



# Male-Friendly Counselling: Enhancing Therapy Work with Men.

**Develop gender-sensitive strategies for working with men and boys.**

The Australian Psychological Society and American Psychological Association have produced guidelines for working with men and boys. Unfortunately, few training opportunities exist for working specifically with men.

Males make up approximately 30% of therapy clients and when they do attend, it's not uncommon for them to struggle to engage with the counselling process. If attending under pressure, they may present with overt resistance and/or aggression.

Many therapists feel underprepared to work with men and do not recognize how 'therapy-as-usual' can violate some models norms of traditional manhood. For example, counselling processes such as focusing on problems or even exploring feelings can invoke shame and defensiveness in some men and damage the therapeutic connection.

Male-friendly therapists adapt their counselling to enhance treatment engagement and effectiveness with men. This adaptation stems from a theoretically informed understanding about men and masculinities, while equally recognizing differences between men. Male-friendly therapists are committed to reducing their own personal and professional biases and prejudices, and to utilise

strategies that are more congruent with men's socialization, their values, and communication preferences as required.

This training will address the fundamental knowledge, attitudes, and skills to effectively engage men. It is based in research from international literature and also from qualitative interviews with Australia's own male-friendly therapists who practice from a diverse range of therapeutic modalities.

### Learning objectives of this training:

1. Recognise key theoretical paradigms from which to understand men, their problems and strengths, and how these relate to therapy.
2. Understand what is required to become a male gender-sensitive therapist.
3. Understand the strengths and vulnerabilities associated with male and female therapists who work with men.
4. Develop engagement strategies that are specifically customised for men.
5. Identify assessment risks and common issues that men struggle with, including hidden issues.
6. Identify change aims and transtheoretical strategies of specific relevance to men.



**Dr Nathan Beel** is a counselling lecturer and Counselling Discipline Coordinator at the University of Southern Queensland, and runs a small private practice. He has been a counsellor for 20 years and has a PhD in male-friendly counselling. Nathan is a clinical member/clinical supervisor with the Psychotherapy and Counselling Federation of Australia (PACFA), and an academic member of the College of Counselling and Psychotherapy Educators. Prior to working in education, Nathan worked

as the Client Services Manager in Lifeline Community Care overseeing the general counselling program, financial counselling, and Gambling Help Service for Wide Bay / Burnett. He has also been the Counsellor Coordinator at Salvo Care Line (a 24-hr crisis line), and started his career working as an addictions counsellor in an all-male Brisbane Recovery Services Centre (Moonyah). Nathan has scholarly publications in male-friendly counselling, domestic violence, internet counselling ethics, and the common factors of successful counselling outcomes.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**SYDNEY: 27<sup>th</sup> November 2020**  
UTS SHORT COURSE ROOMS

**BRISBANE: 14<sup>th</sup> May 2020**  
PARK REGIS NORTH QUAY

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points for this event.*

A certificate of attendance for 7 hours of face-to-face training is issued in the week following attendance at this event.

### **Morning Session**

Includes a short morning tea break.

Common difficulties encountered when working with male clients.

Theoretical frameworks for understanding men.

What men want and don't want in therapy.

### **Afternoon Session**

Includes a short afternoon tea break.

Strategies that help men connect with the therapist and the therapy.

Interventions that motivate, equip, and help men to change and heal.

The benefits and vulnerabilities of female and male therapists working with men.

Evaluation and Closing.

***“Doing therapy with men can be extremely rewarding and powerful, especially when we empathically understand them, what they prefer, and provide them with treatment that connects well with them.”***

Nathan Beel

### **How will you benefit from attending this training?**

- Develop a richer empathy and understanding for men that will permeate your therapeutic interactions.
- Recognise and transform attitudes towards men that may impair treatment.
- Learn skills to connect and work effectively with men, including more reluctant clients.

### **Registration details:**

Standard registration: **\$298**

A current PDP 'Student and New Graduate' discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 7 hours for CPD points.

Morning tea, lunch and afternoon tea included.

We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

**Register at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) or call us on 1300 887 622**

**This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.**

### **Feedback for Nathan's recent training presentations:**

*“Very helpful to me. Ironically shows me my own biases that are definitely harmful for male therapy. But is also very in-depth about strategies and ways to approach men differently. That embraces their maleness rather than degrading it. Very, very helpful for anyone counselling men.”*

*“Despite being a man myself, I was unaware of how I may hinder the benefits of counselling to my male clients. This has enabled me to see specific areas I can address to assist male clients be less intimidated by the counselling process as well as understand how clients need to have their masculinity 'protected' in each of the phases of counselling. Even during the training, I was thinking of how helpful this will be for specific couples that are struggling to understand each other and respond to each other in postive ways. I enjoyed the methodical, step-by-step nature of this training. Thanks Nathan!”*

*“It has been helpful to understand the differences in men's counselling. It I also good to see the importance in engaging men in counselling and how the counsellor relates to the male client can deter men from attending counselling. Men's needs in counselling are different and I now know how important it is to be sensitive to the needs and difference in men as opposed to women.”*

*“The information and counselling framework I gained by attending this workshop have had an enormous impact and benefit within my counselling practice. As I have shared some of the concepts with my male clients, the principles have really resonated with them. I also feel like my approach is now more informed, and helpful to my clients.”*

*“Nathan's workshop is one of the best professional development events that I have attended. I do not hesitate to recommend it.”*