

Men & Masculinities Programme

The Men & Masculinities programme is designed to support people who are aware that their behaviour is damaging or distressing within their relationships.

We also work with female perpetrators and those in same sex relationships.

The Men & Masculinities programme is a programme that provides a safe space for people who have engaged in abusive, harmful and damaging behaviour within their relationships. The programme explores what it means to display appropriate behaviour within relationships and highlights how conflict, aggression and anger can deeply impact the lives of others.

The rolling 24-week programme focuses on behaviour, how we act, how this reinforces how we think and feel, and most importantly, how to act differently and make changes to our behaviour and the environments we create. It is also designed to support any other treatment that a person is involved with.

It is designed to:

- Deepen understanding of themselves and their relationships
- Support the process of change
- Work from the basis that part of making changes is to understand the past, and the harm done to oneself and loved ones
- Address the impact of conflict, anger, anxiety on relationships, and to help to try to rebuild on trust that has been lost

Core modules involve, but are not limited to topics and discussion such as:

- Coercion
- Physical and emotional abuse
- Control
- Consequences
- Intimacy, closeness, sex and sexuality
- Building confidence, stability, self reliance
- Impact on children