

**September 2020 —  
August 2021**

## **A New Paradigm for Addressing the Health and Wellness Needs of Men and Boys**

Through 25 years of work with men in court related and wellness programs, The Men's Resource Center of West Michigan has found that persistent mental and behavioral health problems can be effectively addressed through a diagnostic paradigm that evaluates men's experience with masculinity as the primary target of therapeutic interventions. We have found that rigid expectations of men's emotional and social experiences and presentations stand in the way of healthy development particularly in the areas of emotional intelligence, healthy self-concept and relational capacity resulting in a propensity to externalize unwanted emotions. Naming these tendencies Mascupathy—a pathological version of masculinity-- and grounding our treatment plans within this context has resulted in remarkable recoveries for our clients. This workshop will discuss how utilizing the paradigm of Mascupathy, otherwise known as toxic masculinity, provides a broad based and effective context for maintaining men's mental wellness, can effectively intervene into problems like domestic and sexual violence, and how we have developed this knowledge into preventative programs that give men and boys the cognitive and emotional tools they need to develop whole hearted and thriving masculinities.



Randy Flood, MA LLP is the co-founder and director of the Men's Resource Center of West Michigan where he is the principal therapist in providing individual and group psychotherapy. He also provides evaluations to assess risk and counseling needs relative to sexual misconduct, domestic violence and generalized violence. He has spent his career creating and developing specialized clinical services and programs to address men's issues—helping men develop wholehearted and healthy masculinities to include emotional and relational intelligences. Recently, Randy has been integral in helping create the Youthful Sex Offender Treatment Program here in Kent County. In addition to his clinical practice, Randy provides trainings on revisioning and reinventing masculinities, as well as on domestic violence, sexual misconduct and addiction, and specialized counseling for boys and men. He recently developed Altogether Boys, a comprehensive educational program that teaches middle school-aged boys about developing robust, whole-hearted masculinities. He also recently launched a new Podcast—Revealing Men—conversations that pull back the curtain, revealing the inner life of men. With Charlie Donaldson, Randy wrote Mascupathy: Understanding and Healing the Malaise of American Manhood (IPTM, 2014) and Stop Hurting the Woman You Love: Breaking the Cycle of Abusive Behavior (Hazelden, 2006), one of the field's leading books for men who are emotionally or physically abusive of women. Randy is often sought out by media as a resource on current events and issues related to men and masculinities.

**Date: Friday, January 22, 2021**

**Time: 12:50 - 4:00 p.m.**

**Location: Live online webinar**

**Presented By: Randy Flood**

**Cost: \$49**

Recommended for LBSW and LMSW beginning and intermediate skill levels; for learning objectives and additional program information, please go to our web site.

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