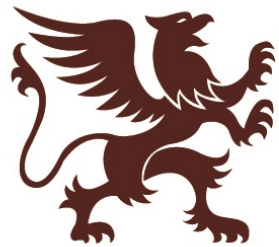


# The Missing Peace

## Men and Trauma

Dan Griffin, MA



# GRIFFINRECOVERY

## ENTERPRISES

*We cannot just change what men think,  
we have to change what we think about men.*

**BREATHE**



**SIDE  
EFFECTS**

Honesty,  
without  
compassion  
and understanding  
is a form of  
hostility



# ***The Water***

# The Missing Pieces

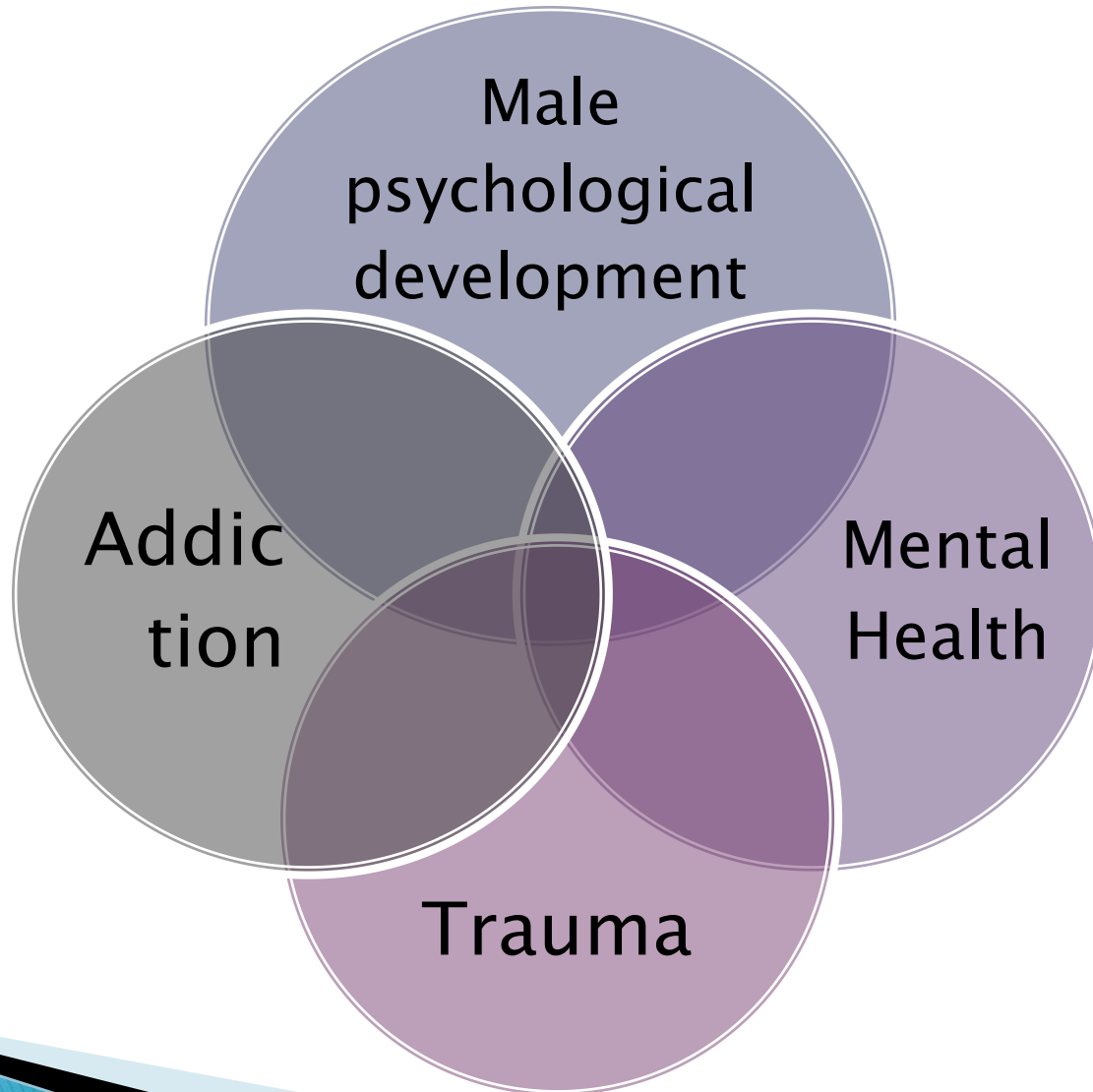
# The Missing Peace



# Emerging Paradigm – Values-Based Services



# Men's Integrated Treatment





# The Man Rules®



# Man Rules

- ▶ Don't Cry
- ▶ Don't lose Control
- ▶ Don't ask for help
- ▶ Don't show emotion
- ▶ Don't be weak
- ▶ Don't back down
- ▶ Don't be vulnerable

- ▶ Be a protector
- ▶ Integrity
- ▶ Don't hit or disrespect women
- ▶ Responsibility
- ▶ Be a provider

▶ **DON'T BE A GIRL!**

▶ **DON'T BE GAY!!**

Have as much **SEX** as possible whenever possible with as many **HOTT** and **DIFFERENT** chics as possible with as **BIG of a DICK** as possible

*REAL MEN*  
DON'T FEEL





**SAFETY**

# *The Longest War is the One Against Women*

By Rebecca Solnit





ME TOO



**#METOO**

Whatever we wear  
Wherever we go  
Yes means yes

**NO MEANS**

**NO**

“It is not about doing it

*PERFECTLY*

It is about doing it *CONSCIOUSLY*



***HOW HAVE YOUR  
IDEAS OF BEING A  
MAN CHANGED SINCE  
GETTING INTO  
RECOVERY?***

## Man Rules®

- ▶ Don't Cry
- ▶ Don't ask for help
- ▶ Don't show emotion
- ▶ Don't be vulnerable
- ▶ Be a sexual superman
- ▶ Don't show weakness
- ▶ Always be in Control
- ▶ Integrity
- ▶ Responsibility

## Therapy/Recovery

- ▶ Cry/Grieve
- ▶ Ask for help
- ▶ Express emotion
- ▶ Be vulnerable
- ▶ Learn intimacy
- ▶ Admit powerlessness
- ▶ Let go of control
- ▶ Integrity
- ▶ Responsibility

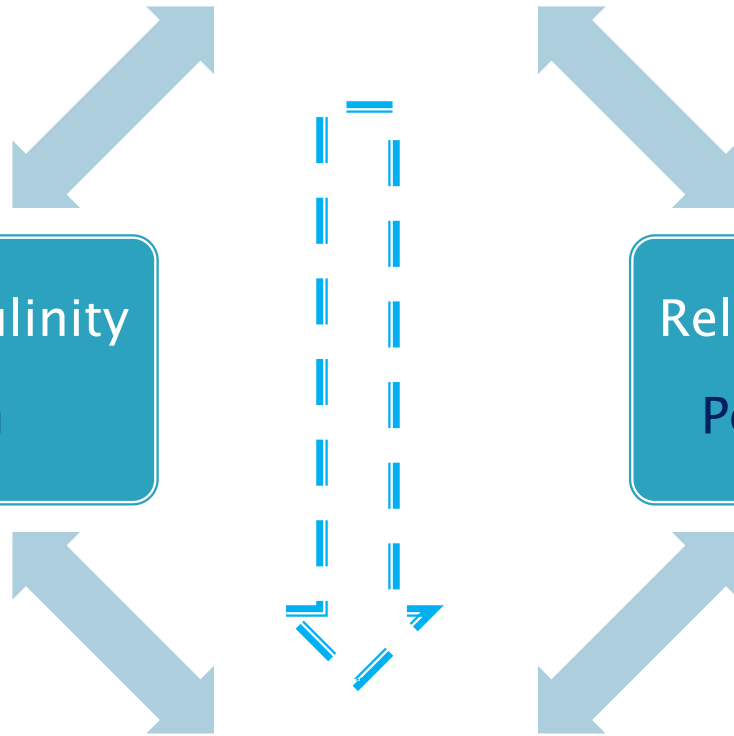
Conscious Masculinity  
Enlightened Choice

© Griffin 2015

Traditional Masculinity  
Socialization

Relaxed Masculinity  
Personal Growth

Toxic Masculinity  
Shame & Trauma



An underwater photograph with a vibrant blue color palette. The scene is filled with numerous small, clear bubbles of varying sizes, some appearing to rise from the bottom. On the left side, a large, clear ice cube is partially visible, surrounded by more bubbles. The lighting is bright, creating a shimmering effect on the water's surface and highlighting the individual bubbles.

# It Runs Deep

**TRAUMA =  
WOUND**

# Definition of Trauma

Trauma occurs when  
an external threat  
overwhelms a person's  
**internal and external positive**  
coping skills.  
(Van der Kolk, B. 1989)



# RESPONSE

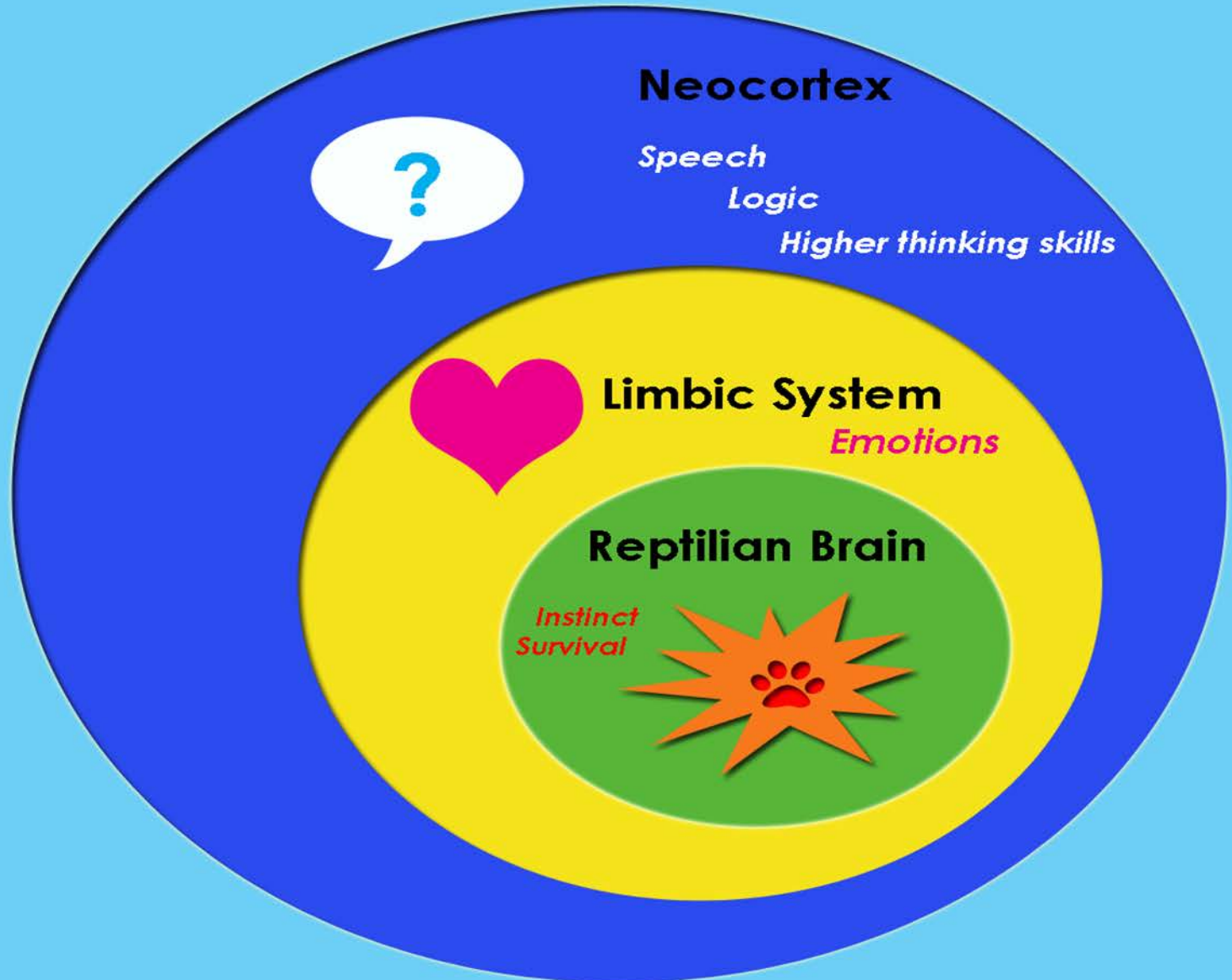
**BIG T**  
**small t**

# The Role of Attachment

# TRAUMATIC STIGMATIZATION

# The Triune Brain

## Model



**CBT (and DBT)'s**  
**Just alright with me...**  
**Oh yeah**

# Universal Precautions

# MEN & TRAUMA



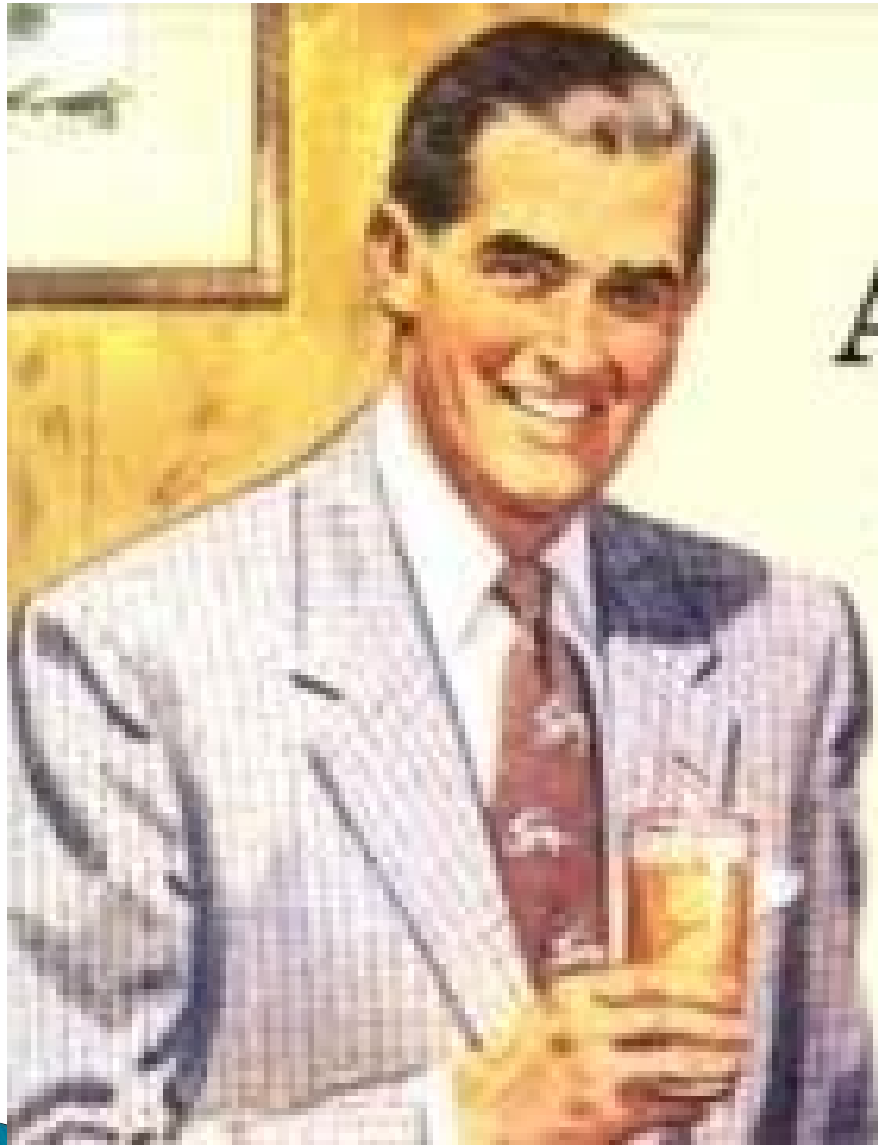


**TRAUMA =**

**WOUND**




**TRAUMA =  
WEAK**



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





I SEE THE  
VIOLENCE



**NOT A MAN**

shutterstock







# It's Not Trauma

An underwater photograph showing a dense field of bubbles and light rays filtering through the water. The scene is dominated by shades of blue and teal, with bright highlights from the surface light creating a shimmering effect. The bubbles vary in size and are scattered throughout the frame, with a higher concentration on the left side. The overall atmosphere is serene and deep.

# It Runs Deep

# 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.

**COMPASSION**

**=**

**COLLUSION**

# Men Are NOT the Problem

HOW MEN HAVE BEEN  
RAISED  
*IS*  
THE PROBLEM

# Connection



# THE WOMAN RULES™

# Disconnection

# The Man Rules®

# (Re)Connection

??????

**“We are  
ALL  
Hard-Wired  
for Relationship”**

# *The Paradox of Male Relational Intimacy*

## Man Rules

- ▶ Always be in Control
- ▶ Don't Cry
- ▶ Don't ask for help
- ▶ Don't show emotion
- ▶ Be a sexual superman
- ▶ Don't show weakness
- ▶ Don't trust anyone
- ▶ Win at all costs
- ▶ Always fight back
- ▶ Always be right/have the answer

## Healthy Relationships

Let go of Control  
Cry/Grieve  
Ask for help  
Share Feelings  
Intimacy  
Compromise  
Risk Trust  
Partner/Cooperate  
Safety  
Communication





An underwater photograph with a vibrant blue color palette. The scene is filled with numerous small, clear bubbles of varying sizes, some appearing to rise from the bottom. On the left side, a large, clear ice cube is partially visible, surrounded by more bubbles. The lighting is bright, creating a shimmering effect on the water's surface and highlighting the individual bubbles.

It Runs Deep

# A VISION FOR *THEM*



# Key Areas of Focus for Men in TX

- ▶ The Role of Male Socialization on Recovery (Man Rules & The Principles of Recovery)
- ▶ Emotional Awareness
- ▶ The Role of Anger & Rage
- ▶ Relational Competence & Intimacy
- ▶ Healthy Sexuality

# Key Areas of Focus for Men in TX

- ▶ Sexualization of females and homophobia
- ▶ Understanding Violence and Abuse
- ▶ The Male Experience of Trauma
- ▶ Male Privilege and Entitlement
- ▶ Family Centric

# Key Approaches for Developing Therapeutic Alliances with Men

- Safety is first, last, and foremost
  - Trust, vulnerability, and true engagement cannot exist without safety
- Safety vs. Trust
- Power & Control vs Collaboration
- View external behavior through the lens of safety
- Clinging to the Man Rules is about safety not defiance or disengagement

“How does that behavior  
fit with the man you want  
to be?”

# REALITY CHECK

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



Trauma is a  
universal  
**Experience**

Safety and  
Security are  
Universal **Needs**

EMPATHY

is the

Universal **Solution**

“It is not about doing it

*PERFECTLY*

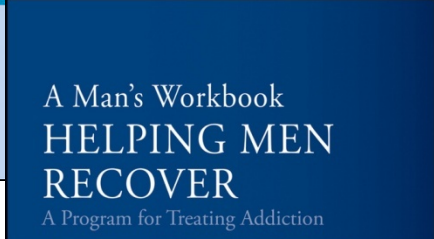
It is about doing it *CONSCIOUSLY*



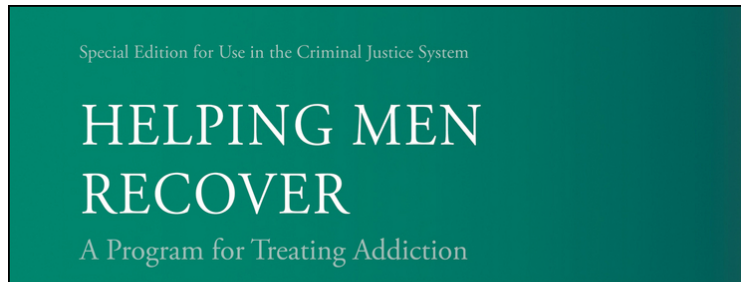
# Helping Men Recover



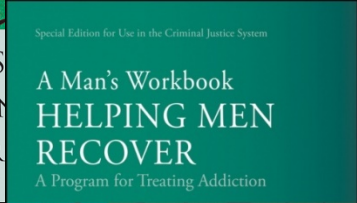
STEPHANIE S. COVINGTON  
DAN GRIFFIN  
RICK DAUER



STEPHANIE S. COVINGTON  
DAN GRIFFIN  
RICK DAUER

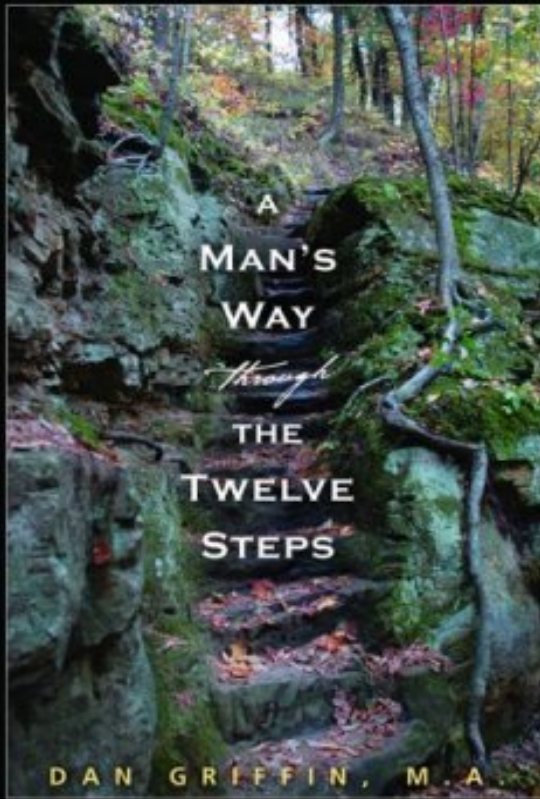


STEPHANIE S.  
DAN GRIFFIN  
RICK DAUER



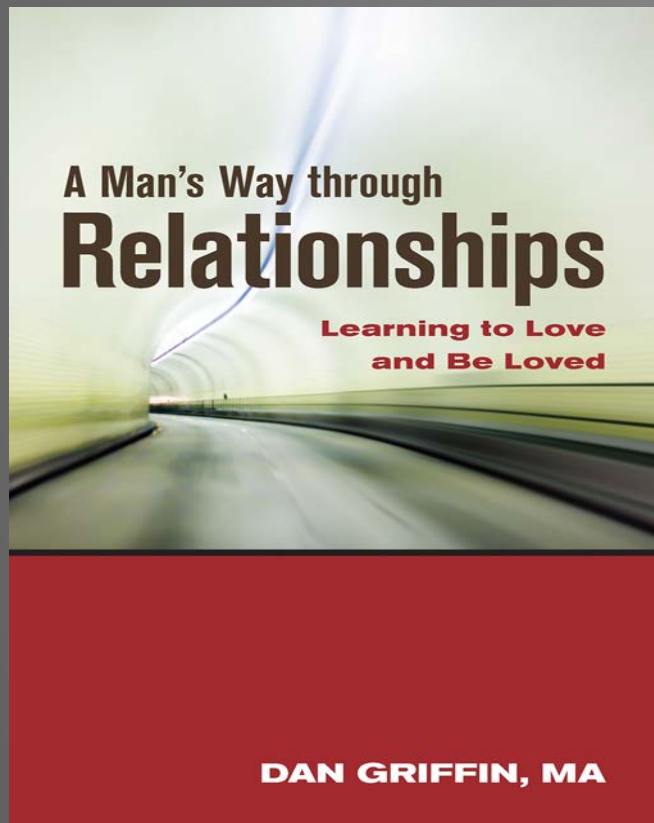
STEPHANIE S. COVINGTON  
DAN GRIFFIN  
RICK DAUER

# A Man's Way through the Twelve Steps



- ▶ Replicated masters research
- ▶ Similar structure to Dr. Covington's "*A Woman's Way Through the Twelve Steps*"
- ▶ Interviewed over 25 men
  - Ages 25 to 59
  - Periods of sobriety from 1 year to 42 years
- ▶ First gender-responsive and trauma-informed book for men in recovery focused on men's unique issues and needs

# A Man's Way through Relationships



The first trauma-informed book focused solely on helping men create healthy relationships.

WHAT WOULD MEN TELL YOU IF THEY  
WEREN'T TOO BUSY WATCHING TV



Allen Berger, Ph.D.

Dan Griffin, M.A.



A TREATMENT IMPROVEMENT PROTOCOL

# Addressing the Specific Behavioral Health Needs of Men

# TIP 56



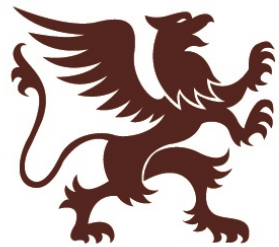
**SAMHSA**

A silhouette of a man holding a baby, with a bright sun in the background. The man is on the right, leaning towards the baby on the left. The sun is in the upper center, creating a strong backlight effect. The background is a blurred outdoor scene with trees.

**AMAZING DADS!  
FINDING THE FATHER WITHIN**



**A MAN'S WAY THROUGH TRAUMA:  
HEALING MEN'S PAIN**



# GRIFFINRECOVERY

ENTERPRISES

*We cannot just change what men think,  
we have to change what we think about men.*

Yo! I'm working on my issues. Stay in touch.

I promise all your dreams will come true if you do

Text

**THEMANRULES**

to **22828** to get started.



# Man Up – Guante video

<https://youtu.be/2cAsN4RpsO4>



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