

Men.D

Men's Development Programme



iosis
transforming
family life for good

A therapeutically based programme for men that uses one-to-one format to approach men's issues.

www.iosis.org.nz

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About MenD

MenD incorporates one-to-one sessions to establish a level of self-awareness and then address the more external issues. A range of approaches is used to support clients to clarify thoughts and feelings, identify triggers and high risk situations, and implement alternative behaviours.

MenD also incorporates Maori concepts such as Nga Tapa Wha Well-Being Model and Whakatauki (proverbs).

Issues Addressed

- Family violence
- Difficulties with stress
- Relationships
- Addictions
- Offending behaviours

Topics Covered

- Violation
- Gratification
- Conflict Resolutions
- Offence Mapping
- Problem Solving Skills
- What is a Warrior?
- Blocks
- Communication Skills
- Relapse Prevention
- Lifestyle Balance
- Negotiation Skills

Length of Programme

Varies. Minimum 8 weeks.

Cost

This programme is free.