



HOW DO I HELP HIM?

Best Practices for Working with Boys and Men in Mental Health Settings



**Instructors: Dr. Michael Gurian
and Gurian Institute Certified Trainers**

- **Understand the significant challenges boys and men face today, including challenges in psycho-therapy, mental health care, and education.**
- **Learn what neuro-science is showing us about the equally powerful impact of nature, nurture, and culture on male development.**
- **Focus on a new theoretical model for working with males from birth to old age.**
- **Take home more than a dozen practical tools and strategies for use tomorrow with the boys and men in your care.**

TRANSFORM YOUR CLINICAL SKILLS

No matter the helping profession we work in, gender powerfully influences our clients. Depending on the gender of the child or adult, some interventions will work, some will not work. Especially with boys and young men, many of our

traditional interventions do not work, and males tend to leave our therapy practices too early, or gravitate towards prisons and other punitive institutions, in crisis numbers.

Based on twenty-five years of collaborative research in brain science, gender psychology, and cross-cultural anthropology, this seminar provides a new vision of what boys and men need from clinicians. Because effective clinical practice grows from new thinking and new “doing,” this workshop focuses not only on science-based gender theory, but also on effective practical tools, and evidence-based strategies that will transform your clinical setting, school, hospital, or other environment. These tools and strategies do not replace present psychological theories, but instead blend with all psychological theories to help ensure their clinical effectiveness with both boys and men.

Dr. Michael Gurian is one of the world’s leading authorities on gender psychology. He and the Gurian Institute team will revolutionize your approach to working with both boys and men. Their engaging and dynamic speaking styles, along with the use of case studies and visual aids such as SPECT scans, will help you better understand boys and men, better assess their individual needs, and most effectively work with the boys and men in your care.

Who Should Attend

This program is designed for Counselors, Psychologists, Therapists, Physicians, Nurses, Psycho-Therapists, Marriage and Family Therapists, Addictions Counselors, Social Workers, Case Managers, Human Services Professionals and Volunteers, Speech-Language Pathologists, Teachers, School Counselors, School Psychologists, School Administrators, Occupational Therapists, Clergy, Corrections and Law Enforcement Personnel, and Members of Community Agencies and Organizations working with children or adults.



Course Objectives

- ✓ Learn how the field of gender neuroscience is altering what we know about boys and men.
- ✓ Discuss the specific needs and issues of boys and men from birth to elder age.
- ✓ Assess how traditional therapy and intervention models do or do not fill the specific developmental needs of boys and men.
- ✓ Explore, experience, and demonstrate new strategies for intervention with both boys and men, including highly sensitive boys and men.
- ✓ Implement new strategies and practical tools beyond the seminar in clinical practice with individuals and teams.

Course Content and Outline

OVERVIEW

Gender Specific Solutions to Crucial Therapeutic Issues

- Issues commonly faced with boys and men
- Recent changes in gender theory and practice
- Research-based practical applications
- Brain-based Gender Specific Solutions (GSS) models

Understanding the Minds of Boys and Men

- The roles of nature, nurture, and culture in gender development
- Neuro-plasticity, gender diversity, and the gender/brain spectrum
- Gender differences in brain structure, functioning, processing, and chemistry between males and females
- Four key gender differences that impact emotive, psychological and social functioning of boys and men
- Gender specific stress and trauma responses (including bullying, abuse, divorce, and physical trauma)

New Models for Working with Boys and Men

- The CORE Motivations Assessment Tool
- The Three Family System Theory
- Sequential Thematic Therapy

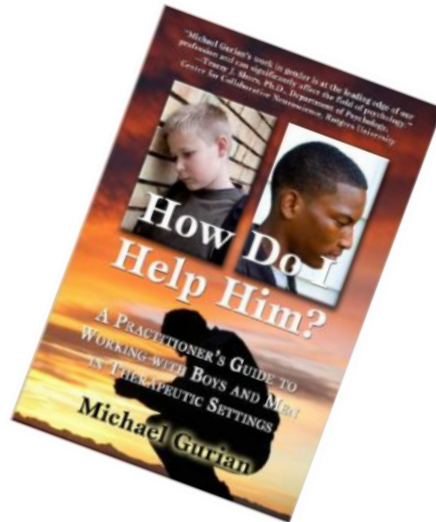
Strategies for Succeeding with Boys and Men

- Four boy-friendly verbal communication techniques
- Peripatetic counseling and movement tools
- Technology and expressive arts counseling
- Altering offices and environments for boys and men
- Strategic tools for women who work with boys and men
- Counseling the at risk and the highly sensitive male

Integration and Implementation Plans

- Integrating the gender-specific focus into your present psychological theory
- Targeting engagement of resistant boys and men
- Building gender teams that can decrease provider and client burnout
- Q & A

Workbook:



How Do I Help Him? Working with Boys and Men in Therapeutic Settings. (See www.michaelgurian.com/how-do-i-help-him)