

# Mend

## 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](http://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 addresses 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 Māori concepts such as Nga Tapa Wha Well-Being Model and Whakataukī (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

The programme is free.