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Men's counseling group: addressing conformity to masculine norms, internal feelings, coping methods, and help seeking

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Abstract:

The aggregate of the experiences of becoming a "man" more likely impacts a young man's ideals and mannerisms as it does his sense of worth and influences on his behavior. Many young men take part in activities to be part of their peers and to conform to the general ideal of masculinity. To sway from this masculine norm is to weather scorn, be ostracized, and possibly suffer physical, emotional, and psychological consequences. Many young men out in the adult world will have to face challenges both personal and psychological dealing with their emotions. That "Men don't cry", as the saying goes, will leave many young men keeping their emotions to themselves and therefore left unchecked these stressors will manifest in negative feelings and risky behaviors. As a possible way to bring young men to recognize their possible shared feelings and how best to manage them in a safe and confidential environment this project develops a men's workshop, a group with the aim of addressing issues related to conforming to masculine ideals, shame, and other possible emotions and behaviors that might result from them.

Description:

Includes bibliographical references (pages 32-36)

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