



# Men and Grief: The Masculine Side of Healing

The Association for Death Education and Counseling® has deemed this program as counting toward the continuing education requirements for the ADEC CT and FT program.



# Welcome

*Moderator*

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Director, Professional Education  
Tragedy Assistance Program for Survivors*





# Learning Objectives

- Understand potential gender differences in the ways that women and men grieve.
- Describe ways in which gender can complicate and facilitate grief, loss and adaptation.
- Identify the importance of masculine symbols, rituals and communication in the grieving process.
- Recognize the role culture and stigma may play in the male grieving process.



# Continuing Education Credits

- Certificates of Attendance will be provided for all who attend the entire program and complete the evaluation.
- Please check with your state licensing board for your professional discipline requirements for continuing education.





# Approved CE Providers

- **Chaplains:**

The **Association of Professional Chaplains** will accept certificates of attendance for use in reporting continuing education hours.

- **Social Workers:**

This program is approved by the **National Association of Social Workers**, provider # 886505639, for 1.0 continuing education contact hours.

- **Nurses:**

Provider approved by the **California Board of Registered Nursing**, provider # CEP15218, for 1.0 continuing education contact hours.

- **LPC:**

Provider approved **Licensed Practical Counselor (LPC) Credits** for 1.0 continuing education contact hours through the **Grief, Loss and Life Transitions Graduate Certificate Program, Counseling Department, The George Washington University, Washington, D.C.**



# Evaluation

- ALL participants seeking continuing education credits **MUST** fill out the online evaluation within **30 days**.
- You **MUST** provide your state and license number, as well as your email address on your evaluation in order to receive credit. CE certificates will be sent to you via email within 3-7 weeks of completion of the program.
- The evaluation form will appear instantly upon completion the program. The form can also be found on our website at [www.taps.org/professionaleducation](http://www.taps.org/professionaleducation) once this program is completed.



# QUESTIONS TODAY?

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# The Tragedy Assistance Program for Survivors (T★A★P★S)

## Our Mission

TAPS provides ongoing emotional help, hope, and healing to all who are grieving the death of a loved one in military service to America, regardless of relationship to the deceased, geography, or circumstance of the death. TAPS meets its mission by providing peer-based support, crisis care, casualty casework assistance, and grief and trauma resources.



U.S. Soldiers and TAPS Peer Mentors Comforting Children of the Fallen  
at The TAPS Regional Survivor Seminar and Good Grief Camp  
Fort Campbell, KY





Since it's inception, **T★A★P★S**  
has assisted more than 25,000  
surviving family members, casualty officers and  
professional caregivers

FOR MORE INFORMATION or  
TO REFER SOMEONE YOU  
KNOW:

*[www.taps.org](http://www.taps.org)*

*or*

800-959-TAPS (8277)





# Loss, Grief and Trauma

- There have been more than one million men and women deployed to Operation Enduring Freedom Afghanistan (OEF) (2001) and Operation Iraqi Freedom (OIF) (2003).
- There have been over 5,000 casualty deaths associated with both (OEF) and (OIF) and another 5,000 plus active-duty deaths in the U.S. Military since 2001.
- There have been 35,000 wounded in both wars. These numbers do not account for the psychological wounds associated with or incurred from service. As well as the psychological readjustment to a “new normal” after a return from war.
- In 2008, suicides of soldiers in the U.S. Army rose for the fourth year in a row, reaching the highest level in nearly three decades. U.S. Veterans account for 20% of the over 30,000 suicides in the U.S. last year.

- There are many losses being endured by the today's military and their families, as well as exposure to the dual burden of loss and trauma both on deployment and the homefront.
- These losses can come from:
  - physical injuries (loss of a limb, function, memory)
  - psychological injuries (PTSD, depression/anxiety, suicidality)
  - job losses (can no longer perform tasks of chosen career)
  - identity losses (provider/caretaker)
  - loss of control over one's life (stop losses, multiple deployments/moves, extended separations from families, addictions)
  - injuries to relationships (losing touch with loved ones, difficult peer relationships, estrangement, divorce)
  - loss of a sense of self (loss of an assumptive world view)
  - loss of a sense of security (assault, exposure to violence, loss of innocence/fear of attachment)
  - loss through death.



# The Impact of Grief

- Grief is a normal reaction to loss.
- Servicemembers, their families and surviving families are being exposed to grief. Both men and women. Grief does not discriminate between gender.
- The military is highly comprised of men. How do they handle grief and loss? What can their families do to understand and support them?
- Survivors of a military death are also men (comrade/s, father, brother, friend, cousin, uncle, unit commanders, chaplains, casualty officers/notifiers).

# Men and Grief

- Our cultural roles make it difficult for men to look for support, and harder again to accept it.
- Society discourages men from openly emoting. This can be perceived as a sign of weakness.
- Like all human beings, men can feel profoundly, but often can't express the depth of their emotions.
- Due to stigma both in Society and often times in the military culture, a man is supposed to be "strong," to support, to cope, and to plan in the aftermath of loss. His own pain must be put away.
- Men may grieve and express that grief differently.
- HOW CAN WE BEST UNDERSTAND MALE GRIEF SO WE FACILITATE HEALING AND SUPPORT RESILIENCE?

# Guest Speaker



*Tom Golden, LCSW is an author, speaker and psychotherapist. He is the author of "Swallowed by a Snake: The Gift of the Masculine Side of Healing"*

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**301 670-1027**

# **The Secrets of the Masculine Side of Healing**



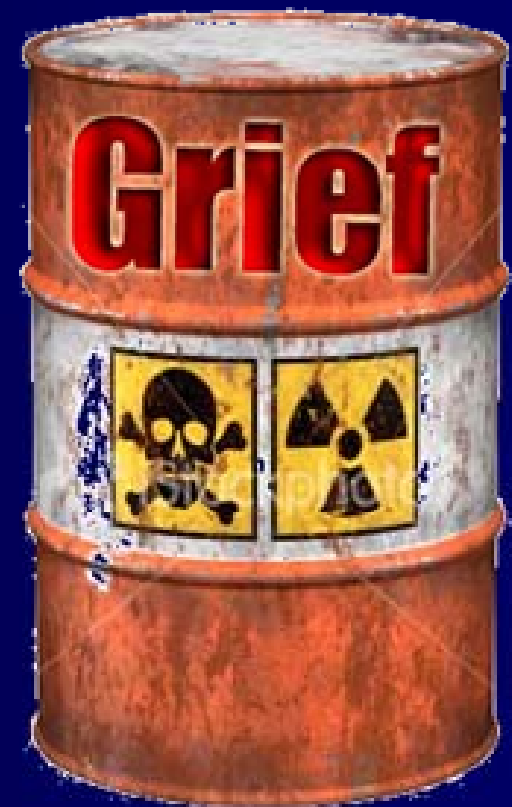
# How will this material be of help?

- PTSD
- Suicide
- Couples
- Depression
- Grief



# Sadness has a bad name

- The root of sadness = sate
- Chaucer's definition –  
Fullness of Heart
- Rumi -- Grief is the  
Garden of the Heart



# Grief and Sadness are Invisible

We no longer have:

- Bereavement Handkerchiefs
- Arm Bands
- Bereavement Stationary



# Masculine and Feminine

- **We all have masculine and feminine**
- **St Francis Center**
- **Do Men Like to Face Each Other?**



# Fight/Flight or Tend/Befriend?

- Shelly Taylor 2000, UCLA
- Stress research
- Tend and Befriend



A person is rappelling down a steep, reddish-brown rock face. The rock has a layered, textured appearance. The person is wearing a helmet and a harness, and is holding onto a rope. The background is a vast, open landscape with more rock formations and some sparse vegetation at the bottom.

# Safety

## Telling Your Story

### Three Paths

#### Action

#### Interaction

#### Inaction



# Different Paths



- **What aids the masculine?**

- **A map of the terrain**
- **Knowing his strength**
- **Linking that strength to action**
- **Linking his action to his pain**
- **The courage to stand in his tension**
- **Using the future**

- **What aids the feminine?**

- **A community of support**
- **Verbally sharing her pain**
- **Expressing her pain openly**
- **Relieving her pain through her intimacy with others**
- **Completing the past**

# Physical Paths

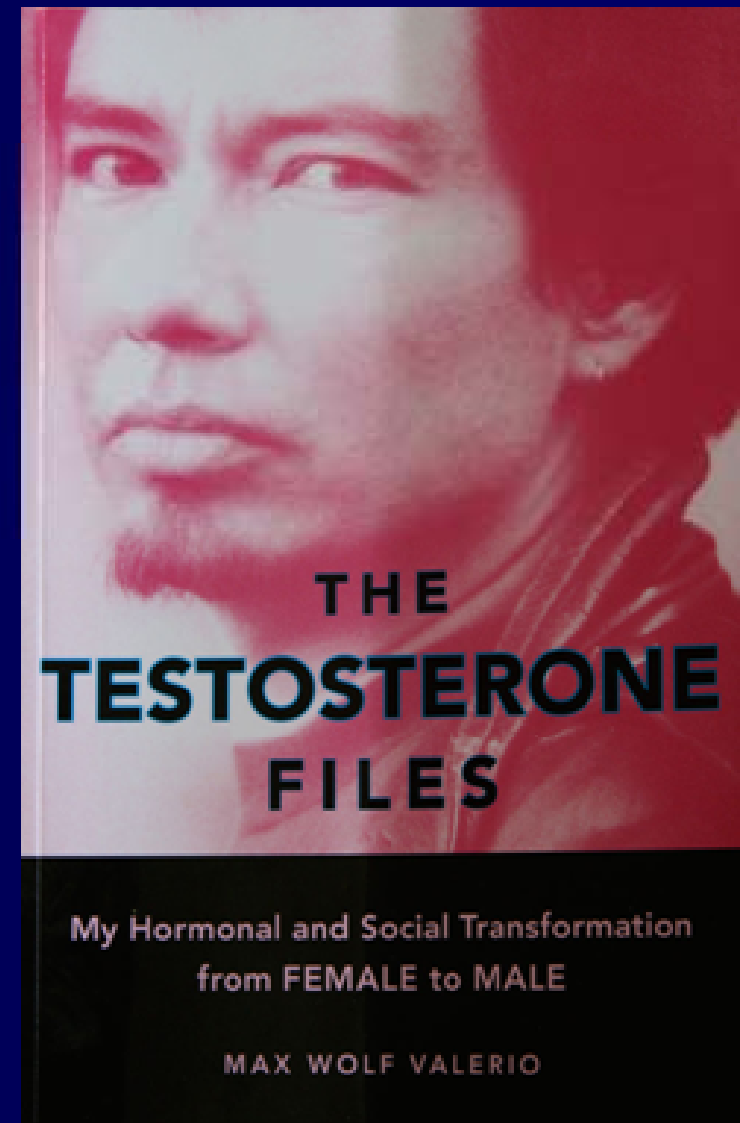
- **Women Smell Better Than Men**
- **Amygdala**
- **Prolactin**
- **Testosterone**



# Testosterone

- Women taking large doses of testosterone

On estrogen I was more relaxed, now I can hardly sit still. I find myself more confident, expansive and cocky. Now I understand teenage boys. Everything has a sexual sub-text.

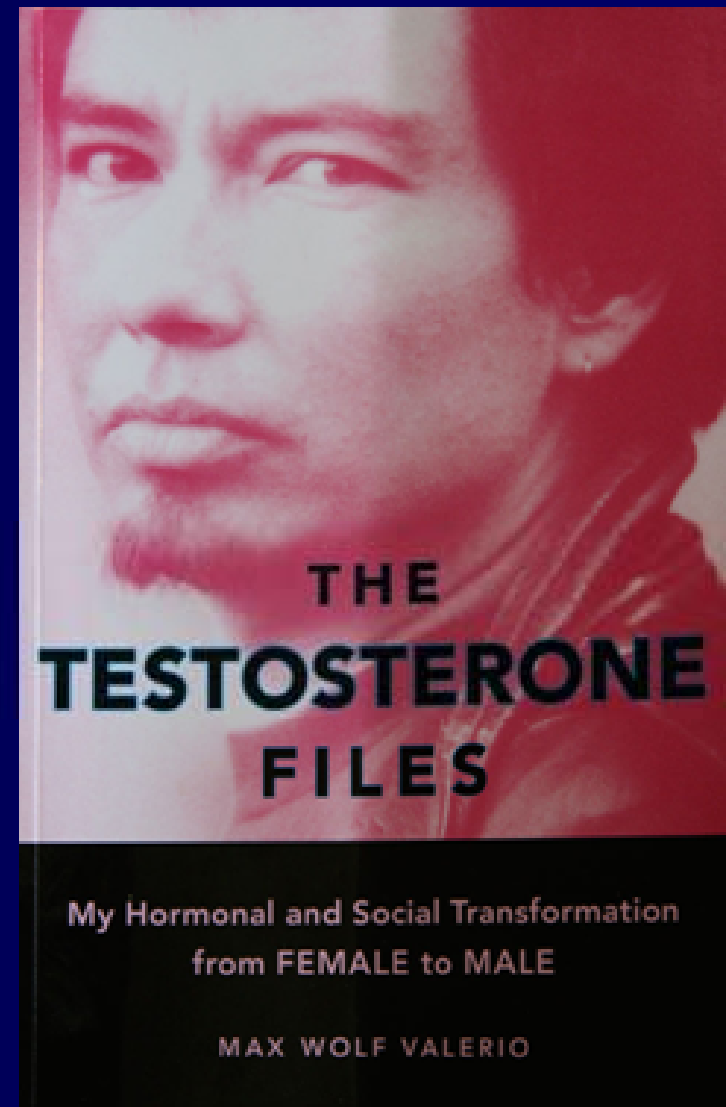




# Testosterone

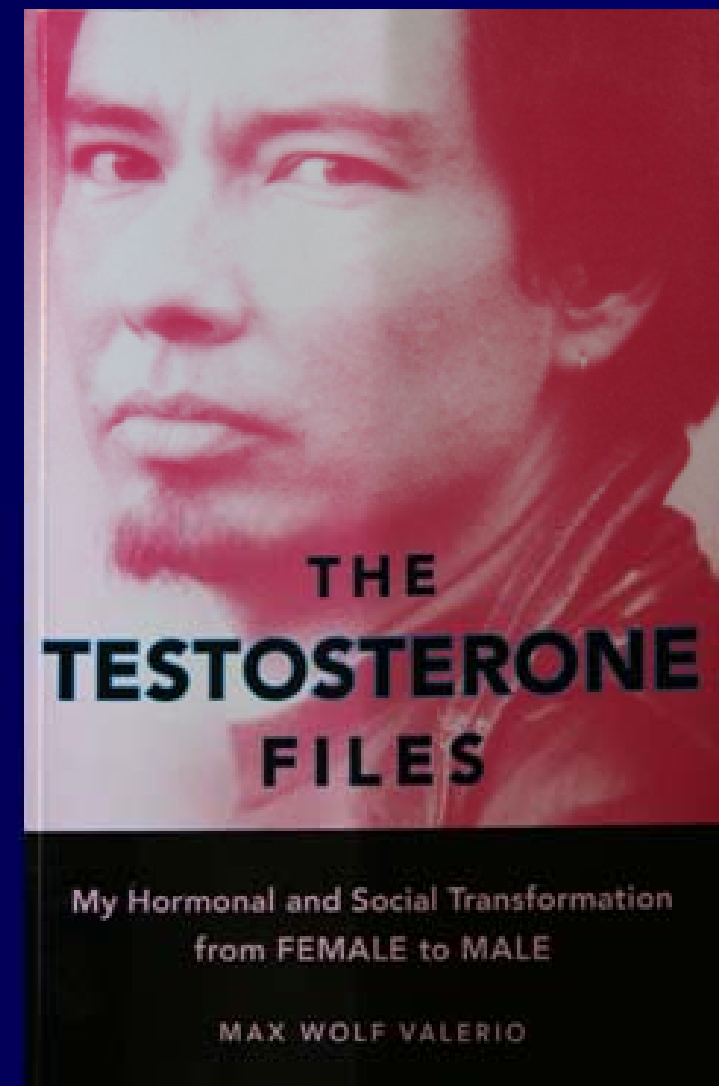
I have noticed that when I am emotional it is more difficult to put my feelings into words. This is where women have a distinct advantage. I find it very hard now to explain or articulate my feelings when I am actually in the throes of feeling them.

Slowly I began to realize that if I had felt this way as female I would have cried easily, released this pent up sadness and frustration through tears. Now I can't. I find it impossible to weep.



# Testosterone

I had believed that men could cry just as much as women if they would just let themselves go. Men were victims of a masculine ethos that forbade tears that made them into unfeeling seething septic tanks of repressed pain ready to lash out. I was wrong.



# Dominance Hierarchy

- Humans have a DH in men
- Starts at 18 Months
- Men can detect other men's level via sound



# Types of Healing Action

- Creativity
  - Connecting to the pain with creativity
- Thinking
  - Connecting to the pain with thinking
- Practicality
  - Connecting to the pain with practicality

# Eric Clapton

- Using Creativity in Healing Grief
- Clapton's son dies in an accident
- He uses his gift/strength in music
- Links the gift with the pain
- Tells the story repeatedly



# Eric Clapton

## The Circus Left Town - Eric Clapton

Little man with his eyes on fire and his smile so bright.  
In his hands are the toys you gave to fill his heart with delight.  
And in the ring stands a circus clown holding up a light.  
What you see and what you will hear will last you the rest of your life.

And it's sad, so sad, there ain't no easy way round,  
And it's sad, so sad, all you friends gather round,  
'Cause the circus left town.

Little man with his heart so pure and his love so fine.  
Stick with me and I'll ride with you till the end of the line.  
Hold my hand and I'll walk with you through the darkest night.  
When I smile I'll be thinking of you and everything will be all right.

Chorus

Chorus





# Different Paths



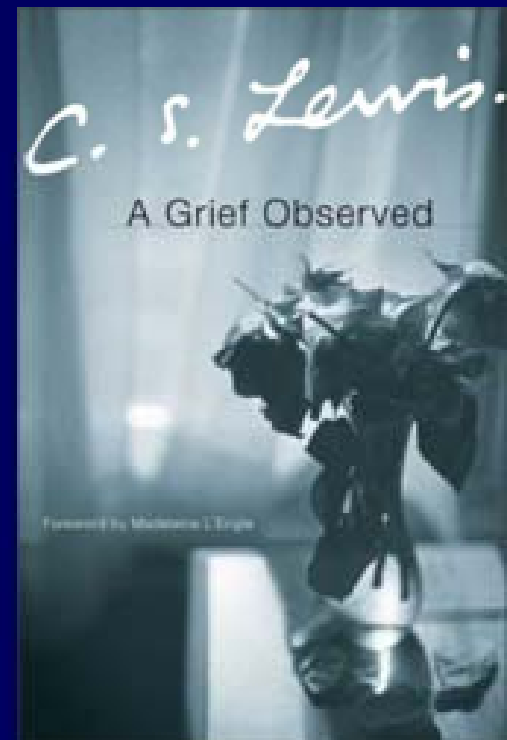
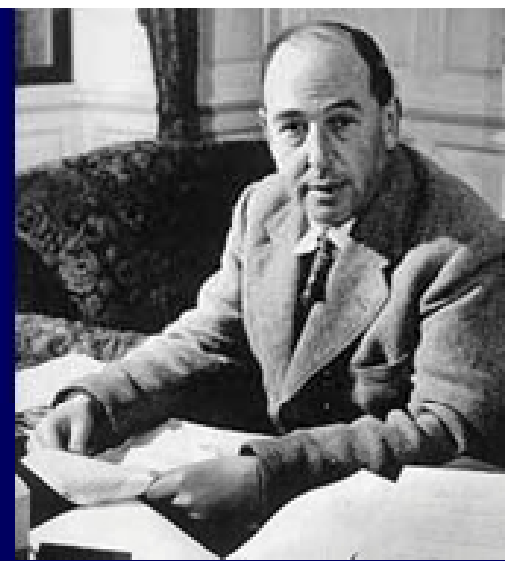
## Creativity

- **Linking the creative with the pain**
- **Music (playing and listening), Poetry**
- **Sculpting, Quilting, Crafts, Painting**



# C.S. Lewis

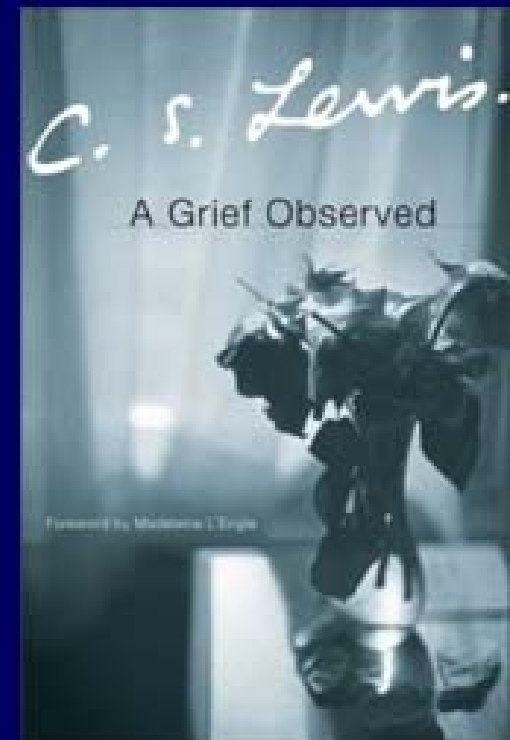
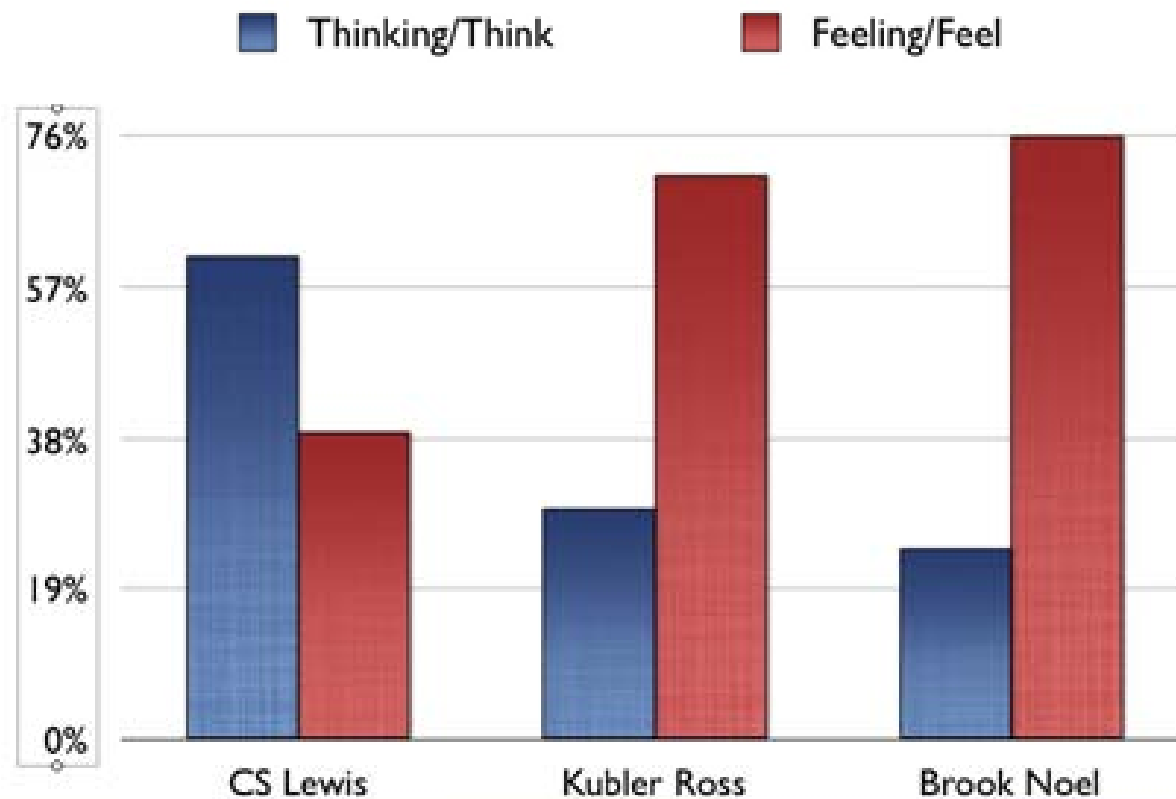
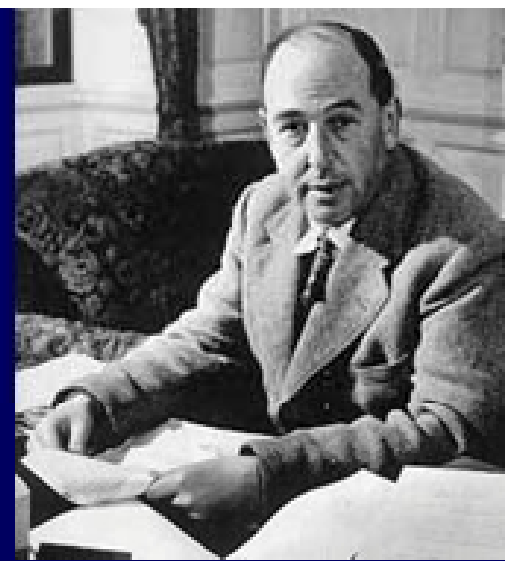
- Using Thinking in Healing Grief
- Lewis's wife dies
- He uses his gift of thinking
- Links the gift with the pain
- Tells the story repeatedly





# C.S. Lewis

## Feeling or Thinking?





# Different Paths

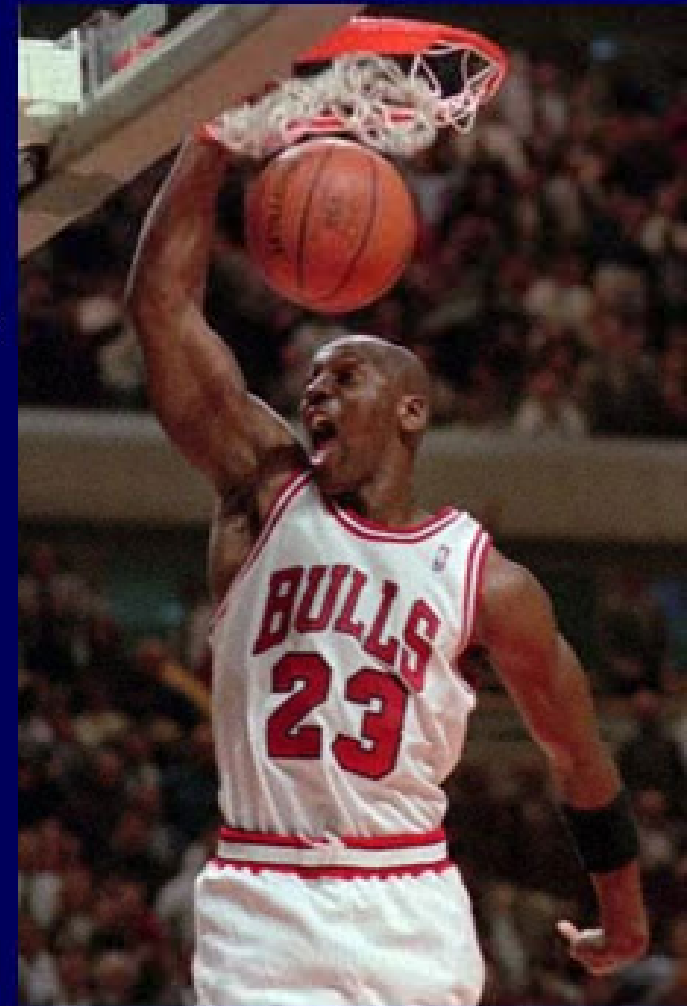
## Thinking

- **Linking the Pain With Thought Process**
- **Letter Writing (reading aloud)**
- **Meditation**
- **Studying Grief**
- **Internet**



# Michael Jordan

- Using Practicality in Healing Grief
- Jordan's father is murdered
- He uses his gift of athleticism
- He Links the gift with the pain
- Tells the story repeatedly





# Different Paths

## Practicality

- **Linking the Practical with the Pain**
- **Dedicating Work,**
- **Creating Memorials, Scholarships, Trust Funds**
- **Caring for the Grave**
- **Caring for Others, Caring for Self**
- **Gardening**



# DO

- **Work Backwards From Action to Emotion**
- **Talk about his actions**
- **Tell Him What You are Feeling**
- **Honor His Loss with Your Action**



# Different Paths -- Psychological

- **Masculine? How did we evolve?**
- **Masculine -- strength, courage, cunning, stealth, quiet, daring**
- **Feminine -- cooperation, communication, nurturance**



**For more information and  
resources for support, please  
contact TAPS at 1-800-959-8277 or  
[www.taps.org](http://www.taps.org)**



**QUESTIONS**

# Thank You for Joining Us



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Please join us for our next webinar on August 12, 2010, 12PM-1PM EST featuring: Rich Furman, MSW, PhD, *"Working with Men at Risk: A Practice Oriented Perspective"* For more information and to register: [www.taps.org/professionaleducation](http://www.taps.org/professionaleducation)