Finding Meaningfulness & Harmony in Daily Life: The Integrity Model in Counselling and Psychotherapy with Men

A Reflective Workshop on Value Clarification

A Pre-Congress Workshop
AMSA 2009, Montréal, Québec, Canada

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WHO

All are welcome.

The workshop will be offered in English, and questions and points of clarification will be addressed in English, French and Spanish.

WHEN

April 3, 2009
9:00 a.m. to 12:00 noon

MAXIMUM NUMBER OF PARTICIPANTS

20. Registration will be on a first-come, first-served basis.

LEARNING OBJECTIVES
By the end of this workshop participants should be able to:

1. Identify the major values that influence their decision-making personally and professionally;

2. Identify how they rank these values, and what value clashes may arise;

3. Reflect on new ways to resolve value clashes and to find greater meaning and harmony across the facets of their lives;

4. Learn how to understand and work with men and their crises in a non-pathologizing way by exploring value clashes, boundary issues, and the price tags of change versus maintaining the status quo.

HOW

This didactic and participatory workshop is based on Lander & Nahon’s Integrity Model of living life meaningfully and well. The Integrity model is an existential approach based on the belief that the human being is a valuing animal, and that mental health is proportional to the extent with which individuals behave with integrity to their own personal values. It offers a value-based perspective that challenges individuals to take personal responsibility and accountability for their mental health and well-being. With this framework, individuals acquire a new perspective towards achieving a sense of health, wellness and personal resilience.

The Integrity model focuses on the integral-ness and multi-dimensionality of one’s being. It invites and challenges us to step outside the usual reductionist and binary metaphor of “balance” between work and home which fails to appreciate the other facets of self that need to be nurtured in order to achieve a sense of wholeness.

The Integrity model served as the treatment modality in the Men’s Clinic at The Ottawa Hospital, 1984-1994, the first tertiary clinic for men in North America (if not the world), and in Nedra and Danielle’s ongoing individual, group and couple work with men. Men have been extremely receptive to this psychotherapeutic and counselling approach that honours men’s innate sense of wisdom, morality, relationality and Integrity as key therapeutic resources—challenging the “myth of the emotionally defective male”.

Addressing the conference theme "Beyond Borders: Masculinities andMargins", this workshop will invite participants to examine their values as reflective of those structures in our lives that define us: who we are and what we are allowed to be and do. These boundaries, borders and margins are both external as defined by culture, society, family,
religion, media, peer group, etc., and internal as defined by ourselves. They reflect the existential dilemma of belonging and yet daring to be Maslow’s “marginal man”, comfortable and confident in being who one is, and willing pay the prices for a meaningful life, achieved by being true to one’s values and value hierarchy.

This workshop introduces a didactic and participatory format. By engaging in a reflective Integrity group process, participants will learn both personally and professionally a new way of understanding men and their crises in a non-pathologizing way by exploring value clashes, boundary issues, and the price tags of change.

Participants will engage in a process of personal and value exploration within the context of a stimulating and supportive group environment. The leaders will be catalysts for this dialogue, but ultimately the success of the group will hinge on the participants themselves, and their level of involvement in the day.

One of the tenets of the Integrity model is the concept of contracting. Self-disclosure will be a part of the contract for all participants, including the leaders. Confidentiality will also form an integral part of the contract. We would ask participants to contract to start and end on time, as this is a process group with a commitment made by each of us to all group members. Participants will be invited to complete a pre-workshop needs assessment in order to help the facilitators to gear the workshop towards the needs of participants.

THE FACILITATORS

Nedra and Danielle are clinical psychologists, authors, and educators. Their Integrity model of values and Integrity has been presented in numerous national and international forums. Their book on the Integrity model perspective was published by Routledge in 2005; this peer-reviewed volume has received international attention through published book reviews in North American and the UK.

Nedra and Danielle hosted the first Men’s Health conference in 1993, and the First International Multi-Disciplinary Congress on Men at Carleton University in 1995. The theme of the Congress was The Dawning of a New Millenium. Men: Research, Knowledge and Action. The philosophy of the Congress was to provide a respectful forum for dialogue between potentially differing viewpoints and perspectives, and to establish an international scholarship and understanding about being human which is sensitive to the cultural integrity and needs of both men and women. Nedra and Danielle were plenary speakers at the 1994 Conference on Men and Health Care at the University of Alberta, and were invited by the Psychological Society of Ireland to offer a workshop on men’s health in 2005. Based on their long-standing clinical work with men, they have been writing in the arenas of men’s health and a positive and hopeful view of individual and group psychotherapy with men since 1992.
REFERENCES


