

Teaching Men Love

How to Challenge Traditional Masculinity's Playbook

TERRY REAL

The ability to feel love is not the same thing as being able to show and sustain it. Many men don't know how to do things like be vulnerable, articulate emotional needs, or ask for help—all of which run counter to traditional masculinity's playbook. This workshop will focus on how to teach men to handle themselves in more loving ways, even if that sometimes requires a complete deconstruction and reconstruction of what it means to be man. Learn how to:

- Help men disarm an upset partner with humility and generosity instead of defensive argument
- Increase men's willingness to cherish both themselves and their relationship with their partner
- Help men grow more of what they want from their partner through actively appreciating what they're already getting
- Get therapeutic "buy in" from even difficult men by enlisting their own best self-interest

*Terry Real, LICSW, is the author of the bestselling *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression* and has been featured on numerous national news programs. He's the founder of *The Relational Life Institute*, where he does therapist trainings and workshops for couples.*

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Learning Objectives:

1. Evaluate how to help men disarm an upset partner with humility and generosity instead of defensive argument.
2. Determine how to increase men's willingness to cherish both themselves and their relationship with their partner to improve well-being.
3. Demonstrate how to help men grow more of what they want from their partner through actively appreciating what they're already getting in the context of treatment.
4. Assess how to get therapeutic "buy in" from even difficult men by enlisting their own best self-interest.

Outline:

Learn how to:

- Help men disarm an upset partner with humility and generosity instead of defensive argument
 - The Art of Relational Ju-Jitsu
 - Becoming a "generous gentleman"
- Increase men's willingness to cherish both themselves and their relationship with their partner
 - Developing a cherishing relationship to oneself
 - How to "do love."
- Help men grow more of what they want from their partner through actively appreciating what they're already getting
 - Shifting from complaint to request
 - Positive feedback as relational strategy
 - Thinking like a team
- Get therapeutic "buy in" from even difficult men by enlisting their own best self-interest
 - The wisdom of a systemic perspective
 - Forming an alliance with the "functional adult" part of the man

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