

# Men: Sex, Power and The Eternal

## an experimental weekend workshop for men

### A Hero's Journey or an aberration?

In order to become male, a sperm bearing an XY chromosome has a daunting task ahead. To survive, each potentially male foetus needs hundreds more hormonal changes than its sister. Testosterone's first action is fight off the female genitalia from taking over so that a male baby can eventually emerge after its long struggle. Is this why we males arrive on the scene over-active, restless, looking for loving arms to soothe our cares away? Some scientists, observing globally dwindling sperm counts and shrinking X chromosomes, are now suggesting that in the future it might be possible to do without males altogether!

Psychologically, a boy has to forsake mother and find father to identify as male. Leaving his first love object is not without risk. In modern western households, fathers' unavailability is becoming the norm; in the USA more than half of all households do not have a resident father. When he goes to school, the boy must shut down his heart to become part of the peer group, which is conditioned by society's definitions of masculinity. Usually, this means excluding all forms of vulnerability and struggling later in relationships.

### How to be a whole-hearted man in the 21st Century?

The industrialised world seems to have turned its back on its own children, first dominating them and now exploiting them while leaving them without guidance. In the process it has abandoned the rites of passage that once initiated our youths. Now, when young men look around for credible role models, they see the damage that men cause through their greed, anger and indifference, and become disheartened, turning to drugs, violence, or depression.

### The Awakened Male - our future's hope?

But these unguided youths have not yet lost their hunger for a dignified and viable form of masculinity, and a life rooted in the natural world of a healthy Mother Earth. Why else is the word "Respect" the most common street greeting for young males? Young men look up to elder men to show them how to be full-hearted males. So if we don't know how, we must learn fast. The world needs awakened men more than any other commodity.

### The Centre for Gender Psychology

Our Programme for Men is a full-spectrum approach dedicated to that end. This weekend could be a stepping stone in that direction for you and is also a prerequisite course for our week-long summer men's retreat *Images of Masculinity*. Come and join us!

**Next course: please see diary page**

### Men: Sex, Power and the Eternal

is an experimental long weekend for men who are looking for something different, whether they have already tried Menswork or would like to try it out. Its main aim is to help men develop a genuine physical experience of being both grounded, open-hearted, rooted in authority whilst able to hold vision. It includes gender psychology, bodywork, poetry, potentially wild behaviour and deep understanding - perhaps even some drumming? Men of all ages and levels of experience are welcome. Some concessions are available for young men.

### Facilitators

The weekends are led by Nick Duffell with Hank Earl or Darrel Hunneybell.

**Nick** was born in 1949, has a degree in Sanskrit, has been a carpenter, teacher and organisational consultant. He trained as family therapist, psychotherapist and Sexual Grounding® Therapist, and has been facilitating men's work since 1987. He founded the *Boarding School Survivors* programme, and is the author of *The Making of Them*. With his wife Helena, he runs The Centre for Gender Psychology, co-authored *Sex, Love and the Dangers of Intimacy*, and trains relationship therapists in the UK, Europe and Scandinavia, and writes and broadcasts on psychological matters in the national media. He is the father of two sons in their early thirties, and doesn't play as much tennis as he could.

**Hank** was born in 1955, has a degree in Fine Art, and has played bass in numerous bands. Since time immemorial he has been a mental health worker in London's notorious East End (Hackney, to be precise). Hank has a long term interest in Men's work and is a founder member of the original *Searching for my Father I found my Self* quarterly men's group. He assists Nick in facilitating group 2 and co-leads the third series

with Darrel.

**Darrel** was born in Huddersfield 1963 and spent many years working in mental health. A qualified psychotherapist, he specialises in Menswork, running his own practice and counselling excluded adolescent boys in Hertfordshire, and has worked with Nick for many years now. Darrel brings experience, commitment and heart to the team.

### Practicalities

The weekend is held either non-residentially in North London or residentially in the Home Counties/ West Country. Please see the diary page of our site [www.genderpsychology.com](http://www.genderpsychology.com) for next dates, venues and cost. To apply, please go the website, download the application form. Fill this in and send it to the address below along with a deposit cheque or click on the PayPal link.

### Please ask also about:

*The Father's Heart and the Mother's Body* 8-10/5/09, men's residential intensive in Somatic Soulwork.



applications:

**Lyn Jones, 257 St Andrews Road, Bridport, Dorset DT6 3DU, UK."**

the centre for *gender* psychology  
[www.genderpsychology.com](http://www.genderpsychology.com) e-mail: [info@genderpsychology.com](mailto:info@genderpsychology.com)

"You are only young once, but you can stay immature forever." - Ogden Nash