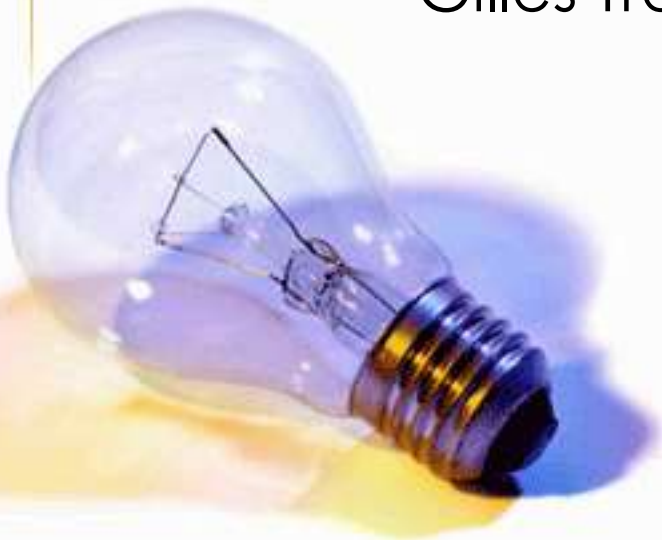




UNIVERSITÉ  
LAVAL

# Working with boys and men

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**M&S**  
Masculinités & Société



## Changing our lenses

- Seeing men as human beings
- Staying far away of the toxic male paradigm
- Believing in boys and men
- Seeing potentialities not only deficits



# Men's Iceberg

## **PUBLIC dimension**

- « Independent »
- « Taking charge of others »
- « Must know »
- « Must be capable »
- « Appetite for power »
- « Never afraid »
- « Having success in seducing »
- « Must lead »

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## **PRIVATE dimension**

- « Needing reassurance »
- « Dependance to wife and family »
- « Having doubts, being confused »
- « Sometimes afraid »
- « lacking confidence in relationships »
- « Being sensitive »



## **The 10-point Model**

- 1. Being aware of gender-specific issues**
- 2. Seeing men as humans**
- 3. Paying particular attention to counter-transferential reactions**
- 4. Recognizing discomfort in men seeking help and paying special attention to the 1st contact.**



# Contradictory demands

(Brooks 1998, in Dulac 1999)

## **Demands of therapy**

- Self-disclosure
- Renouncing control
- Non-sexual intimacy
- Revealing one's weaknesses
- Feeling shame
- Being vulnerable
- Seeking help
- Expressing emotions
- Being introspective
- Confronting conflicts
- Confronting pain, suffering
- Recognizing failures and admitting ignorance

## **Demands of masculinity**

- Concealment of private life
- Maintaining control
- Sexual intimacy
- Showing strengths
- Expressing pride
- Being invincible
- Being independent
- Being stoic
- Being proactive
- Avoiding conflicts
- Denying pain, suffering
- Persisting indefinitely, feigning omniscience



## The 10-point Model

5. Supporting, developing a sense of responsibility, empowering and protecting.
6. Proposing a clear, structured and concrete framework for intervention while keeping the emphasis on emotions.
7. Emphasizing the client's personal strengths and countering feelings of shame.



## The 10-point Model

8. Breaking affective isolation.
9. Adapting services, acting rapidly and being proactive if needed.
10. Taking care of ourselves as interveners.



## References

- Tremblay, G. & L'Heureux, P. (2005). Psychosocial Intervention with men. *International Journal of Men's Health*, 4 (1) 55-72.
- Tremblay, G. & L'Heureux, P. (2009). Effective tools in the work with more traditional men. In Blazila, C. & Shen Miller, D.S. *An International Psychology of Men: Theoretical Advances, Case Studies, and Clinical Innovations*. Routledge.
- **Masculinités et société will have its own web site soon.**



Available on Internet: [www.msss.gouv.qc.ca](http://www.msss.gouv.qc.ca)  
or [www.rvpaternite.org](http://www.rvpaternite.org) or



## **Les hommes :**

s'ouvrir à leurs réalités  
et répondre à leurs besoins

**RAPPORT DU COMITÉ DE TRAVAIL EN MATIÈRE  
DE PRÉVENTION ET D'AIDE AUX HOMMES**