

Searching for my Father I found my Self

quarterly ongoing groups for men

Why are we men so often estranged from parts of ourselves, sometimes from our feelings and vulnerability, sometimes from our authority or joy? Why do we often find it easier to love things or ideas than to be close to people, whilst our sexuality impels us towards other bodies?

For many of us our father was not present in the way we needed him, and our consequent longing may explain our strange restlessness and search for identity. Out of a model wherein identity is enriched and grows through relationship, participants in these groups are encouraged to deepen their relationships with each other as men, and to build on their connections with the father – real, imagined and archetypal. The groups provide opportunities to experience the struggle and joy of being male, to know self and other men more directly, and to be better equipped as relational beings.

These ongoing groups build an atmosphere of trust in which men's lives respond to the what is created therein. Committing to such a group could be an introduction or a refresher to men's work, but it may well become a place to experiment, to be held, or to say what is unsayable elsewhere. It has proved to be a place of power and sometimes of grief. The groups are open to men regardless of age, of experience, and whether they love or hate football.

Group format

The groups meet 10 am to 6 pm on four Saturdays or Sundays per year. The format of this group is what is known as a 'slow-open' group; this means that the group members decide how long they wish to keep going, and organise dates by majority consensus. Members who decide to continue are asked to commit to a year at a time and to give one meeting's notice if they decide to leave. New members join whenever a space becomes free. The maximum number is 12, and the aim is to keep the same personnel for continuity, trust and safety.

These ongoing workshops in North London are facilitated by staff from the Centre for Gender Psychology. For more details of Menswork, one-off weekends and weeklong summer retreats please visit our website www.genderpsychology.com

Which group?

Currently there are three groups running on different dates. The staffing and location is indicated below; the dates can be seen on the diary page of our website. To find out whether there are any vacancies please e-mail us on info@genderpsychology.com

First series – facilitated by Nick Duffell in North London, near Hampstead Heath. This group meets four Saturdays per year.

Second series – facilitated by Nick Duffell and Hank Earl in North London, near Hampstead Heath. This group meets four Sundays per year,

Third series facilitated by Darrel Hunneybell and Hank Earl in North London, near Finsbury Park. This group meets four Sundays per year.

The Centre for Gender Psychology

Co-founded by Nick Duffell and Helena Løvendal in 1996, The Centre for Gender Psychology offers workshops for couples and individuals with a focus on gender-identity, relationship and sexuality and training for professionals in the UK, Europe and Scandinavia. A full range of the centre's publications can be found on the website.

The facilitators

Nick Duffell

Born in 1949, Nick has been a teacher, carpenter, management trainer and psychotherapist. He has been facilitating Menswork since 1987 and is the author of numerous articles and two books. He is the father of two grown-up sons and likes to hang out with trees and play tennis.

Hank Earl

Born in 1955, Hank has a degree in Fine Art and has played electric bass in numerous bands. A mental health worker in London's East End, Hank has a long-term interest in the evolution of gender roles and men's groups. He is a founder member of the original Searching for my Father I found my Self group and co-facilitates the second series.

Darrel Hunneybell

Born in 1962 has spent many years working in mental health. A qualified psychotherapist, he runs his own practice and has been involved in the counselling of 'difficult' teenage boys. Darrel has worked alongside on the **Images of Masculinity** retreat, **Men, Sex, Power and Spirit**, and **Boarding School Survivors**.

Practicalities

The groups meet on four Saturdays or Sundays per year, 10 am to 6 pm and cost £70 per day.

A commitment to a minimum of four sessions is required, after which one session's notice is required.

Concessions are available for young men. Please ask.

Application procedure

To reserve your place send a deposit of £70, and, to help us understand your own search, please include a short statement saying what is attracting you to the group and what your most and least favourite aspects of masculinity are.

Please make cheques payable to **The Centre for Gender Psychology** and send your application to:

Searching,
attn. Lyn Jones, 257 St Andrews Road,
Bridport, Dorset DT6 3DU, UK.

Alternatively, use the application form on our web page and follow the PayPal link.

Searching for my Father

.... I found My Self



Remarks from some Searching participants

- *Every time I set out to go to London and the men's group, I wonder why. As soon as I'm there I know.*
- *Being a member of the group has transformed my sense of myself as a man. Paradoxically it has also much improved my ease and confidence in relationship to women.*
- *I wish I'd had the opportunity for such a growthful experience many years earlier.*
- *Men often don't have the opportunity to discuss issues such as relationships, sex, passions, problems etc. on a deep level with other men. It is sometimes painful and moving, though humour is often part of the group and does its own therapy.*
- *Gender Psychology has provided me with some powerful, transformative and valuable experiences; as a headteacher, I've needed this kind of deeply nourishing support.*

For information on vacancies contact:
info@genderpsychology.com

For any further questions please contact:
searching@psychotherapy-london.org
07949 612504

ongoing men's groups
with

THE CENTRE FOR GENDER PSYCHOLOGY

Further details and information on courses with
THE CENTRE FOR GENDER PSYCHOLOGY
can be found at:

www.genderpsychology.com