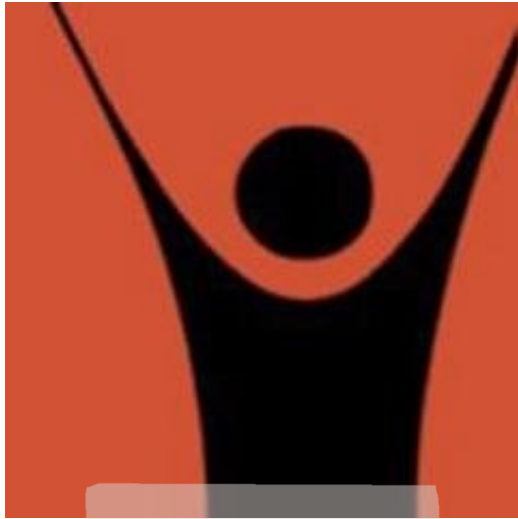




Supporting Men's Peaceful Transformation

**Presented by: Devon Gaster
Men Creating Peace with PsychAlive**

Men Creating Peace



- Men Creating Peace (MCP) is a certified Violence Prevention and Education program. For 16 years we have provided counseling for men who struggle with anger and abusive behaviors. We also conduct trainings and community outreach, serving communities in Oakland and throughout the Bay Area

The background of the slide is a photograph of a rolling green field with small yellow wildflowers under a clear blue sky. The word "change" is written in large, white, fluffy clouds across the upper left portion of the sky.

Take the Chance to Change

- First Class for Free
- Safe Space
- No Judgements or Shame
- Boundaries
- Confidentiality
- Stop Abuse & Create Peace
- Accountability
- Awareness + Action=Change



The First Group

- **Welcome the New Man**
- **Appreciation & Connection**
- **What is planned for that class**
- **Breathing & Meditation**
- **Engage the other men to share what they are learning from the program**
- **Questions & Answers**
- **Program Agreements**



You Are Not Alone

- Invite new men to share their story of what has brought them to the group
- Encourage the new men by letting them know we have all sat in the first seat and shared our story
- We know it can be intimidating and anxiety provoking
- We are all here to support each other and this is a safe space

We create a place
where men can
be authentic,
while learning to
nurture
themselves and
one another

TEAMWORK



Sometimes you just need a hug!!

**Attention, Acceptance,
Appreciation, Affection**



Each One Teach One

HOW: Honest Open Willing

Men Support each other to get **Real** about their Emotions

Safe Environment for Men to **Share** and **Learn Together**

Challenging the Social Norms of Toxic Masculinity

{ Male Role Belief System }

Behaviors that Keep People Stuck in the Cycle of Abuse

Denial

- Don't Even Notice I Am Lying

Minimize

- To Lessen The Impact

Blame

- Been Lying And Making Excuses

Collusion

- To Invite or Support Abuse For Myself and Others



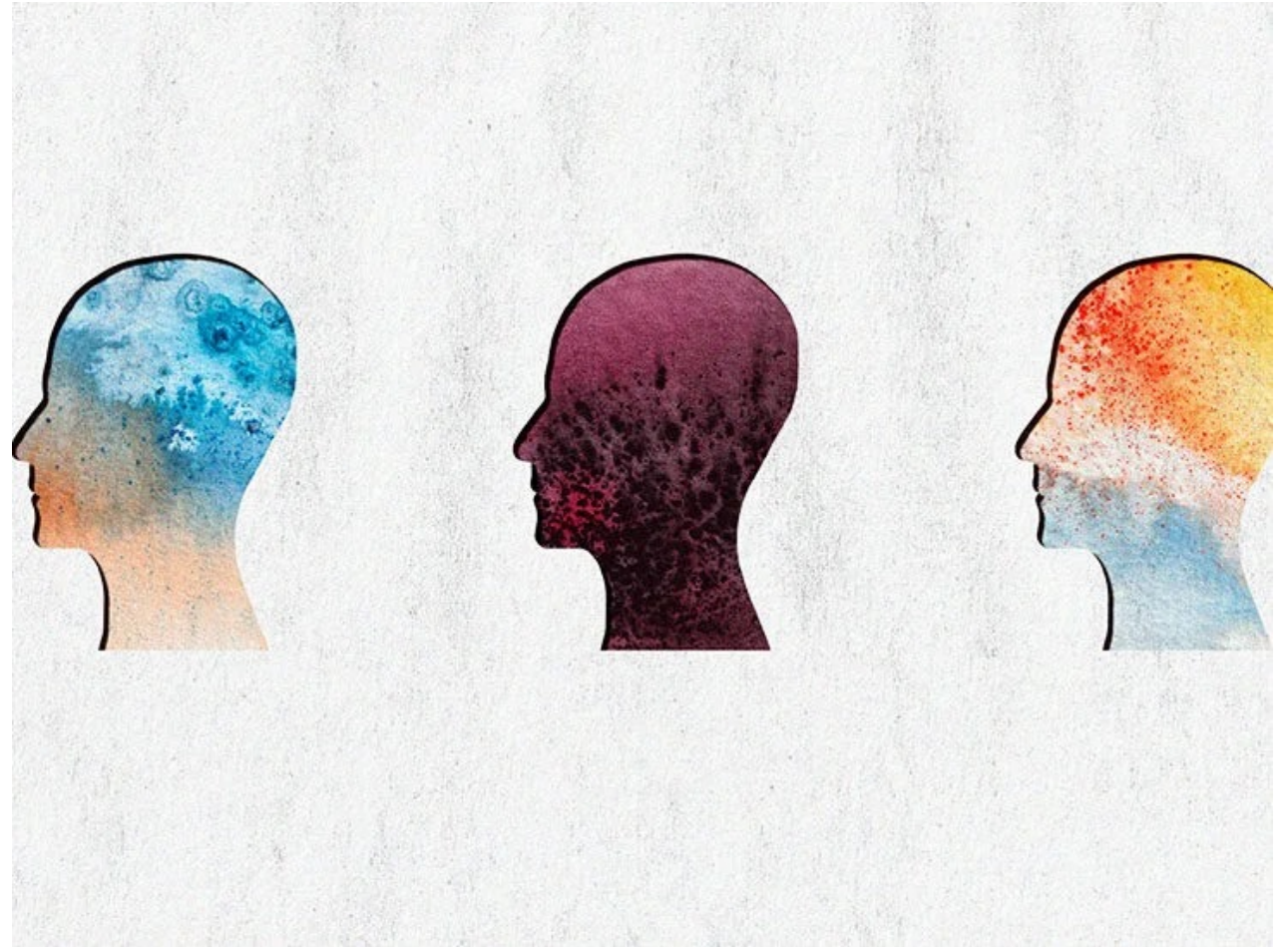


The Impact of My Abusive Behavior

- Self
- Partner
- Children
- Family
- Community

Survivor Impact

- Second & Third Stage Men Listen to a Survivor's story
- Focus on the Abuse & Impact the Survivor Experienced
- Respectfully Ask Questions
- Process the Disclosure
- Share Personal Experiences of their Own Abuse
- Identify their Emotions In the Moment



How Do I Feel and Why?



- Practice, Compassion & Empathy
- Using your 5 Senses Notice
- **Self, Partner, Issue**
- Soften, Breath, Slowdown
- Identifying & Peacefully Communicate Your Emotions
- I am Here Now (In the Moment)
- Negotiate Agreements
- Create Plan for Peaceful Solution

Connect by Opening My Heart to Your Heart



- **Steps**
- Ask Permission
- “I” Statements
- Attach to an Emotion & Why
- **Optional**
- Ask a Clarifying Question
- Share an Experience
- Propose an Agreement
- **Boundaries**
- No Advice
- No Judgements
- No Opinions
- No Contesting Questions



Listen 100% Attention Keeping an Open Heart and Open Mind

- Person Receiving Feedback just Listen without Response
- An opportunity to Hear the Other Person's Perspective
- I can't see my own ears
- Don't get Defensive
- Willing to make Agreements
- Listen for the **Kernal of Truth**



Questions and Answers

CE Credits

- CE's for this Webinar are optional and sold separately through R. Cassidy Seminars.
- A link to purchase 1.5 CE's will be e-mailed to registrants following the live webinar.
- For those purchasing or watching this webinar as an archived recording, a link to purchase home study CE's was provided with your purchase confirmation.



Webinars & eCourses

- Visit PsychAlive.org for a full list of upcoming and archived CE Webinars and eCourses.



Upcoming CE Webinar this March 10th

Stop Feeding Your Worry: Understand and Overcome Anxious Thinking Habits

- In this Webinar Dr. Danny Zamir will provide an in-depth understanding of excessive worry (Generalized Anxiety Disorder, “GAD”) based on the latest research on this topic.
- Live webinar & recorded for those that cannot attend!

Go to PsychAlive.org to sign up!



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