Leader Name/s: Matt Englar-Carlson & Mark Stevens
Workshop Title: Masculinity Revisited: Increasing Self-Compassion and Self-Care

Workshop Description:
Men often find that the demands and pressures in their life can be all-consuming and overwhelming. Besides being physically unhealthy, these pressures can take a toll on one’s spirit and soul. Self-care becomes an afterthought, and self-compassion – the ability to treat and understand oneself with respect and kindness – becomes elusive at best. Many men aspire to a balanced life, but simply do not know where to start. Self-compassion can be a powerful inner resource that enables men to address the challenges of life while building a healthy relationship with themselves. This workshop offers a safe and trusting environment to share personal stories with other men with a goal of developing more self-compassion and care. The group will become an arena for trusting our internal guides, appreciating the present, and making solid connections with others. Through experiential exercises, this workshop provides tools for participants to explore with themselves and with others the nuances associated with their inner voice and self-care. Participants who are psychologists/mental health professionals will be able to use these the tools in their own work with male clients. This experience is for men of all ages and backgrounds. The facilitators have known each other for decades and have experienced and taught workshops for men at Esalen together over many years.

COURSE OBJECTIVES

1. Will be able to facilitate conversation with their male clients about resistance to experiencing more self-compassion.

2. Will be able to facilitate conversation about self-talk techniques that encourage their male clients to experience more self-compassion.

3. Will be able to facilitate conversation with their male clients about roadblocks to self-care.

4. Will be able to facilitate conversation with their male clients how to set up a realistic self-care plan.

5. Will be able to cite three dynamics of masculinity socialization that contribute to negative self-talk about being more compassionate with self.

6. Will be able to use appropriate self-disclosure about their own experiences of developing self-compassion as a tool to help their male clients.

7. Will be able to use appropriate self-disclosure about their own experiences of developing self-care plan as a tool to help their male clients.

8. Will gain access to three resources on self-care to offer their clients.
COURSE CONTENT CITATIONS


Friday
Introductions
Ground rules and norms
Overview of the weekend

Saturday
Ice Breaker
Lecture/Discussion: What is self-compassion? What are the barriers to experiencing self-compassion? Case examples of using compassionate self-talk as a means to developing self-compassion.
Lecture/Discussion: How do we develop self-compassion in the context of our masculinity?
Experiential Exercise: Asking participants to develop a self-compassion dialogue in the context of an event/experience they have historically been highly critical.
Lecture/Discussion: How to utilize self-care as a means for increasing self-compassion within the context of masculinity training. Case examples presented.

Sunday
Experiential Exercise: Practice some models of self-care including mindfulness meditation that can be utilized with their clients.
Wrap-up: Evaluations and goodbyes.

This course meets the qualifications for 10 hours of continuing education credit for: LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Esalen is an approved provider of continuing education by the California Association of Marriage and Family Therapists, CA BRN, APA, NCBTMB, and the California Board of Acupuncture.

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