



Gurian Institute Press

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How Do I Help Him? A Practitioner's Guide to Working with Boys and Men in Therapeutic Settings

By Michael Gurian

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"I recommend this book for any therapist who has ever been frustrated in his or her attempts to reach men and boys---and that's all of us!"

— Michael Thompson, Ph.D., author of *"IT'S A BOY"* and writer/producer of the PBS special *RAISING CAIN: PROTECTING THE EMOTIONAL LIVES OF BOYS*.

"Gurian's understanding of boys and men and his wisdom regarding how to alter our approaches can, and hopefully will, change the therapy landscape exponentially in the direction of being meaningful and effective."

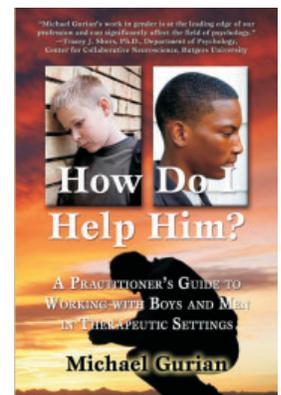
— JoAnn Deak, Ph.D., Author of *GIRLS WILL BE GIRLS* and *HOW GIRLS THRIVE*.

"Michael Gurian's work in gender is at the leading edge of our profession and can significantly affect the field of psychology."

--Tracey J. Shors, Ph.D., Department of Psychology, Center for Collaborative Neuroscience, Rutgers University



**BESTSELLING AUTHOR, FAMILY
COUNSELOR, AND GENDER EXPERT
MICHAEL GURIAN EXPLAINS HOW
THERAPISTS AND MENTAL HEALTH
PROFESSIONALS CAN MOST EFFECTIVELY
WORK WITH BOYS AND MEN**



Males are struggling throughout our culture—experiencing trauma, violence, unemployment, school failure, under-motivation, and in many cases, destitution. *Males are also under-served in the helping professions.* Boys and men often feel that therapists and mental health professionals are not as well informed or educated in what males need as they could be. *As of 2011, 1 out of 10 mental health counselors is male. 1 out of 10 new social workers is male, and 1 out of 5 new psychologists are male.*

The field of psychology, the field from which so many other human disciplines and social models arise, is becoming less and less able to serve the needs of boys and men. *Our offices, clinics, and facilities are often set up for sitting quietly in a chair, rather than for physical movement, thematic therapy, and other male-healthy strategies.* Many boys and men under stress need healthy confrontation in order to engage their ability to heal and change, but therapy generally shuns confrontation with males. Boys need active therapy but many therapists remain passive, by training. *Boys and men are hungry for mentoring from therapists and social workers, but we are not trained in graduate school in how to specifically provide to males what they need.*

How Do I Help Him? – Page Two

In his groundbreaking new book, HOW DO I HELP HIM?, Michael Gurian challenges therapists and mental health professionals to deepen their understanding of male development in therapy, psychology, health care, and human services. *The book includes new logic models and practical tools and strategies that will transform a private therapy practice, office, agency, residential treatment facility, and any other mental health care environments.* These new models and tools do not replace present psychological theories, but instead blend with prevailing psychological theories to help ensure their effectiveness with boys and men.

Throughout the book, readers also learn new ways to look at *girls' and womens' lives, couples' communication, and marriage and family issues.* The lives of boys and girls and women and men are inextricably linked, and ever more so as our culture evolves. As Gurian, a father of two daughters, notes, “To take better care of boys and men is to help girls and women flourish. Both nature and nurture affect us all, and the field of psychology must and can expand to understand one of our most underserved populations: boys and men. This expansion will serve girls and women as much or more than anything else we are doing presently on behalf of either gender.”

Topics covered in the book include: *new theoretical models for working with boys and men, challenges faced by therapists who work with boys and men, insights from new neuroscience research, families of returning soldiers, peripatetic counseling, expressive arts therapy, handling male anger and aggressiveness, assisting males and couples with changing gender roles, working with the courts and justice system, counseling sensitive and highly sensitive boys and men, working with at-risk boys and men.*

Michael Gurian, MFA, CMHC has been a professional mental health counselor for twenty years. Certified in the state of Washington, he is in private practice at the Marycliff Center in Spokane. He is the New York Times bestselling author of twenty-six books published in twenty-one languages. A number of his books in Psychology, Education, and Leadership have sparked international debate and policy change. These include THE WONDER OF BOYS, THE WONDER OF GIRLS, LEADERSHIP AND THE SEXES, THE MINDS OF BOYS, and BOYS AND GIRLS LEARN DIFFERENTLY.

Michael's THE WONDER OF BOYS was the first major trade title to detail the social issues boys face in America and apply a brain-based approach to gender specific solutions. THE WONDER OF GIRLS then applied the brain-based approach to girls' development. Michael's theory and practice led to the founding of the Gurian Institute, which conducts field research, launches pilot programs, and trains professionals in science-based gender effectiveness. Michael and the Gurian Institute team have trained more than sixty thousand professionals in more than two thousand agencies and schools across six continents.

Michael has been called “the people's philosopher” for his ability to translate scientific information into effective practical strategies. He has presented at Harvard University, Stanford University, NASA, Google, UCLA, Johns Hopkins, and many others. His work has been featured in most of the major media, including *the New York Times, the Washington Post, USA Today*, numerous professional journals, and *Today, Good Morning America*, and many others. He has worked with federal and state departments of Justice, Ecology, Corrections, as well as Big Brothers and Big Sisters of America, Court Appointed Special Advocates, and many other federal, state and community organizations. Michael developed one of the nation's first brain-based gender psychology courses in 1994, which he taught at Gonzaga University.

Michael is a member of the American Counseling Association, the International Association of Marriage and Family Counselors, and the Washington Professional Counselors Association. Michael is married to Gail Reid-Gurian, a family therapist in private practice. They have two grown daughters.

How Do I Help Him? – Page Three

“In his insightful and practical new guide, HOW DO I HELP HIM?, Michael Gurian, explains why so many men and boys dislike traditional counseling. He argues persuasively that males may resist open-ended discussions of their “feelings,” but they are hungry for mentoring and eager to talk about their core issues of manhood and motivation. This guide is filled with many helpful examples for engaging the male brain. I recommend this book for any therapist who has ever been frustrated in their attempts to reach men and boys--- and that's all of us!

— *Michael Thompson, Ph.D., author of “IT'S A BOY!: YOUR SON'S DEVELOPMENT FROM BIRTH TO EIGHTEEN, and writer/producer of the PBS special RAISING CAIN: PROTECTING THE EMOTIONAL LIVES OF BOYS.*

In HOW DO I HELP HIM?, Michael Gurian captures eloquently why talk therapy is so often ineffective for males. Gurian's understanding of boys and men and his wisdom regarding how to alter our approaches can, and hopefully will, change the therapy landscape exponentially in the direction of being meaningful and effective. I highly recommend this book to everyone in the helping professions.

— *JoAnn Deak, Ph.D., Author of GIRLS WILL BE GIRLS and HOW GIRLS THRIVE.*

“In HOW DO I HELP HIM?, Michael Gurian combines brain science, counseling theory, and case study into a readable and informative synthesis that is valuable for those seeking to address the needs of men and boys in therapeutic settings. Amidst all the rhetoric surrounding the “boys'crisis” today, Gurian provides a clear voice of reason that clarifies the problems and offers plausible solutions. His writing style, as always, is crisp and compelling. This book makes a valuable contribution to the ongoing discourse surrounding the issues that he presents.”

— *Frances R. Spielhagen, Ph.D., Director, Center for Adolescent Research and Development, Mount Saint Mary College, Newburgh, New York.*

HOW DO I HELP HIM? is a powerful and practical book. It provides a great weaving of stories, statistics and research. While the book was written with therapists and social workers in mind, it actually helps anyone who wants a richer understanding of gender. This book energizes me! I hope everyone in the psychology, law, criminal justice, and mental health fields will read it.

— *Michael Piraino, National Director, Court Appointed Special Advocates (CASA).*

“HOW DO I HELP HIM? is a must have and use now book that gives professionals fresh direction, insights, and strategies for working with boys and men. Written by Michael Gurian, one of the world's foremost experts on male development, this book empowers and equips us to alter counseling environments and theories to work well with males. As Founder of a Counseling and Treatment Center 27 years ago, I only wish this groundbreaking book had been available earlier. “

— *Gregory Jantz, Ph.D., Founder, the Center for Counseling and Health Resources, and Author of HEALING THE SCARS OF EMOTIONAL ABUSE.*