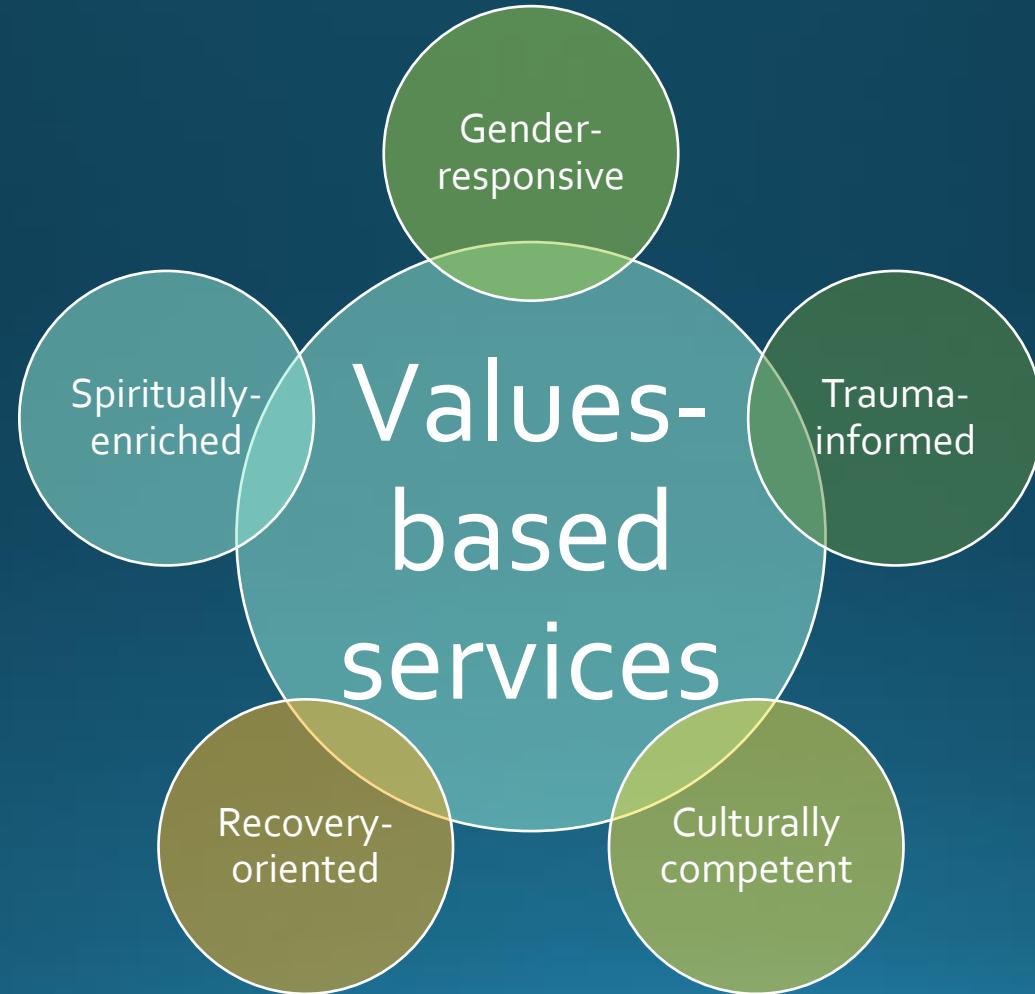


Trauma-Informed Care for Males

There is No Gender Neutral

Emerging Paradigm : Values-Based Services

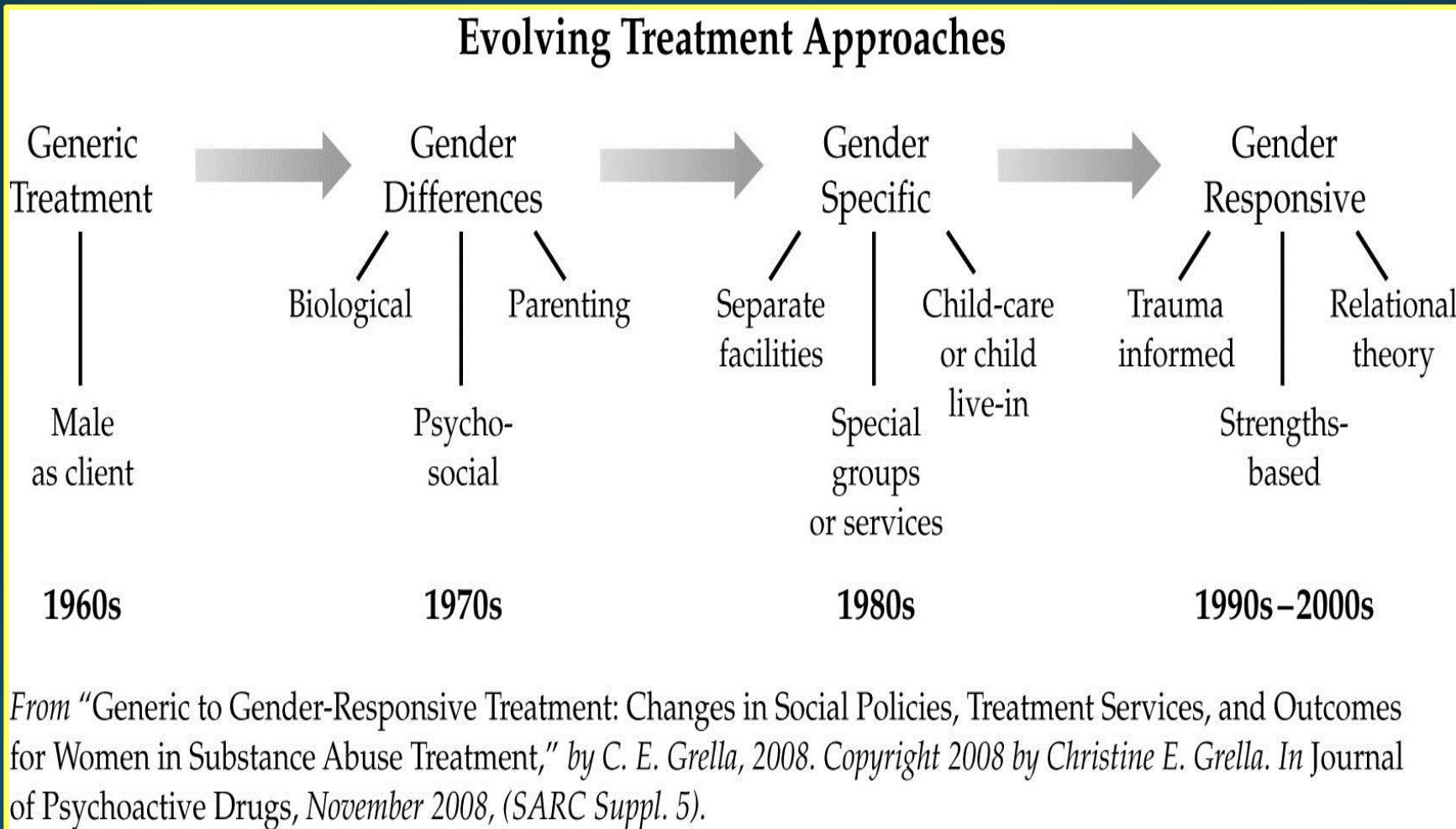


The Missing Pieces of Trauma-Informed Care

- Services and a system that values and seeks to understand the experiences of men
- Impact of male socialization on service engagement and recovery
- Relational needs of men
- Abuse and trauma (experienced and perpetrated)

Gender Responsive Services for Males

Evolving Treatment Approaches



Gender-Responsive Treatment

- Creating an environment through:
 - site selection
 - staff selection
 - program development
 - content and material
- that reflects an understanding of the realities of women/men and girls/boys, and
- addresses and responds to their strengths and challenges.

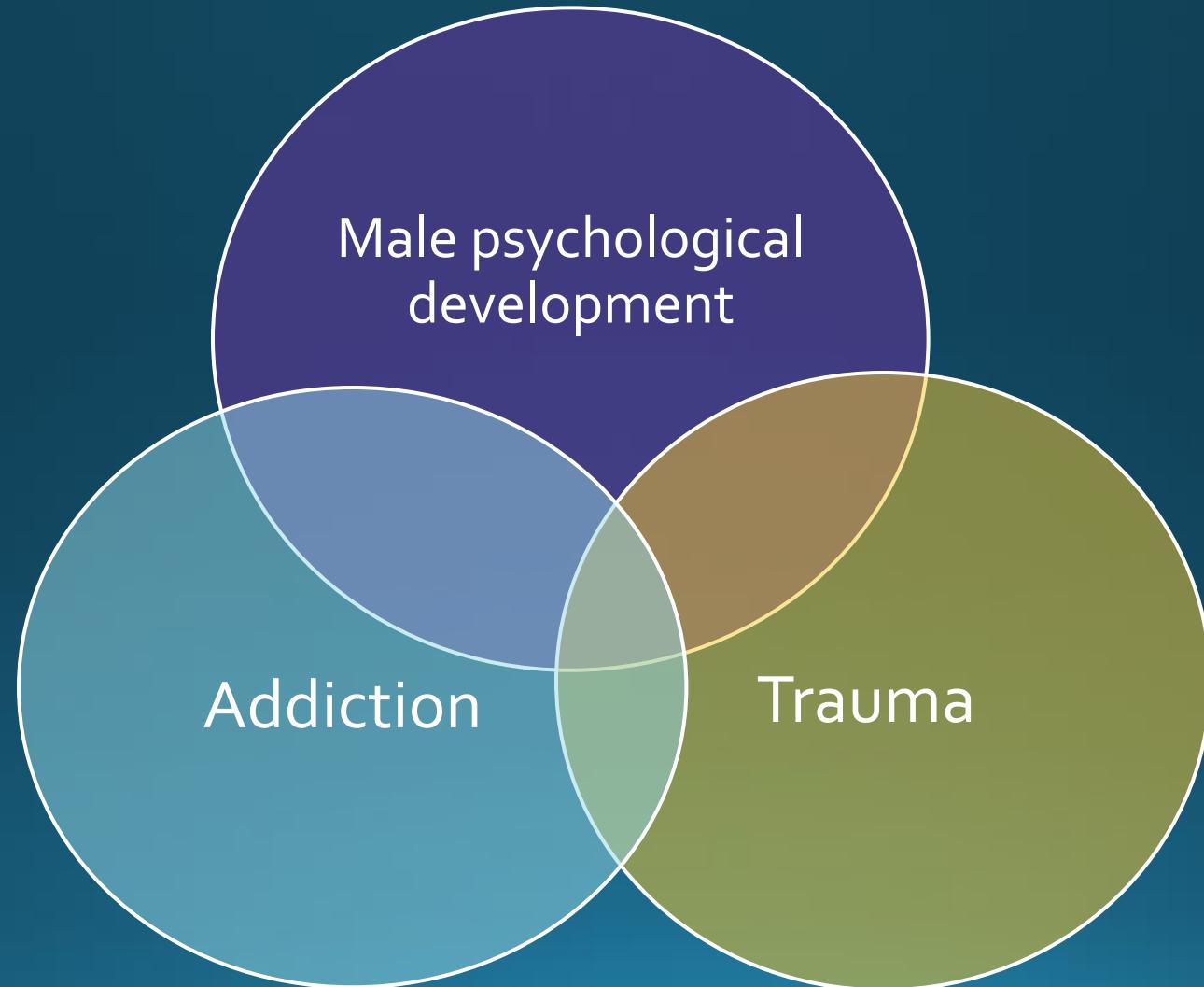
Source: Covington, S.S., & Bloom, B.E. (2006). Gender-responsive treatment and services in correctional settings. In E. Leeder (Ed.), *Inside and out: Women, prison, and therapy*. Binghamton, NY: Haworth.

THERE IS
NO
GENDER NEUTRAL

The Man Rules

Men's Integrated Treatment

Men's Integrated Treatment



The Theory of Men's Psychological Development

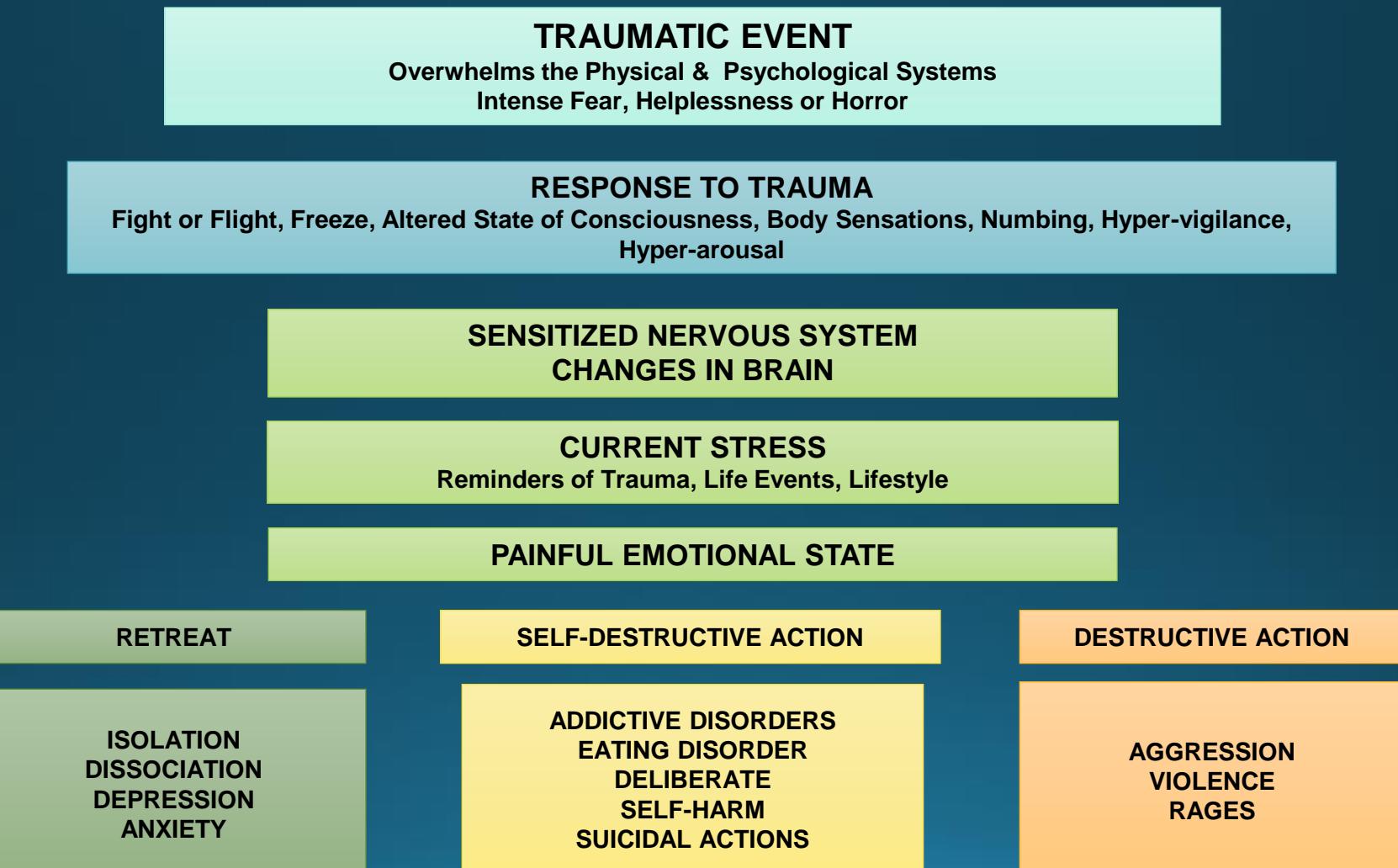
- Men are not the problem – how men have been socialized is the problem
- Homophobia, devaluation of women, violence, detached fathering, and emotional illiteracy
- Power, privilege, and pain

Definition of Trauma

Trauma occurs when an external threat overwhelms a person's internal and external positive coping skills.

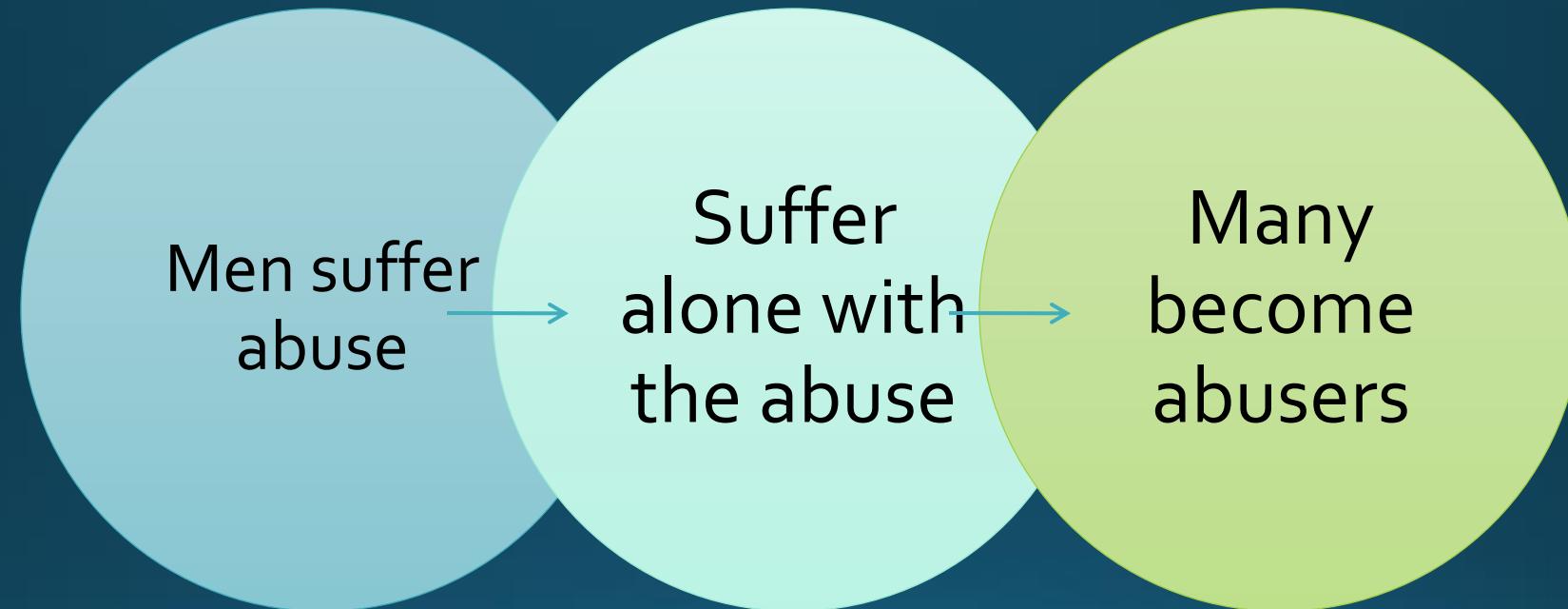
(Van der Kolk, B. 1989)

Process of Trauma



* Source: Stephanie Covington

How Men Respond to Trauma



Male abuse victims tend to identify with the abuser as a means of reclaiming personal power and attempting to secure safety

A color illustration of a man from the chest up. He has dark hair and is smiling broadly, showing his teeth. He is wearing a light-colored, plaid or checkered suit jacket over a white shirt and a red tie with diagonal stripes. In his right hand, he holds a clear glass filled with a yellowish-orange liquid, possibly beer or juice. The background behind him is a plain, light-colored wall.

**Being
An Asshole Is
All Part Of
My Manly
Essence**

The Theory of Trauma

- A gender-informed framework. A fundamental belief that trauma is pervasive in men's lives and there are gender differences in:
 - How men experience trauma
 - How men respond to trauma
 - How men exhibit the symptoms of trauma-based challenges
 - How men heal from trauma

The Eight Agreements on Males, Trauma, and Addictive Disorders

Eight Points of Agreement

1. While progress has been made in the understanding of trauma, there remains a myth that trauma is not a major issue for males.
2. Trauma is a significant issue for males with substance and/or process addictive disorders.
3. Males are biologically and culturally influenced to minimize or deny traumatic life experiences.

Eight Points of Agreement

4. Addiction treatment has been negatively influenced by cultural myths about males.
5. Males are often assumed to be the perpetrator, which has negatively influenced our concepts of trauma and models for treatment, and often results in the re-traumatization of men in addiction treatment.
6. Male trauma must be assessed and treated throughout the continuum of addiction services.

Eight Points of Agreement

7. Male-responsive services will improve addiction treatment outcomes.
8. Effective treatment of male trauma will help to interrupt cycles of violence, abuse, neglect, and addiction.

The Role of Shame

Representative Responses from female participants

- “Shame is being rejected.”
- “When you can’t do it all and people know you’re failing.”
- “You work hard to show the world what it wants to see. Shame happens when your mask is pulled off and the unlikable parts of you are seen. It feels unbearable to be seen.”
- “Shame is feeling like an outsider—not belonging.”
- “Shame is being exposed—the flawed parts of yourself that you want to hide from everyone are revealed. You want to hide or die.”

Representative responses from males

- “Shame is failure. At work. On the football field. In your marriage. In bed. With money. With your children. It doesn’t matter—shame is failure.”
- “Shame is being wrong. Not doing it wrong, but being wrong.”
- “Shame is a sense of being defective.”
- “Shame happens when people think you’re being soft. It’s degrading and shaming to be seen as anything but tough.”
- “Showing fear is shameful. You can’t show fear. You can’t be afraid. No matter what.”
- “Shame is being seen as ‘the guy you can shove up against the lockers.’”
- “Our worst fear is being criticized or ridiculed—either one of these is extremely shaming.”

SHAME EXPERIENCED AS...

- For women— “a web of layered, competing and conflicting expectations that insist that they do it all, do it perfectly, and take care of everyone around them while they’re doing it.”
- For men— “a small box... [in which] the expectations and messages center on masculinity and what it means to ‘be a man.’ [Men] reported feeling trapped and confined by a single, suffocating message: Do not be weak.”

Nick

- Initial presentation in MTREM
- Session on shame—sunglasses, recognition of desire to hide, “damn your eyes,” permission and instillation of hope;
- Transformation related to sobriety
- Round 2—no glasses!

Prediction of aggression

- Rigid adherence to masculine gender norms paired with public failure experience, loss of face (shame, humiliation)
- Soldier who went on rampage in Afghanistan, killing women and children (Robert Bales)
- http://www.nytimes.com/2013/08/24/us/soldier-gets-life-without-parole-in-deaths-of-afghan-civilians.html?_r=0
- Illustrations from *The Hurt Locker*

Males and the Core Values of Trauma-Informed Care

A Culture Shift: Core Values of Trauma-Informed Care

Safety

Ensuring physical and emotional safety

Trustworthiness

Making tasks clear and maintaining appropriate boundaries

Choice

Prioritizing consumer choice and control

Collaboration

Maximizing collaboration and sharing of power with consumers

Empowerment

Prioritizing consumer empowerment and skill-building

Additional Principles of MALE Trauma-Informed Care

Mutual Responsibility

Each person is responsible for their part in the relationship and for their own behavior.

Compassion

Looking at the entirety of the person including their experiences and environments rather than being judgmental and dismissive.

Accountability vs. Mutual Responsibility

- Accountability assumes an imbalance of power; the person being “held” accountable is in a one-down position.
- Mutual responsibility, by contrast, is sharing power in a collaborative way; it involves supporting men in making the decisions that will facilitate their recovery. Both the clinician and the client have equally important roles to play and are responsible to each other in enacting these roles.

“there is no clinical evidence pointing to the therapeutic efficacy of confrontation, and there is ample clinical evidence that this approach results in poor outcomes and can even cause harm (Miller & White, 2007). This is particularly relevant in treatment of offenders. Although there may be a need for increased accountability and consequences associated with inappropriate behavior, there is no evidence that a highly confrontational model is more effective than a strengths-based approach”

- *Helping Men Recover, Chapter 1, 2011*

Where is the “here”
in this quote?

**“IF PEOPLE DON’T FEEL SAFE HERE,
NOTHING ELSE IS GOING TO
HAPPEN.”**

<http://www.youtube.com/embed/Pwghabw4N8o?rel=0>

Denial
Stops
Here!

The Basic Lesson

Staff members—all staff members—can create a setting of, and offer relationships characterized by, safety, trustworthiness, choice, collaboration, and empowerment only when they experience these same factors in the program as a whole. It is unrealistic to expect it to be otherwise.

Males & Power

Males & Power

- The “Man Rules” are primarily about power and control
- The most important message is, “Don’t be weak”
- A sense of powerlessness is highly correlated with traumatic events

Males & Power

- The desire for power and control is natural and healthy
- The tactics employed by many men are counter-productive
 - Power over
 - Adaptive behaviors
 - Aggression, manipulation, intimidation, restraint, violence
- Genuine, sustainable power is the result of mutuality

Males & Power

- Power differentials exist in all our social structures, including health care systems
- Power differentials can be overt, covert, or both
- Transparency with respect to the limitations of choice

Males & Power

- Safety is the more primal drive
- Power is a strategy for achieving safety and security

Males & Power

- Multi-pronged approach:
 - Help the client explore their conceptions of power and powerlessness
 - Help the client learn alternative strategies for achieving safety
 - Create a space for him to explore his vulnerability
 - Normalize the difficulty and fear of exposing this vulnerability
 - Validate his “true” strengths
 - Assist him in developing relational competencies
 - Help him learn to empower himself through embracing his fully human nature

*We are a traumatized field,
Working with traumatized clients,
Sending them to a traumatized
recovery community.*



Final Comments