

Helping Men Recover, 2nd Edition
 by Stephanie S. Covington, Dan Griffin & Rick Dauer

Presentation by Rick Dauer, LADC & Shane Pugh, LADC
 Covington Curriculum Conference
 June 7 - 8, 2023
 Minneapolis, MN

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Welcome

- Presenter Introductions
- Schedule/Agenda
- Housekeeping
- Experiential Training
- Wanted: Comments & Questions

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Training Goals

- Receive an overview of the curriculum's structure and themes
- Gain familiarity with the program materials
- Learn the basics for delivering specific activities/sessions
- Gain skills and experience by practicing activities with a small cohort of peers
- Learn recommended guidelines for facilitators
- Consideration of implementation issues

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Staying Safe

- Think of three things you can do to take care of yourself, in the moment, if you begin to feel emotionally distressed or dissociative
- Our hope is that you are able to find a balance between allowing yourself to take some modest risks and maintaining psychological safety

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Warmup Exercise

Chose a facilitator to organize the activity and keep time

Each person will share:

- Name
- Organization/Role
- Familial status
- One special skill or quality that you bring to your place of work
- Something unique about you as a person (not related to work)

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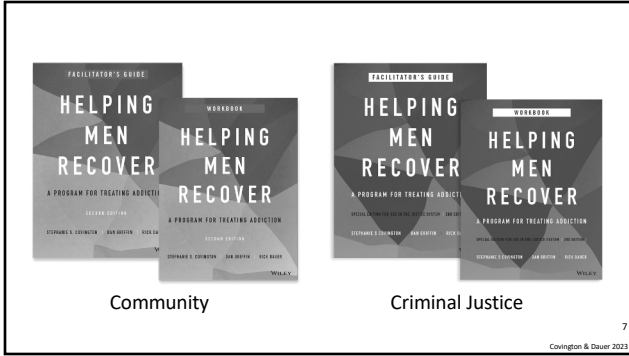
Debrief

- What was that like for you?
- Did you learn anything about yourself?

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Helping Men Recover

- Inspired by Dr. Covington's "Helping Women Recover"
- Initially published by Jossey-Bass, January 2011
- 2nd edition released in August, 2022
- Authors: Dr. Stephanie S. Covington, Dan Griffin, and Rick Dauer (With contributions by Shane Pugh)
- Community and criminal justice versions

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Helping Men Recover

Introductory Session

Four Modules:

- Self (Five sessions)
- Relationships (Seven sessions)
- Sexuality (Four sessions)
- Spirituality (Four sessions)

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Core Elements

- Recovery Check-In and Check-Out
- Small Group Discussions
- Interactive Lectures
- Grounding & Self-Soothing Exercises
- Kinesthetic Exercises
- Creative Activities
- Between-Session Assignments
- Internal Structure
- A Man's Workbook

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The Facilitator Guide

- Chapter One – Theoretical Foundation
- Chapter Two – Guidelines for Facilitators
- Module Summary
- Session Summary and Structure
- Facilitator Notes
- Suggested Dialogue
- Appendices

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A Man's Workbook

- Each participant should have their own Workbook
- Brief summary of the material covered
- Questions for small group discussion
- Copies of charts and illustrations
- Specific assignments due next session
- Space for reflection on the session content
- Recovery Scales beginning and ending each module

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What's New In The 2nd Edition

- Expanded From 18 to 21 Sessions
- Introductory Session
- New Research & Statistics
- Updated Information on Trauma
- Updated Information on Gender
- Trauma-Informed Yoga Poses
- User-Friendly Format

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Module A: Self

- Session 2 Defining Self (6 Activities)
- Session 3 Men in Recovery (5 Activities)
- Session 4 A Sense of Self (5 Activities)
- Session 5 Men: Inside & Out (5 Activities)
- Session 6 Men and Feelings (5 Activities)

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Module B: Relationships

- Session 7 Family of Origin (4 Activities)
- Session 8 Barriers to Healthy Relationships (6 Activities)
- Session 9 Fathers (4 Activities)
- Session 10 Mothers (6 Activities)
- Session 11 Creating Healthy Relationships and Support Systems (6 Activities)
- Session 12 Effective Communication (5 Activities)
- Session 13 Creating and Maintaining Intimacy (5 Activities)

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**Module C:
Sexuality**

- Session 14 Sexuality and Addiction (6 Activities)
- Session 15 Sexual Identity (5 Activities)
- Session 16 Barriers to Sexual Health (6 Activities)
- Session 17 Healthy Sexuality (6 Activities)

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**Module D:
Spirituality**

- Session 18 What is Spirituality? (7 Activities)
- Session 19 Power and Privilege (7 Activities)
- Session 20 Building Resilience (7 Activities)
- Session 21 Creating a Vision (7 Activities)

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Grounding

- Grounding and self-soothing techniques are ways to detach or disconnect from inner emotional discomfort by focusing on the outer world
- Grounding techniques help the person become aware of the here and now
- Grounding techniques can help participants access higher cognitive functioning

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Grounding

- Square Breathing

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Introductory Session

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Introductory Session Goals

- To learn about the goals and structure of the program
- To begin to get to know one another and develop trust
- To create a list of group agreements
- To learn about men, addiction, and trauma
- To learn some relaxation and grounding exercises

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Introductory Session Activities

- Welcome & Group Introductions
- Orientation to the Materials
- Overview & Goals of the Program
- Group Agreements

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Introductory Session Activities (Cont.)

- Lecture: What is Addiction
- Lecture: What is Trauma
- The Spiral of Addiction & Recovery
- Grounding Exercises
- Lecture: Feelings

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Introductory Session

- Pages 1 through 15 in the Workbook

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**Module A:
Goals**

- To help participants identify who they are beyond their traditional roles
- To help participants understand how they have become the people they are today
- To improve the participants' ability to communicate with one another respectfully, openly, and honestly
- To help participants learn grounding and relaxation techniques
- To help participants understand that having feelings is a normal and natural aspect of being human

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**Session 2:
Defining Self**

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Session 2 Activities

- Recovery Check-In
- What Do I Want to Get Out of This Group?
- Self-Identity & the Role of Feelings
- Who Am I?
- The "Water"
- Recovery Check-Out

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Recovery Check-In

- Review previous session
- Review assignment
- Feelings & Body Check-In
- Breathing
- Grounding: Palms Up/Palms Down
- Meditation
- Session goals

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Grounding

- Palms Up/Palms Down

Page 20 in the Workbook

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What Do I Want To Get From This Group?

Large Group Exercise

- What do you want to get out of this group?
- What will you need from the rest of us in order to get what you want?
- What can you do to help yourself get what you want?

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Self-Identity And The Role Of Feelings

Lecture

- Normalizing the experience of negative feelings
- Distinguishing between guilt & shame

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Who Am I?

Large Group Discussion

- Describe yourself at age 10.
- Describe who you are without reference to occupation or family role
- Find 3 words from the "Possibilities Page" on page 22 in the Workbook that describe who you are today

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The Water

Mini Lecture

- Gender & gender expression

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The Genderbread Person

by www.ItsPronouncedMetrosexual.com

Identity
Gender Identity: Woman, Genderqueer, Man
Gender identity is how you or your reader, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

Orientation
Gender Expression: Feminine, Androgynous, Masculine
Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

Sex
Biological Sex: Female, Intersex, Male
Biological sex refers to the objective anatomical organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

Sexual Orientation
Sexual Orientation: Heterosexual, Bisexual, Homosexual
Sexual orientation is who you are primarily, naturally, and emotionally attracted to, based on that sex/gender in relation to your own.

The Genderbread Person, <http://bit.ly/genderbread>

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Recovery Check-Out

- Recovery Breathing
- Review Key Points of the Session
- Assignment
- Grounding (Optional)
- Close

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Recovery Scale – Self Module

	Not at All	Just a Little	Pretty Much	Very Much
I keep up my physical appearance (bathing, hair, clean clothes, nails)				
I exercise regularly				
I eat healthy meals				
I get restful sleep				
I go to work/school (or complete tasks)				
I can adapt to change				
I keep up my living space				

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Recovery Scale – Self Module (cont.)

	Not at All	Just a Little	Pretty Much	Very Much
I take constructive criticism well				
I can accept praise				
I laugh at funny things				
I acknowledge my needs and feelings				
I engage in new interests				
I can relax without drugs and alcohol				
I value myself				

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**Session 3:
Men in
Recovery**

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Session 3 Activities

- Recovery Check-In
- What Does It Mean To Be A Man?
- What Does It Mean To Be In Recovery?
- Exploring The Rules
- Recovery Check-Out

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Recovery Check-In

- Review previous session
- Review assignment
- Feelings & Body Check-In
- Breathing
- Grounding: Palms Up/Palms Down
- Meditation
- Session goals

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Male Socialization

Mini Lecture

- Influenced by parents, siblings, peers, teachers, coaches, etc. as well as by literature, music, and mass media
- Messages tend to be universal regardless of geography, culture, age, or socio-economic status
- Socialization process literally begins before birth

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The Man Rules

Interactive Lecture

- Using the whiteboard, we will first create a list of the Rules of Being a Man
- We will then create a list of the Principles of Recovery

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Activity Notes

- Use flip chart paper that can be posted
- Make sure the participants identify positives
- Point out how many “don’ts” there are
- Be sure they identify the Rules around sex
- Stress that the Rules aren’t “bad”
- Write down everything they offer
- Paraphrase and clarify as necessary

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Exploring The Rules

Small Group Breakout/ Large Group Discussion

- Which rules for being a man support recovery?
- Which rules for being a man do not support recovery?

Page 32 in the Workbook

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Activity Notes

- First small group breakout
- Carefully explain breakout protocols
- Expect that some participants will struggle to meet even basic expectations – normalize the challenge they are facing
- Groups should be assigned randomly
- Triads are ideal for breakouts

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Video Clip

10 Responses to the phrase "Man Up"

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Shame, for women,
 is this web of
 unobtainable,
 conflicting,
 competing
 expectations about
 who they're
 supposed to
 be. And it's a
 straight-jacket
 - Brene Brown

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Shame is not
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Men in Treatment

We rarely acknowledge to participants that the therapeutic process may be incompatible with how they were raised. It can be remarkably healing to place their addiction and recovery within the context of the traditional socialization of men.



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Session 4: A Sense of Self

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Session 4 Activities

- Recovery Check-In
- Looking Back: Our Lives As Journeys
- Sharing Our Stories
- Similarities & Differences
- Recovery Check-out

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Our Lives As Journeys

Mini Lecture & Small Group Breakout

- The landmarks and themes of our story
 - People
 - Events
 - Experiences

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Prep For Breakout Group

Using your Workbook, pages 37 -39, or a notepad to identify:

- 1-2 People who have had an impact on your life
- 1-2 Events that have had an impact on your life
- 1-2 Experiences that have had an impact on your life

The impact on your life might be positive, negative, or mixed

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Breakout Group

- Break into your small groups and choose a facilitator
- Everyone will take a turn to share what they have written
- Identify any themes you can recognize as you consider the people, events, and experiences that have had an impact on your life

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Debrief

- What was that like for you?

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Activity Notes

- Participants will struggle to differentiate between events and experiences
- Participants who struggle with literacy should be assured that they can use any methodology to record or remember their answers
- Participant engagement with this activity occurs across a wide range
- Participants should be coached to avoid sharing graphic details about anything especially painful

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Similarities & Differences

Large Group Discussion

- What are some ways that your story and the stories of your group peers are similar?
- Ways that the stories are different?
- Thinking back on your life story, what are some of the strengths you've gained through your experiences?

Page 40 in the Workbook

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BREAK

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Core Principles
Of Trauma-
Informed Care

- Safety
- Trustworthiness and transparency
- Peer support
- Collaboration and mutuality
- Empowerment, voice, and choice
- Cultural, historical, gender issues

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Creating Safety

- For most individuals, the efficacy of any therapeutic process is a direct function of feeling physically, emotionally, and spiritually safe
- Sessions 1 through 3 establish a context and framework, Session 4 allows for some low-risk self-disclosure, Sessions 5 & 6 open the door for participants to begin revealing who they really are in a safe setting

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Creating Safety

- Consistent structure
 - Ritual & repetition
 - Summaries & previews
- Accountability
- Normalizing adverse experiences and emotions
- Allowing participants to struggle
- Articulating a political and social context
- Focus on participant empowerment and choice

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Creating Safety

- Establishing and adhering to clear professional boundaries
- Articulating, reiterating, and enforcing group rules and norms
- Paying attention to physical safety

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Creating Safety

- Allowing dissent
- Modeling and encouraging assertiveness
- Reframing disagreement and compromise
- Allowing participants to limit or decline self-disclosure
- Being safe may mean choosing not to trust

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Session 5: Men
Inside & Out

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Session 5 Activities

- Recovery Check-In
- My House: Inside & Out
- The Risk of Vulnerability
- The Emotions Game
- Recovery Check-Out

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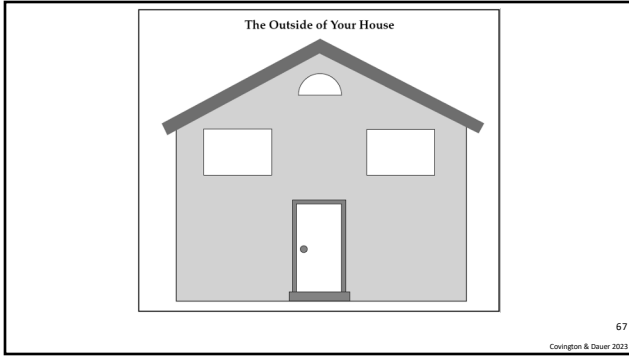
My House: Inside & Out

Mini Lecture

- Establishes that we have an inner self and an outer self
- Normalizes the process of developing an external persona
- Suggests that addiction can cause problematic dissonance between the external and internal

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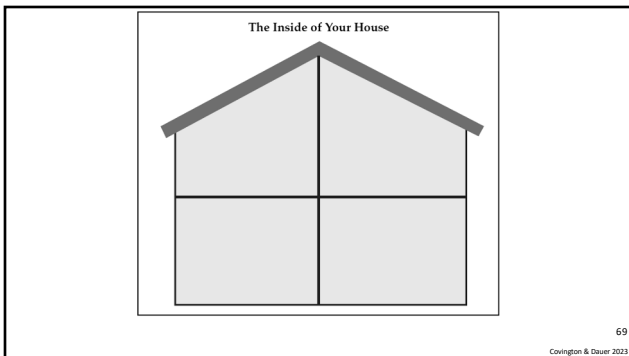
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Outside Your House

- How do you act around strangers?
- What kind of clothes, shoes, jewelry, and other apparel do you like to wear?
- Are you quiet, argumentative, polite, vulgar, generous?
- What does the outside of your house say about you? What do you consider to be the qualities that you try to communicate to others?
- What is the image you try to develop to impress others?

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Inside Your House

- What have been some of your hopes and dreams?
- What words or phrases would you use to describe who you are?
- What are some of your values or beliefs?
- What are you proud of about yourself?
- What are some painful feelings and thoughts?
- What are some of the things about your life that you regret?

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My House: Inside & Out (Cont.)

Large Group Discussion

- One volunteer identifies a few features on the outside and a few on the inside
- Facilitator stresses that this is a metaphor, assuring that everyone understands
- Facilitator stresses that it's more complex than, "Inside good, outside bad"

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My House: Inside & Out (Cont.)

Small Group Discussion

- What did you put on the outside of your house?
- What did you include inside your house?
- What works for you on the outside?
- What doesn't work on the outside?
- What would it take to feel more comfortable sharing your inner world with others?

Page 47 in the Workbook

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Debrief

- What was that like for you? How did it feel to reveal yourself to another man?
- How many of us are beginning to feel more comfortable getting real with each other?

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The Risk Of Vulnerability

Mini Lecture

- The Central Relational Paradox
- The Vulnerability Hangover

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The Emotions Game

1. Love
2. Fear
3. Anger
4. Shame
5. Joy
6. Sadness

1. *Mem*
2. *Eli*
3. *Damian*
4. *Mr. Jones*
5. *Coach Rodriguez*
6. *Gloria*

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Session 6:
Men & Feelings

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Session 6 Activities

- Recovery Check-In
- Relationships & Feelings
- The Anger Funnel
- Communication & Feelings
- Recovery Check-Out

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Relationships & Feelings

Mini Lecture

- Normalizes the difficulty men have in identifying and expressing feelings
- Establishes the connection between communicating feelings and healthy relationships
- Pulls together several concepts from this module

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Relationships & Feelings (Cont.)

Large Group Discussion

- Participants discuss questions on pages 52-53 in the Workbook
- Facilitator takes the opportunity to connect some of the different concepts introduced thus far

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The Anger Funnel

Mini Lecture

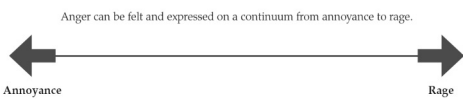
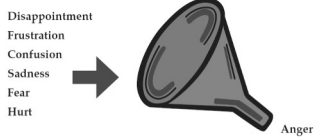
- Revisits the idea that men are socialized to repress emotions other than anger
- Suggests that anger is frequently a secondary emotional response
- Explores the connection between anger and violence

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The Anger Funnel



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Activity Notes

- Explain that the sides of the Funnel are the Man Rules and other social expectations
- Take the opportunity to connect this concept with abusive and criminal behavior
- It is important to point out that righteous anger does exist; how they express or manage it is a critical issue for many individuals

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Communication & Feelings

- One minute looking at one another in total silence
- Share two non-risky facts (one minute each)
- Share one strong opinion (one minute)
- One poor me story (one minute)
- Share something that causes sadness (one minute)
- Share a fear (one minute)
- Share a joy (one minute)

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Session Notes

- Normalize the difficulty of violating rules that have guided us and kept us safe for decades
- Normalize the difficulty of learning a new "language"
- Stress that change is frequently a clumsy, gradual, and painful process

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**Module B:
Goals**

- To help participants understand how their relationships as children and as adults have affected their spirals of addiction and recovery
- To highlight the effects of trauma on people's lives
- To help participants understand the differences between healthy and unhealthy relationships
- To help participants understand the importance of healthy relationships with others

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**Session 7:
Family Of
Origin**

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Session 7 Activities

- Recovery Check-In
- Family Sculpture
- Family Roles
- Recovery Check-Out

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Grounding

- Containment

Page 62 in the Workbook

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Activity

Family Sculpture

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Debrief

- As an “actor” in the family, what was that like for you?
- Any comments or questions from “observers”

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Activity Notes

- Stress that most families don't look like the conventional model that we utilize; before, during and after conducting the exercise
- During the debrief, take the opportunity to pose some questions about how an unconventional family system might develop and adapt differently
- This is a prime example of an activity that would ideally be done with co-facilitation

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Family Roles

Large Group Discussion

- Passive
- Aggressive
- Passive/Aggressive
- Assertive

Advantages of each role

Disadvantages of each role

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Pages 65 – 66 in the Workbook

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Family Roles (cont.)

Large Group Discussion

Questions on pages 66 -67 in the Workbook

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Family Roles (Cont.)

Large Group Discussion

- Roles are neither good nor bad
- Primary role can shift over time
- We usually have a secondary role as well
- We tend to carry our childhood role with us into adulthood

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Breakout Group

- Break into your small groups and choose a facilitator
- Everyone will share:
 - Primary role in family of origin
 - Ways that your childhood role has had an impact on your adult relationships
 - Ways that your childhood role has affected how you engage with clients

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Questions & Comments

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Close Day One

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Open Day Two

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Welcome

- Announcements
- Housekeeping

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Session 8:
Barriers To
Healthy
Relationships

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Session 8 Activities

- Recovery Check-In
- Abuse & Trauma
- A Place Of Peace
- The Power & Control Wheel
- Interpersonal Violence
- Recovery Check-Out

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Abuse & Trauma

Interactive Lecture

- Identify examples for each type of abuse:
Physical – Verbal – Emotional – Sexual
- How might childhood abuse affect a boy?
- How might childhood abuse continue to affect an adult?

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Sexual Abuse Continuum

Psychological Abuse	Covert Abuse	Overt Abuse
Sexual jokes	"Inadvertent" inappropriate touching	Exhibitionism
Verbal harassment	Household voyeurism	Fondling
Violating boundaries	Ridicule of developing bodies	French kissing
Telling children inappropriate sexual information	Sexual hugs	Oral sex
	Pornographic reading or video watching with child	Penetration

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- ### Activity Notes
- Must cover Mandated Reporting
 - Discuss what is appropriate self-disclosure
 - Pay attention to anyone becoming agitated or dissociative
 - Use additional grounding techniques if indicated
 - The depth of conversation will vary dramatically from group to group
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- ### Debrief
- Does anyone have thoughts or feelings about the material we just covered
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A Place Of Peace

- Page 77 in the Workbook

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Interpersonal Violence

The intentional use of physical force or power, threatened or actual, against a person or group that results in or has a high likelihood of resulting in injury, death psychological harm, maldevelopment, or deprivation.

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The Power & Control Wheel

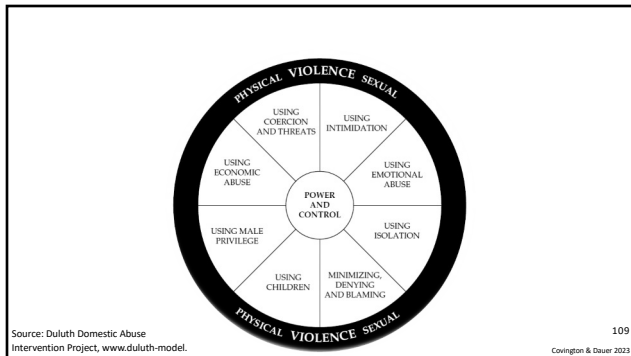
Large Group Discussion

- Be sure to point out that the Wheel presumes the male as perpetrator and the female as victim
- Using a flipchart or whiteboard, list examples for each of the 8 categories of abusive behavior

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Session Notes

- Remind participants about the Vulnerability Hangover
- Remind participants to use their tools and to reach out to each other
- Be available for individual time as possible

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**Session 9:
Fathers**

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Session 9 Activities

- Recovery Check-In
- Our Fathers' Lives
- Fathers & Children
- Recovery Check-Out

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Activities

- Small group discussion on our fathers as real men
- Small group discussion exploring our relationship with our fathers
- Instructions on writing a letter to our father

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Breakout Group

- Break into your small groups and choose a facilitator
- Everyone will discuss the questions on pages 87-88 in the Workbook

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Debrief

- Would anyone like to share what that was like for you

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Father Letters

- To biological father, step-father, or surrogate father figure
- The letter can be:
 - Written
 - Drawn
 - Composed
 - Painted
 - Etc.

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**Session 10:
Mothers**

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Session 10 Activities

- Recovery Check-In
- Reading Letters To Our Fathers
- On Being A Father
- Our Mothers As Individual Women
- Mothers & Children
- Recovery Check-Out

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Reading Father Letters

- The group is instructed to just listen – no questions or feedback
- Everyone is expected to share
- Be prepared for a wide range in what the men produce
- Remind the group members to use their grounding tools if needed

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On Being A Father

- Discussion questions on pages 94-95 in the Workbook

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Video Clip

Dad's Life

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Activities

- Mini lecture on our mothers as individual women
- Small group discussion on mothers & children
- Instructions on writing a letter to our mother

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Session 11:
Creating Healthy
Relationships &
Support Systems

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Session 11 Activities

- Recovery Check-In
- Reading Letters To Our Mothers
- What Is A Supportive Relationship
- Defining Boundaries
- Relationship Maps
- Recovery Check-out

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Reading Mother letters

- The group is instructed to just listen – no questions or feedback
- Everyone is expected to share
- Be prepared for a wide range in what the men produce
- Remind the group members to use their grounding tools if needed

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Supportive Growth-Fostering Relationships

Large Group Discussion

- Characteristics of supportive relationships
- Characteristics of unsupportive relationships
- Benefits of attendance at 12 Step groups

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Boundaries

Large Group Discussion

- How we expect to be treated by others
- What we are willing to do and not do in relationships
- Defining boundaries:
 - Physical
 - Sexual
 - Emotional
 - Relational

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Relationship Maps

Small & Large Group Activity

- Best to ask for a volunteer to sketch a basic map on a flip chart or whiteboard
- Do check in on groups to make sure that they are clear about the exercise

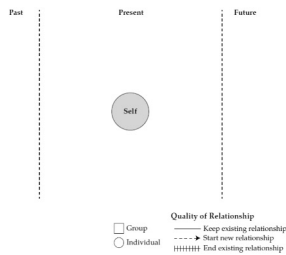
Pages 108 – 11 in the Workbook

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Relationship Map

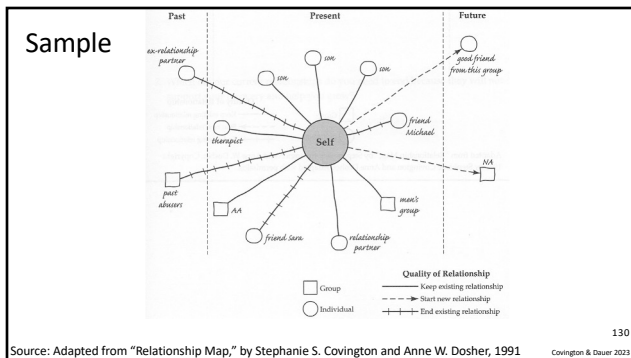


Source: Adapted from "Relationship Map," by Stephanie S. Covington and Anne W. Doshier, 1991

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**Session 12:
Effective
Communication**

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Session 12 Activities

- Recovery Check-In
- Sharing Relationship Maps
- Secret Identity
- Communication & Conflict
- Recovery Check-Out

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Sharing Relationship Maps

Large Group Exercise

- Each man shares his map

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Activity Notes

- Be sure to address relationships that a man might want to continue, but needs to fundamentally change
- Be aware that some of the men may want to hang on to old using or sexual relationships that seem unhealthy

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Secret Identity

Large Group Exercise

- Each participant writes down something unique or special about themselves
- Folded pieces of paper are put in a box and drawn at random
- Facilitator reads what has been written and the group tries to guess who it is

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Communication and Conflict

- Passive
- Passive-aggressive
- Aggressive
- Assertive

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Communication & Conflict (Cont.)

Small & Large Group Exercise

- Create a scenario that will resonate and be relevant (and fun) for the men
- Caution the "Aggressive" group about maintaining appropriate behavior and language

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Breakout Group

- Break into your small groups and choose a facilitator
- As a group, you will create lists as follows:
 - The advantages and disadvantages of a passive approach
 - Advantages and disadvantages of a passive/aggressive approach
 - Advantages and disadvantages of an aggressive approach
 - Advantages and disadvantages of an assertive approach

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BREAK

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Session 13:
Creating &
Maintaining
Intimacy

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Session 13 Activities

- Recovery Check-In
- Connection, Intimacy, & The Man Rules
- Creating & Maintaining Intimacy
- Talking Format: COTE
- Recovery Check-Out

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Intimacy

Mini Lecture

- An expression of feelings in an atmosphere of little or no threat
- Teaching you about me while I'm also learning about you
- Sharing thoughts and feelings with each other in a respectful way—each of us being open and vulnerable
- Love, mutuality, and compassion built on a foundation of respect

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Intimacy & The Man Rules

Large Group Discussion

<u>MAN RULES</u>	<u>INTIMACY</u>
Always be in control	Mutuality
Be self-sufficient	Interdependence
Don't ask for help	Collaboration
Don't show cry or show fear	Emotional honesty
Don't show weakness	Vulnerability

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Intimacy & The Man Rules (Cont.)

Small Group Discussion

- What did intimacy look like in your family growing up?
- What did you learn about intimacy as a teenager?
- Which Man Rule do you struggle with the most in your relationships?
- Talk about any times in the past when you may have confused intimacy with sex?

Page 127 in the Workbook

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Talking Format: COTE

- Consent Asking for permission to share difficult thoughts and feelings
- Observation Clearly stating what the issue is, without assigning blame
- Thought Sharing how we are interpreting what we observe
- Emotion Sharing how we feel about the situation

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Module C:
Goals

- To help participants become more comfortable with discussing sexuality
- To help participants develop a positive approach to sexuality
- To help participants examine how their addictions have affected their sexual behaviors
- To help participants begin to identify and overcome barriers to healthy sexuality

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Sexuality

- Sexuality is a developmental process
- Sexuality is an identification, an activity, a drive, a biological process, an orientation, an outlook
- It is who and how we are in the Universe
- Sexual good health is the somatic, emotional, social and spiritual aspects of oneself integrated into one's identity and style of life

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The Inner Journey of Sexual Recovery

- Recognizing the effects of gendered socialization on sexuality
- Accepting one's body
- Understanding and accepting one's genitals
- Accepting sexual pleasure from oneself
- Becoming aware of one's sexual feelings
- Facing one's concerns about being sexual while sober

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The Outer Journey of Sexual Recovery

- Exploring childhood and family sexual issues
- Honestly naming the sexual events of one's personal past
- Looking at one's sexual behaviors, including charting the Sexual-Chemical Lifeline
- Learning to live in the present

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Addressing Sex In Treatment

Let's (NOT) talk about sex

- Traditionally taboo in treatment
- Candid and safe conversation

Homophobia and misogyny

- Core to male socialization
- Prohibits– male to male intimacy/relationships

Interactive Lectures

- Safety
- Non-confrontational
- Non-judgmental

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Addressing Sex In Treatment (Cont.)

- Remember that some of the men will have genuine cultural or religious taboos regarding sex and sexual conversation
- We need to honor their traditions and at the same time offer them the opportunity to explore these issues
- Remember that some of the men may be easily triggered – be prepared to do extra grounding exercises as needed

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Addressing Sex In Treatment (Cont.)

- Substance use and sexuality are frequently interconnected on behavioral and psychological levels
- Confusion, fear, and shame relating to sexuality is a major cause of relapse
- Histories of childhood sexual abuse are common among individuals admitted into treatment programs

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Prevalence Of Sexual Abuse

Study conducted by The Center for Gender and Justice & Envisioning Justice Solutions, 2014 – 2018:

Six hundred male prisoners incarcerated in CA:

Sexual abuse: 25%

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Exploring Difficult Topics

- Preparation
- Practice
- Process
- Supervision

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**Session 14:
Sexuality &
Addiction**

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Session 14 Activities

- Recovery Check-In
- Sex & Feelings
- Introduction To Human Sexuality
- The Sexual-Chemical Lifeline
- The Question Box
- Recovery Check-out

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Grounding

Focusing On The Here And Now

Pages 134-135 in the Workbook

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Sex & Feelings

Large Group Discussion

- Desensitizing exercise
- Establishing a group norm
- Normalizing the wide spectrum of sexual behavior
- Normalizing the psychological confusion and pain many men experience

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Activity Notes

- Find the balance between allowing for candid language and maintaining some decorum
- Allow for some fun and humor, again balancing this with maintaining appropriate behavior
- Strongly encourage every participant to contribute when naming emotions

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Introduction To Human Sexuality

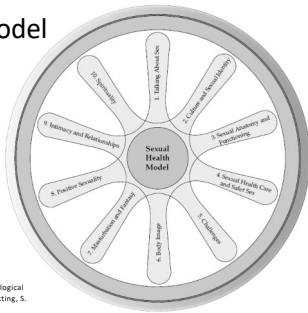
Mini Lecture

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Sexual Health Model



Source: "The Sexual Health Model: Application of a Sexological Approach to HIV Prevention", by B. Robinson, W. D. Bockting, S. Bauer, D. J. Buice, M. Miner, and E. Coleman, 2002.

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Introduction To Human Sexuality (Cont.)

Small Group Discussion

- How did you first learn about sex?
- Who can you talk to in an open manner?
- How does it feel to discuss sex in this setting?
- What are your concerns about being sexual as a recovering person?

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The Question Box

- Available in the group room Sessions 14 through 16
- You should at least briefly address every question submitted at the beginning of the following session

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Session 15: Sexual Identity

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Session 15 Activities

- Recovery Check-in
- Social Messages About Sexuality & Gender
- Heterosexism, Sexual Prejudice, & Misogyny
- Body Image
- Recovery Check-Out

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Social Messages About Sexuality & Gender

Small group discussion

- What did you hear or believe about LGBTQ individuals when you were a child?
- What have you heard or believed about LGBTQ people as an adult?
- If you do not identify as LGBTQ, imagine that you do. What do you think would be hardest for you in your life?
- If you do identify as LGBTQ, what would you like us to know?

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Terminology

- Sexual Prejudice** Anger or scorn toward those who are gay, lesbian, or bisexual. An attitude based on hostility, fear, and dislike and is directed at whole groups of people.
- Heterosexism** Discrimination or prejudice against gay people on the assumption that heterosexuality is the normal or better sexual orientation.
- Transphobia** Experience that many transgender and nonbinary people have.

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Homophobia and Misogyny

- Are frequently the underlying cause of male violence
- Impede men's relationships with women and other men
- Lead men to deny, reject, or feel shame about essential aspects of their true nature

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Breakout Group

Break into your small groups and choose a facilitator. You will have each take turns to discuss:

- Four questions on pages 147-148 in the Workbook

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Debrief

- Reactions to that exercise
- Did anything that you said or heard surprise you?

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Activity Notes

- Homophobic and sexist comments should be challenged
- Avoid political or religious debate
- Allow the group to dictate how personal the conversation becomes

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Body Image

Lecture

- Societal emphasis on physical attributes
- Masculine emphasis on size and strength
- Male sexual anatomy

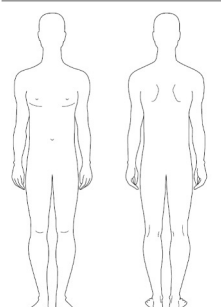
Assignment to identify areas of the body that; you are uncomfortable with, satisfied with, and neutral about

Pages 154-157 in the Workbook

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Body Image



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**Session 16:
Barriers To
Sexual Health**

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Session 16 Activities

- Recovery Check-In
- Sex Under The Influence
- Masturbation & Pornography
- Sexual Triggers & Relapse
- Sober Sex
- Recovery Check-Out

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Sex Under The Influence

Large Group Discussion

- Sexual harassment
- Taking advantage of an inebriated or drugged partner
- Date rape
- Sexual abuse
- Infidelity, having affairs
- Unprotected sex

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Sex Under The Influence (Cont.)

- Other risky sexual behaviors
- Using drugs to enhance sexual experiences
- Compulsive sexual behavior
- Avoiding intimacy other than physical interaction
- Neglecting a partner's needs and desires
- Avoiding physical relationships

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Sex Under The Influence (Cont.)

- Dishonest or manipulative actions to have sex
- Using sex to dominate or otherwise control others
- Going along with a peer group's behavior in violation of one's personal values
- Using alcohol and other drugs to give oneself permission to act out sexually

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Nonconsensual Sex

Interactive Lecture

- Using the whiteboard, as a group, we will identify examples of nonconsensual sex

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Activity Notes

- Allow for some vigorous disagreement, especially around consent
- This session may be triggering for a man who has been a sexual abuse victim or perpetrator
- Encourage the men to utilize their grounding skills if they become activated

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Video Clip

Tea And Consent

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Masturbation & Pornography

Lecture and Large Group Discussion

- Masturbation as normal and healthy
- Fantasy as normal and healthy
- Obsessive fantasy or compulsive masturbation as unhealthy
- Internet pornography
- Dissatisfaction with one's sex appearance & performance
- Dissatisfaction with partner's appearance & performance

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Sexual Triggers & Relapse

Small Group Breakout

- Sexual triggers
- Questions on pages 165-166 in the Workbook

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Sober Sex

Mini Lecture

Typically, individuals early in recovery have many concerns

- They may not know what to expect or how to respond
- They may fear an inability to perform adequately
- They don't believe that they have much to offer

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LUNCH

188

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Session 17:
Healthy
Sexuality

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Session 17 Activities

- Recovery Check-In
- Sharing Sexual-Chemical Lifelines
- Collage: A Vision Of Healthy Sexuality
- A Sexual Health Model
- Love, Sex, & Intimacy
- Recovery Check-Out

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Sexual-Chemical Lifelines

Large Group Discussion

- Participants share their Lifelines

Large Group Debrief

- What was that like?
- Did you share more than you expected?

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Collage: A Vision Of Healthy Sexuality

Large Group Exercise

- Poster board, glue sticks, colored pencils or pens, magazines
- Each man has the opportunity to share his collage with the group

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Sexual Health Model
 Large Group Discussion
 Pages 174-176 in the Workbook

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Sexual Health Model

1. Talking About Sex
2. Culture and Sexual Identity
3. Sexual Anatomy and Functioning
4. Sexual Health Care and Safer Sex
5. Challenges: Overcoming Barriers to Sexual Health
6. Body Image
7. Masturbation and Fantasy
8. Positive Sexuality
9. Spirituality

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Love, Sex, & Intimacy
 Large Group Discussion

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Characteristics Of A Loving Relationship



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Module D:
Goals


- To introduce the concept of spirituality
- To help participants to begin or return to their lifelong spiritual journeys
- To help participants to recognize that power and privilege affect their relationships and their connections to their communities
- To help participants begin to explore and accept feelings of grief and loss
- To help participants begin to envision the people they wish to be in recovery
- To bring closure to the group experience

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Men in Treatment

Spirituality was traditionally a core element in most addiction treatment programs, but has been marginalized since CBT became the predominant therapeutic approach.



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Session 18:
What Is
Spirituality?

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Session 18 Activities

- Recovery Check-In
- Yoga Poses
- Spirituality, Religion, & Addiction
- Behaviors That Promote A Spiritual Journey
- To Be Of Service
- Creative Expression Project
- Recovery Check-Out

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Grounding


The Five Senses


Page 184 in the Workbook


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The Five Senses Card

5 things 

4 things 

3 things 

2 things 

1 thing 

Source: *Healing Trauma: A Brief Intervention for Women*, by Stephanie S. Covington and Eileen M. Russo, 2016, rev. 2021.

Healing Trauma
Stephanie S. Covington, PhD

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Yoga Poses

Large Group Exercises introduced in Sessions 18 through 20

- 4 -5 poses offered each session
- Can be modified to a seated pose for anyone with physical constraints


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203

Mountain

First, make sure that your core is engaged and your hips are tucked under a little bit. To keep your core engaged, simply tighten your stomach muscles, as if you were doing a crunch without moving your torso.

Relax your shoulders and roll them back and down. This is the Mountain.



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Extended Mountain

Inhale and raise your arms above your head. This is the Extended Mountain.



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205

Forward Fold

- Hold your arms up while exhaling.
- Inhale and exhale again.
- Inhale. Now, move your arms out and away from your head while bending down from your waist, as if you were diving.
- Then exhale and bend your knees as much as you need to in order to bend down all the way, touching your hands to the floor. This is the Forward Fold.



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Flat Back

Now inhale again and place your hands on your shins while raising your back until it is flat. Keep a small bend in your knees. This is the Flat Back.




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207

- Exhale and bend down again with your hands on the floor.
- Inhale and come back to standing straight, the Mountain pose, with your arms raised over your head.
- Inhale and exhale one more time.



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Spirituality, Religion, & Addiction

Mini Lecture

- Defining spirituality
- The spectrum of spiritual practices

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209

Spirituality, Religion, & Addiction (Cont.)

Small group discussion

- Pages 190-192 in the Workbook

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Activity Notes

- Caution the participants that we are not going to engage in debates about religion
- Be aware that some of the men you work with may have experienced spiritual abuse
- Men tend to be concrete and goal oriented – spirituality is an elusive concept and has feminine overtones

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211

Behaviors That Promote A Spiritual Journey

Large Group Discussion

- Behaviors that promote the spiritual journey
- Behaviors that impede the spiritual journey

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212

Breakout Group

Break into your small groups and choose a facilitator. You will each discuss:

- What behaviors do you regularly engage in that promote spirituality in your life?
- What behaviors do you engage in that interfere with your spiritual journey?

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213

Debrief

- What was that exercise like for you?

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To Be Of Service

Mini Lecture

- Living with intention and a sense of purpose
- Practicing the 12 Step ethic of "Giving it away in order to keep it."

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Creative Expression Project

To be completed over the next 3 sessions

- Written
- Spoken
- Painted, drawn, sculptured
- Musical
- Any other creative/artistic medium

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Session 19:
Power &
Privilege

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Session 19 Activities

- Recovery Check-In
- Yoga Poses
- Power Chart
- Power & Privilege
- True Identity
- Meditation
- Recovery Check-Out

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The Power Chart

Large Group Discussion

- Power
- Privilege
- Stigma

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The Power Chart

Holds Power	Receives Oppression
Men	Women, feminine-presenting people, gender nonconforming people
White people	People of color, indigenous and multiracial people, and other minorities
Owning class, managerial class (wealthy)	Poor, working class
Adults	Young people
Adults	Elder/sensors
Heterosexuals	Queers/lesbians/gays/bisexuals

Source: Adapted with permission from *Helping Teens Stop Violence, Build Community and Stand for Justice* by Allan Creighton and Paul Kivel. 220
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The Power Chart (cont.)

Holds Power	Receives Oppression
Cisgender people (cis men and cis women)*	Trans people and gender nonconforming people
Native English speakers	People whose first language is other than English
U.S. citizens	Refugees/immigrants
People from developed nations or the "Global North"	People from nonenveloped nations or "Global South"
Christians	Muslims, Jews, atheists, and others

* Gender identify matches the sex assigned at birth

Source: Adapted with permission from *Helping Teens Stop Violence, Build Community and Stand for Justice* by Allan Creighton and Paul Kivel. 221
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The Power Chart (cont.)

Holds Power	Receives Oppression
Bosses	Workers
Teachers	Students
College-educated	Not college-educated
Labeled "normal" / neurotypical	Neurodivergent or having a mental/psychiatric/development disorder
Labeled "normal" body size	Labeled "fat"
Enabled	Living with a physical, emotional, mental, or learning disability, whether visible or hidden

Source: Adapted with permission from *Helping Teens Stop Violence, Build Community and Stand for Justice* by Allan Creighton and Paul Kivel. 222
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222

Power & Privilege

Large Group Discussion

- Male privilege

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Male Privilege

- If you are straight, you are not likely to be abused by your partner or be told to continue living in an abusive household because of your children.
- As a child, you were able to find non-limiting images of men in the media.
- Colloquial phrases and conventional language reflect your gender's dominance (e.g., the word "men" to describe the human race, "mailman," and "all men are created equal").
- Every major religion in the world is led by individuals of your gender.
- You can have promiscuous sex and be viewed positively for it.

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Male Privilege (cont.)

- A majority of men expect to be taken care of at home and at work (e.g., meals prepared, laundry done, coffee made).
- You can expect to be paid equitably for the work you do, not paid less because of your gender.
- You can be confident that your co-workers won't assume you were hired because of your gender.
- If you are straight, you can walk alone at night without the fear of being sexually assaulted.

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Activity Notes

- Expect some resistance to the idea of male privilege
- Use your experience and your knowledge of your participants to determine if you should expand the conversation

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226

True Identity

Large Group Exercise

- Pages 211-212 in the Workbook

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True Identity (Cont.)

- Age
- Gender
- Cultural background
- Sexual identity
- Religion
- Physical ability
- Education
- Socio-Economic class

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True Identity (Cont.)

- Which identity is the most important or meaningful to you at this point in your life?
- Which identity causes you to feel pride?
- Which identity do you tend to downplay or keep hidden?
- Which identity do other people tend to judge you by?
- Which identity gives you advantage over others (privilege)?
- Which identity puts you at a disadvantage with others (stigma)?
- Which identity do you know the least about?
- Which identity would you like to learn more about?

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229

Breakout Group

Break into your small groups and choose a facilitator. You will have 10 minutes to share

Each group member will answer 2 of the questions on pages 212 & 213 in the Workbook

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230

Debrief

- What was that exercise like for you?

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231

BREAK

232
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Session 20:
Building
Resilience

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Session 20 Activities

- Recovery Check-In
- Yoga Poses
- Addiction, Trauma, & Spirituality
- Grief & Loss
- Building Resilience
- A New Definition Of Masculinity
- Recovery Check-Out

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Addiction, Trauma, & Spirituality

Mini lecture

- The pain of trauma can cause disconnection from ourselves, others, & our higher power
- A spiritual path can help us heal from our past trauma, primarily through reconnection

235

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235

Grief & Loss

Large Group Discussion

- A more expansive definition
- Addiction and grief
- Violates most of the Man Rules
- Frequently a portal to a man's emotions

236

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236

Grief

- The loss of the relationship with your addiction
- The relationships that were unrealized or lost as a result of your addiction
- The loss of regular contact with friends and family members
- The loved ones and friends who have died
- The loss of hopes and aspirations
- The missed opportunities and the regrets that resulted from your addiction
- The loss of your ability to feel

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Covington & Dauer 2013

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Grief (cont.)

- The loss of your relationship to your higher power
- The loss of your physical health
- The loss of your freedom
- The harm you have caused others, especially those whom you care about or whom you have significantly damaged

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Grief & Loss (Cont.)

Small Group Discussion

- Questions on pages 223-224 in the Workbook

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Building Resilience

Although some people are more naturally resilient, a way to develop resilience is in working through the emotions and effects of stress and painful events. Resilience develops as people develop better coping skills. It also comes from supportive, caring relationships with others.

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Building Resilience (cont.)

- Establish realistic goals
- Find a sense of purpose
- Be optimistic and believe in yourself
- Focus on past success you have had in facing difficult challenges
- Achieve balance in your life
- Develop connections with others
- Be willing to reach out and ask for support
- Be willing to step outside your comfort zone and try new things

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Building Resilience (cont.)

- Act according to a set of morals and values
- Develop a relationship with a power greater than yourself
- Be aware of high levels of stress and engage in practices to diminish these
- Reconsider the need to change so that it is seen as opportunity
- Do not personalize difficulties you may encounter
- Practice meditation and other spiritual practices
- Accept that change is a fundamental aspect of being human

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Breakout Group

Break into your small groups and choose a facilitator. Each person will share:

- Identify one thing you've done in the past when faced with adversity
- Identify one thing you haven't done in the past when faced with adversity, but are capable of and willing to do now
- Identify one thing that you would like to learn how to do in the future when faced with adversity

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Debrief

- What did you learn about yourself

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A New Definition Of Masculinity

Interactive Lecture

- Brief review of the Man Rules from Session 3
- Which rules have you since revised or abandoned completely?
How have you, and others in your life, benefitted from the process of developing new rules for yourself?

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**Session 21:
Creating A
Vision**

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Session 21 Activities

- Recovery Check-In
- Share Creative Expression Projects
- Ritual Of Returning To The Community
- Promises Of Recovery
- Prospective Journey
- Honoring Our Time Together
- Recovery Check-Out

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Sharing Creative Expression Projects

Large Group Exercise

- Each participant is asked to share the work that they have done
- No feedback other than thanking the presenter

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Ritual Of Returning To The Community

Large Group Exercise

- Committing to being a member of a healing community
- Will need to be adapted in some settings
(Small cups and a water vase)

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Promises Of Recovery

- Mini Lecture
- From "The Big Book Of Alcoholics Anonymous"

• Page 234 in the Workbook

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Gratitude

Large Group Exercise

- Participants complete the Gratitude List on page 235 in the Workbook
- Each man shares items from his list

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Prospective Journey

Large Group Exercise

- Each man writes a letter as his future self

"It is now December of 2023. In the past six months I have been able to....."

- Each participant is offered the opportunity to read his letter

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Honoring Our Time Together

Large Group Exercise

- What I have learned about being a man is . . .
- One thing I will remember most about this experience is . . .
- One way I am going to make a difference in the larger community is by . . .
- One way in which I will prioritize my recovery is . . .

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Close, Self-Evaluation, & Feedback

Individual Activities

- Reflections on Recovery in the Workbook
- Final Recovery Scale in the Workbook
- Feedback Form in the Workbook

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The Facilitator's Role

"If you have come here to help me, you are wasting your time
 But if you have come because your liberation is bound with mine,
 then let us work together"

Anonymous aboriginal woman
 From "The Tao of Equus" by Linda Kohanov

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The Facilitator’s Role (Cont.)

- Developing a therapeutic alliance with clients
- Role modeling
- Guiding each man’s personal journey
- Assuring the safety of the group setting
- Experiencing the curriculum as a “participant”
- Utilizing frequent clinical supervision
- Developing relationships with community stakeholders
- Making internal and external referrals for social service and other health care issues

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Characteristics Of Effective Facilitators

- Trustworthy
- Credible
- Available
- Reliable, consistent
- Hopeful
- Warm, compassionate
- Emotionally mature
- Energetic

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Guidelines For Facilitators

- Always be sensitive to the literacy skills of the clients. Allow drawings or verbal presentations in place of written assignments.
- Be willing to offer self-disclosure as a means of introducing a difficult topic, modeling healthy communication, and illuminating a specific point. Your self-disclosure must always be for the benefit of the clients.
- Encourage the men to speak about their personal experiences as opposed to abstractions or generalizations.

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Guidelines For Facilitators (cont.)

- Strive for complete honesty, but remind the men that honesty without sensitivity and compassion may result in brutality.
- Learn to be comfortable with the idea that the primary goal is for the men to talk to each other.
- Help the men see their issues within a social context. Avoid “pathologizing” behaviors or individuals.
- Allow small group discussions to exceed time limits if necessary.
- Give the men permission to struggle.

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Our Challenge

- Developing a therapeutic relationship with someone who has had primarily abusive/unhealthy relationships can be a difficult task
- Clients will expect and reproduce the same relational patterns that they have historically and repeatedly experienced

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Rolling With Resistance

- Recognize that all choice is for perceived self-enhancement. Even behaviors that strike the clinician as clearly self-destructive are seen by the client as in his/her best interest in the moment
- Simply put, clients are frequently doing the best that they believe they can do
- Resistance is an indication that the participant is seeing the situation differently than you

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Program Design and Implementation

- Stand-alone treatment curriculum and augmented by traditional treatment activities
- Primary treatment and continuing care
- Open and closed groups
- Residential, outpatient, and jail-based
- Adaptable to all addictive disorders
- Complementary to 12 Step and CBT approaches

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Program Design and Implementation (cont.)

- Co-facilitation
- Male and/or female facilitators
- Training for facilitators
- Clinical supervision
- Mental health resources
- Individualized treatment planning
- Modifying the curriculum

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Honoring Our Time Together

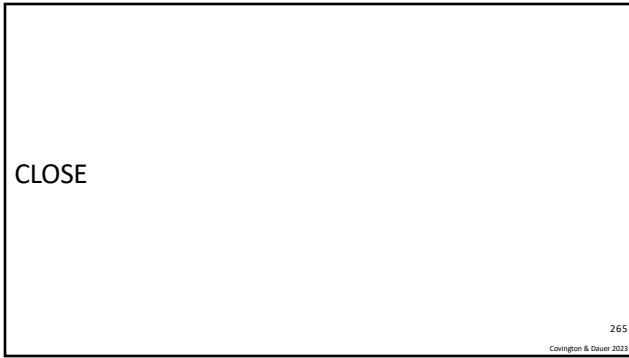
In your small group, each person will share:

- One thing I will remember most about this experience
- One thing that I am grateful about regarding our small group
- One final thought

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