

consulting

MEN'S GROUP

MEN AND MASCULINITIES THERAPY GROUP

This group is for men who want to increase their ability to be vulnerable, connect with others, and experience a fuller range of emotions.



Get Support

Give and receive supportive feedback with other group members.



Increase Self-Knowledge

Improve your self-understanding and engage in more gratifying relationships.



Unlock Emotions

Remove blocks to emotional intimacy, reclaim healthy anger, and resist shame.

Co-Facilitators: Justin Karter, MA & Joe Monserrat, Psy.D.

The **weekly 1-hour group meetings** will begin the week of March 8th at a recurring weekday and time TBD (we will find a time that works most intended group members).

To schedule a pre-group meeting :

Email consultation@albany.edu or call CAPS at 518-442-5800



Counseling and Psychological Services

Men and Masculinities Psychotherapy Group:

Co-Facilitators: Justin Karter, MA & Joe Monserrat, Psy.D.

Description:

This group is for men who want to increase their ability to be vulnerable, connect with others, and experience a fuller range of emotions. By working on emotional awareness and expression, self-esteem, and unpacking dominant narratives of masculinity, group members can improve their self-understanding and engage in more gratifying relationships. The group will aim to remove blocks to emotional intimacy, reclaim healthy anger from aggression, resist shame and validate men's desire for support and connection, and increase joy and pleasure without resorting to dangerous and addictive behaviors

You will learn about how you come across to others toward the goal of feeling better able to be honest and connected in relationships. One way this happens is from sharing with others what you normally keep hidden. All group members come to group with this in mind, knowing that others are nervous about doing this too. The self-acceptance and belonging from this kind of shared feedback and support can change your life and how you connect with people.

Men who join an interpersonal therapy group usually want to be able to relate better with others and to feel better about themselves. Reasons for joining group include:

- Often feeling angry, frustrated, or dissatisfied in relationships
- Having difficulty trusting others
- Struggling to forge close (or meaningful) relationships
- Feeling that one often has to please others
- Relying on alcohol or drugs to socialize
- Struggling to communicate one's thoughts, feelings, and needs directly
- Being controlling (or easily controlled) in relationships
- Feeling that one's relationships are shallow
- Experiencing anxiety in social situations
- Frequently experiencing loneliness
- Manipulating others to get one's needs met
- Having trouble with self-esteem

While not exhaustive, this list is intended to capture the broad range of issues that might lead one to join an interpersonal group.

Initial half-hour group screenings will be held throughout February and the weekly 1-hour group meetings will begin the week of March 8th at a recurring weekday and time TBD (we will find a time that works most intended group members).