



Caregivers,

Over the course of my 30 year career as a clinician and a program director of mental health programs, both private and public, serving different populations with a whole spectrum of services, it wasn't until I became part of the ManKind Project (MKP) that I believed there was real hope for men.

As caregivers, we've seen the research. Men are far less likely to seek help for any health condition, and especially for mental health conditions. Men are 3.5 times more likely to commit suicide, and suicide is now a leading cause of death for men in multiple age brackets. Men perpetrate over 90% of violent crimes and over 95% of sexual assaults and rapes.

The recent release of the APA guidelines for boys and men make it even more clear: changes in our society are exacerbating serious flaws in the way we socialize boys and men. Aspects of 'traditional' masculinity, when not integrated and explored in conscious ways, are killing us. The damage that the 'manhood programming' has on everyone and everything, including men, is impossible to ignore.

The ManKind Project is here to help. We're a nonprofit with over 30 years of expertise working on men's social and emotional development. We offer both free and paid services for all kinds of men across a broad spectrum of our society. **We'd like to be a resource for you and your clients.**

Thank you,

*Julien Devereux, PhD, LCSW
Past Chairman of the ManKind Project USA*

Men's Groups

The ManKind Project offers free, confidential, non-religious peer-facilitated support groups for men in over 100 communities across the USA. Our men's groups are an ideal place to practice emotional risk-taking, goal-setting, accountability, and building new skills for healthy relationships. They are inclusive and supportive places for men to find community.

Weekend Intensives

The New Warrior Training Adventure (NWT) is a 48 hour experiential program that challenges men mentally, physically, emotionally and perhaps spiritually. Men find accountability, connection, healing, emotional expression and purpose.

Woman Within

Woman Within was created by women for women and offers a similar choice of programming, with a weekend experience and ongoing peer-facilitated support groups. WomanWithin.org

The Mankind Project
800-870-4611
MKPUSA.org/therapist

A Place for Men to Practice

Participation in ManKind Project programs and trainings is not a substitute for professional mental health services. Therapists and professional caregivers recommend the ManKind Project because it fills a space not addressed in most therapeutic settings: **peer-support for men**. Our peer support model encourages and builds on emotional intelligence practices, empathy, listening skills, and emotional risk taking in an environment without rigid gender socialization, competition, or performative masculinity.

Thousands of men have come to the ManKind Project through referrals from licensed Mental Health professionals. Many Mental Health professionals are active members of the ManKind Project and regularly participate as staff on the New Warrior Training Adventure.

MKP will give your client new insights into the origins of current decision making patterns, a connection to his emotions, a renewed commitment to personal responsibility and integrity, and a community of practice. The therapist can then work with a client who is energized, 'awake', and ready to fully engage in his healing and healthy decision making.

Refer Men When They...

- Are facing major life transitions
- Have difficulty expressing emotions
- Lack purpose or goals
- Experience trouble with relationships
- Want to be better fathers
- Lack male friends and role models
- Desire to mature as men
- Question their masculinity
- Fear intimacy and commitment

Readiness and Safety

NWTA applicants are required to complete a thorough pre-weekend information packet. These confidential applications are reviewed by a state licensed physician. Any flags are fully reviewed by our Mental Health Resource Team, a group of volunteer licensed mental health professionals. In many communities participants are also asked to complete a telephone or face to face interview with an experienced member of the training staff to further assess 'readiness' to complete the training.

CONTRAINDICATIONS: Active substance abuse, suicidal ideation, unstable mental states, and unexamined trauma.

More About Our Programs

48 Hours Can Change Everything

The NWTA is intended to help men develop a healthy, emotionally informed, and non-restrictive male identity. It is a "Hero's Journey" for our time. The NWTA blends a unique set of experiential processes designed to take men on an intentional 'ritual' journey. Men face numerous obstacles and realize their capacity to overcome what may have seemed impossible. The processes of the weekend provides a group interaction for men that is not reproduced in any other training program we're aware of - with a participant to staff ratio better than 1:1 and a highly skilled team of Training Leaders and Senior Staff overseeing all aspects of the program. **Many men describe the NWTA as the most powerful experience of their adult lives!**

A Lifelong Practice of Support

ManKind Project Men's Groups are peer-facilitated, confidential, non-religious support groups for men looking for connection and growth. There are different types of groups available in different locations. We offer a 3 week introductory program online through video conferences to help a man get started on his men's group journey. Many areas in the USA have Open Men's Groups facilitated by experienced ManKind Project facilitators open to any man. Other groups are only open to men who have completed the New Warrior Training Adventure. These are called Integration Groups (I-Groups) for integrating the work of the NWTA into a man's life.

"The therapist... can track their clients closely, and at the precise point when they are ready and open to have a truly transformational experience, to embrace emotional literacy, and trust other people at a level they've never imagined ... the therapist simply sends them to the New Warrior Training and then works with them when they get back, to integrate that into their lives."

— Bill Kauth, Retired Therapist, Co-creator of the New Warrior Training Adventure, Author of A Circle of Men: The Original Manual for Men's Support Groups

Evidence Based Results

Our purpose as an organization is to create a world where men take individual and collective responsibility for our shared future by initiating and supporting men on a path of emotional maturity, spiritual awareness and deepening community. Self-awareness, increased connection and compassion, emotional intelligence, accountability, and purpose are key to this mission. In peer-reviewed studies, participation in the ManKind Project's programs has a significant positive effect on men's self-image and sense of connection, and lessens gender role conflict.



Outcomes

- Awareness of choices and impacts
- Exploitation of limiting beliefs
- Validation of self, acceptance
- Feeling of belonging, connection
- Self confidence, empowerment
- Better grasp on male identity
- Language for emotions
- Connection to purpose
- Willingness to take risks
- Forgiveness of self and others

Peer Reviewed Research

Between 2006 and 2010, the ManKind Project engaged a research team to conduct a longitudinal study on the impact of the NWTA on participating men. Men were surveyed on standard measures for Depression, Conflict between Work and Family, Life Satisfaction, Restrictive Affectionate Behavior Between Men, Restrictive Emotionality, Success Power and Conflict, Social Support, and Values/Ideology/Growth, prior to participation and one week, six months, approx. one year, and two years afterward. The results revealed significant changes in men's attitudes and behaviors more than a year after the training program.

Ryan Stanga, one of the researchers who worked on the study said, *"In short, one year after attending the NWTA, attendees consistently reported improved scores on measures of Depression, Conflict between Work and Family, Life Satisfaction, MKP Beliefs/Ideology/Growth, Restrictive Affectionate Behavior Between Men, and Restrictive Emotionality as compared to their reported scores before the NWTA. These same improvements were maintained when the same scales were measured two-years after attending the NWTA. Each of those scales are described in the paper."*

"What it means is that we can say with some increased confidence that what the ManKind Project does on their training weekends is meaningful and has impact. This is not just anecdotal or our impression, but is confirmed by data."

Peer-reviewed findings from this research was published in **"The American Journal of Community Psychology"** (Volume 45, Numbers 1-2, 186-200) and the **"Journal of Self-Help and Self Care"** (Vol 8, No. 1).

The ManKind Project is currently contracted with the **Social Research Lab** at the **University of Northern Colorado** to conduct a longitudinal study of 250 ManKind Project training participants using a combination of established health measures. Publication of these study results will begin in 2020.

"It's the most important men's work occurring in the U.S., and perhaps in the world, today."

— Ken Druck, Ph.D., Author; Real Rules of Life: Balancing Life's Terms with Your Own, July 18, 2016

"On the weekend I found a degree of clarity and emotional authenticity than I had never experienced before. It was a huge breakthrough for me and my life has been forever changed for the better; in my marriage, my personal relationships, my fatherhood, and my career. This world needs fiercely generative, emotionally intelligent, loving men; committed and conscious partners, fathers, citizens, and MKP grows and empowers just such men."

— Scott W. - MA, LPC

"If I had a magic wand, I would give this gift to every man alive. It is a life changing experience. Mankind invites men to look deep and to be and live out of their core - in other words to be and live who they really are, not what society, their families, and others think they "should" be. Mankind supports men afterward through rewarding and authentic relationships with other men. Relationships with loved ones are transformed as well!"

— Barbara Hunt, MS, LPC, LMFT

"As a result of what I have learned in MKP and what I've experienced (since 1995!), I'm a better father, husband, son, therapist / counselor, teacher, brother, and any other role I play. I can specifically relate my improvement to things I have learned or the support I get from my brothers in MKP. They have an experiential retreat/training weekend that continues to be the most incredible weekend experience I've ever had. MKP is a tremendous adjunct to therapy and 12-step groups. I can't recommend them highly enough."

— Ron Nevelow, LCSW

"Because of my book, I work daily with emotionally unavailable men, and I, literally, have sent hundreds of men to the NMTA. Why? Because, quite frankly, it makes my job easier. It is a fast and safe way to break through to a man's walled-off heart, and to soften his resistance to doing emotional work. I also send men to this program because the response I have received from my clients who have gone through it has been overwhelmingly positive. They become better partners, better parents, better men. I think we have done a great job of empowering women in America, but that is not enough. We MUST heal men to heal the world."

— Patti Henry, M.Ed., L.P.C., Author; The Emotionally Unavailable Man: A Blueprint for Healing

"I was in need of healing around the wounding I experienced from straight males for being gay throughout my childhood. I never felt so loved and respected by heterosexual men as I have in the MKP circles. Bringing all men together—gay, straight and bisexual—is a great healing for everyone. The work involved in the MKP is done professionally and with the highest level of integrity I have ever experienced and witnessed."

— Joe Kort, MSW, PhD

"For the first time in human history, we have before us the possibility of authentic masculine initiation - an initiation into the global brotherhood."

— Dr. Robert Moore,
Coauthor of King, Warrior, Magician, Lover

'Follow This' on Netflix

In May 2018, a group of over 20 New Warriors gathered in NYC for a first ever event, a men's group created for the screen. On August 23, Netflix / BuzzFeed launched 'Follow This' with an episode called 'Men's Rights.' After showing the darker side of the 'men's rights movement,' reporter Scaachi Koul presents MKP as a possible solution to the issues that men face.



NY Times Feature Story

On December 9, 2018, the ManKind Project was the cover story for the Style section of the New York Times. The story by Hannah Seligson highlights men at the forefront of cultural changes in men's personal growth. Seligson participated in a men's group in Manhattan which she described as 'very moving,' and interviewed a number of New Warriors for the story.

