

It's Not Them, It's Us

How We Are Failing Men in Treatment

Dan Griffin, MA



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

The background of the image is a close-up, high-angle shot of blue water with small, gentle ripples. The color is a vibrant, slightly darker blue, and the texture is consistent across the entire frame.

BREATHE



Shame about how your ideas and/or behavior have impacted someone that you loved

Concern about how you have treated past clients

Fear about the loss of your identity

Dissociating or checking out during presentation

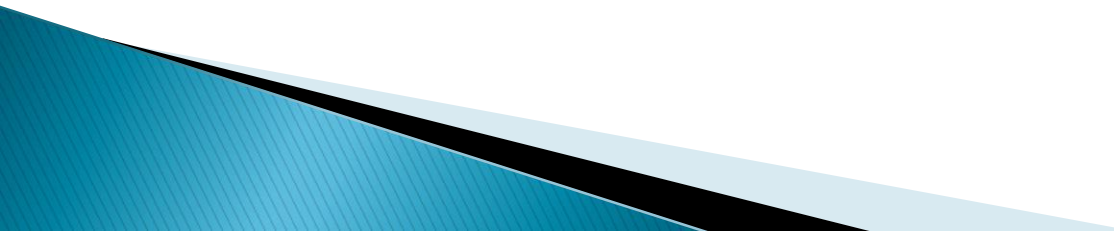
The belief that you've already dealt with all of this "stuff"

Making up something about my core ideas – "You're anti-woman" or "You're trying to turn men into women" or "You don't get 'IT' "

A strong desire to punch me in the face....

Honesty,
without compassion
and understanding
is a form of hostility.

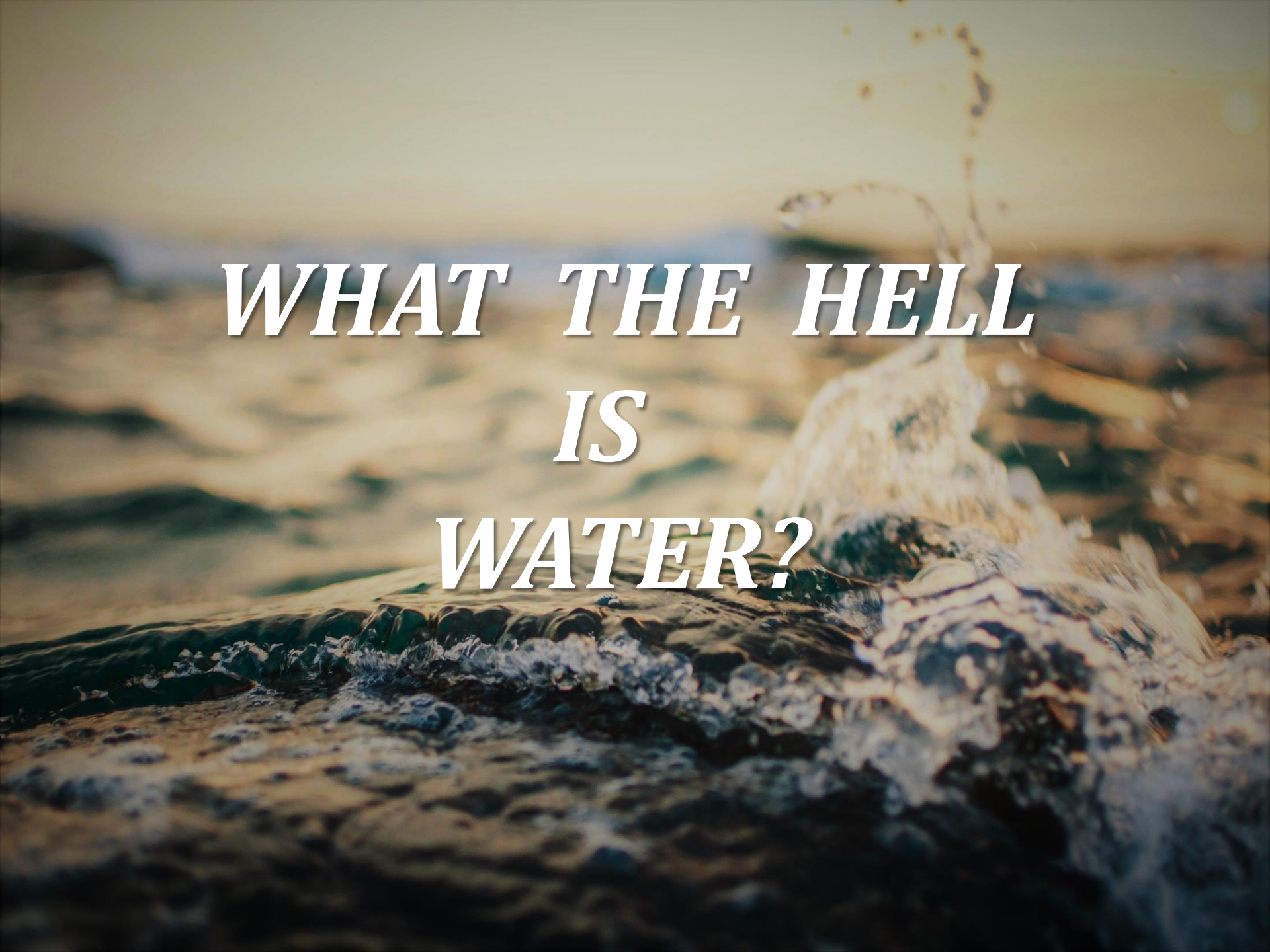
What are the biggest challenges you see for men in healing from trauma?





The Water

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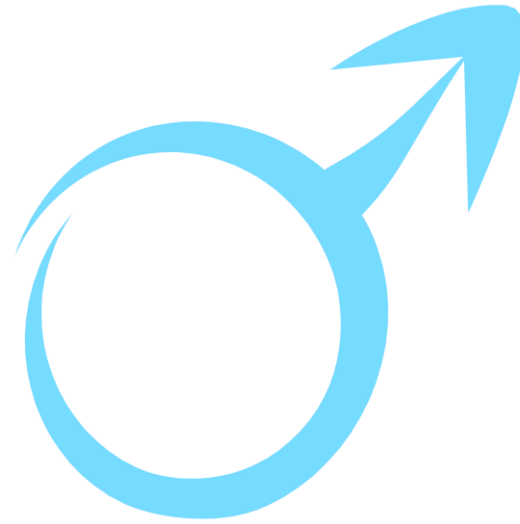
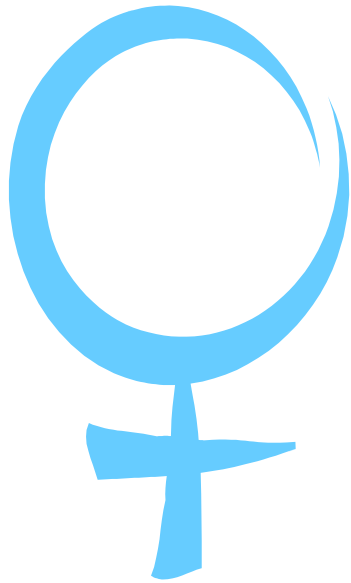
*WHAT THE HELL
IS
WATER?*

The Missing Pieces

Emerging Paradigm – Values-Based Services



Gender Differences

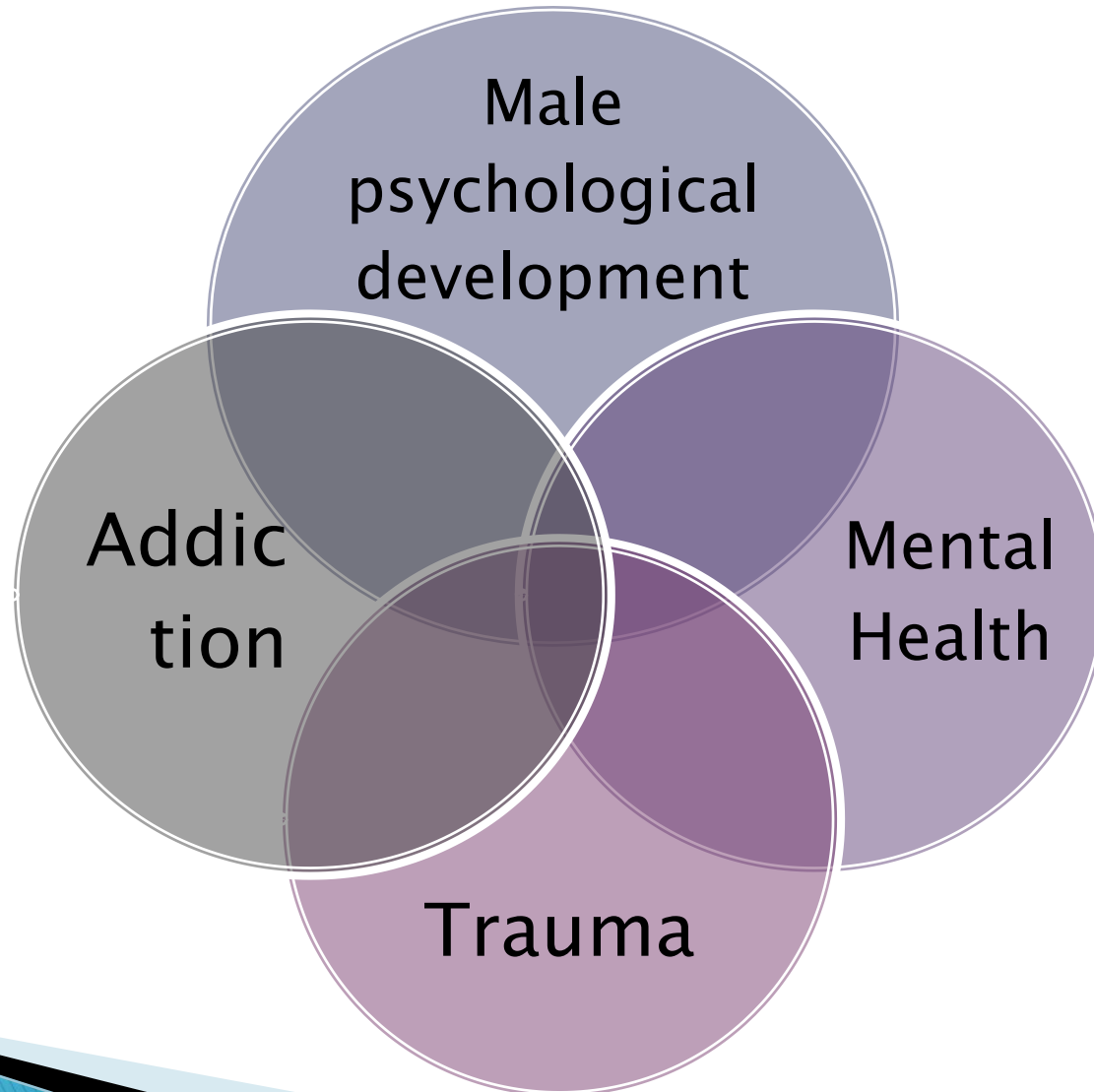




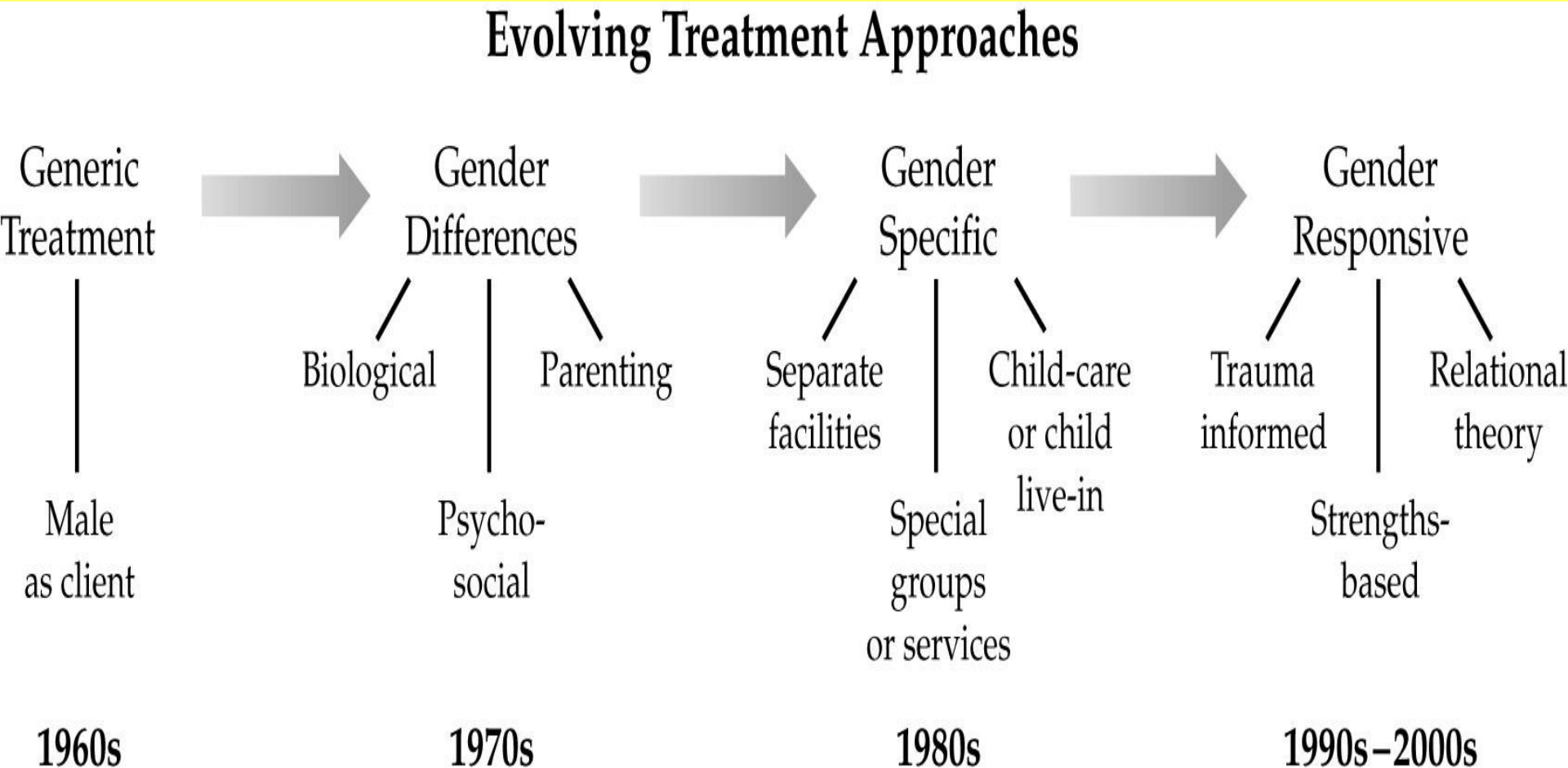
Gender 101

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

Men's Integrated Treatment



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).

Gender-Responsive Treatment

The Man Rules®

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
- ▶ Courage
- ▶ Responsibility
- ▶ Be a provider
- ▶ DON'T BE A GIRL!
- ▶ DON'T BE GAY!!

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



SAFETY

THE WOMAN RULES™

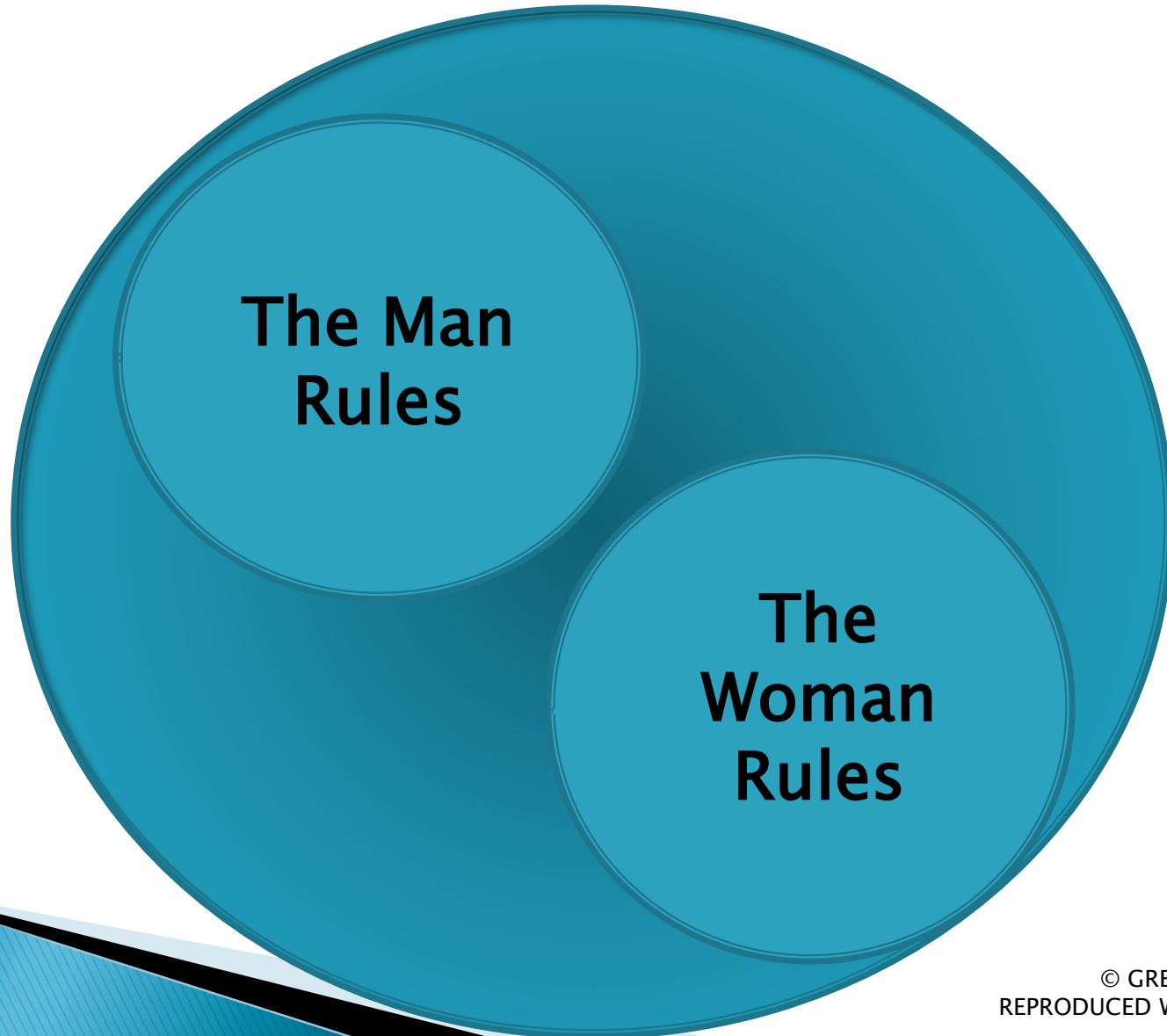
Woman Rules

- ▶ 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!

<u>Feminine</u>		<u>Masculine</u>
Emotional Intelligence (EQ)	<u>Intellect</u>	Logical Intelligence (IQ)
Retreat/Isolation/Internalization	<u>Response to Trauma</u>	Aggression/Externalization
Collaboration/Decentralized	<u>Power</u>	Control/Hierarchy
Process/Intuition	<u>Information</u>	Analytical/Rational
Relational	<u>Self-Development</u>	Individuation
Surrender/Intimacy	<u>Sex/Love</u>	Conquest/Performance
Codependence	<u>Relationships</u>	Independence
<u>Socialization Process</u>		

THE RULES OF GENDER



Making it Personal: The Rules



What has been 1 Rule that have worked for you and why?

What is 1 Rule that has been the most challenging for you and why?

*WHAT DOES IT MEAN
TO BE A MAN IN
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

*How have your ideas of
being a man changed
since getting into
recovery?*

Conscious Masculinity
Enlightened Choice

© Griffin 2015

Traditional Masculinity
Socialization

Relaxed Masculinity
Personal Growth

Toxic Masculinity
Shame & Trauma



IT RUNS

DEEP

**TRAUMA =
WOUND**

**TRAUMA =
WEAK**

Definition of Trauma

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

(Van der Kolk, B. 1989)

SHAME

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

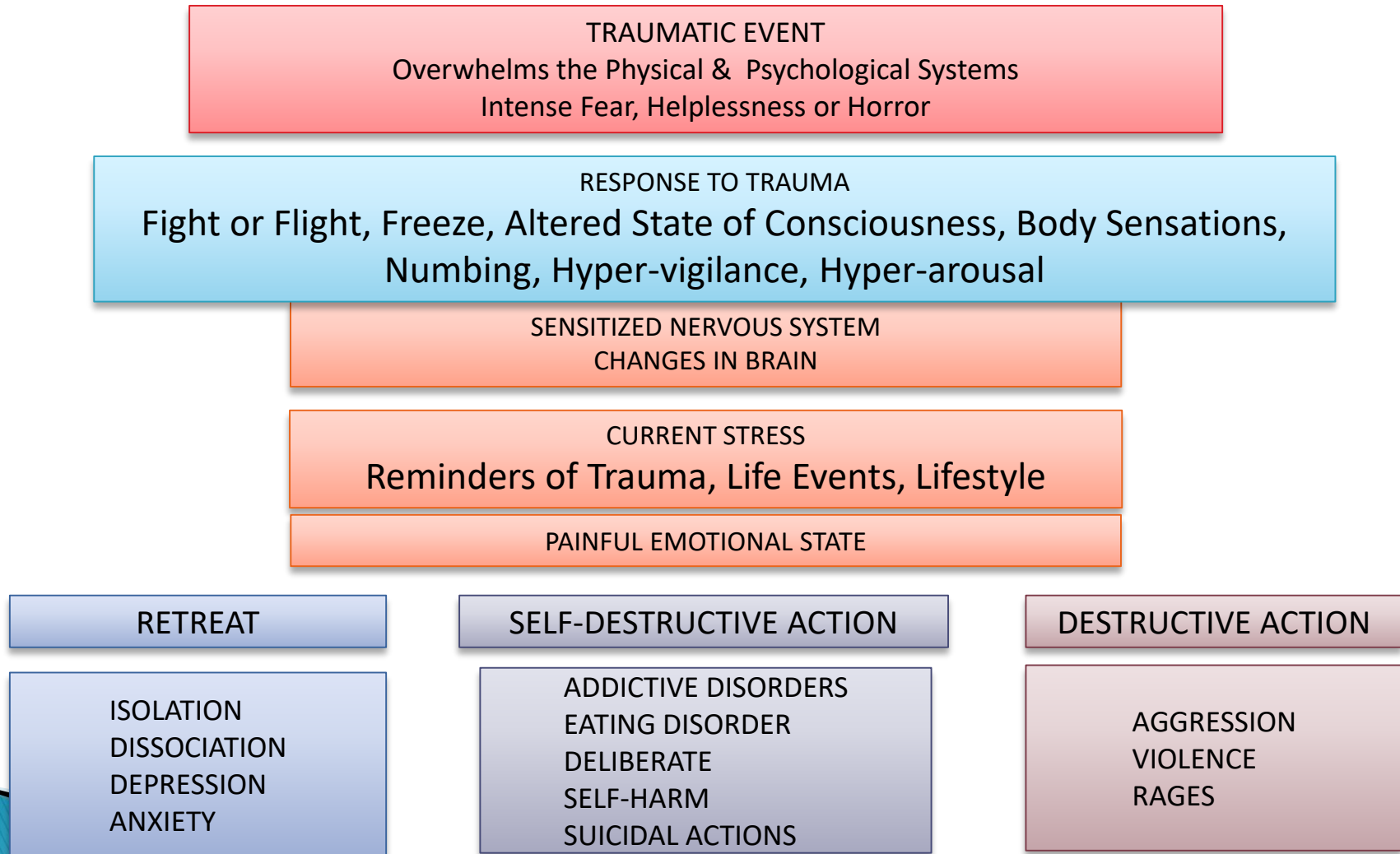
Brene Brown

The background of the image is a close-up, high-resolution shot of blue water. The surface is covered in fine, rhythmic ripples that catch the light, creating a shimmering effect. The color is a deep, vibrant blue, with slight variations in tone due to the play of light and shadow on the water's surface.

IT RUNS

DEEP

Process of Trauma



**TRAUMA =
WOUND**

**TRAUMA =
WEAK**

The Theory of Trauma

- ▶ A gender-informed framework
- ▶ A fundamental belief that trauma is pervasive in men's lives and there are gender differences in:
 - How men experience trauma
 - How men respond to trauma
 - How men exhibit the symptoms of trauma-based disorders
 - How men heal from 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.

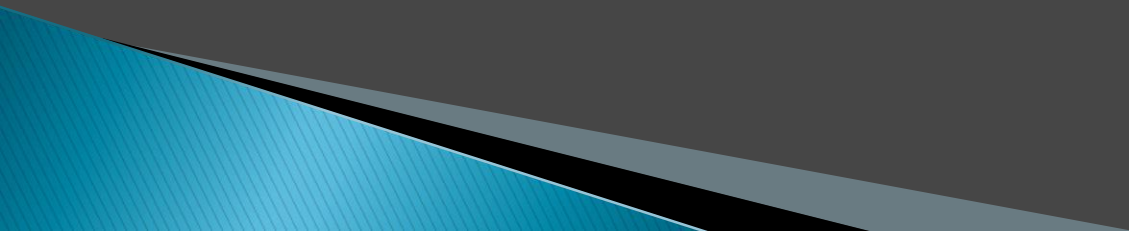
REALITY CHECK

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

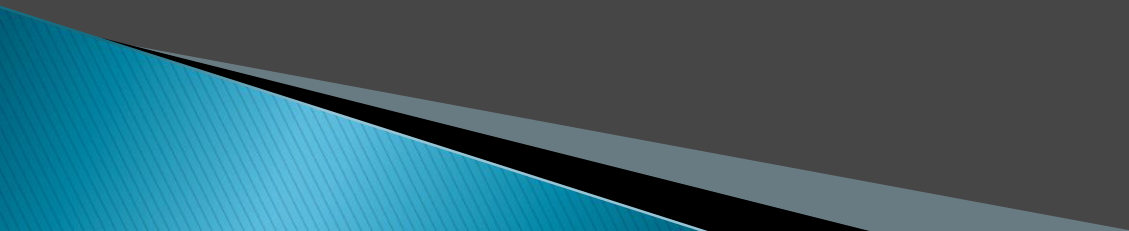
Men Are Not the Problem

HOW MEN HAVE BEEN RAISED *IS* THE PROBLEM

Connection



Disconnection



(Re)Connection

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

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

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



Ending Men's Violence

compassion

as well as

Accountability *mutual*
responsibility

Making it Personal



How would you express
your life differently if
you were not bound by
The Rules of Gender?

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
- ▶ Family Centric

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
- Power & Control vs Collaboration
- 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?”

Trauma is a
universal
Experience

Safety and
Security are
Universal **Needs**

EMPATHY
is the
Universal **Solution**



**“It is *not* about doing
it *perfectly***

**It *is* about doing it
consciously.”**

The Eight Agreements

- Marked the first time that professionals in the addiction and recovery field had come together to discuss males' experience of trauma.
- The group emphasized the importance of more effectively and comprehensively addressing the issue of trauma as a keystone of males' recovery.
- The group unanimously concluded that in order for professionals to best help all males recover and promote a process of healing from trauma, they must understand males' unique issues and needs.

Eight Points of Agreement

1. While progress has been made in the understanding of trauma, there remains a myth that trauma is not a major issue for males.
2. Trauma is a significant issue for males with substance and/or process addictive disorders.
3. Males are biologically and culturally influenced to minimize or deny traumatic life experiences.

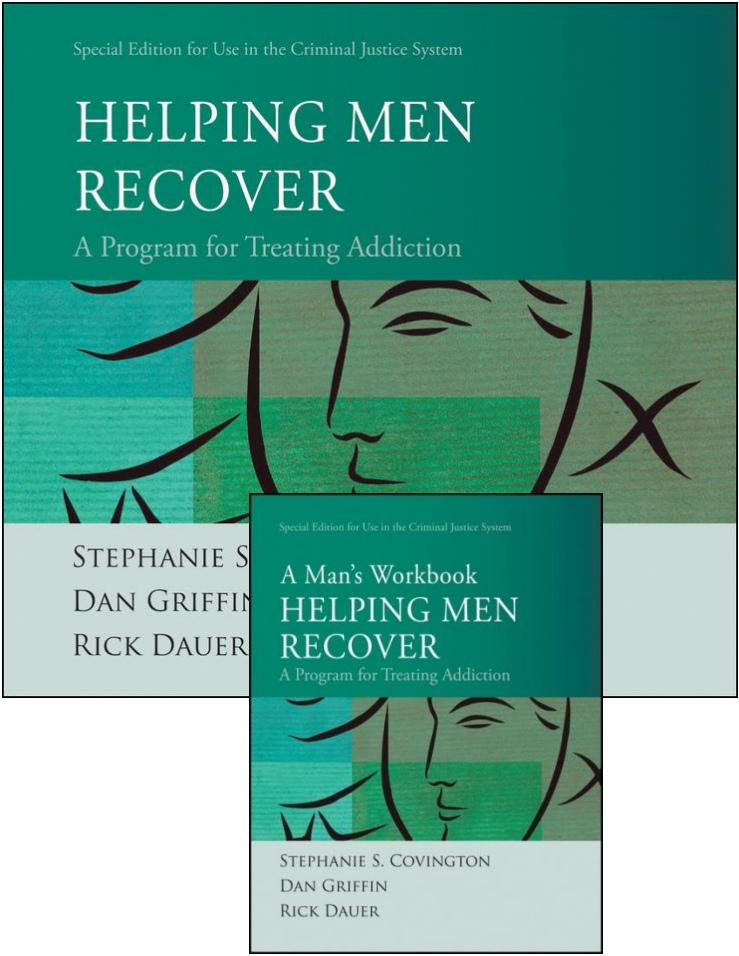
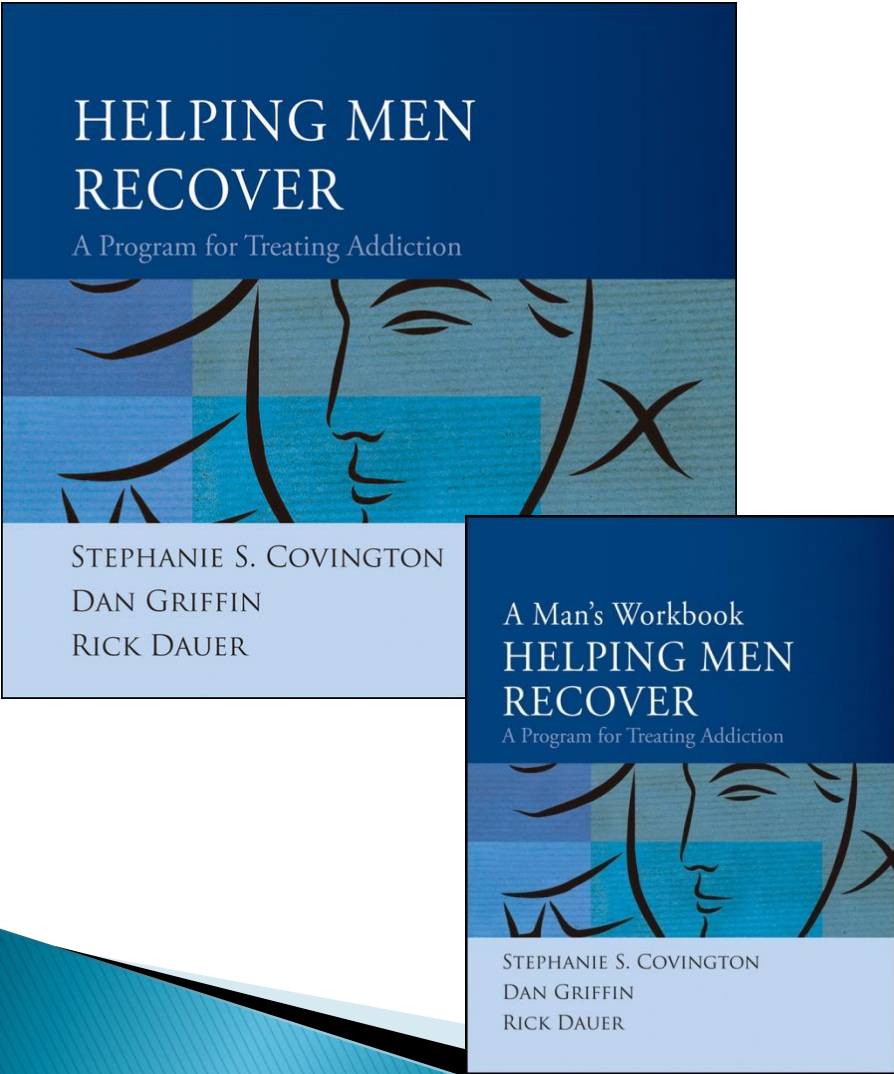
Eight Points of Agreement

4. Addiction treatment has been negatively influenced by cultural myths about males.
5. Males are often assumed to be the perpetrator, which has negatively influenced our concepts of trauma and models for treatment, and often results in the re-traumatization of men in addiction treatment.
6. Male trauma must be assessed and treated throughout the continuum of addiction services.

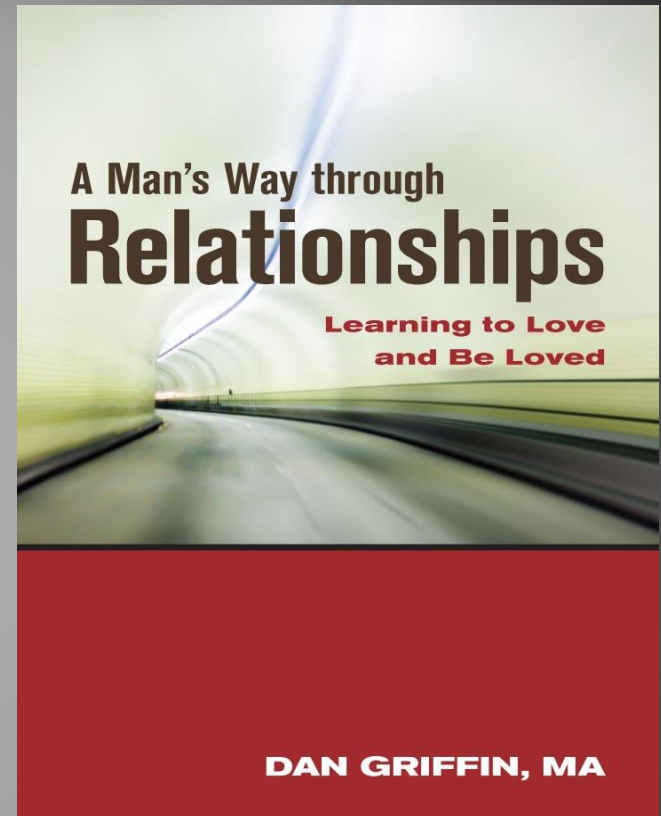
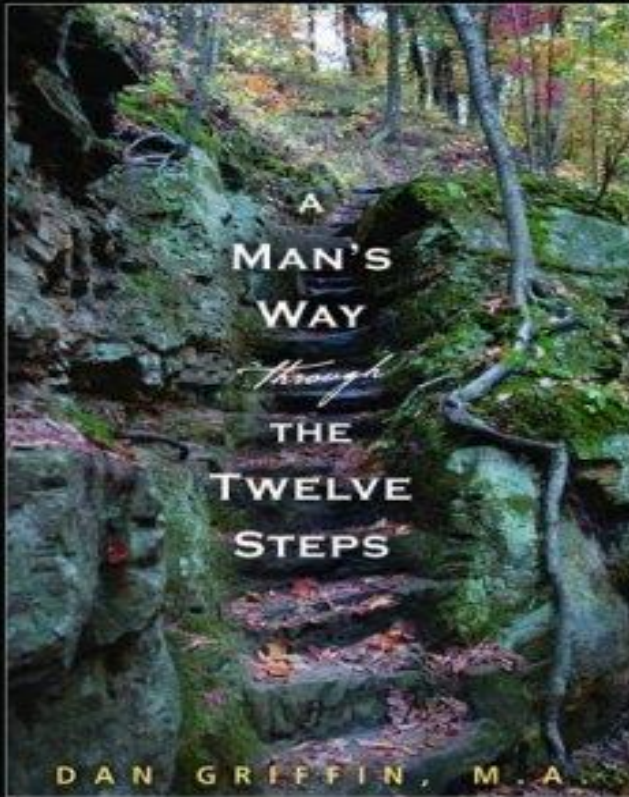
Eight Points of Agreement

- 7. Male-responsive services will improve addiction treatment outcomes.
- 8. Effective treatment of male trauma will help to interrupt cycles of violence, abuse, neglect, and addiction.

Helping Men Recover



Publications by Dan Griffin



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



Allen Berger, Ph.D.

Dan Griffin, M.A.

Addressing the Specific Behavioral Health Needs of Men

TIP 56





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

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.





Don't Let The Rules Rule You.

THE MAN RULES PODCAST

April 2017

www.themanrules.com

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