

# The Intentional Development of Men

Essential Ingredients for Men's Groups



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# Feminist Men's Groups

- Feminist theory
- Charismatic or leaderless
- Consciousness-raising
- Support; linking social & political
- Anti-male bias





# Supportive Men's Groups

- Self-help; encounter
- Leaderless
- Listening; problem-solving
- Educational; emotional supportive; male affirming
- Lack of skillful methods





# New Age Men's Groups

- Spiritual, new-age, indigenous peoples
- Charismatic leader
- Rituals, vision quests, initiations
- Honored esoteric traditions
- Misappropriation of methods





# Mythopoetic Men's Groups

- Poetry, mythology, drumming, movement
- Charismatic leaders; Jungian
- Rituals, story, confrontation
- Elders, beauty, male-affirming
- Few leaders; authoritarian





# Addiction-Cessation Men's Groups

- Alcoholics Anonymous
- Charismatic, anarchic leaders
- Structured steps
- Sponsorships; inspirational
- Auxiliary ego
- Dogmatic; repetitive





# Nation of Islam Manhood Training

- Charismatic leaders
- Pragmatic adult behavior
- Abstaining from impulsive behavior
- Holding to Nation of Islam traditions
- Strict gender roles





# Psychiatric Hospital Men's Groups

- Psychoeducational
- Professional psychotherapist leadership
- Generic male issues: relationships, emotions, aggression, intoxication
- Very unstable time
- Short-term; tumultuous





# Prison Groups

- Inner psychological & spiritual development, confronting 'the shadow'
- Social activist leaders
- Self-help, support, mentoring youth
- Men's rights and institutional change
- Community action & service





# Sufi Men's Groups

- Leader appointed by his teacher
- Spiritual stories, practices (meditation), dance, lectures, study
- Results; lineage; esoteric
- Prone to ossification, mimicry





# Important Ingredients in Men's Groups

- Members
- Leaders
- Teaching
- Place
- Time





# Characteristics of Cults

- Dogmatic
- Controlling
- Repetitious
- Intolerant of differences or departures
- Benefit the leadership
- Us against them





# Considerations

- Developmental stages
  - Of a man
  - Of a group of men
- Skillful application of methods
- Degeneration of a group
- Stuck points
- Cult-like behavior
- Results oriented
- Techniques mimicking impact





# Further Reading

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