

# 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 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.