

# **MENS PROGRAM**

## **Reshaping Beliefs, Behaviour and Relationship Bonds – Men's Mental Health**

When: Thursdays 4.30pm to 6.30pm

Next Program dates (8 weeks)

18 July, 25 July, 1 August, 8 August, 15 August, 22 August, 29 August, 5 Sept 2024

This program is designed to address problems that men may experience within their relationships and mental health. Based in Werribee, this program runs for 8 weeks and is a closed group of ten men, run by Clinical Psychologist, Alison Mynard, who has extensive experience working with men who have mental health issues, relationship issues and may be involved in the justice system.

The program provides psychoeducation on issues such as relationship bonds, domestic violence, assertive communication, attachment styles, emotional intelligence, empathy, and skills to challenge negative thinking patterns. The program also assists men to identify underlying core beliefs that contribute to their maladaptive patterns of behaviours, their mental illness, substance abuse issues, and give strategies for long term change.

- The program costs \$880 for the eight week 2-hour sessions, running on a Wednesday from 4.30pm to 6.30pm. If participants have a Mental Health care plan from their GP, each session attracts a Medicare rebate of \$64.60 at the time of the session.
  - Full payment of \$880 will be taken for confirmed registration, or \$120 deposit with a payment arrangement in place can confirm registration. The full amount must be paid prior to commencement of the program.
- Payment is non-refundable after the commencement of the program. A certificate of completion and workbook will be provided for participants of the program.
- A commitment to attend an assessment interview (via phone) and then all eight sessions is required to complete this program.
- If any sessions are missed due to illness, or work commitments, payments will not be refunded.
- A certificate of completion will be given, for all the sessions attended.

### **Summary**

The program is developed to give a range of psychoeducational strategies to respond to men who have mental health issues, relationship problems, substance use issues, offending behaviours, and display other maladaptive patterns of behaviour. Furthermore, the program is designed to increase insight and promote better understanding about the contributing factors for their behaviours, to create a catalyst for lasting change.

Note: This is not a Men's Behaviour Change Program.

Please contact Alison Mynard for any further information about the program [alison@nextdoorpsych.com.au](mailto:alison@nextdoorpsych.com.au) Please call 1300 795 292 for payment and enrolment in the program. If the program is full, there will be a wait list for the subsequent programs.