Psychotherapy & Healing Associates, Ltd.

(612) 296-3800 • Multiple Twin Cities Locations and Greater Minnesota
www.phawellness.com

# MEN'S GROUP: UNDERSTANDING & MANAGING ANGER

## *An Online 12-week Counseling & Skills Group*



**This group is for:**
Men who find themselves in destructive behavior cycles of resulting in negative consequences to self and in relationship with others. Men who may have had negative or absent male role models. And men who feel constrained in their feelings, behaviors, and communication with others.

Destructive Masculinity can be defined as those destructive tendencies and ideologies that have been promoted and propagated for millenniums through our families and the wider culture. The stereotypical masculine identity expected of all American males, keeps us in a tight and rigid box. The impact of these archaic expectations is profound: on the people that love us and depend on us. And on ourselves. Masculinity as we've known it significantly limits how we handle adversity and conflict. The use of force, control, and violence only serve to further alienate us from those we love and lead to failure.

## TOPICS EXPLORED:

- Historical Context: Hero Worship
- Romancing Violence
- Violence Begets Violence
- Standing Up With, and Not For
- The Anger Factory
- Explosions: Emotional, Intellectual, and Physical
- Rejection
- Consent
- Skill Use
- CBT for Living
- Yield Theory and Hot Thoughts
- Trauma

*Call, Email or Scan the QR code for more information:*

info@phawellness.com (612) 296-3800

*www.phawellness.com*