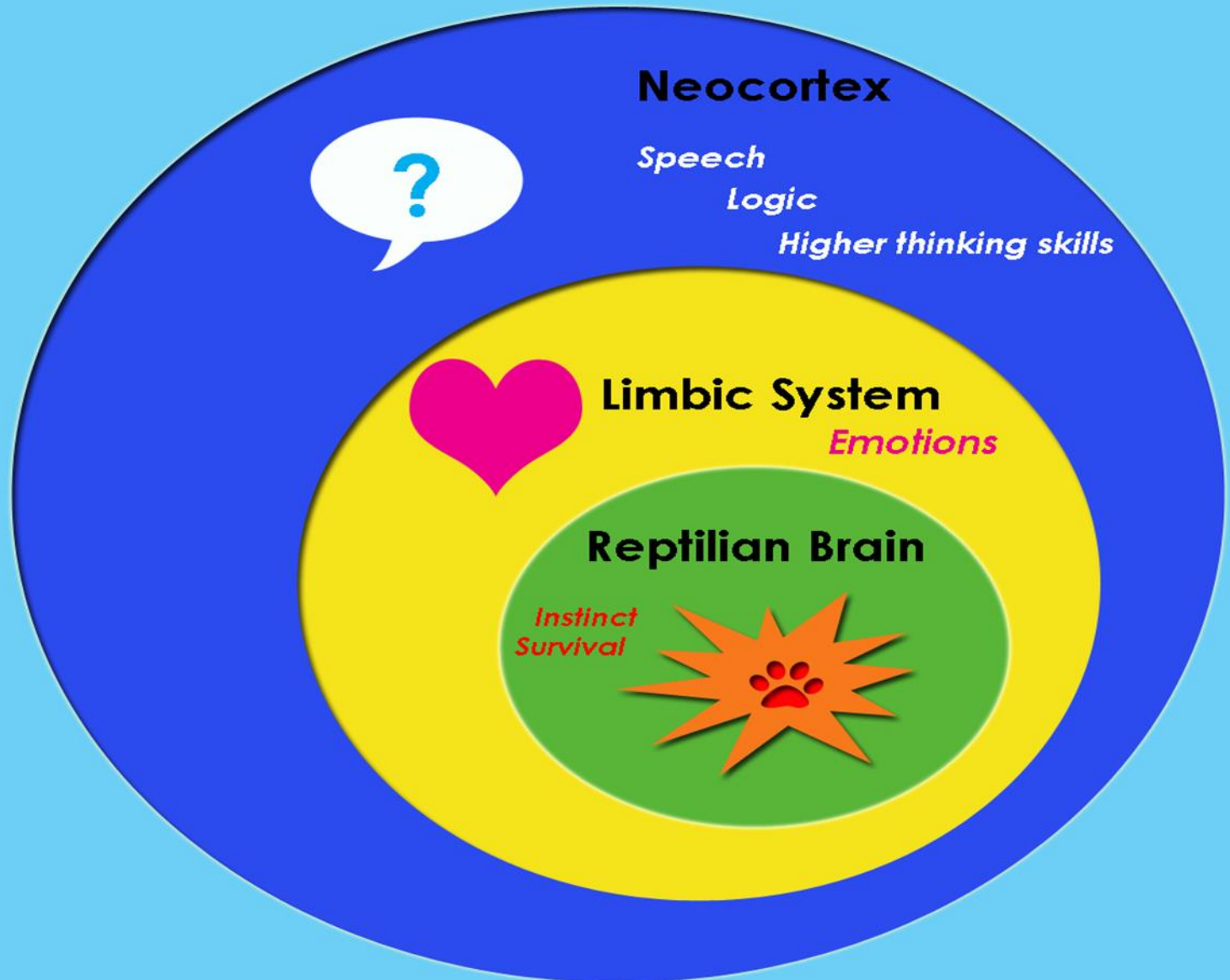
Trauma and the Brain

Exposure to trauma can create a PTSD response in the limbic system

The PTSD response can become complex and chronic.

The Triune Brain

Model



The Role of Attachment in Trauma

“Psychologically maltreated youth exhibited equivalent or greater baseline levels of behavioral problems, symptoms, and disorders compared with physically or sexually abused youth on most indicators.”

(Spinnazola et. al 2014)

HOLY SHIT!
I AM THE
PATRIARCHY

- Brene Brown

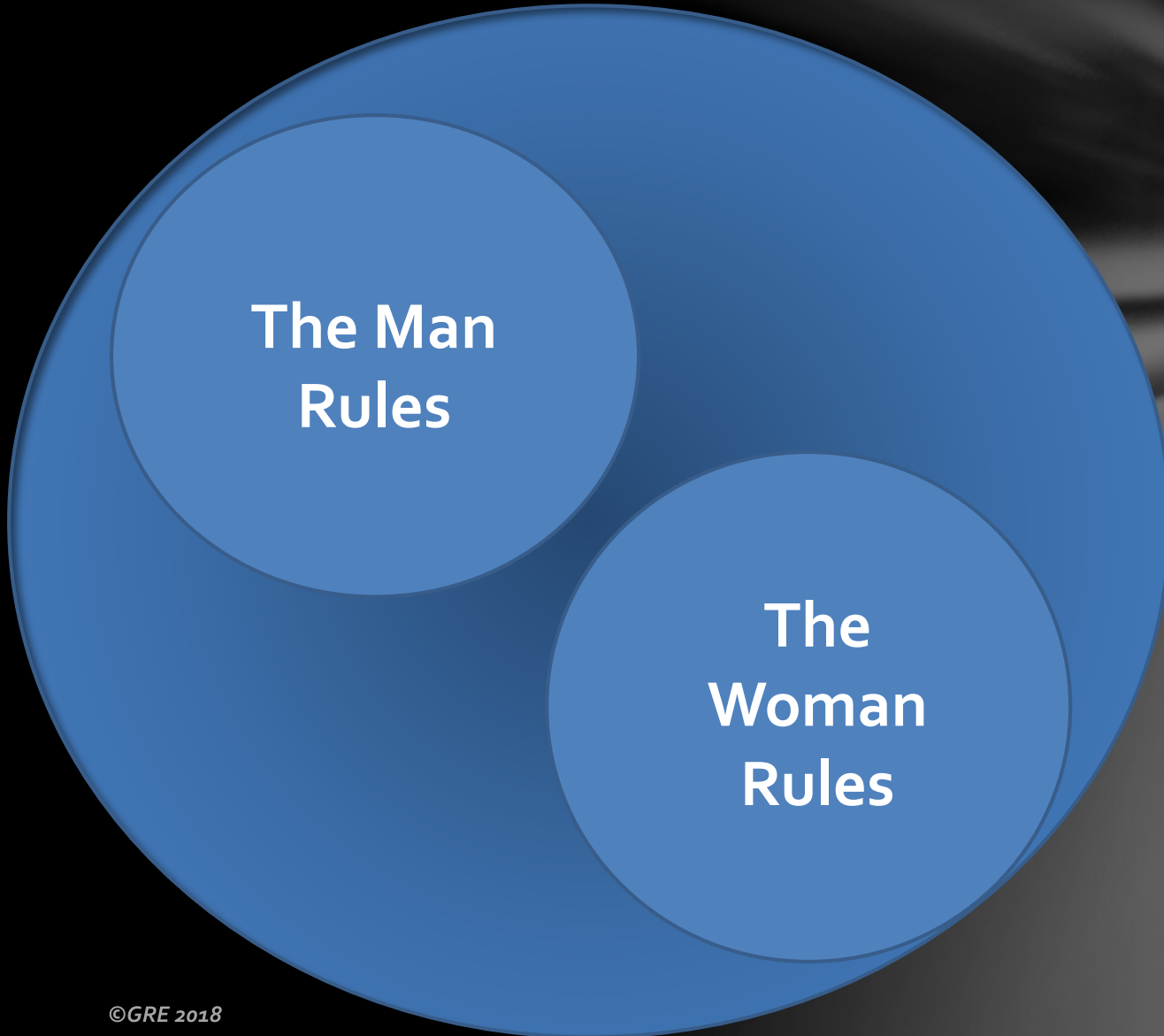
An underwater photograph showing a large splash of water on the left side, with numerous bubbles rising and spreading across the frame. The water is a deep blue color, and the lighting creates a sense of depth and movement.

It Runs Deep

A yellow diamond-shaped sign with a black border, mounted on a white post. The sign features the words "SAFETY" and "FIRST" in large, bold, black, sans-serif capital letters, stacked vertically. The background is a bright blue sky with scattered white clouds.

**SAFETY
FIRST**

THE RULES OF GENDER



Trauma is a
universal
Experience

Safety and Security
are
Universal **Needs**

EMPATHY

is the

Universal **Solution**

REALITY CHECK

*We are a traumatized field,
Working with traumatized clients,
Sending them to a traumatized
community.*

Session 7: Barriers to Relationships

Abuse: Sexual, Physical, Verbal, Emotional
Trauma

A Place Of Peace

Additional Exercise

The Power And Control Wheel

Session 7: Interactive Lecture

Verbal abuse

Emotional abuse

Physical abuse

Sexual abuse

A Place of Peace

Session 8: Fathers

Mini Lecture

Relationships With Our Fathers

Visualization

Additional Exercises

Father Myths

Preparing To Write A Letter To Our Father

Session 9: Mothers

Reading Father Letters

Relationships With Our Mothers

Mother Myths

Preparing To Write A Letter To Our Mother

Fathers

Questions pp 90-94

1. What was your relationship with your father/father-substitute like when you were a child?
2. What was your relationship with your father/father-substitute like when you were a teenager?
7. What did you learn about being a man from your father?



Helping men recover

Day 3

Questions or comments?

Session 10B: Creating Healthy Relationships and Support

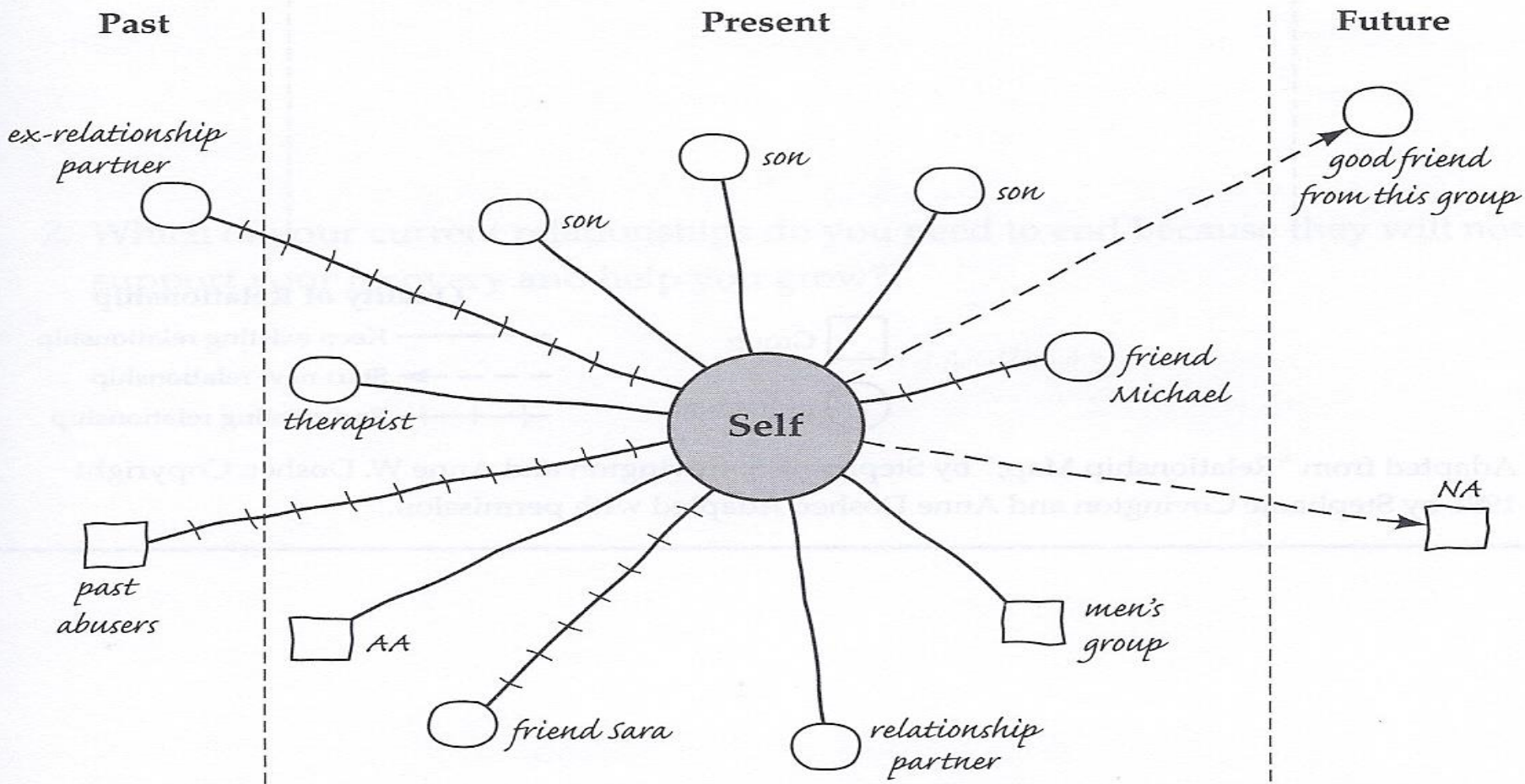
What Is A Supportive, Growth-Fostering Relationship?

Kinesthetic Exercises

Additional Exercise

Beginning Relationship Maps

Sample Relationship Map



Quality of Relationship

- Group
- Individual
- Keep existing relationship
- Start new relationship
- End existing relationship

Adapted from "Relationship Map," by Stephanie S. Covington and Anne W. Doshier. Copyright 1991 by Stephanie Covington and Anne Doshier. Adapted with permission.

Session 11: Effective Communication and Intimacy

Communication And Conflict

Discussion on Different Types of Intimacy

Additional Exercises

Sharing Relationship Maps

Role Play Various Conflict Resolution Styles

Helping Men Recover certification

Level 1

- Basic Trained HMR Facilitator

Level 2

- Certified HMR Facilitator

Level 3

- Certified HMR Trainer

Level 4

- Certified HMR Consultant

Learn more at: www.dangriffin.com/hmr-certification-criteria-individual/

Module D: Spirituality

- To introduce the concept of spirituality.
- To begin a personal spiritual journey.
- To recognize the 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 the group experience.

Module D: Spirituality

A Return to Spirituality

- Quality recovery is, at it's core, the result of a spiritual transformation.
- Because spirituality is difficult to define, elusive, and not concretely goal-oriented, many men discount its value.
- Many men view spirituality as a feminine idea
- We have not done the best job of educating payors and others about the difference between spirituality and religion.

Session 16: What Is Spirituality?

Opening (Five Senses)

Spirituality, Religion, And Addiction

Additional Exercises

Men Of Service

The Ritual Of Returning To The Community

Session 16

Small Group Exercise



Session 16: What Is Spirituality?

1. Think back to your childhood. What was the role of religion in your family?
2. Was religion a positive experience for you then or a negative one?
5. Do you have any specific ideas or plans to bring more spirituality into your life now that you are sober?

Session 17: Real Men

Power And Privilege

Men And Grief

Meditation

A New Definition Of Masculinity

Session 17: Small Group Exercise

On a scale of one to ten, with one representing no significant losses, what number would you assign to reflect the losses you have experienced in your life? Briefly explain.

How did you deal with the most recent loss you experienced?

Do you have any unresolved grief issues? How important do these seem to you at this point in time?

Module C: 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.

Module C: Sexuality

Session 12 – Sexuality and Addiction

Session 13 – Sexual Identity

Session 14 – Barriers to Sexual Health

Session 15 – Healthy Sexuality

Men in Treatment

Sexuality is rarely addressed directly in addiction treatment, despite being a fundamental aspect of male and female identity and behavior.

Addressing Sexuality

Homophobia and misogyny

- Core to male socialization
- Prohibits male-to-male intimacy and relationships
- Puts inordinate pressure on women to carry the emotional weight of a man's life

Interactive Lectures

- Safety
- Non-confrontational
- Non-judgmental

Session 12: Sexuality and Addiction

Opening (Advanced Breathing)

Sex, Attitudes, And Feelings

Sex Under the Influence

The Question Box

Additional Exercise

Effects That Drugs Have On Sexual Behavior
And Functioning

Session 13 Interactive Lecture

Homophobia and Misogyny

- Are frequently the underlying cause of male violence
- Impede men's relationships with women and other men
- Lead men to deny, reject, or feel shame about essential aspects of their true nature

The Sex Funnel

Sex Funnel – questions

How do you see the sex funnel operating in your life?

If you were to change the way the sex funnel works in your life, how might your relationships change?

Session 14: Barriers to Sexual Health

Problematic Sexual Behaviors

Defining Consensual Sex

Pornography

Masturbation

Additional Exercise

Sexual Triggers And Sober Sex

Session 15: Healthy Sexuality

A Sexual Health Model

Collage: Creating Healthy Sexuality

Additional Exercises

Body Image

Intimacy, Sex, And Love

Sexual Bill of Rights

Session 15 Exercise

A TREATMENT IMPROVEMENT PROTOCOL

Addressing the Specific Behavioral Health Needs of Men

TIP 56



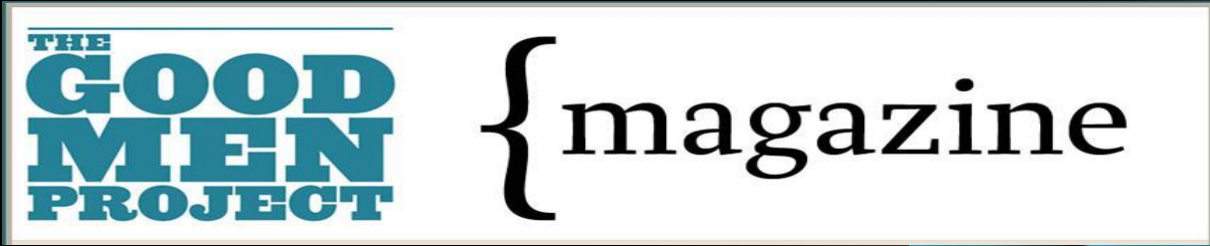
GAME PLAN



David J. Powell, PhD
Alan Lyme, LCSW
Stephen Andrew, LCSW



www.goodmenproject.com





INFO **OPTIONS** HOPE

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

www.1in6.org

www.1BlueString.org

MALESURVIVOR

Hope. Healing. Support.

Military Survivors

The purpose of this forum is to give users of this site who have a connection to service in the armed forces a place to come together whether suffered during their time in the military or in their childhood. Please keep in mind the following guidelines:

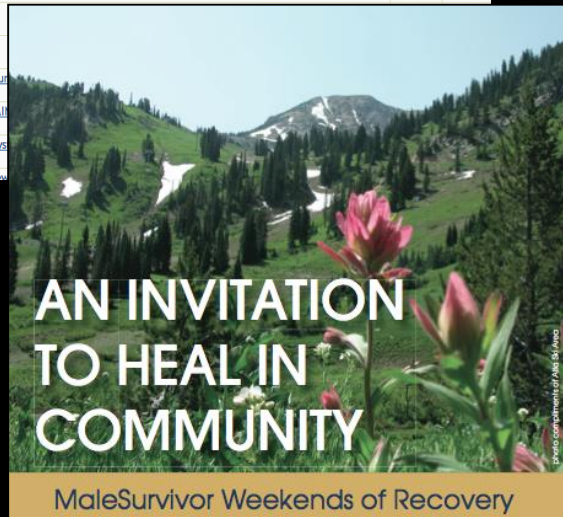
1. This is a PUBLIC forum. Topics and discussions are viewable to all visitors to the website.
2. This forum is not intended to be a place for political argument. This forum is meant to be a resource for those users with something to share and looking for a safe place to share their stories.
3. If you are currently serving, take care not to disclose any information that would give clues to your location.
4. Please do not disclose your rank, in here all survivors are considered equal.

New Topic Forum Options

Subject / Poster	Replies	Views
Tips for those struggling w/news coverage of abuse by Chris Anderson	0	8654
Advice from Dr. Fradkin re: Sandusky Case by Chris Anderson	0	3724
From new Exec Dir. Chris Anderson (a.k.a. tartugas) by Chris Anderson	0	3609
The Purpose of the Introductions Forum by WalkingSouth	0	7448
Chat use Guidelines by WalkingSouth		
Site use Guidelines by WalkingSouth		
New? Familiarize yourself by ModTeam		
Dept. of Defense/RAI by WalkingSouth		
About the military sys by WhyIsoConfused		
US Airforce in the new		

MaleSurvivor provides critical resources to male survivors of sexual trauma and our partners in the recovery journey by building communities of Hope, Healing & Support.

- www.malesurvivor.org - Resource Directory, Therapist Listings, Discussion Forums, and Chat Room connecting survivors & partners in healing worldwide
- Over 1,000 male survivors have attended over 50 Weekends of Recovery over the past 10 years.
- Trainings for clinicians, social workers, law enforcement, parents, volunteers, and community organizations on how to best support male survivors



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.



THE MAN RULES PODCAST

Available on iTunes, Stitcher, and Google Play

www.themanrules.com



GRE Services

One and Two-Day Workshops

- Men and Trauma
- Working Effectively with Men/Male-Identified
- A Man's Way through Relationships
- The Missing Peace: Men, Women, and Trauma
- What Do We *Really* Think About Fathers
- Effectively Engaging Fathers

Three Day *Helping Men Recover Curriculum* training

Keynote Presentations

Men's and Couples Retreats

Comprehensive program assessment, enhancement, and consultation



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

Information Regarding GRE & Our Services:

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