



THE
MEN'S
CENTER

MEN TALK

THE MEN'S CENTER NEWS

February 2004/March 2004 VOL. 28 #1

Interview with Daniel Ferris Braun

— BY ANDY MICKEL

Q: You have consciously and passionately taken a path in your own life devoting an enormous amount of time to writing and teaching—all aimed at directly helping to improve people's lives. In the last 4 years you've reached out to men in the local men's work communities (New Warriors, monthly Men's Brunch, etc.) and have built connections which are both supportive and challenging to you.

During this time, you've pointed out to many people in classes and your personal life-coaching that there's an important thematic analogy coming out of the film "The Matrix." What is the significance of this analogy that serves to teach us about our own ways of thinking, or, as you put it, about our own management—or mismanagement—of our own mental maps?

Daniel: In one of the early scenes of *The Matrix*, the heroine, Trinity, says the following words to the hero, Neo, after he asks "What truth":

"... that you are a slave, Neo. Like everyone else, you were born into bondage, born into a prison that you cannot smell, or taste, or touch... a prison for your mind."

The special effects of "The Matrix" were superb, but the underlying philosophy is what made this movie "great". Not surprisingly, the philosophy is quite old. In the West, it goes back at least to Plato and was rehearsed by the likes of Immanuel Kant, a progenitor of the phenomenological philosophers; one of which was Jean-Paul Sartre (the Existentialist). The underlying philosophies of Taoism and Buddhism also support the same precepts that underlie "The Matrix."

In "The Matrix," a collective of computers had evolved into having its own collective consciousness with its own drive for survival. Needing a constant fix of electrical power, the computers saw the human, just another form of that inferior stuff called "life", as a good source of energy. Humans would make great "batteries". So instead of removing the vermin from the planet, the computers devised a way to harness the electrical energy they put out. Good recycling!

The only problem was these batteries had to have a mental life in order to function well. Not any mental life would do. They would have to have a mental life that would permit them to maintain good voltage. Most importantly, they'd have to have a mental life that would allow them to stay in one spot... a spot from which the computers could sap the energy they needed.

No problem! The computers could just hook the humans up to a digital grid and would, thereby, provide them with "experience" from a virtual world, a matrix, that would satisfy their need for a stimulating mental life.

Q: How does that relate to our lives?

Daniel: Well, it just turns out that we humans also suffer from strong tendencies towards living in "virtual realities", outlooks that are accepted as the way-things-are, as "real". In "The Matrix" the computers imposed a virtual world unto the humans by a direct hookup to the neurological systems of the humans. The imposition for us is more subtle. We build our own matrices by not being aware of the purely representational aspect of our thinking. In other words, when we believe the structures, the thoughts, of our minds to be about reality, we are then controlled and dominated by that belief—by those "believed" thoughts. We become "slaves" of our own thoughts—our own believed maps of mind.

In "The Matrix" the moment of liberation is symbolized by when Neo stops the bullets in midair. When he finally sees his own thoughts as the virtual things they are, they then have no power over him. Fixed thinking causes fixed reactions.

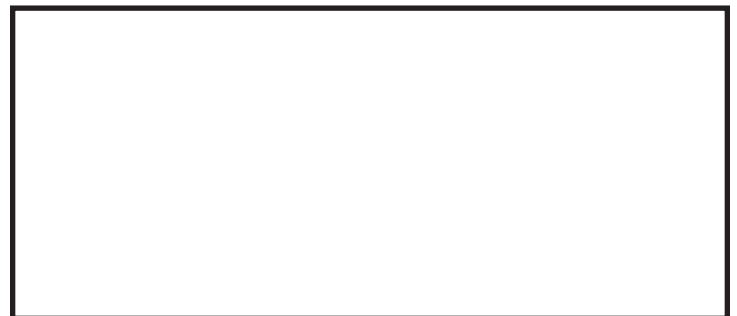
By analogy, the moment that a regular human being stops "knowing" his thoughts as being equivalent to reality—the moment that he or she starts to see thoughts as no more than representative or symbolic structures (like maps are no more than symbolic structures)—that is the moment when the individual starts to become liberated, free of his or her own matrix. To address this liberation with a modern term we can call it "self-actualization".

Q: So you are saying that the movie "The Matrix" is an analogy for self-actualization.

Daniel: Yes, in other words, as we humans become aware of the mind's ability to only map existence we become flexible enough to become good thinkers, good map-makers—so good as to even eventually free the SELF (in us) from being controlled by the more rigid uses of mind—those uses that are so bogged down by the belief that the mind's maps are more than maps—that they are themselves equivalent to reality. Perhaps, someday we social beings will come to understand that thinking is always subjective, symbolic, or hypothetical.

Q: So, you are saying that we

Continued on page 2



Library Corner

—RANDY GENRICH,

LIBRARIAN



Using the library is a membership privilege. To check out a book, all you have to do is write your name, phone number, and the date on a checkout card and leave it in the box. Or just come in and browse – you will be surprised at how stimulating it can be to expose yourself to the books in our collection. So come on in and take a look.

New Books Donated to the Men's Center

For the second year the National Coalition of Free Men (Mpls Chapter) has donated copies of two books:

Spreading Misandry (The Teaching of Contempt for Men in Popular Culture) by Paul Nathanson and Katherine Young.

Father and Child Reunion (How to Bring the Dads We Need to the Children We Love) by Warren Farrell, Ph.D., author of *Why Men Are the Way They Are*.

We also have many periodicals available for your use. Enjoy your library!

Address change notifications from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

Men Talk is a bi-monthly publication of the Twin Cities Men's Center, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at tcmc@tcmc.org

Editor

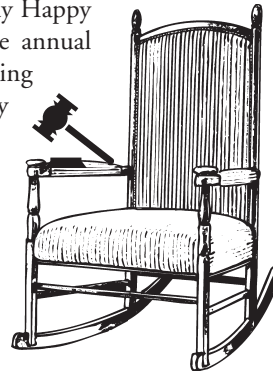
Bill Dobbs

Board of Directors

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 Open seat
 Open seat

Letter from the Chair

Greetings. In terms of the Men's Center I can still say Happy New Year since the annual planning committee meeting would have just occurred by the time you read this. My hopes are that new ideas and energy will emerge to sustain us and "move on forward."



In our last board meeting we were informed that the Center remains on solid financial footing, and during the same session three presentations were given for new groups. Not bad.

As most of us know, the Men's Center runs on almost exclusively volunteer efforts. If I were asked why I put in my few hours a month the answer would come easily. It's because I've been helped through tough times

by good men and as a result I've grown. Now I find that for those short periods there is no place I'd rather be, and that's unique

We're a one horse operation to be sure, but I can't get past the idea that the need in the community is great. For some reason our society does not make it clear enough that healthy, maturing men are important. So let's grow the pie, let's shake 'n bake, let's rise from the basement into the bright sunshine of something-or-other.

Pick up the phone, read Men Talk, jump on the web site and poke your head in. Perhaps this is a place where you can grow and serve.

**BOB ENG
 BOARD CHAIR**

Interview continued from page 1

humans mess up in life because we treat our thoughts too rigidly—like they are more than just hypothetical or representative things?

Daniel: Yes, that's essentially it. By the way, the reason the scientific method, itself, works so incredibly well stems from the fact that the true scientist sees each thought as being hypothetical, as being based in "hypothesis". Now, if we could just start to apply this uncommon sense to our psychological and sociological behaviors, we would find that we would see a saner and more peaceful world. I have little doubt that were humans to start using the mind appropriately with respect to its ability to generate symbolic or hypothetical structures—in other words, to its ability to make personal maps of the unique events of our lives—people would be more inquisitive about their own thinking and that would lead us to a saner, more communicative, and happier world.

Q: With respect to that, tell us how you deal with anger, frustration, resentments using this model or understanding?

Daniel: Well, when one knows in one's heart or gut that one's thoughts—that is, that one's opinions, suspicions, accusations, etc.—stem from mind-made maps, one is much more likely to treat such thoughts with more curiosity, with a kind of healthy indifference. In this way or "mode", one is more likely to engage in delayed reaction, questioning, research, and communication before one simply reacts. The non-symbolic thinker, the typical "reactive" human, is the one who suffers from those symptoms of chronic frustration, resentment, and anger.

Q: In the last year, in your new career as "Counselor at Life", you have helped several men understand their feelings of depression by helping them to identify that their states of depression are related to their taking various mental maps as equivalent to reality. What are the important ideas behind this approach?

Daniel: The mind is like a hit-or-miss recorder of mind-made experiences. Experience is a mind-made thing. When the mind records an event as a memory it does so with all the illusions and biases that it brings to the event. In other words, those memories that cause our chronic conditions of so-called "depression" are to a large part nothing more than continual reactions to old and poorly recorded old memories? (to use the allusion of the mind's maps) to old and dysfunctional (believed) old maps. The process of freeing one's SELF from such belief, from such maps, is synonymous with "getting over depression". In fact, it is also synonymous with getting over other problems like chronic frustration, resentment, and anger.

Daniel Ferris Braun is an artist, writer, new-age philosopher, and life counselor. He may be reached at sefearth@hotmail.com for enquires, consultation, coaching.



MEN'S CENTER EVENTS

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Understanding Relationships 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Safe Sex 10:00a.m.
8	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Sexual Trama 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Safe Sex 10:00a.m.
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Safe Sex 10:00a.m.
22	SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION International Friendship 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Safe Sex 10:00a.m.
29	SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Wrightsworth 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	MT ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Safe Sex 10:00a.m.
7	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Yoga Class 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	MT FINAL DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Safe Sex 10:00a.m.
14	SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Wellness and Recovery Skills 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Safe Sex 10:00a.m.
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28	SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION The Mental Stress Epidemic 7-9 p.m. Re-Entry 7:30 p.m.			

The Men's Center number
is 612 / 822-5892.
Call us about Anger Management classes.

1976 - In Our 28th Year
of Public Service - 2004
Check out our web site: www.tcmc.org
email: tcmc@tcmc.org

Feb04 / Mar04

PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 28 years ago.

We welcome your suggestions for new topics and presenters.

Presenters new to the Men's Center are: **John Fleetham, David White, Tona Willand, and William Wright.** Returning to continue their support of the Men's Center are: **John Bullough, Joe Carr, Jim Duffy, Andy Mickel, and Andy Miller.**

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcome first timers. Their presentations add a new dimension to our weekly Wednesday night gatherings.

All presentations meet at TMC, 3249 Hennepin Ave. So, Suite 55, unless otherwise noted. These low cost presentations are shown in the Calendar of Events and a more extensive description follows. No pre-registration is needed; entrance fees collected at the door are:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

Please take time to read the descriptions and plan to attend if they stimulate your interest. Bring a friend to share the experience and acquaint him/her with the Men's Center.

Each presentation is intended to promote personal growth, stimulate your interest in a topic, and to give you an opportunity to interact with other attendees.

Note: All events are for men only unless otherwise stated.

Presentations are the sole responsibility of the presenter(s). The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves.

DESCRIPTIONS

New Developments in Understanding Relationships

Presenter: Jim Duffy

When: Wed., Feb. 4, 7:00-9:00 p.m.

Open to Men and Women

There has been a lot of exciting and valuable research published in recent years on the subject of behaviors that help or hinder success in intimate relationships.

From scientific researchers such as John Gorman and Neil Jacobson to psychiatric authors such as Bernard Apellbaum and Ellen Wachtel, these recent results are both immensely practical and

profoundly fascinating in what they teach us about human nature. Come and hear a summary presentation of some of the recent research and learn more about how you can study in depth the new developments in understanding of intimate human relationships.

Jim Duffy is a writer and freelance researcher in a wide variety of areas of the human studies. He is a humanist, educator and consultant whose popular presentation and many subjects at the The Men's Center have been well received as both interesting and useful as well as often controversial.

Sexual Trauma

Presenter: John Bullough

When: Wed. Feb. 11, 7:00-9:00 p.m.

Open to men only

Sexual Trauma, from a single incident to ongoing abuse, affects a man's life in many different areas: from self esteem, sexual behavior and work performance, to impairment in establishing and maintaining intimate relationships. This workshop is designed to be interactive in discussing the impact that sexual trauma has had on your (or a partner's life). We will talk about strategies to aid in the healing process.

John Bullough, LICSW, is a psychotherapist at the Neighborhood Involvement Program specializing in sexual trauma recovery. He practices in two NIP and NIP Therapy Associates. John is a previous presenter at the Men's Center.

A Circle of Warriors

Presenters: Andy Miller & Andy Mickel

When: Wed., Feb. 18, 7:00-9:00 p.m.

The ManKind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race.

We are all familiar with a man's physical tools (a hammer, a sword, a plow,...) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

The initiation of men is the hope of the world. - Don Jones, former chairman, ManKind Project.

Learning from International Friendship Customs

Presenter: David White

When: Wed. Feb. 25, 7:00-9:00 p.m.

Open to Men and Women

People from non-Anglo cultures attach greater significance to friendship than many Americans do ---- and straight guys hold hands with each other too! In this workshop you will learn about customs of affection, emotional expressiveness, loyalty, and economic sharing in other times and places. Then, we will explore practical ways to have more intense friendships here in America.

Dave White has moderated the website www.celebratefriendship.org for three years. During the day he works as a network administrator at a local family violence prevention agency.

Wrightsworth

Presenter: William Wright

When: Wed. Mar. 3, 7:00-9:00 p.m.

No description submitted

Yoga Class

Presenter: John Fleetham

When: Wed. Mar. 10, 7:00-9:00 p.m.

Introductory yoga class: Work on movement and alignment, sun salutations and basic yoga poses for a challenging workout. No previous yoga experience required. Poses can be modified in the case of injuries or weakness. All are welcome to attend.

John Fleetham practices and teaches Iyengar and Ashtanga yoga. He completed a ten-month apprenticeship with Senior Iyengar teacher Nicky Knoff and was certified to teach by her. He currently teaches for the Yoga Center of Mpls, the Jewish Community Center and The University Club of St. Paul.

Wellness and Recovery Skills for Daily Life

Presenter: Tona Willand

When: Wed. Mar. 17, 7:00-9:00 p.m.

Open to Men and Women

Tona Willand's presentation will center on the following:

- I. Mental health, wellness and balanced living
- II. Recovery skills to promote mental and emotional health
 - a. Identify thought or behavior patterns that detract from emotional/mental health.
 - b. Replacing thought or behavior patterns and coping skills that aren't working or

functioning as you mean to or need them to.

- c. Identifying goals and lifestyle solutions to support your mental health and wellness.

There will be opportunities for interaction and questions.

Tona Willand, MSW, is a psychotherapist in St. Louis Park, specializing in mental health, chemical health and relationship counseling. Her internet site features numerous psycho-educational resource links to support mental health and wellness, located at www.tonawilland.com

A Circle of Warriors

Presenters: Andy Mickel & Andy Miller
When: Wed. Mar. 24, 7:00-9:00 p.m.

The ManKind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race.

We are all familiar with a man's physical tools (a hammer, a sword, a plow,...) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

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The Mental Stress Epidemic – Effective Coping in a Post 9/11 World

Presenter: Joseph Carr
When: Wed. Mar. 25, 7:00-9:00 p.m.

Open to Men and Women

Good health is more than the absence of illness. It is peak physical, chemical and emotional health that acknowledges the importance and connection of mind/body relationships. Join us in learning how to increase your ability to constructively adapt to stress, so that it can work for you, make you productive and insure your future health.

Dr. Joseph Carr has been a practicing chiropractor in the Twin Cities for the last 20 years, and speaks regularly to help people make positive changes in their life.

A Circle of Warriors

Presenters: Andy Mickel & Andy Miller
When: Wed. April 7, 7:00-9:00 p.m.

Same description as Mar. 24 above.

SUPPORT GROUPS

"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.

• **Minneapolis Location**
3249 Hennepin Ave. S. Suite 55

• **St. Paul Location**
Memorial Lutheran Church
NE Corner Maryland Ave. & Earl St.
(not a mailing address.)

Men's and Women's Issues

General Mixed-Gender Issues

Open to Men and Women

Participants can express what it means to be male or female, and hear constructive feedback in a safe, mixed-gender environment.

- Mondays (Mpls) 7:30 - 9:30 pm

Emotional/Psychological Abuse

Open to Men and Women

This group is for people who are or have been in abusive relationships that interfere with health living.

- Thursday (Mpls) 7:30 - 9:30 pm

Twenty-Something GLBT

Open to Men and Women

A discussion/support/social group for Twentysomething GLBT persons. Any GLBT in her/his 20s is welcome to attend. GLBT topics and issues are discussed in an open, affirming and supportive environment. Ideas for discussion topics or social events are welcome!

- Mondays (Mpls) 7:30 - 9:30 pm

General Men's Issues/Relationship Issues

Divorce/Uncoupling/Family of Origin/Workplace

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Mondays (Mpls) 12:30 - 2:30 pm
- Tuesdays (St. Paul) 7:30 - 9:30 pm
- Thursdays (Mpls) 7:30 - 9:30 pm

Gay Issues

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)

- Tuesdays (Mpls) 7:30 - 9:30 pm

Re-Entry

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays (Mpls) 7:30 - 9:30 pm

Male Survivors of Sexual Abuse

You may feel alone. It is a brave step to seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.

- Thursday (Mpls) 7:30 - 9:30 pm

Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays (Mpls) 7:30 - 9:30 pm

Safe Sexual Practices

This group is intended for men who are committed to gaining and remaining in sexually healthy behavior. Especially for men who have been given feedback from others that their sexual behavior has been less than acceptable

- Saturdays (Mpls) 10:00 am - 12:00 pm

Men Facing Retirement Issues

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays (Mpls) 5:30 - 7:00 pm

New GLBT Schedule

The GLBT 20-Something group schedule has changed. Beginning immediately there will no longer be a Saturday or Tuesday meeting. The new meeting time is Monday, 7:30- 9:30 p.m. at The Men's Center. Paul Barnes is the facilitator.

Please tell and bring your friends.

Facilitator Training

On January 10th, after the annual meeting, 13 men completed Facilitator Training, a requirement for new men to complete before taking over the task of facilitating support groups. Several men took the training for the 1st time, and several veteran facilitators were also there. Thank you to the men that facilitate, as support groups are the most important work of the men's center. And thank you to Hank Bruns who again did a great job of leading the training.

Here and There

— Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, February 15th** Jeff Haas's 1423 E 35th St. Minneapolis, 612-721-7010 (on the south side of Powderhorn Lake). **Sunday, March 21st** at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). Men hang out together and enjoy good food with no agenda whatsoever. These brunches are **open to all men from 10 a.m. until 1 p.m.**; plan to come and chat and eat for a 1/2-hour to 2-hour period anytime – inevitably some men stay on until 2 p.m. 10 men attended December's brunch at Rick Gravrok's and more 17 men attended Frank Brandon's brunch last month. - Andy Mickel, 2004-01-17.

Just Between Men Brunch, 1st & 3rd Saturdays of every month at 11 a.m., Pillsbury House, 3501 Chicago Ave. S., Minneapolis. Sponsored by: Just Between Men FFI: Call Sean Dyer at 824-0708 x117, GLBT Press Newspaper, <<http://www.glbtpress.com>>, 2003-09-15.

At Home in Lowry Hill with Robert Bly, The Nation's Best Poet is the cover story in the January, 2004 issue of **The Rake** (<http://www.rakemag.com/>). The excellent article by Jon Zurn celebrating Bly at 77 is a full 8 pages long! In it is a biography covering his life from growing up on a farm in Minnesota to present, including his time in the Navy, in New York, in Madison Minnesota, in Lowry Hill. Of course there's the celebration of his contribution to "the expressive men's movement." There's lots of poetry, too! - Andy Mickel, 2004-01-07.

The next **Mankind Project Minnesota New Warrior Training Adventure** will be held April 23-25th at Eagle Lake Camp near Brainerd, MN. The cost is \$595. Discounts available for registration before March 10. **Contact Andy Mickel 612-279-6416 or see:** <<http://minnesota.mkp.org>> **for Open House dates/times and with any questions.** Register with Marc Salzl, 15215 Court Rd, Minnetonka, MN 55345, 952-933-0541, <msalzl@mn.rr.com> - Andy Mickel, 2004-01-09.

GLBT Generations has created a new **Coffeehouse for GLBT Seniors** every Wednesday from 2-5 p.m at Spirit of the Lakes Church: Lake St and 13th Ave S, Minneapolis. Besides refreshments and socializing, the goal is to provide a safe and welcoming space for relaxation. FFI: 612-724-2313. - Good Age, 2004-01.

Relationship Readiness for Singles is a 3-day workshop offered February 29, 4-8 pm, March 7, 2-8 pm and March 28 4-8 pm in the Twin Cities by Barbara Arney, MA. The workshop covers: identifying your vision for Exquisite Partnership including your core values; defining your nonnegotiable requirements and your needs and wants; experiencing group support and creativity in attracting your partner; reviewing your history and patterns, then convert them into useful criteria; gaining confidence by understanding the selection game and how it works; avoiding the pitfalls of dating, relationship traps and mini-marriages; creating a relationship plan where you are the "chooser." FFI: Barbara Arney, 612-920-8619; cost is \$243 (\$234 if you register with a friend or \$149 if you're under 30); \$25 deposit by February 22 to 3919 Thomas Ave S, Minneapolis, 55410. - John Doherty, 2004-01-06

Penn State University's College of Medicine, College of Health and Human Development and the Men's Health Network (MHN) are co-sponsoring the first in a **series of National Men's Health Conferences, May 20-22, 2004 in Arlington Virginia.** The conference goals are to focus national attention on the health concerns facing America's men, examine policy issues surrounding the health crisis of America's men, to disseminate evidence-based best practices of community services and programs, and to present current research addressing the clinical, psychosocial/ behavioral, and injury and safety issues of men. Keynote speaker will be Dr. Tim Johnson, ABC New Medical Correspondent. A sample of plenary speakers include Dr. Judd Moul, Director of Prostate Cancer Research for the Department of Defense, Dr. Wanda K. Jones, Deputy Assistant Secretary of Health, US Department of Health and Human Services, Georges Benjamin, MD, Executive director of the American Public Health Association. The conference will benefit physicians, nurses, psychologists, counselors, public health professionals and others that work with men in a variety of clinical settings in that the conference will present research findings dealing with these gender-specific issues. Paper proposals can be posted by visiting the conference web site at <<http://www.outreach.psu.edu/C&I/MensHealth>>. -Christopher P. Dufour, D.Ed., Penn State Univ., 814/863-5100, <cpd1@outreach.psu.edu> - 2003-08-29

Visit our web site, <<http://www.tcmc.org/>> for all kinds of Men's Resources for Twin Cities men! - Andy Mickel. - 2004-01-17.

MEN AND WOMEN IN RELATIONSHIP CLASS

THE NEXT SERIES OF 6 CLASSES RUNS FROM APR 19TH TO MAY 24TH, MONDAY EVENINGS FROM 6:30 PM-8:30 PM. THE MEN AND WOMEN MEET SEPARATELY FOR THE 1ST 3 TIMES, MEN AT THE MEN'S CENTER, WOMEN AT CHRYSALIS, THEN THE LAST 3 CLASSES MEN AND WOMEN MEET TOGETHER AT CHRYSALIS. IF YOU ARE INTERESTED, TALK TO YOUR FEMALE PARTNER AND CALL CHRYSALIS AT 612 871-0118, AND ASK TO TAKE THE RELATIONSHIP CLASS. GIVE IT A TRY TO IMPROVE YOUR RELATIONSHIP! THE CHARGE IS \$10 PER PERSON PER CLASS, BUT NO ONE IS TURNED AWAY FOR LACK OF FUNDS.

NORM PETRIK
PROGRAM COMMITTEE CHAIR

HOLIDAY PARTY REPORT

Twelve men and 2 women attended the Men's Center annual party December 27th. We had a variety of foods to choose from, and after eating, visiting together, and introducing ourselves, J.C. Hancock led us in singing holiday songs. Thanks to J.C. and to Mike Chatt and Randy Genrich for planning and organizing this holiday party.

NORM PETRIK, PROGRAM CHAIR

20 x 12 Honor Roll

This is a new type of membership that is designed to acknowledge and make it easier for those members who have consistently supported us. Here's how:

- Join by paying \$20 a month (or \$240 at once)
- On the Honor Roll, you no longer need to donate money at meetings
- You are recognized on a Men's Center plaque
- You are invited to an annual honors dinner

Call 612 / 822-5892 today!

20 x 12 members for 2003-2004 are: Robert Lundberg, Hank Bruns, Andy Boltins, Alpha Human Services (Gerald Kaplan), Gerald Obremski, Carl Erickson. If you are a current 20x12 member but are not listed, call Randy at 612-822-5892.



A MEN'S ANGER MANAGEMENT CLASS

For men who feel that
their verbal and emotional
expression of anger
is out of control.

For men who desire to
significantly improve their
relationships at home
and at work.

Presented by:



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organization serving
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THE FOUNDATIONS OF EFFECTIVE ANGER MANAGEMENT:

Where to Start if You Want to Change What You Do With Your Anger

– BY DAVID J. DECKER, M.A., L.P.

Sometimes it seems like anger is all around us. We continually hear stories from the media about domestic abuse, road rage, gang violence, and school shootings. Unfortunately, this type of behavior is not so unusual in our society.

But is this really anger? I think not, after working with men, women, couples, and families over the past eighteen years in my practice as a psychologist. All too often, we become very confused about what it really means to experience and express the emotion of anger. To change explosive and disrespectful anger that has become a problem in your life, it is critical to understand what anger is and what anger isn't and to learn how to address anger that does arise in a more effective way.

Your anger does not have to be a destructive and hurtful force. It does not have to create shame and remorse, destroy relationships and intimacy, and create negative emotional and physical consequences on the job, in your car, with your health, and in in other important areas of your life. Rather, it can be an energizing and useful force, helping you to build self-confidence, self-esteem, and self-respect, and assisting you in actually enhancing your relationships with others. The way it goes depends on how you actually handle your anger.

Most clients who come to see me about their anger say that they want me to "get rid of" or "eliminate" all the anger that they feel. But that is just not the way it works. When hostile,

cynical, and disrespectful thoughts and behaviors have been a significant part of your life, it is unrealistic (and perfectionistic) to think that you are, "all of a sudden," going to become a "mellow" and "laid back" individual.

I have had personal experience with anger issues of my own throughout the course of my life. I will never be that "mellow" or "laid back" person. There will always be a certain intensity to the way I say and do things and the way I live my life. But what I have done, what many of my clients have done, and what you can also do, is to learn to recognize and handle your anger more effectively when it does arise. Developing this ability makes day-to-day living a whole lot easier for you and the people around you. This article will give you some things to think about and some concrete ideas about how to recognize and intervene in the anger you feel.

The place to start to modify what you do with your anger involves identifying the basic foundations of effective anger management. Building a solid house requires a good foundation. So does understanding and changing the way you experience and express your anger. Below are thirteen critical concepts that need to be understood and accepted if anger is to be effectively regulated in your day-to-day life.

- **The 1st Foundation: Anger is a normal, natural human emotion.**

In reality, anger is an integral part of your humanity, absolutely necessary for your emotional and physical well-being. Anger is a fact of life and was part of our survival as a species in earlier times. How you handle your anger determines whether it is a helpful or destructive force in your life.

Anger can be appropriate and positive whenever it is expressed respectfully and effectively. The wonderful thing about your anger is that it can truly be a source of discovery for you. It can tell you that "something important is going on" within or around you that needs to be attended to. It can clarify and tell you who you are: what you like and dislike; what your personal limits and boundaries are; when a "core hurt" from the past has been activated by a person or situation in the present; when something is threatening to you; when you have compromised yourself in some way; or when an injustice has been done to you or someone you care about.

Anger can also be a catalyst, a tool to promote assertiveness and personal empowerment, and a motivator when you use it to move toward effective and productive problem-solving, limit-setting, and conflict resolution. Anger can even actually serve as a "gift" to others which can increase the potential for closeness in your relationships with them. This occurs because, when you respectfully share anger or any of the emo-

ions you experience, you have taken the risk to become vulnerable with another person. As a result of this, you have invited them into your space" to dialogue with you about the issue or situation that has triggered your feelings in the first place. This is the road to trust and intimacy.

- **The 2nd Foundation: Anger is not the same thing as hostility, cynicism, withdrawal, aggression, abuse, or violence.**

This is an especially tough idea for many people to grasp, especially if you have grown up in a shaming and abusive family or experienced bullying, ridicule, and humiliation at the hands of others outside your family during your childhood (or if you yourself behaved in these ways with others).

One of the most important steps in learning to experience and express your anger differently is to break this mental equation between anger and abuse. Anger does NOT equal cynicism, hostility, aggression, and violent behavior, nor does it equal a punishing emotional withdrawal like sulking, pouting, or ignoring. The emotion of anger is not what I was talking about in the examples in the first paragraph of this article. Those behaviors are, in reality, distortions and perversions of anger as an emotion. Anger the emotion is very different from this.

- **The 3rd Foundation: How we express anger is learned, primarily from important people in our childhood.**

Frustration does NOT automatically lead to aggression, despite much of what has been espoused by "experts" in the past. Recent research clearly indicates that this is not even true in the animal kingdom, which is where this way of thinking arose. How you express your anger is not simply an "instinctual" or biochemically determined process. In fact, the most important part of how we express anger is learned. This is not to say that there are not genetic predispositions to depression, anxiety, irritability, and other emotional states. But how you express and act these out is clearly related to what you have experienced in the living of your life.

One way to think about this learning process is to start to realize that the family where you grew up is literally like a laboratory where you learned how to be a human being. If anger was "acted-out" in a hurtful, punishing, or disrespectful way in the family where you were raised, you had powerful role models who essentially molded how you experience and express your anger and how you look at yourself and the world around you. The same is true of your experience with peers and others, even strangers, in your childhood. If you were picked on, ridiculed, or bullied as a child or if you did those things to others, you were also given messages about anger and dealing with other people. When you respond in ways similar to what you saw or experienced, you are living out a destructive "life script" that was written for you by the important people in your

environment. But this script isn't "written in stone." It can be altered. And you are the one who has the responsibility for doing just that.

When you slow down and actually think about what you are experiencing and doing, you can begin to intervene in the escalation process that, for some, ends in disrespectful, punishing, or abusive behavior.

- **The 4th Foundation: Both men and women receive strong cultural messages about how to express anger.**

Both men and women are programmed by our families and society-at-large to express anger in particular ways, although these ways are certainly changing some in recent decades, especially for women. In general, men are taught to become aggressive and lash out at others when they are angry. Think about masculine images on TV, in the movies, and in sports and business settings. What do many men in the movies do when they confront a difficult situation? They "kick butt!" And we often talk about men who are angry and assertive as "tough," "strong," "confident," and "take-charge guys." These sorts of family and societal messages invite many men to communicate their anger in hurtful and disrespectful ways.

Women, on the other hand, are frequently taught to become passive and "polite," withdraw from potential conflict, and "stuff" the anger that they feel. What do we call women who are angry and assertive? It does not take long to think of the one word that our culture uses to describe that behavior in women. And it does not have a positive connotation. This does not mean that women do not get angry. They do. Often, people who are consistently passive carry a huge reservoir of resentment. In a study of 535 women ages 25 to 66 entitled Women and Anger, edited by Sandra Thomas, she reported that women frequently get angry, most often at husbands and co-workers. She also found that, the younger a woman, the more likely she was to get angry and express it directly. In addition, she reported that women over 55 reported the least anger.

This also does not mean that women cannot be disrespectful and punishing. They can. It is not okay for either men or women to allow their anger to become demeaning and abusive with partners, children, or others. There are also anger management classes available for women based on the principles discussed in this article.

These stereotypes are certainly not accurate for everyone and in many ways may be changing at this time in history but there is still some validity in them for many men and women. It is helpful to be aware of how these messages may have affected you personally if you are going to do something different with anger that has become a problem for you.

- **The 5th Foundation: We need to be honest with ourselves about our anger and how it affects us and others.**

Addressing anger effectively means that you need to do an honest self-examination about whether your anger is creating problems, for you or those around you. Denying that anger is a problem when it is actually taking a toll on your life is never helpful.

Noticing how others respond to you when you are angry (e.g. do they "shy away" or seem fearful and intimidated?) and listening to others' verbal feedback about how they are reacting to you (i.e. do people tell you directly that they do not like how you express your anger?) can be helpful "reality tests." Often chronically angry people do not think much about how they are impacting and affecting those around them.

Being honest with yourself about whether you have experienced consequences like the loss of important relationships or even legal problems can be another way to assess whether you need to do something different with your anger.

Finally, it is important to be clear about whether chemical use and mental health issues may be contributing to what happens with your anger. This does not mean that either of these "causes" your anger problem. But it does mean that it is critical to notice whether there is a connection between alcohol and drug use and disrespectful anger or whether there are underlying issues like depression or anxiety that are part of what needs to be addressed in looking at your anger. If these issues do exist and they are not adequately addressed, little will probably change about how you handle your anger.

- **The 6th Foundation: Anger and other feelings are our responsibility.**

No one "makes" you become explosive, punishing, or disrespectful. Others can certainly trigger and contribute to anger and other emotional reactions you experience, but no one has the power to "cause" you to feel or behave in a certain way. In fact, different people can experience very different reactions to exactly the same situation or person. And, the very same trigger that can create a powerful angry reaction in you on one occasion can provoke a very different and more positive response when you are in "upbeat" and happy mood. Your feelings come from within you and are a unique and complicated mixture of biology and your life experiences. Ultimately, you need to realize this and become accountable for them.

So often, we expect others to "fix" our feelings or "make us feel better." And when they do not do this (because, in reality, they can't), we then have even more reason to respond with frustration or punishing and explosive behavior. At some point this process needs to stop. You will never be willing to handle your anger differently if it is someone else's responsibility to do it for you.

- **The 7th Foundation: How we express our anger is a choice.**

It may feel like you are "out of control" and

have no choice about how you get angry, but the reality is that you are constantly making decisions, even if they are not apparent to you at this point in your life. I often hear from clients that they "just saw red," "were completely out of it," and "didn't know what they were doing" when they acted out in a destructive and explosive fashion either toward others or themselves. But, in fact, you are continually making choices about how you express your anger and "feeling" out of control is very different from "being" out of control.

Think about whether you get explosive or disrespectful when you get angry at work or in a public setting like a restaurant. If you don't, why not? Probably because you could get some serious consequences if you allowed this to happen: you might get fired from your job and lose your livelihood or someone might intervene and actually call the police.

Start to notice places where you may be handling your anger differently. You can build on this knowledge to learn how to handle it more effectively elsewhere as well. An important part of the process of change is to look for times when you are willing to handle your anger more effectively and respectfully. These can form a blueprint for what needs to happen in other situations where you want to do something different.

• **The 8th Foundation: Acting out or ventilating anger is not helpful in effectively addressing and discharging it.**

In the 1960's and 1970's, it was common practice to encourage angry people to strike pillows with fists and bats, hit punching bags and "bobo dolls," all the while screaming expletives at the top of their lungs. Since that time, research has clearly disproved these methods as effective ways to help people learn to handle their explosive anger.

First of all, ventilation (e.g. yelling and screaming) and catharsis (acting out anger in a physical manner) tend to increase rather than decrease our physical arousal level, making us more likely to respond with disrespectful anger whenever we perceive "provocations" by those around us. Secondly, these sorts of behaviors circumvent our abilities to think more rationally about what we want to do and essentially train us to lash out at others. This sets the stage for explosive anger and abusive behavior to actually be directed at other human beings.

One of the most disturbing examples of the problems related to acting out anger came when I was working with a domestic abuse client in the early 1990's. He reported to me that he had used this "ventilation intervention" in the late 1970's with a therapist who was supposed to be helping him learn how to deal with his anger. The therapist had him go to his knees on the floor, pound his fists into a pillow, and yell and scream whatever came to mind as he was doing this. When I asked him how that had seemed to work for him

at the time, he responded by saying, "I thought it worked great. In fact, I could actually see my wife's face on the pillow as I punched the hell out of it." Keep in mind that, over a decade later, he was now court-ordered to attend domestic abuse treatment.

• **The 9th Foundation: We often lapse into ineffective and destructive patterns and "dances" when expressing anger.**

All too often, we lapse into unproductive and damaging patterns and "dances" of expressing anger, especially with those who are important to us. Frequently, it may even feel like we are on "automatic pilot:" We respond to something that has happened, the other person reacts to what we have said or done, we react to them, they react to us, and the process continues without much thought or awareness, eventually leading to hurt feelings and emotional distance.

These "dances" may occur between spouses over issues like dividing up household chores or one partner watching too much TV. They could occur between parents and children over the kids not picking up after themselves or not doing their homework. They could occur with co-workers over someone not attending to job tasks that need to get done.

If you think about it, expressing anger ineffectively in these "dances" is a lot like the relationship between a puppet and puppeteer. Someone else is "pulling your strings" and determining what you do in a particular situation. You essentially give away your personal power to be who really want to be. Part of what is important to realize is that you can take a different "dance step" at any point in this "power struggle" process and figure out what makes more sense to you than simply repeating the same old interaction. This allows you to identify and follow your own "game plan" for who you want to be, which can often lead to more effective problem-solving and conflict resolution.

• **The 10th Foundation: Handling anger poorly can create significant consequences in many areas of our lives.**

The potential consequences related to explosive or disrespectful anger are myriad and create enormous havoc in many peoples' lives. In your family, you can create emotional distance; a decrease in trust, safety, and intimacy; and eventually even the complete loss of relationships with your loved ones through separation and divorce. Legally, explosive and abusive behavior can lead to restraining orders, arrests, probation, and even time in jail. On the job, disrespectful anger can lead to being suspended or put on "probation" for acting out at work, quitting abruptly due to continually feeling hostile and dissatisfied, or even to getting fired. And finally, don't forget your physical well-being. Hostile and cynical attitudes and explosive and punishing anger can lead to significant health consequences, including headaches, chest pain, and even major cardiovas-

cular problems like heart attacks and strokes.

• **The 11th Foundation: Handling anger effectively can create self-esteem, self-respect, self-confidence, and the potential for trust and intimacy in relationships.**

If you actually learn how to handle your anger and make it a useful and productive force in your life, you can end up feeling better about yourself and the people who are a part of your day-to-day living. By the way, they will also end up feeling better about you and the relationship they have with you. Another by-product of doing this is that you are able to generate a belief that you can handle what comes up in your life, no matter what the issue, problem, or conflict happens to be. That is a very empowering stance, since stresses and frustrations will continue to be a part of your life for as long as you are on this earth. The goal in life is not to completely avoid stress and aggravation but rather to learn to handle them effectively when they arise.

• **The 12th Foundation: We can, in fact, actually change the way we experience and express our anger.**

In both my own life and in my clients' lives, I have seen this happen over and over again. There is a myth in this culture that "angry people can never change." This is a lie. You do not have to stay stuck in the same old destructive ways of dealing with your anger and hostility. The ultimate goal in effective anger management is to take back the power to be who you really want to be and to be a proactive player in your life rather than simply being reactive and allowing others to determine who you are, how you feel, and how you act. There is no mystery or magic to this process of changing who you have been. It is just plain hard work. But, if you open yourself to learning new ways to deal with your anger, you can be among those who actually make a difference in creating a saner, more peaceful, and safer world for all.

• **The 13th Foundation: Changing what we do with our anger is an ongoing and lifelong process.**

There are no "quick fixes" when it comes to learning to deal more effectively with your anger if it has become an issue in your daily living and has negatively impacted your own life and the lives of those around you. The reality is that it takes conscious awareness of who you are and how you are responding to what happens within and around you and a willingness to expend the necessary time and energy to focus on changing the destructive habits you have developed from the past. As is frequently noted in *Alcoholic Anonymous*, the process of change related to abusing alcohol or drugs occurs "a day at a time." This is also true for your anger. If you have been an angry and hostile person, it is unlikely that you will magically become a "mellow" and "laid-back" individual. But, with hard work, you do have the potential to dramatically alter your dis-

respectful and damaging attitudes and behaviors and live a much more satisfying and fulfilling life in the present.

If anger has created problems for you, start to question how you have previously thought about your anger. Consider and try to put into practice some of the ideas presented above. They are an offer helpful guideposts for beginning to change how you experience and express your anger in the future. Your anger does not have to be a "dark side," a shadowy sinister part of you that comes out of nowhere and destroys much of what could be good in your life. You have the power to acknowledge and get to know your anger so that you take charge of it rather than it taking charge of you. Make a commitment to yourself and the ones you love to address your anger if it has become an issue for you. Doing this can literally be a life-changing experience.

David J. Decker, MA, is a licensed psychologist in private practice in St. Paul, MN. He has worked with individuals, couples, families, and groups for more than 20 years on issues related to anger, domestic abuse, and road rage. In addition, he has written a book entitled Stopping The Violence: A Group Model To Change Men's Abusive Attitudes and Behaviors, which was published by Haworth Press in 1999. He has also written an anger management workbook entitled Embracing The Dark Side: Learning to Recognize and Handle the Anger Within and Around You, which he uses with therapy clients and in anger management workshops for both men and women. Excerpts and modifications of his books are used as the curriculum for the Men Helping Men With Anger classes that are currently taught at the Men's Center. He can be reached at 51-646-HEAL, 612-725-8402, or at his website, www.ANGERresources.com.

Control is a Major Issue

Control is a major issue that I see men struggling with as they pass through the Anger Management course. Initially it has to do with controlling others; requiring the community in which we interact to change its behavior. Only in that way can we then not display disrespectful anger. A primary behavioral aspect of the Anger Management program is learning ways of removing ourselves from and/or preparing ourselves for such external stimulus. This is stated in the form of using "I" statements, acting to changing ourselves, becoming aware of our own stresses and stress levels and practicing stress relief activities, and leaving the victim mentality behind. The hardest part seems to be in focusing on only changing oneself. As a facilitator, this has been my greatest frustration, but also my greatest joy. It is marvelous to hear men own up to their own responsibility and talk only about their part in the anger management plan. It is also very frustrating to hear men check in with the same complaint they have with their wife on week 12 as they did on week one. Internally I am screaming, "get with the program", and I must confess that on occasion that sentiment also proceeds from my lips.

At the Edina class, we use the same materials as the Hopkins and Uptown classes; however, we also invite Christ into our midst and ask for his strength to help us give our control up to him. We stress compassion for one another, the uniqueness of each individual and the blessing it is that we are not all alike. In our controlling behavior, we want the other person to be like us, but that is antithetical to how we were created. In this regard, it is very gratifying to see men pass from controlling others to trying harder to control themselves. The next step is giving up our own self control, acknowledging our true brokenness and accepting the guidance of the Holy Spirit in our journey of respectful anger management. I am encouraged when a man loses his fear of this world, is grounded in his brokenness and is unafraid to recognize his anger problem to those around him. Coming out of the closet of anger management is a true sign that a man has given up control and is on a committed life long journey to wholeness. It is for the privilege of seeing such a transformation that I continue to facilitate.

BOB LUNDBERG

RLUNDBERG@MN.RR.COM

CLASS STRUCTURE

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger.

Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

DETAILS

Length of Class:

12 consecutive weeks

Number of Participants:

Space is limited to 12 participants with 2 facilitators per class

Cost:

\$165 for Men Center Members
\$175 for Non-Members

Starting Dates and Times:

Classes will be scheduled as the waiting list fills. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred day of the week, and available starting date. Other questions, call Herb Jaehne 612-827-3393.

REGISTRATION FORM

Name _____

Address _____

City/State/Zip _____

Phone Home Work _____

Register me for the class starting:

*Call TMC for class schedule.

Member of Twin Cities Men's Center? ____ Yes ____ No

Complete this form and send along with \$175 payment to:

**Men Helping Men With Anger
The Men's Center
3249 Hennepin Ave. So., Suite 55
Minneapolis, MN 55408
612-822-5892**

The Men's Center ALL-PURPOSE COUPON

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ \$20 (Regular) \$40 (Patron).
- I want to make an additional, tax-deductible gift of \$_____. Thanks much.
- My new/correct address/phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

Date _____

FROM: name _____
 Mailing address _____

 Home phone _____
 Work/other telephone _____

A Ten-Week Lecture Series on Human Depression

PRESENTED BY DR. JIM DUFFY

A ten-week lecture series on depression will begin on Thursday, February 12, 7 to 9 p.m., at the Men's Center. "Depression" refers to a blue mood or a major clinical depression or anything in between. Some say the word "depression" therefore includes too much, and we should speak of "depressions" in the plural. These two-hour lectures (one lecture per week for ten weeks) present many ideas on depressions as a plurality of human experiences.

At these lectures you can learn about emotion in general, depressing "scripts," depressions in different religions and personalities, specific beliefs about goodness as a cause of depression, and much more. Learn how depression can teach us all so much about what it means to be human. You can attend any or all lectures. Each lecture has a Q&A period.

Suggested donation is \$10 for each lecture to be paid at the door. Nobody is turned away who cannot pay at the Men's Center. These lectures are not psychotherapy nor workshops on how to overcome depression. They are a low-cost community-education resource open to men and women.

The presenter is Dr. Jim Duffy, humanist educator and frequent presenter at the Men's Center. Jim is a researcher, writer, and educator in human studies for more than four decades. His Men's Center presentations are humorous, thought provoking, well organized, and chock-full of practical references to recent research and literature in several areas of human study.

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TMC Office Hours: M, Tu, Th, F ;1-4:30pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis. Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our email address: tcmc@tcmc.org

The Men's Center
3249 Hennepin Avenue South, Suite 55
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MEN TALK

The Men's Center News

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Safe Sexual Practices support group

A new group is forming, meeting on Saturdays 10:00 a.m. - 12:00 p.m., intended for men who are committed to gaining and remaining in sexually healthy behavior. Some men encounter situations in their lives when they are given feedback from others that their sexual behavior has been less than acceptable. This group will focus on participants remaining safe in their sexual practices and supporting one another in reducing risks of engaging in any additional harmful behavior.

Like all of the support groups at the Men's Center, this is not a therapy group, and it is not intended as an arena for advice giving. The co-facilitators are volunteer members of the Men's Center who have received training from the Center in group facilitation.

In Memorium

I wish to commemorate the life of Michael Trom, Men Talk Production 1989-90, Men Talk Editor 1991-93. He died in his home on Jan. 1, 2004, age 46. For more, read the *Goodbye Stranger* article in the Jan. 14 *City Pages*.

Mike was a friend I met in the mid '80s working in the tech theatre scene. He had an early aptitude for the use of technology, and worked as a writer for the StarTribune sports pages. By the late '80s, Mike was active in the production of Men Talk and was instrumental in converting our methods. Goodbye scissors-and-glue! Hello Macintosh and Quark Xpress!

Throughout this time, Mike also struggled with depression. I witnessed his hospitalization for attempted suicide; we talked often about men's issues and difficulties; and we both turned to the Men's Center for help. We attended men's conferences, support groups, and classes. Many times, I believe that support from other men made the difference between life and death.

When Mike moved back to Fargo ND in 2000, distance grew between him and his Twin Cities support network. In the end, it was too much. I wish every city had a Men's Center so every "Mike" has a place to go for support when it gets rough. Let's work to make it so.

On behalf of the Men's Center, I extend my deepest sympathy to his family.

BILL DOBBS, VICE-CHAIR AND MEN TALK EDITOR

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