

A Young Man's Guide to Self-Mastery

Overview

Boys live in a world that is complicated as they attempt to navigate their psychological and physical development. The typical adolescent male is caught up in a maelstrom of hormonal, social, and cultural shifts that would be difficult to deal with even in ideal conditions. Chances of atypical or disordered development increase exponentially in the midst of troubling experiences. In fact, for many young men, typical male socialization can be characterized as a series of traumatic events. Boys who suffer adverse or troubling life events also experience significant impairment in neural development. This can lead to trouble in critical thinking, trouble in reconciling emotional events, and antisocial behavior. This workshop is based on the newly released trauma-informed curriculum, *A Young Man's Guide to Self-Mastery*. This program focuses on the effects of adversity and trauma on the lives of young men and is designed to help them to mitigate some of those effects, such as abuse of alcohol and other drugs. The techniques described in this curriculum are meant to create an atmosphere of safety and of mutual learning. Some of the topics included are: cyber-bullying, substance misuse, emotional development, process of trauma and what it means to be a man in today's world.

The program materials (facilitator's guide and participant's journal) can be used in schools, treatment facilities, and juvenile justice settings. This training describes the world of boys, as well as providing an overview of the elements needed for creating gender- and trauma-responsive services. The focus is on interactive exercises that demonstrate the strategies that counselors can use with boys and young men. The issues of boys in the juvenile justice system are also addressed.

Topics

- Developing gender-responsive services
- The world of boys
- Theoretical foundation
- Becoming trauma informed and trauma responsive
- Boys in juvenile justice settings
- Specific interactive activities
 - o Myself
 - o Communication and Connections
 - o Relationships
 - o Healthy Living

Objectives

- Understand the world of boys/young men
- Discuss gender differences
- Explore elements of gender- and trauma-informed services
- Demonstrate specific therapeutic strategies

STEPHANIE S. COVINGTON, Ph.D., L.C.S.W.

7946 IVANHOE AVE., #201 B, LA JOLLA, CA 92037 TEL: 858-454-8528 FAX: 858-454-8598 www.stephaniecovington.com