

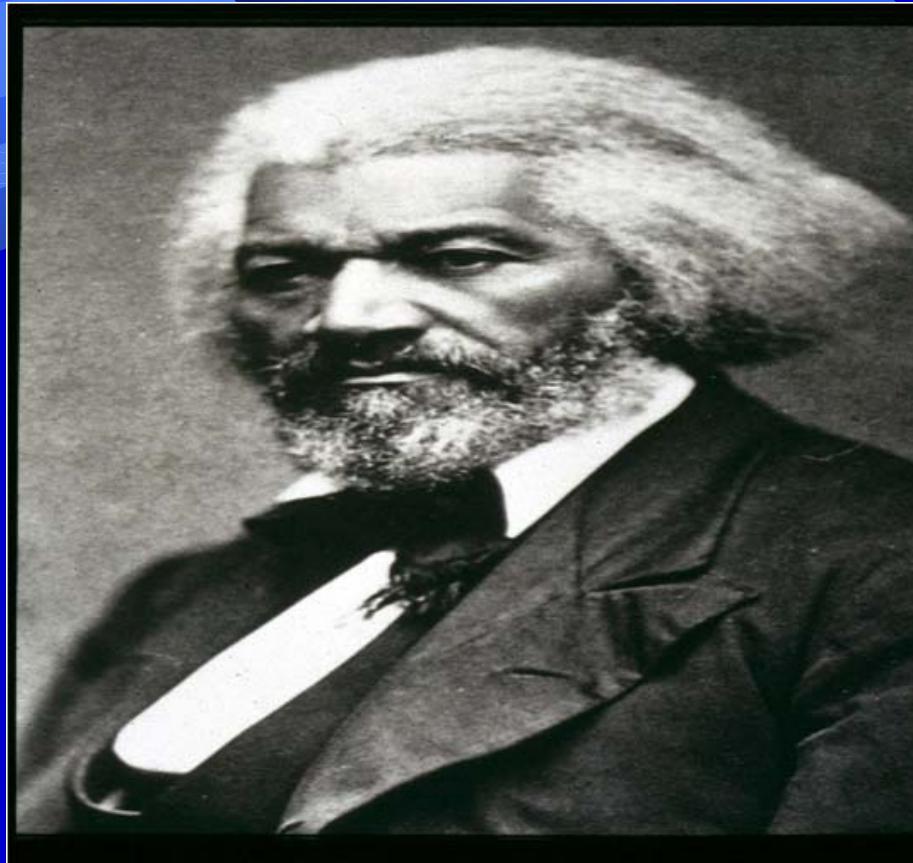
## *The Revolutionary War*

*“Americans drank more alcohol per capita, the first 40 years after the signing of The Declaration of Independence than anytime in our nations history.”*

*The Alcoholic Republic*



*Martha Washington*  
*Leader of the Temperance Movement*

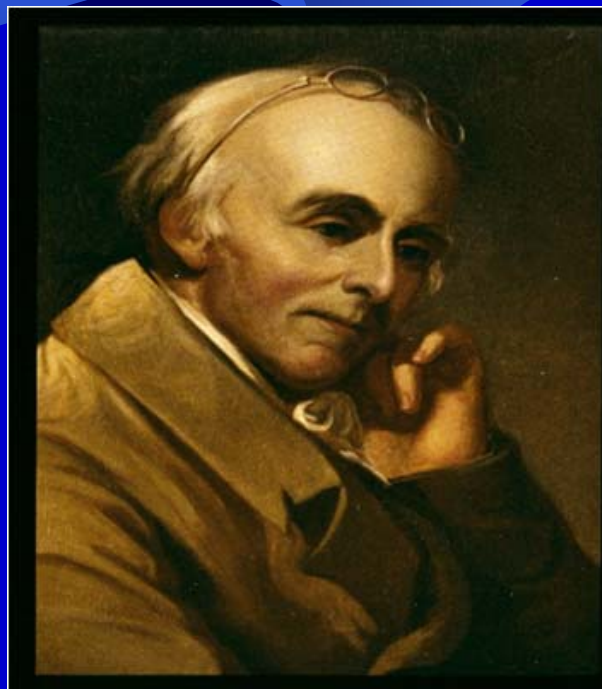


*"We can't stagger to freedom."*

*Frederick Douglass*

*Leader of the Black Temperance Movement*

Benjamin Rush, M. D.



First Surgeon General

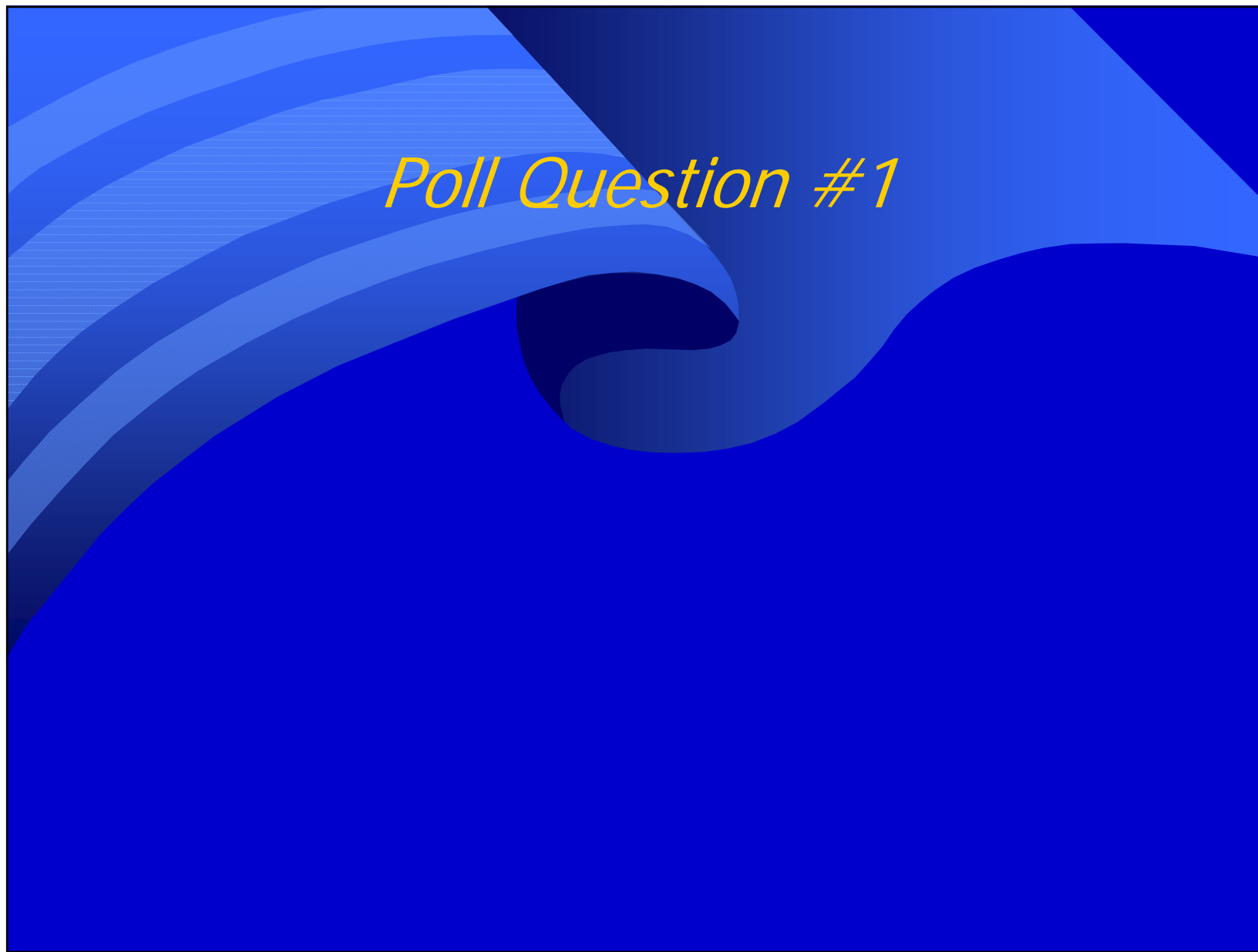
## *Ben Rush's Treatment of Chronic Inebriation*

- *Hospitalization*
- *Education*
- *Mixing alcohol with tar and drinking it*
- *Witnessing the death of a "drunkard"*

## *Men and Trauma Continued*

- *Civil War*
- *Freud*
- *World War I*
- *World War II*
- *Vietnam War*
- *Addictions Treatment*
- *Criminalization of Addiction*







*When boys experience trauma they often struggle to access feelings because they have been robbed of a feeling vocabulary.*

## *How Boys Are Robbed of a Feelings Vocabulary*

*What parents and adult caretakers do*

- *Hold their sons less than they hold their daughters*
- *Smile at their sons less*
- *Talk to their sons in rougher voice tones*
- *Discourage their sons from crying*
- *Comfort their sons less when they do cry*

## *What Parents and Caretakers Do Continued*

- *Give sons harsher discipline*
- *Give sons shorter explanations for tragic events*
- *Fathers are often rigid in steering their sons along traditional lines*

## *What Parents and Caretakers Do Continued*

- *Fathers roughhouse more with their sons with less physical affection, criticize more, correct them more, and play with them more competitively*
- *Talk less about feelings with their sons*
- *Often laugh and smile if sons express ordinary levels of anger or aggression, if they express feelings of fear, anxiety, or sadness, they are often steered away from these emotions*

## *What Society Does*

*Movies – men have to be tough at all times*

- *Peers – you are weak if you express feelings*
- *School – “What you think is more important than what you feel. If you are bullied we will look the other way.”*

## *Trauma Can Be Disguised as "Male Depression"*

### *Unique Features*

- *Lack of capacity to feel*
- *Externalization of their pain*
- *Feelings of inadequacy without hope*

*The Mask of  
"Male Depression"*

- *Anger*
- *Rage*
- *Violence*
- *Substance Use*

Source: *I Don't Want to Talk About It*



*In the Realm of the Hungry Ghost*  
by  
*Gabor Mate, M.D.*

- *Drugs don't cause addiction any more than a deck of cards causes compulsive gambling*
- *There needs to be a pre-existing vulnerability*
- *For some people, the seeds of addiction is planted years before they use*





*In the Realm of the Hungry Ghost*  
by  
*Gabor Mate, M.D.*

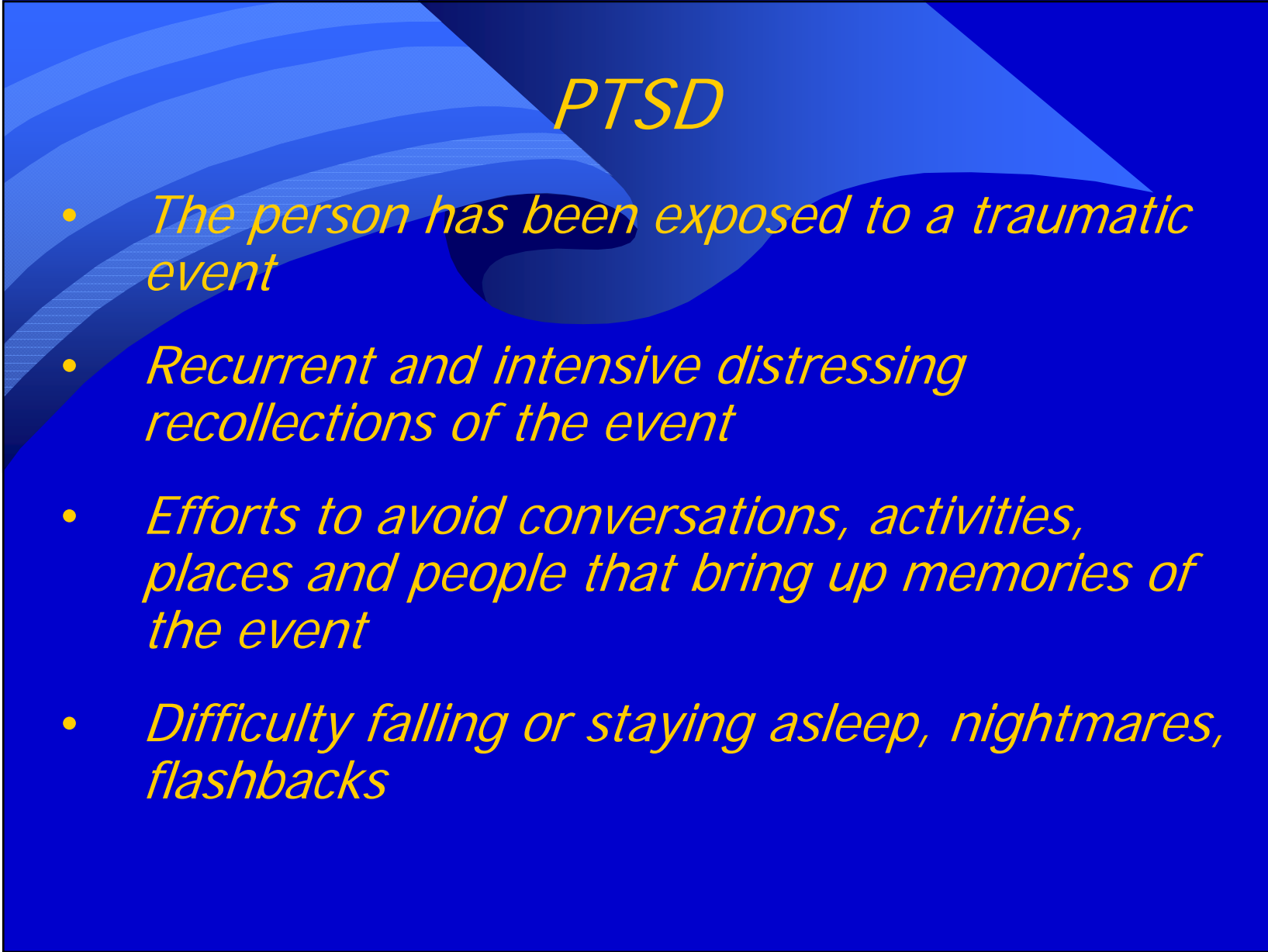
- *Drugs don't cause addiction any more than a deck of cards causes compulsive gambling*
- *There needs to be a pre-existing vulnerability*
- *For some people, the seeds of addiction is planted years before they use*





Michael Jackson

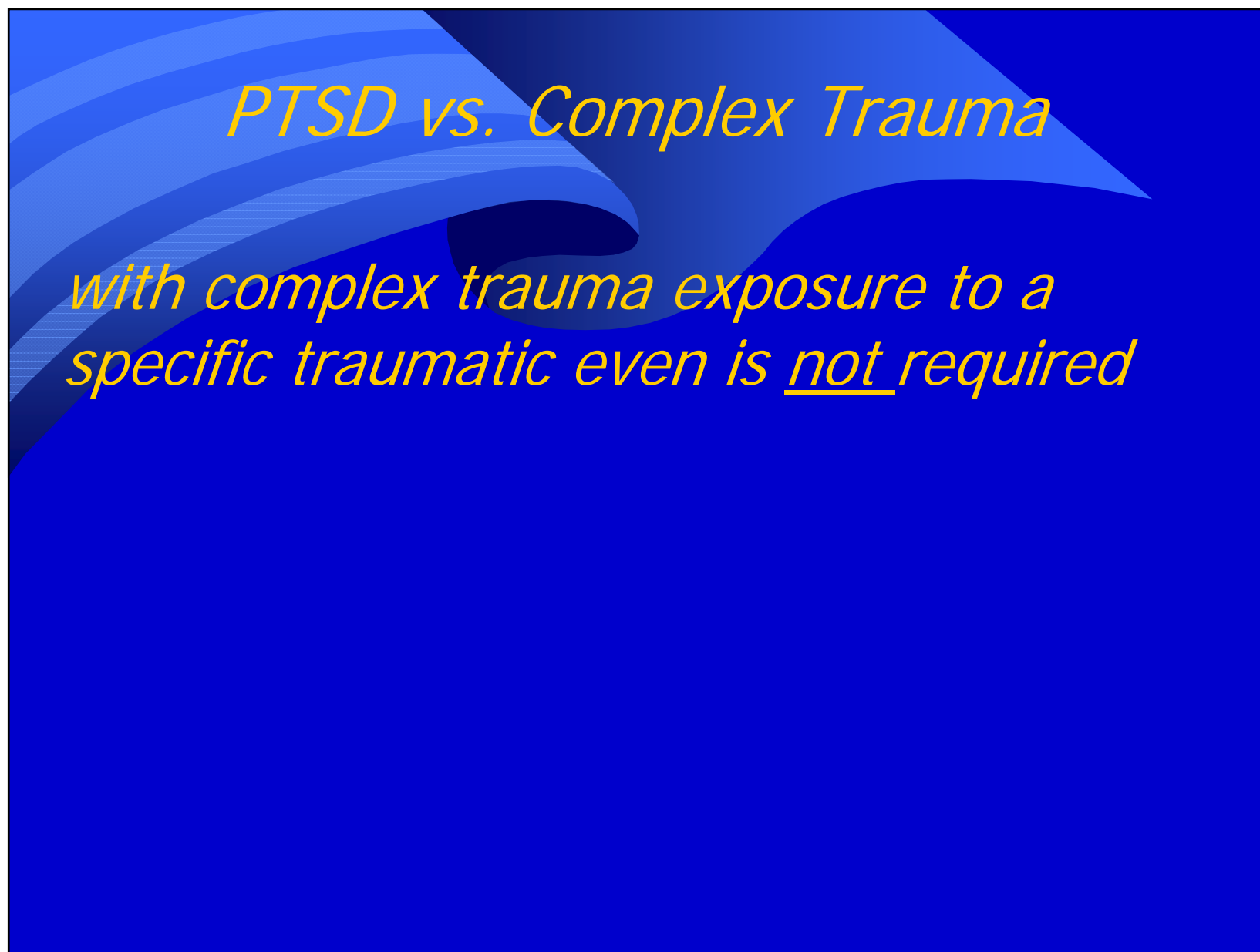




## PTSD

- *The person has been exposed to a traumatic event*
- *Recurrent and intensive distressing recollections of the event*
- *Efforts to avoid conversations, activities, places and people that bring up memories of the event*
- *Difficulty falling or staying asleep, nightmares, flashbacks*





## *Complex Trauma Includes Multiple Layers and Years of Traumatic Experiences*

- *Neglect*
- *Abandonment*
- *Multiple placements*
- *Parental substance abuse*
- *Adult emotional unavailability*
- *Multiple losses*
- *Exposure to domestic violence*
- *Abuse*

## *Most Common Symptoms of Complex Trauma*

- *Difficulty regulating emotions* 65%
- *Difficulty with impulse control* 63%
- *Negative self-image (eating disorder)* 62%
- *Difficulty concentrating (ADHD)* 60%
- *Aggression (Conduct Disorder)* 56%
- *PTSD* 12%
- *Substance Abuse* 10%

## *What About the Environment?*

*What is the impact of living under constant threat of trauma?*

- *Gang violence*
- *Police brutality*
- *Random and accidental shootings*
- *Constant surveillance*
- *Overcrowding*
- *School closings*

## *Historical Trauma*

*A cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma*

*- Brave Heart, 2000*

## *Historical Trauma Features*

- *Loss of culture*
- *Survivor guilt*
- *Depression*
- *Traumatic stress symptoms*
- *Numbing*
- *Low self esteem*

## *Historical Trauma Features Continued*

- *Historical unresolved grief*
- *Substance use*
- *Suicidal ideations*
- *Traumatizing others at the micro and macro levels*

## *How Addictions Programs Can Inadvertently Traumatize Male Clients*

- *The greeting and pictures on the wall*
- *Heavy confrontation*
- *Unwelcome touch*
- *Not guarding against burnout and compassion fatigue*



## *Compassion Fatigue Protective Factors*

- *Laughter*
- *Feelings of appreciation*
- *Team cohesion*
- *Outlets to discuss traumatic experiences*

## *How Addiction Programs Can Inadvertently Traumatize Male Clients Continued*

- *Lack of awareness of counter-transference reactions*
- *Discouraging men from expressing their feelings – “Take the cotton out of your ears and put it in your mouth.”*
- *Treating aftercare as an afterthought*
- *Dual relationships*

*We should presume the male clients we serve have a history of traumatic stress and exercise “universal precautions” by creating a trauma informed system of care. To not do so would be unethical.*

## *Principles of a Trauma Informed System of Care*

- *Safe, calm and secure environment*
- *System wide understanding of trauma*
- *Cultural competence*
- *Gender fair and gender competent*

## *Principles of a Trauma Informed System of Care Continued*

- *Consumer voice*

## *Consumer Voice What Hurts?*

- *"A congested and loud waiting area"*
- *"A long wait"*
- *"Difficult to understand sign-in sheets"*

## *Consumer Voice What Hurts Continued*

- *“Uninviting waiting room”*
- *“Separate bathrooms”*
- *“Unhappy staff”*
- *“Uncomfortable furniture”*

## *Consumer Voice What Helps?*

- *“Kindness, patience, reassurance and calmness”*
- *“Comfortable waiting room with calm colors”*
- *“Clean and comfortable furniture”*





## *Consumer Voice What Helps in Counseling*

- *“When I am listened to”*
- *“When the different agencies where I receive services talk to each other”*

## *Consumer Voice What Helps in Counseling Continued*

- *"When I was given choices"*
- *"When they didn't judge me"*
- *"When they showed me how instead of telling me what to do"*

## *Principles of Trauma Informed Care Continued*

- *Advocacy*
- *Peer driven care in all levels of programming*
- *Healing, hopeful, honesty and trusting relationships*
- *Parallel Process- How we treat each other impacts how we treat clients*

## *Steps to Developing a Trauma Informed System of Care*

- 1. Create a trauma informed change team*
  - Include peers*
- 2. Select leadership*
- 3. Announce the agency's commitment to becoming trauma informed in our work with male clients*

## *Steps to Developing a Trauma Informed System of Care Continued*

### *4. Train staff*

- *Evidence based practices that are effective with men*
- *Cultural and gender competence*



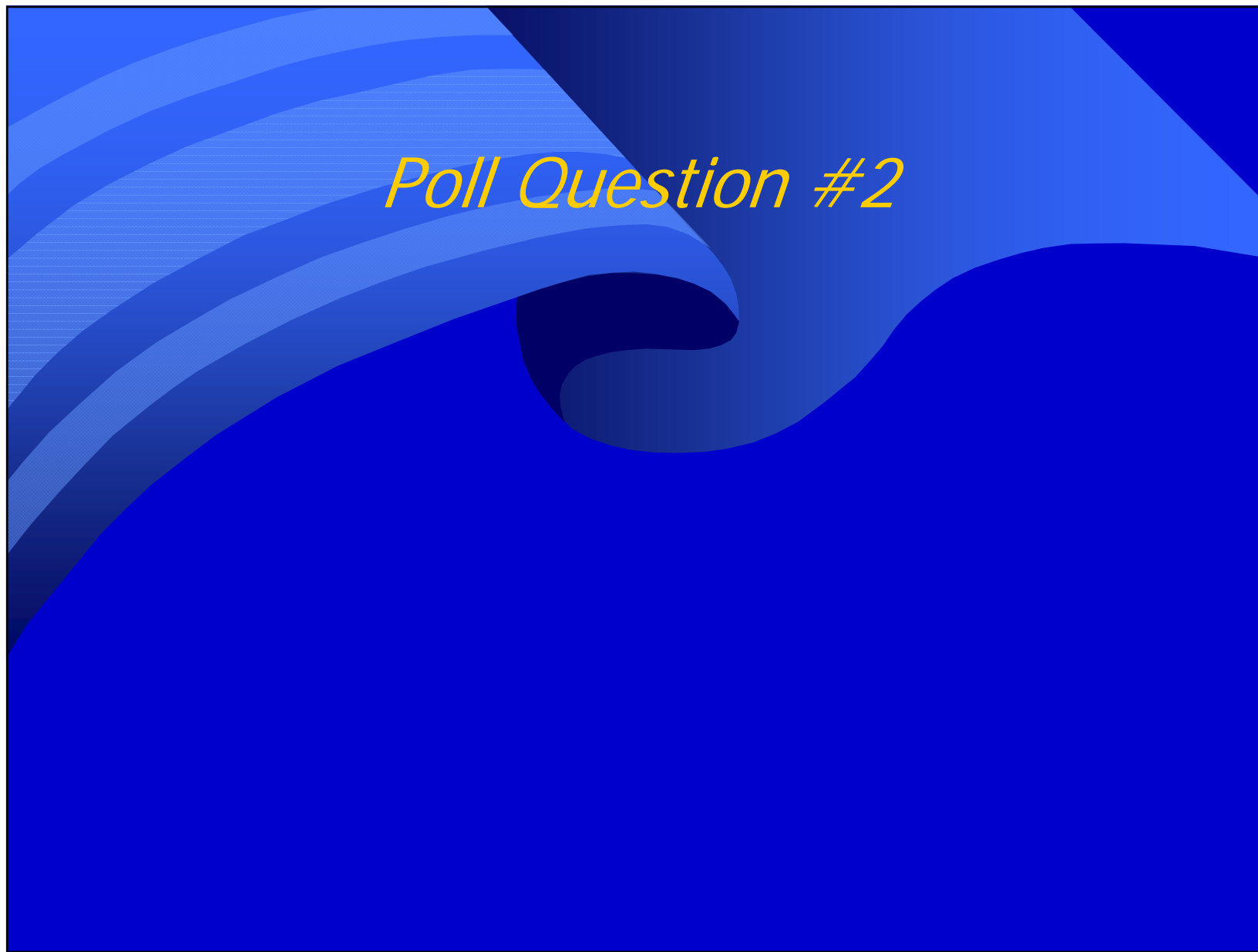
## *Three Phases of Trauma Recovery* *Judith Hermann*

- *Safety (home, community, counseling)*
- *Remembering and mourning*
- *Reconnection*
  - *Revisiting old hopes and dreams*
  - *Establishing new hopes and dreams*
  - *Finding a survival mission*
  - *Striving to reach your potential*

## *Cognitive Behavioral Approach*

- *Listen to the metaphors and help clients change the metaphors*
- *Validate the client's feelings*
- *Commend the client for his/her symptoms*
- *Help the client re-frame the symptom as survival skills*
- *Help the client explore the usefulness of the survival skills today*
- *Symptom reduction*





## *Experiential Approaches*

*September 11*

*Survivors were asked what helped them most*

*#1 Acupuncture*

*#2 Massage*

*#3 Yoga*

## *Experiential Approaches Continued*

- *Art*
- *Movement*
- *Meditation*
- *Experiential groups*

## *Creating Safety in Men's Groups*

- *Agreements*
- *Discuss the unwritten rules about how men interact with each other outside of a group*
- *Discuss how these rules might impact group process*
- *Create new rules*
- *Discuss betrayal*

## *Experiential Group Exercises*

- *Male stand-up*
- *Roles I play*
- *The me nobody knows*
- *Finding our wounds*
- *Father – son circle*
- *Rites of passages*

## *Rites of Passages*

- *Group name, logo, and mission statement*
- *History of your own name*
- *Family tree*
- *Secure a social security card and state ID*
- *Read two books*
- *Community project*
- *Personal growth work*



## The Lion King