

EVRYMAN

Connecting Men

How to connect men to themselves so they can connect to others.

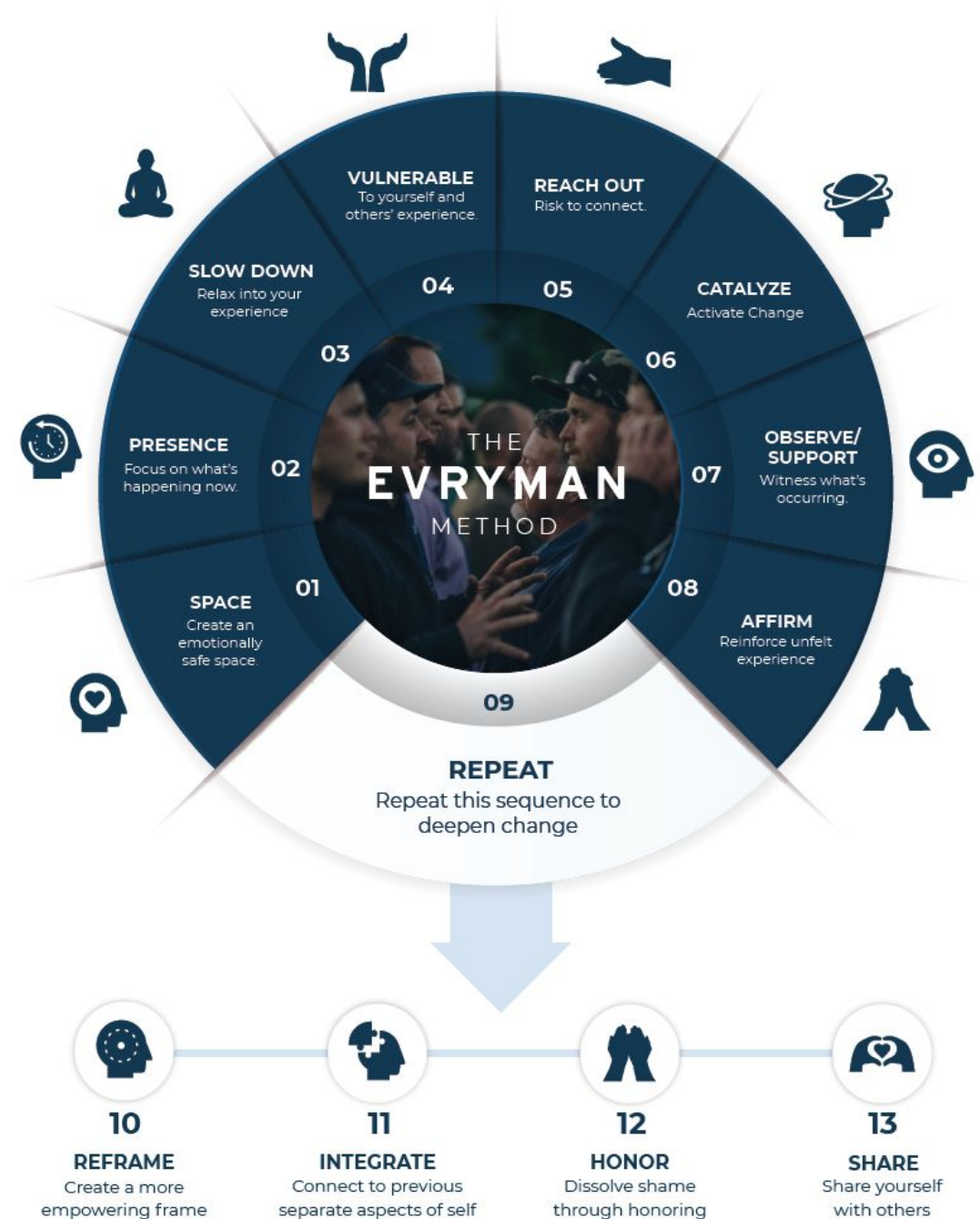


Getting men connected to others often starts with getting them connected to themselves. We will explore how to assist men in using their physiology as a vehicle for connection.

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**Key Components of the
EVERYMAN Method and
Community**

The EVRYMAN Method



Take the man deeper

Somaware:
the emotional
physiology of stress
and trauma

**Somatic
Mindfulness**

**Group
Dynamics**

**Attachment
Theory**

**Peer-to-peer
Support**

**Family
Systems**

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Based on these key practices

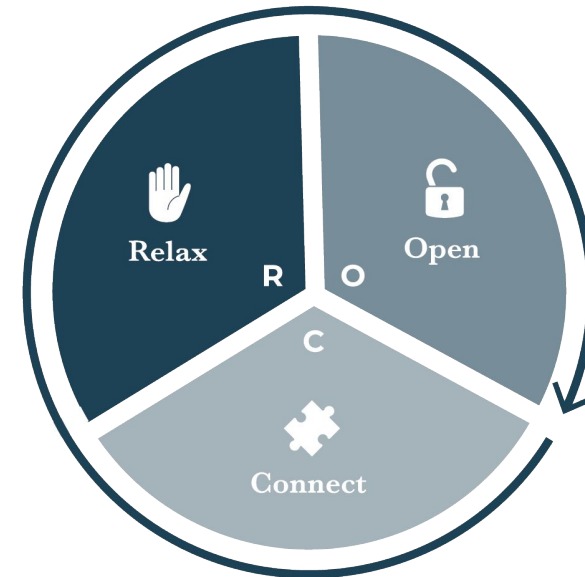
The focus of the EVERYMAN Method

Into his somatic, then emotional experience

From being connected to his own experience, he reaches out to others

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ROC – our acronym for how to do this:



Slow down to
RELAX

OPEN up to
be vulnerable

Risk
CONNECTION



Create an emotionally safe environment

To become vulnerable with oneself or another, the threat/survival response needs to down-regulate

Witness, learn, and practice emotional skills with other men where there are no secondary consequences – there are no relationships outside the group that the men needs to be concerned about

A bottom-up approach

Focus not on knowing, but on experience

Men are not trained to analyze, suggest, or fix

Experience is the catalyst

Men are trained to use their experience and guide other men to do the same





Start with focusing on a man's somatic experience

Emotional awareness and articulation can be challenging for men

Most men can describe body sensations which set them up to describe emotional experiences

Men do not feel there is a right way to talk about what they feel in their bodies

Men are hungry for authentic connections with other men and women

The culture tells them to be self-reliant; to need connection is a weakness

There are no opportunities to connect authentically to other men

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It is assumed that men experience and express emotions the same way that women do

After two centuries of women raising boys because men were at work, we defaulted to a more feminine model of emotionality for men

Women are burdened with being the emotionally responsible person in relationships

A place for men to interact with other men and how to:

Authentically experiencing emotions

Express emotions and wants

Relate to their intimate partner

Relate to their children

Show up emotionally connected at work

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A place to feel showing up authentically is a contribution to another man

Men discover in the EVRYMAN programs and groups that by just being themselves they support other men

A safe place to have emotional needs met

Reduces the burden of his partner being his sole emotional support

Men discover that opening up to other men has them become an emotional equal to their partners

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Men first learn through vivacious learning

Men release, change, and learn by watching other men

Often for the first time, men see other men not shamed but honored for emotional vulnerability

Support and accountability to keep commitments in relationships outside the group

Men know when other men are not being honest with themselves or avoiding doing what they say they will do

Men appreciate other men supporting them in achieving their goals



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Unique to Men

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Unique to Men

Emotions have become a performance for men

Men feel and communicate emotions differently than women

Honor is big for men; they will die for it

Men have never seen a model of healthy masculine emotional expression

Men can be more physical and movement-oriented around their emotions

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Unique to Men

Men work best when they know the rules of engagement

A primary reason for having a set of agreements for a men's group is to allow men to feel safe enough to open up

Men do not like or are afraid of men

Men do not face each other unless

- Confronting
- Risking authentic connection

Men compete

Men will compete in our events and groups around who can be more vulnerable

Men communicate and connect while doing things

Start with focusing on a man's somatic experience

Men learn through experience

Men are not honored for taking vulnerable risks

Even though honor is big for men, they rarely honor other men

Men do not use the word “masculinity” — being a man is not a theoretical phenomenon for them

Men want to break out of the hyper and hypo-masculine models to discover their own way of being



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EVERYMAN Provides



EVRYMAN provides

Live and virtual trainings based on science – not mythology, deprivation, or challenge

Live and virtual groups

A virtual community

Additional offerings

Continuing education for therapists through Triad Behavioral Health

Support for male therapists through connecting to other men as men with the MELT and Foundation Training

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As Seen In:

The New York Times

Men'sHealth



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For more information, please see:

EVERYMAN.com/therapist-support

