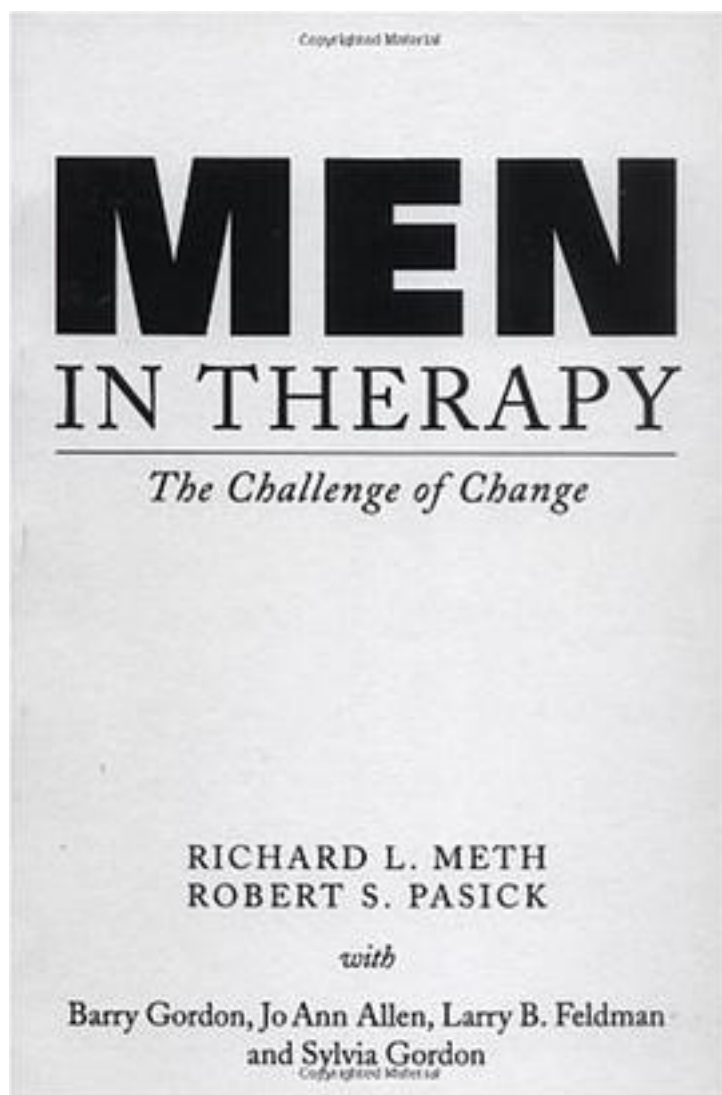


# Men in Therapy



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Cultural norms and assumptions color the male experience of psychotherapy, and the traditional notions of masculinity to which many men still cling are, in many ways, antithetical to the tenets and goals of therapy. As a result, even the experienced therapist may find him- or herself struggling when working with male clients. In Men in Therapy, therapists are offered a number of methods for countering men's general reluctance to open up emotionally or fully engage in therapy. Of course, men cannot be reduced to a single, monolithic group; rather, they start therapy due to a wide range of needs, and come from a wide variety of backgrounds. Therefore, individual chapters are devoted to the treatment of men in relationships, men suffering from depression, fathers, men who abuse women, and men of color. In each case, Wexler provides an informative overview of the issues unique to each group, sound advice, and commonsense methods for treating each of these groups effectively, nonjudgmentally, and professionally.

作者介绍:

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