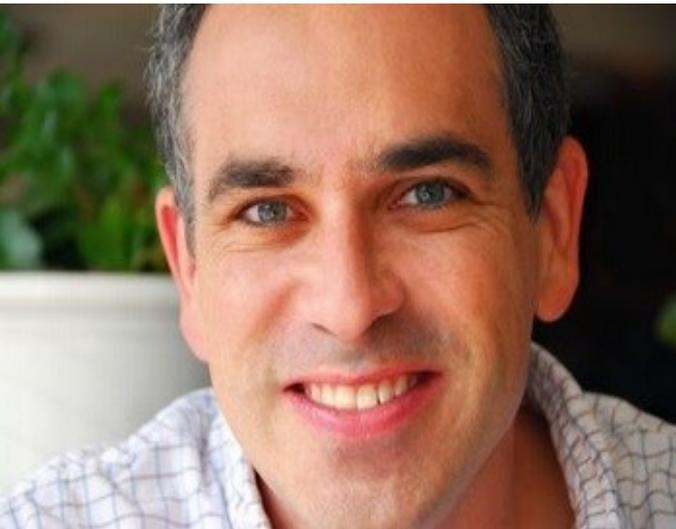


A Full Day Workshop Presented by Simon Santosha

Underneath the Masculine Mask: How to effectively engage and work with men experiencing depression



WHEN

Wednesday 10 October 2018

9.00am—4.15pm

WHERE

L07_4.07, Hub Link Area, The Meadowbrook Conference Room, **Griffith University, Logan Campus**, 68 University Dr, Meadowbrook QLD 4131

COST

Member- \$100.00

Student Member-

\$40.00

Non Member-\$160.00

Student Non Member-

\$70.00

Notes: All prices inclusive of GST

Fruit & snacks will be served for morning and afternoon tea.

Lunch can be purchased from the onsite café.

Men often resist the term 'depression' due to traditional masculine socialisation which views talking about problems and admitting to not coping as weak, shameful and unmanly. Men are often socialised to be independent and task orientated, and so depression is often 'masked' and can present as workaholism, substance abuse, withdrawal from relationships, irritability or reactive and/or aggressive behaviours. They also tend to externalise and blame the people around them, including their partners or children. This can have a detrimental impact on men, family relationships and the wellbeing of children. It can also be a contributing factor in the breakdown of relationships and lead to problems in co-parenting after separation.

Some men may realise something isn't right and may even admit to being depressed, but can be reluctant to seek help, or if they do often quickly disengage from services. Without support many men can be at risk of suicide. Research has consistently shown that men will access support services if the approach is male friendly, non-judgemental and builds on their masculine skills and strengths. This presentation aims to equip participants with the knowledge and practical skills to work more effectively with men experiencing mental health issues such as depression into their programs, services and groups.

Learning Outcomes:

At the completion of the workshop participants will/have:

- Increased awareness of the barriers experienced by fathers who have depression in accessing support services.
- Increased knowledge and understanding of what lies behind the mask - Different types of masculine depression (implicit and explicit) and how they can present in men.
- Gain individual skills and strategies to effectively engage fathers who are depressed but refuse or are reluctant to admit or seek help.
- Gain knowledge and skills to maximise the effectiveness of referral and support networks for fathers experiencing depression.

Spaces on this course are strictly limited so register now to avoid disappointment.

[Register Here](#)