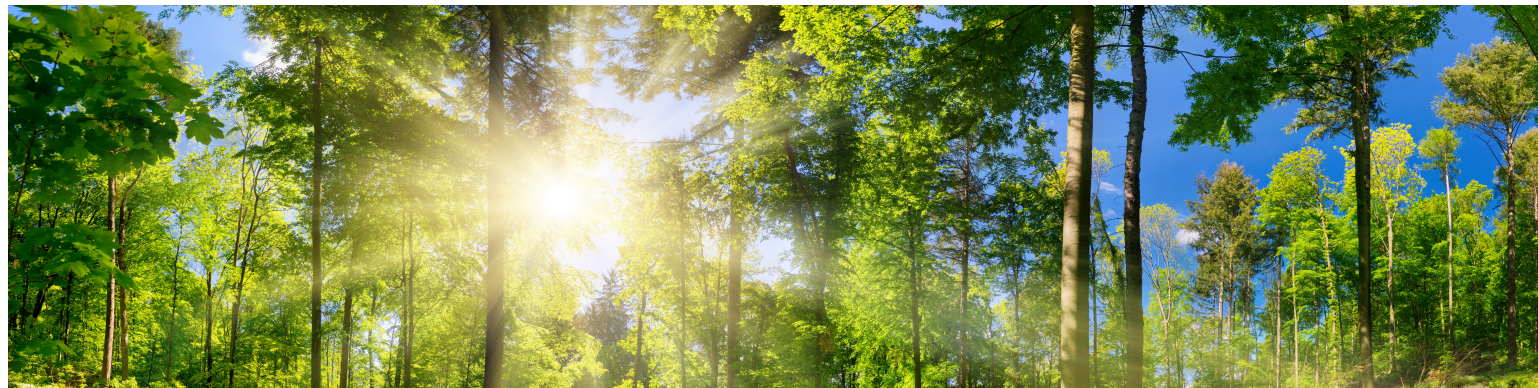


# Fish Out of Water: Exploring Cultural and Developmental Factors Impacting Men's Participation in Therapy



## Workshop Description

The therapeutic environment and approach are rooted in values traditionally associated with femininity, such as compassion, empathy, vulnerability, and understanding. This setting encourages individuals to openly express their feelings, emotions, and struggles. However, this emphasis on vulnerability often conflicts with societal and cultural expectations of masculinity, where vulnerability is synonymous with weakness. Generally, men struggle in therapy because they were not taught or encouraged to develop emotional intelligence-based skills during their development as boys, and this hampers their ability to connect deeply with partners, family, friends, and particularly in therapeutic settings (Levant, 2017; Wexler, 2009; David & Brannon, 1976). As a result, they may feel like fish out of water on the therapist's couch. To effectively work with men in therapy, clinicians should strive for a culturally sensitive understanding of the various factors influencing male identity development. This understanding will enable them to approach and engage with men. By comprehending the nuances of male identity development, clinicians can better approach and effectively work with men and create a therapeutic space that resonates with male clients that facilitates their growth and healing, even those who are resistant or reluctant.

## Learning Objectives:

- Explain the developmental, cultural, and socialization processes that contribute to identifying the factors impeding emotional growth in boys and the subsequent impact on their development as men.

- Define and examine the concept of masculinity while introducing and discussing several clinical male-centered presentations, including the "boy code," masculine gender role stress (MGRS), gender role conflict (GRC), normative male alexithymia (NMA), male-type depression (covert depression), Nice Guy Syndrome, and the "Broken Mirror" sequence.
- List recommendations for approaching men in a clinically appropriate and culturally sensitive manner, facilitating effective engagement in a clinical setting, overcoming resistance, and establishing an inviting environment through strategies such as establishing rules of engagement, passing tests, pacing and leading, and utilizing verbal prompts.



## Presenter:

- Phil Treiber, LMHC, MCAP, CCATP, NCC, is the proprietor of Dude, Breathe Counseling, a group practice devoted to aiding men in their personal growth and well-being through a tailored, male-culturally sensitive approach.

## Location

- Lynn University • Elaine's  
3601 N. Military Trail Boca Raton, FL 33431

## Cost

- Lynn University students: free with student ID
- General Public: \$60 includes 3 CE's (NBCC approved)
- Lynn Alumni: \$30

## Date:

- October 27, 2023 from 9:30 AM-12:30 PM

## Contact

Marisela Vazquez at [MaVazquez@lynn.edu](mailto:MaVazquez@lynn.edu) with any questions.

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