Helping Men Recover: Trauma-Informed Treatment for Men

The Water
The 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 **HOTT** and **DIFFERENT** chics as possible with as little **CONNECTION** as possible with as **BIG of a DICK** as possible

**S A F E T Y**
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

The 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!
"It is not about doing it **PERFECTLY**

It is about doing it **CONSCIOUSLY**"
It Runs Deep

TRAUMA = WOUND
Trauma occurs when an external threat overwhelms a person’s internal and external positive coping skills. (Van der Kolk, B. 1989)
MIND
BODY
SPIRIT

RESPONSE
BIG T
small t

The Role of Attachment
WE REPEAT
WHAT WE DON’T
REPAIR.

Complex Trauma
Social Traumas

Caused by experiences with prejudice and discrimination on a personal level as well as cultural and structural inequities based upon race, gender, sexual orientation, religion, and disabilities. (Lee & Woon)
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TRAUMA = WOUND

TRAUMA = WEAK
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Presented by: Dan Griffin, MA

Attachment

ASSHOLE
REAL MEN DON’T FEEL

EXCEPT

ANGER

ANGER FUNNEL

Hurt
Sadness
Fear
Insecurity
Shame

Violence
Rage
Anger
Sarcasm
Silence
Isolation

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“It’s Not Trauma”

Violence?
Compassion = Collusion

It Runs Deep
MEN are not the PROBLEM

How Men Have Been Raised

IS The Problem
We Will

NEVER

Dismantle Patriarchy

Until...
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We Deal With The Complex Reality of Male Trauma

The 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
- Don't trust anyone
- Win at all costs
- Always fight back
- Always be right/have the answer

Healthy Relationships
- Let go of Control
- Cry/Grieve
- Ask for help
- Share Feelings
- Intimacy
- Compromise
- Risk Trust
- Partner/Cooperate
- Safety
- Communication

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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
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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

Healing Trauma

What does it look like?

The paths are many

- Conscious masculinity
- Victim → Survivor → Thriver
- Perpetrator → Protector
- Resilience & PTG
"How does that behavior fit with the man you want to be?"

REALITY CHECK

*We are a traumatized field,*

*Working with traumatized clients,*

*Sending them to a traumatized communities.*
Trauma is a universal Experience

Safety and Security are Universal Needs
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EMPATHY is the Universal Solution

Publications by Dan Griffin

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Helping Men Recover - Revised

AMAZING DADS!
By Dan Griffin & Harrison Crawford
Published by Wiley & Sons, Fall 2023
We cannot just change what men think, we have to change what we think about men.
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How Can We Help?

Trainings (1 hr – 4 day) – Live & Zoom
Consulting (Staff Support → Assessments → Deep Dive)
Conference Speaker
Retreats (Professional and Personal)

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