

Helping Men Recover: Trauma-Informed Treatment for Men



The Water

The 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** chicks as possible
with as little **CONNECTION** as possible with as
BIG of a DICK as possible



SAFETY

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

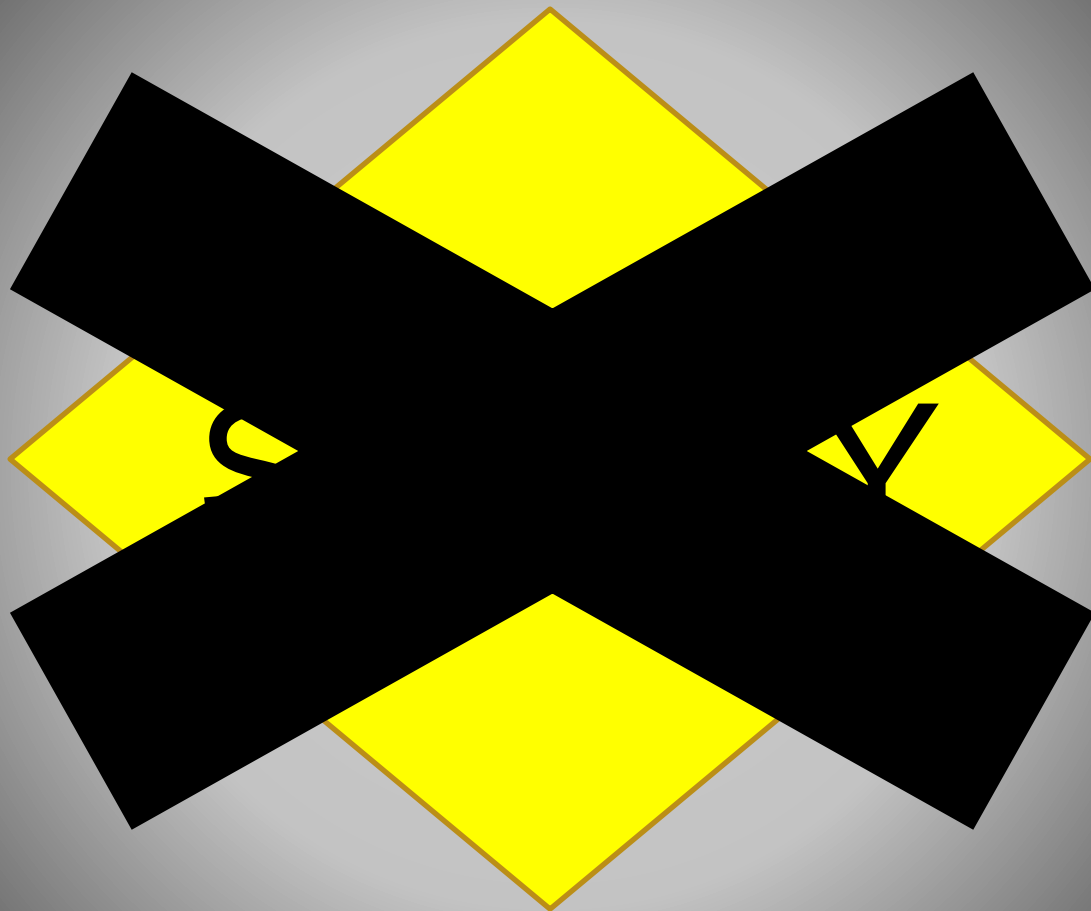
Therapy/Recovery

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

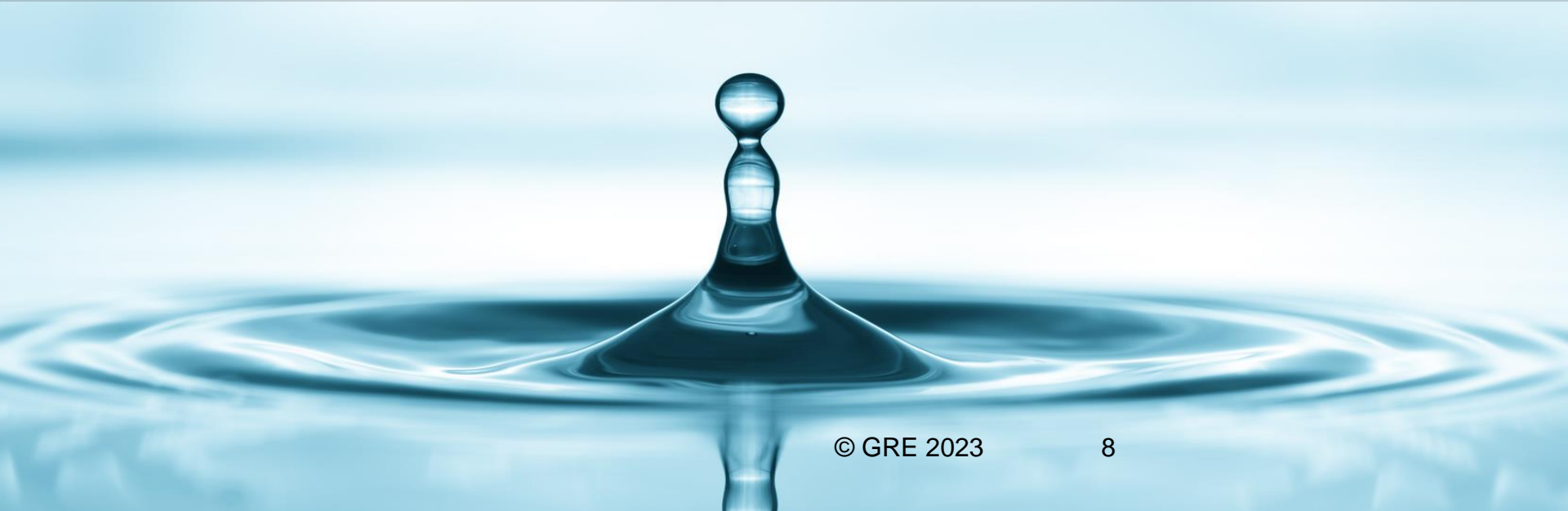
The Woman Rules

- BE thin -
ALWAYS
- BE beautiful -
ALWAYS
- BE a nurturer
- BE a mother
- BE in
relationship with
a man -
ALWAYS
- BE weak
- BE emotional
- BE passive
- BE quiet
- BE nice
- BE domestic
- BE selfless/care
for everyone
other than
yourself

Be a **LADY** in the streets and
a **FREAK** in the sheets!



**“It is not about doing it
PERFECTLY
It is about doing it *CONSCIOUSLY*”**



The background is a deep blue underwater scene. On the left side, there is a large, irregular air pocket or bubble structure. The rest of the frame is filled with numerous small, dark bubbles of varying sizes, creating a textured, effervescent effect. The lighting is soft, coming from above, which makes the bubbles appear darker against the lighter blue water.

It Runs Deep

TRAUMA = WOUND

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

FIGHT

FLIGHT

FREEZE

FAWN



**MIND
BODY
SPIRIT**

RESPONSE

BIG T
small t

The Role of Attachment

The image features a blue gradient background with white circuit-like lines in the corners. The text is centered and reads:

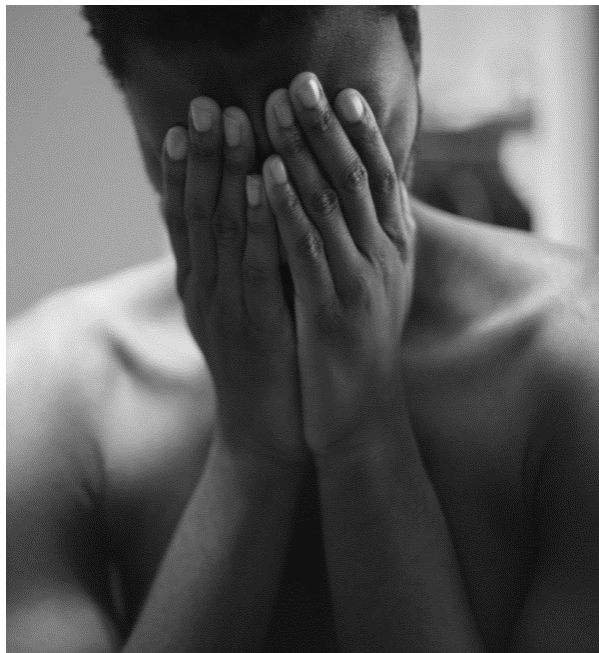
WE REPEAT
WHAT WE DON'T
REPAIR.

Complex Trauma

Social Traumas

Caused by experiences with prejudice and discrimination on a personal level as well as cultural and structural inequities based upon race, gender, sexual orientation, religion, and disabilities. (Lee & Woon)

MEN AND TRAUMA



TRAUMA = WOUND

A man with a beard and long hair, wearing a dark blue hoodie, stands with his arms crossed. He is wearing a black watch on his left wrist. The background is a dark chalkboard with two large, white, chalk-drawn muscular arms flexing on either side of the man. The text "TRAUMA = WEAK" is written in large, bold, red capital letters across the center of the image, partially overlapping the man's chest and the chalkboard background.

**TRAUMA =
WEAK**



ASSHOLE

REAL MEN DON'T FEEL

EXCEPT

ANGER



ANGER FUNNEL

Hurt
Sadness
Fear
Insecurity
Shame



Violence
Rage
Anger

Sarcasm
Silence
Isolation

The slide features decorative curved lines in the top-left and bottom-right corners. These lines are composed of multiple overlapping layers in shades of light yellow and cream, creating a sense of depth and movement. The main text is centered on the slide.

“It’s Not Trauma”


Violence?



Compassion = Collusion

An underwater photograph with a deep blue and teal color palette. The water is filled with numerous small, dark bubbles of varying sizes, creating a textured, effervescent effect. On the left side, there is a large, clear, irregularly shaped air bubble or pocket of air. The lighting is soft, filtering down from above, creating a sense of depth and tranquility.

It Runs Deep



MEN
are not
the **PROBLEM**

The slide features two decorative curved lines. One is in the top right corner, curving from the top towards the right edge. The other is in the bottom left corner, curving from the bottom towards the left edge. Both lines have a gradient from light yellow to light grey.

How Men Have Been Raised

IS

The Problem

Conscious Masculinity
Enlightened Choice

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Traditional Masculinity
Socialization

Relaxed Masculinity
Personal Growth

Toxic Masculinity
Shame & Trauma

We Will

NEVER

Dismantle Patriarchy

Until...



We Deal With The Complex Reality of Male Trauma

The 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



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

Healing Trauma

What does it look like?

The paths are many

Conscious masculinity

Victim → Survivor → Thriver

Perpetrator → Protector

Resilience & PTG

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

15

REALITY CHECK

We are a traumatized field,

Working with traumatized clients,

Sending them to a traumatized communities.

Trauma is a universal

Experience

Safety and Security are Universal Needs



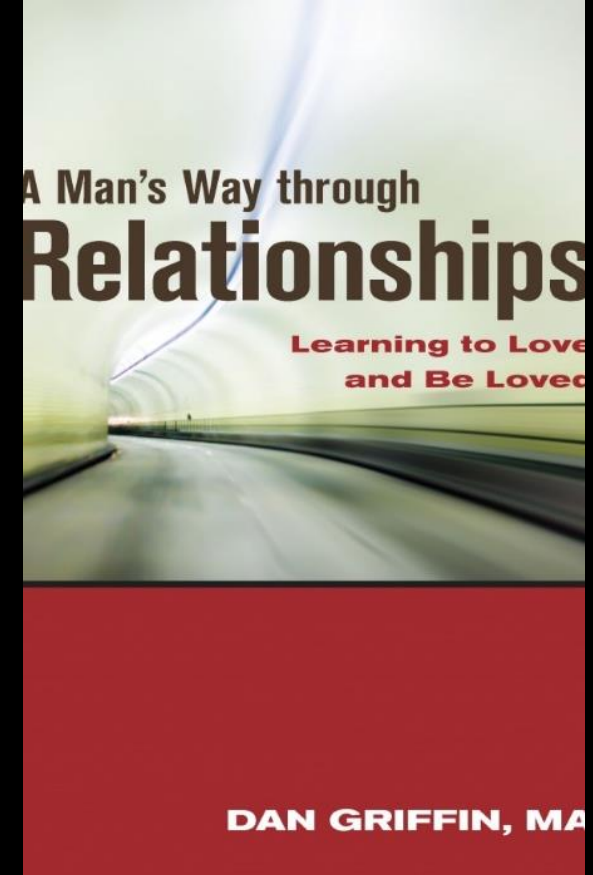
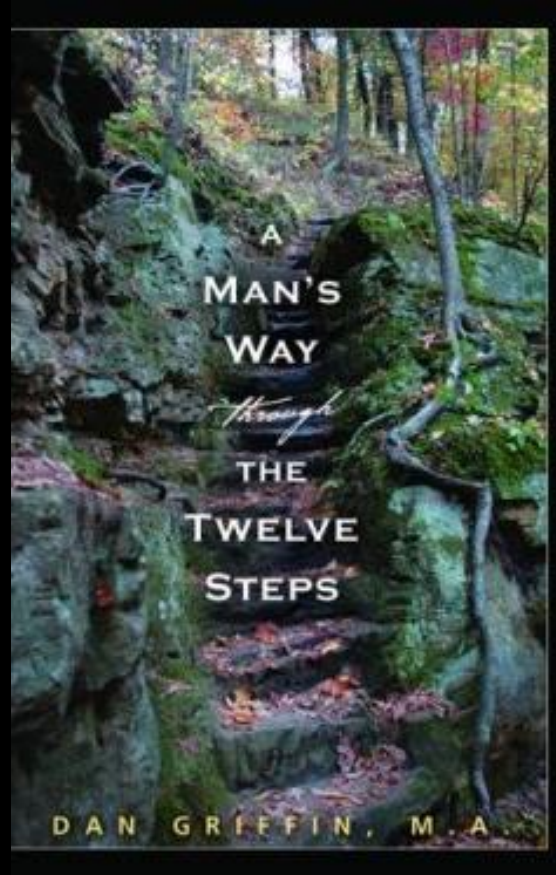
EMPATHY

is the Universal

Solution

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Publications by Dan Griffin



Helping Men Recover - Revised



A silhouette of a father holding a baby against a bright sunset background. The father is on the right, leaning over the baby who is on the left. The background is a warm, golden light from the setting sun, with a blurred tree visible in the distance.

AMAZING DADS!

By Dan Griffin & Harrison Crawford

Published by Wiley & Sons, Fall 2023



HEALING MEN'S PAIN

By Dan Griffin & Jonathan DeCarlo

Published by Wiley & Sons, Fall 2023



GRIFFIN**RECOVERY**
ENTERPRISES

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

How Can We Help?

Trainings (1 hr – 4 day) – Live & Zoom
Consulting (Staff Support → Assessments → Deep Dive)
Conference Speaker
Retreats (Professional and Personal)

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