



A Counselor's Guide to Working With Men

Matt Englar-Carlson, Marcheta P. Evans, Thelma Duffey

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Focusing on the unique opportunities and challenges associated with counseling men, this book examines a variety of critical issues pertaining to the psychology of men and masculinity and presents successful, evidence-based strategies for treatment. Nationally recognized scholars and clinicians with expertise in treating men show how to break down barriers to connecting with male clients and give them the help they need.

After an introductory primer on counseling men, Part One focuses on treating men in couples counseling, group work, and career counseling, as well as counseling men about their health. Part Two explores the intersections of identity for sexual minority men, older men, and fathers, and discusses spiritual work with men in life transitions. Part Three addresses the concerns of men in the military, prevention of sexual violence, and treating men with addictions and trauma-related issues. Part Four provides the specific clinical frames of female counselors using relational cultural theory with men, and using motivational and masculine-sensitive therapy with men. Examples and vignettes are interspersed throughout the text providing clinical relevance, and reflective questions within each chapter encourage readers to explore their own biases and ideas about working with men.

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