

## METHODOLOGY

Throughout this course we will be guided by a story, which will guide us into our hearts and away from the everyday rational world of our minds. We shall employ myth, poetry, reflection, as well as discussion, bodywork and ritual, to create an experience which will refresh, invigorate and renew our images of masculinity. We will work with the group process, with individual therapeutic issues, and develop specific theoretical models to help us understand the complexities of consciousness and behaviour, as simply and as deeply as we can. We shall use the natural environment, hill, water, fire and woodland, and we will spend one night awake under the stars.

## COURSE LEADERS

**Nick Duffell** has been facilitating men's work since 1987. Born in 1949, he has a degree in Sanskrit, has been a carpenter, teacher and organisational consultant. He trained as family therapist, psychotherapist and Sexual Grounding® Therapist. Currently, Nick trains couple-counsellors in the UK, Europe and Scandinavia, and writes and broadcasts on psychological matters in the national media. 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, and coauthored *Sex, Love and the Dangers of Intimacy*. His formative influences have been the Post-Jungians, Psychosynthesis, Systemic therapy, Process Work, the Expressive Men's Movement, Neo-Reichian therapy, and Shamanism. The father of two adults sons, he loves trees, saws, folk music, and could play a lot more tennis.



Nick



Hank

**Hank Earl** was born in 1955, has a degree in Fine Arts, and has played electric bass in numerous bands and recently married. Since time immemorial he has been a mental health worker in London's notorious East End. 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 the second group and co-leads the third series with Darrel Hunneybell.

## VENUE

The venue is a secluded, rustique former vineyard on the banks of the picturesque River Viaur, 70 miles north-east of Toulouse, in the Midi-Pyrénées, southern France.

## COST

**Course and administration fees:** £500 payable in advance. **NB.** Your own insurance is mandatory. **Accommodation:** 8 nights' full board, lodging, refreshments, including delicious local cuisine and wine, in basic but beautiful accommodation, according to choice, are payable on arrival in local currency. Shared twin rooms: €425 (limited spaces) Private riverside camping: €295 mattress provided



## TRAVEL

Travel to the venue is at your own cost. Ryanair fly London Stansted to Rodez (55 mins. by road) and to Carcassonne (140 mins.). EasyJet, BA, Air France, KLM, Lufthansa and other scheduled airlines run regular flights to Toulouse - 80 minutes drive or train to Carmaux and taxi. There is also a good overnight train service from Paris to Carmaux, 25 minutes drive. Please note - in holiday times cheap flights are not always cheap, so early booking is advised. Transfer to the venue at reasonable cost from Carmaux Station and Rodez airport will be arranged. Full details on booking.

for booking or for further details, please contact:

THE CENTRE FOR  
GENDER PSYCHOLOGY

[www.genderpsychology.com](http://www.genderpsychology.com)

e-mail: [info@genderpsychology.com](mailto:info@genderpsychology.com)

# IMAGES OF MASCULINITY

*a quest for  
the balanced male spirit*

A residential retreat for men in  
wild country, Southern France,  
8-16th August 2009



**"It is important that awake people be awake, or a breaking line may discourage them back to sleep"**  
William Stafford.

## IMAGES OF MASCULINITY

This residential workshop for men was first run over two weeks on Skyros in 1996, then subsequently over 3 weekends in Wales. This year we are delighted to be returning to the Vallée du Viaur, situated in the historic Segala in the Midi-Pyrénées region of Southern France, one of the best preserved wild environments in Western Europe. The course is open to all men, regardless of age, or sexual identity, who have worked with us before. The group will be small and intensive, with limited places.

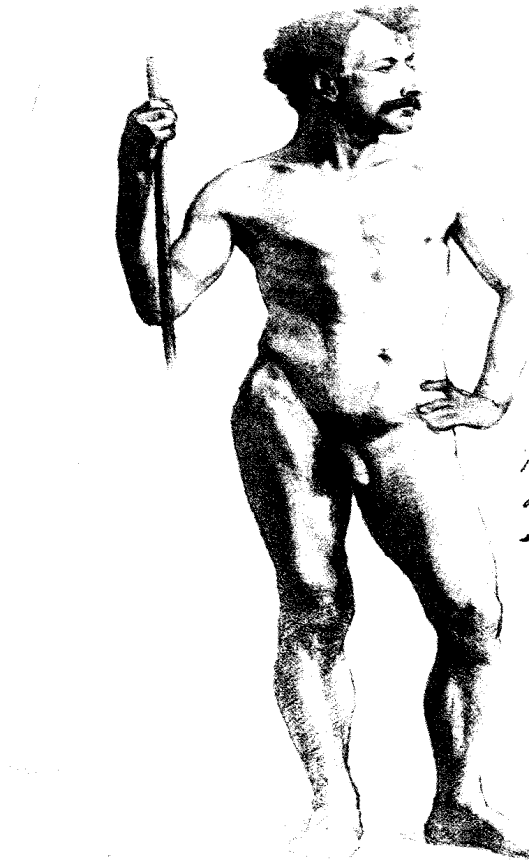
The experience of living and working together as men is a powerful challenge. It may evoke many of our anxieties and concerns about closeness with other men, and reveal how well we know ourselves. It will certainly be a journey into the unknown. The week-long format, however, will give us time to know each other in our temporary community. Many men find that the isolating nature of post-industrial life has created a deep lack and longing for such knowledge. We will also have time to explore together and reflect on the concerns which affect us as men - personal, social and universal.

**“We’ve had a hundred years of psychotherapy and the world is getting worse”. James Hillman.**

Despite the recent hunger for introspection, and the demise of the old order, men of sensitivity seem to feel powerless to effect the course of events of the world.

Now, at the start of a new millennium, we are in a position to say much about the psychological and social world into which we were born. Psychoanalysis argued that separating from our mothers leaves us with an unconscious legacy of resentment and compulsion to control the opposite gender, both idealising and devaluing her. Feminism demonstrated how common the male practice of dominating and degrading women has been. Ecology has shown how the planet carries the burden of our philosophical split of spirit from matter. Economics presents us with the folly of a world divided between workaholics and the disempowered, North and South, black and white. And above all, tragically, throughout the globe, the male is most often known by his emotional retention, his sexual greed, and his violence.

How can men of heart bear this? Recently, the Men’s Movement has shown how impoverished and isolated we have become through the loss of rites of passage and initiations into brotherhood. As men, we are far more than the sum of our failings. We are heirs to a reservoir of skill, care and power. But we have forgotten how to tap this source.



*So who are we, really?*

*Who are our role models, and in what ways do we want to change?*

*How can we take responsibility for what we see in our natures?*

*How can we live authentic, meaningful lives as men?*

*What does freedom in sexuality actually mean?*

*How can we become proud of our nurturing maleness and the spark of our creative life?*

On this workshop, we will be living our experience of these questions. While seeing how incomplete our current images of masculinity are, we will feel how life-giving our being together, as we explore authentic directions, as opposed to simply ‘new’ avenues, can be. For the ‘New Man’, in his attempts to placate and get it right, seems too often to founder from a loss of authority. There must another direction. Many of us feel wounded by our fathers and the patriarchy, and want to express our hurt - but time is running out.

**“It’s rush hour now on the wheel and the plough,  
And the sun is going down upon the sacred cow”.**  
**Bob Dylan.**

We need to become fathers, grandfathers and role models to the coming generations. We must become emotionally and relationally available, while able to hear and regulate the little boy in us. We need to find an alternative to the permissive materialistic style which has succeeded the repressive age we are emerging from. We need to rediscover our sexuality as a healing and sacred gift, and put a stop to projecting out our shadow, misusing others, and thereby ourselves. And we must do these things soon, without guilt or shame.

These tasks demand attention, learning, self-knowledge, self-love, and self-discipline. This is Spirit in Action. Here is where I believe the Celtic legend of the Return of the King fits in, as an archetype of strong, self-aware, loving masculinity, who lives his Sacred Dream, and dedicates his life to service and stewardship. The world needs this return.

This course will attempt to awaken such a king in each participant.

## DATES AND APPLICATION

The course is held at most once every two years, and is open to those who have done at least one workshop with us before.

It begins Saturday evening 8 August 2009, and ends Saturday evening 15, for departure the following morning, 16 August - i.e. 8 nights.

Send a completed application form and a deposit of £100 (payable to The Centre for Gender Psychology, or PayPal) and e-mail to say you have booked.