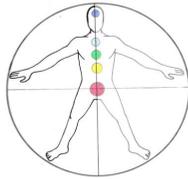


## Overview of the group process

One of the major tasks of the group facilitators during the initial phases of a new group is the cultivation of a sense of cohesion among members. Activities to 'break the ice' and build a culture of cooperation, trust and confidentiality take centre stage of the group process.

By the end of this first stage members have achieved some degree of comfort with the group process. Common values and ground rules have been identified and certainty about group purpose emerges.

Feelings of unity, belonging, communication, role-modelling and other known agents of change typical of a small group process are spontaneously activated.



In sessions 4-10 the group dynamics usually expand to embrace the sum of personalities and concerns of the entire circle of men. Members are active participants, disclose personal information and benefit from the discussions with their peers, their own deepening self-insights and the contributions of the facilitators.

In the last few sessions we review, reflect, celebrate and evaluate the goals that have been achieved. As part of the closure process members take turns to 'show case' their personal journey of change with the group. The group 'siblings' assist each other to find the words and deeds that capture the meanings that the group experience has evoked for each member.

## About the Facilitators

### Clinical Psychologist, Shahieda Jansen

Shahieda is skilled in maximising the therapeutic application of masculinised personal growth and group-based self-transformation consistent with local cultural frameworks of the self. Her PhD thesis focused on understanding the emotional experiences of men's group participants.



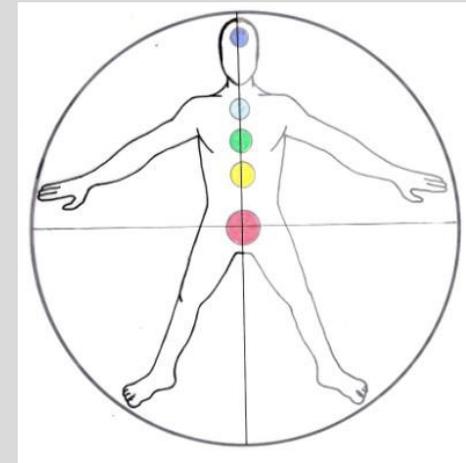
### Masculinities Expert, Kopano Ratele

Research psychologist by training and a leading thinker on masculinities, Kopano is professor at UNISA. He is chair of the board of Sonke Gender Justice and past president of the Psychological Society of South Africa.

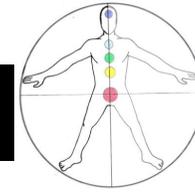
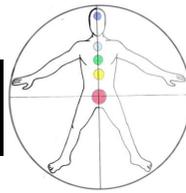


MADEFORMEN

Positive behavior change consistent with male culture

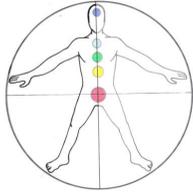


**Men fishing inwards**



## The purpose of the Men's group

The men's group is a male friendly space in which men are *deliberately separated from women to maximise personal growth and self-change.*



This male-friendly space celebrates positive male qualities such as courage, honour, discipline, pursuit of goals, endurance, action-orientation and so forth.

Once a week men come together to support each other to access the human being inside the man.

The group is structured to invite the whole person, not just the troubled parts. The competence and capacities of each participant are used to promote caring connections with others.

Some of the aims of the group include:

- ⇒ Improved self-awareness
- ⇒ Freedom from destructive behaviours
- ⇒ Positive behaviour change
- ⇒ Engagement of manhood concerns

## Logistical information

- \* The circle meets Wednesday evenings 18h00-19h30
- \* A session is 1 ½ hours long
- \* Members are expected to commit to attend every session agreed to— as part of a sustainable strategy towards long-term (deep) behaviour change
- \* **Cost:** The cost of a session is R250 per person. You pay for your seat in the group so fees are due whether you are present or not. Fees are medical aid deductible.
- \* Intake is restricted to a maximum of 10 participants to facilitate small group dynamics



## Life Mentoring

Renascent Health  
16 Forest Drive  
Pinelands, 7405  
Tel: 021 824 2170  
Mobile: 082 873 5475

Email: [Shahieda@madeformen.co.za](mailto:Shahieda@madeformen.co.za)

Website: [Madeformen.co.za](http://Madeformen.co.za)

 [www.facebook.com/menEQ](https://www.facebook.com/menEQ)

## Selection procedure

Interested men are individually screened and selected on the basis of particular needs that the group was created to address, not on diagnosis or labelling.

Committed members agree to:

**A. participate** in male bonding—men backing & contributing to each other's transformation

**B. profit** from feedback—(constructive) criticism

**C. risk** doing the kind of personal “work” that is usually avoided

## Exclusion criteria

- Family members/friends/colleagues may not be part of the same group process
- The group has **not** been designed for those in acute crisis, abuse or self-harm

