

The Pain Behind the Mask

Overcoming Masculine Depression

John Lynch, PhD
Christopher Kilmartin, PhD

Pain Behind The Mask Overcoming Masculine Depression

John Lynch, Christopher Kilmartin



Pain Behind The Mask Overcoming Masculine Depression:

Overcoming Masculine Depression John Lynch, John R. Lynch, Christopher Kilmartin, 2013-08-21 In *Overcoming Masculine Depression* psychologists John Lynch and Christopher Kilmartin present a model that provides new ways of understanding men's behaviors. This unique book does not portray men as victims but seeks to increase awareness that a great deal of depression in men is misunderstood and quite often misdiagnosed. Many men act out their symptoms through anger, workaholicism, and relationship conflict. Underlying these behaviors are chronic feelings of being hopeless, helpless, and worthless. Men can learn to recognize symptoms of masculine depression and take steps to reclaim their lives and relationships, and the authors offer many strategies for doing so. Numerous case examples are provided to illustrate the various dynamics of male depression. New to this edition are chapters on self-regulation and impulse control and the application of evidence-based treatment for depression to the symptoms of male depression. This is an essential resource for all helping professionals who work with male clients as well as for men experiencing symptoms of depression and the people in their lives.

The Pain Behind the Mask John Lynch, Christopher Kilmartin, 1999 This new book uncovers the root causes that can destroy important relationships. For many men explain the authors' sadness and despair, find a distorted expression in immature, aloof, selfish, or cruel behaviors that disguise men's emotional pain to others and even to themselves. Masculine depression often goes unrecognized and untreated. In addition, they add this process leads to destructive behavior in important relationships. Life is hard, and it is inevitable that a person who has masculine depression will carry their emotional pain to their wives, their children, and their friends.

BOOK JACKET *The Pain Behind the Mask* John Lynch, Christopher Kilmartin, 2013-12-19 From *The Pain Behind the Mask: Overcoming Masculine Depression* you will discover how masculine development precludes your male clients toward the two defining characteristics of masculine depression: dissociating from feelings and acting out suppressed feelings in destructive behaviors. Depression in men is often misunderstood and misdiagnosed, which is why it often goes untreated. This unique book does not portray men as victims but seeks to describe a man's responsibility and proposes realistic strategies for change. *The Pain Behind the Mask* is written in easy-to-follow question-and-answer format to guide you through various subtopics discussed within each general area. Through *The Pain Behind the Mask* you will learn new techniques and strategies to help improve the lives of men who suffer from depression by gaining new insight into how understanding destructive behaviors as a masculine form of depression leads to new treatments for this condition, discovering effective treatments for masculine depression that account for the origins and meaning of a man's behavior in a relationship, analyzing case studies to help you gain a better understanding of the various characteristics and dynamics of masculine depression, finding useful ways to conceptualize and intervene with clients who display symptoms of masculine depression, learning to address the underlying causes of problem behavior instead of dealing solely with the outward appearance to recognize and treat masculine depression. *The Pain Behind the Mask* deals with the problems of

masculine depression by helping you acquire workable solutions This indispensable book will help you understand the roots of masculine depression so you can guide your clients toward positive and self healing attitudes

Overcoming Masculine Depression John Lynch, John R. Lynch, Christopher Kilmartin, 2013-08-21 In *Overcoming Masculine Depression* psychologists John Lynch and Christopher Kilmartin present a model that provides new ways of understanding men's behaviors This unique book does not portray men as victims but seeks to increase awareness that a great deal of depression in men is misunderstood and quite often misdiagnosed Many men act out their symptoms through anger workaholism and relationship conflict Underlying these behaviors are chronic feelings of being hopeless helpless and worthless Men can learn to recognize symptoms of masculine depression and take steps to reclaim their lives and relationships and the authors offer many strategies for doing so Numerous case examples are provided to illustrate the various dynamics of male depression New to this edition are chapters on self regulation and impulse control and the application of evidence based treatment for depression to the symptoms of male depression This is an essential resource for all helping professionals who work with male clients as well as for men experiencing symptoms of depression and the people in their lives

The Irritable Male Syndrome Jed Diamond, 2005-09-03 A guide to dealing with hormone related mood swings in men describes the triggers and warning signs of Irritable Male Syndrome the ways it can affect those suffering from it and the best ways for men and their families to work through it Reprint

Profiling Your Date Caroline Presno, 2025-06-25 The smart woman's guide to dating and relating To get into a man's heart you have to get into his head With this insider's guide to evaluating a man Caroline Presno Ed D P C C teaches women how to apply psychotherapists tricks of the trade to finding Mr Right Caroline Presno has developed systematic ways to profile a man for his degree of commitment readiness his aptitude for love and intimacy his chance of lying or being unfaithful his tendency toward big bad personality problems like narcissism and paranoia and his ability to fulfill his potential *Profiling Your Date* answers the pressing questions every woman has What type of man should I be looking for Who should I steer clear from Is this a healthy relationship for me to be in right now Is there a better relationship out there for me *Profiling Your Date* helps you to dissect his behavior and probe his thinking to reveal red flags that indicate it is time to move on For example He is quick to acknowledge everyone else's flaws but not his own He needs constant excitement and gets bored easily he will eventually get bored with you He puts your relationship on fast forward and isolates you from your family and friends He calls you at the last minute spends a lot of time out with the boys and lets you pursue him more than he pursues you Whether you are in love or looking for love you can learn who to profile into your life and who to profile out Caroline Presno will show you how CAROLINE PRESNO Ed D P C C is a psychotherapist as well as a doctor of education She has honed her profiling techniques through academic research clinical experience and her own always exciting dates which led her to her one She can be heard weekly as Dr Caroline on the Clear Channel network

Men & Masculinities Michael S. Kimmel, Amy B. Aronson, 2003-12-11 The first encyclopedia to analyze summarize and

explain the complexities of men's lives and the idea of modern manhood. The process of making masculinity visible has been going on for over two decades and has produced a prodigious and interesting body of work. But until now the subject has had no authoritative reference source. *Men Masculinities*, a pioneering two-volume work, corrects the oversight by summarizing the latest historical, biological, cross-cultural, psychological, and sociological research on the subject. It also looks at literature, art, and music from a gender perspective. The contributors are experts in their specialties, and their work is directed, organized, and coedited by one of the premier scholars in the field, Michael Kimmel. The coverage brings together for the first time considerable knowledge of men and manhood, focusing on such areas as sexual violence, intimacy, pornography, homophobia, sports, profeminist men, rituals, sexism, and many other important subjects. Clearly, this unique reference is a valuable guide to students, teachers, writers, policymakers, journalists, and others who seek a fuller understanding of gender in the United States.

40 Cases Leslie Lundt, Nancy Nadolski, 2005-10 *Gender in the Therapy Hour* Holly Barlow Sweet, 2012. First Published in 2012, Routledge is an imprint of Taylor & Francis, an informa company. *A Counselor's Guide to Working with Men* Matt Englar-Carlson, Marcheta P. Evans, Thelma Duffy, 2014-12-01. This book examines a variety of critical issues pertaining to the psychology of men and masculinity and presents successful, evidence-based strategies for treatment. Part 1 focuses on treating men in couples, counseling group work, and career counseling, as well as counseling men about their health. Part 2 explores the intersections of identity for sexual minority men, older men, and fathers, and discusses spiritual work with men in life transitions. Part 3 addresses the concerns of men in the military, prevention of sexual violence, and treating men with addictions and trauma-related issues. Part 4 provides the specific clinical frames of female counselors using relational-cultural theory with men and examines using motivational and masculine-sensitive therapy with men. Examples and vignettes throughout the text provide clinical relevance, and reflective questions in each chapter encourage readers to explore their own biases and ideas about working with men. Requests for digital versions from ACA can be found on wiley.com. To purchase print copies, please visit the ACA website [here](http://aca.org). Reproduction requests for material from books published by ACA should be directed to publications@counseling.org.

Comprehensive Textbook of Psychotherapy Andrés J. Consoli, Larry E. Beutler, Bruce Bongar, 2016-09-01. This completely updated second edition of *Comprehensive Textbook of Psychotherapy* discusses the contemporary landscape of psychotherapy, honors its complexities, and focuses on history, theory, science, practice, and diversity. The book is divided into three parts: 1. Models of Psychotherapy; 2. Psychotherapy by Modalities and Populations; and 3. Research Methods and Randomized Clinical Trials. Professional Issues and New Directions in Psychotherapy. Part 1 has been expanded to include two chapters on Interpersonal Psychotherapy (IPT). This section now details the similarities and differences that exist across models in an effort to articulate overarching principles of human change and stability processes that are advanced through professional practice. Chapters in Part 1 are organized into sets of two; each set has a theory chapter covering one of the six psychotherapy models discussed, followed by a practice

chapter that conveys and illustrates the use of the model in a specific application including a detailed case example Part 2 addresses modalities of psychotherapy such as group family and electronic based approaches as well as psychotherapy with specific populations such as children and adolescents older adults and women This section too has been expanded to include treatment of people in the schizophrenia spectrum a chapter on treatment of immigrants and refugees and another on working with men There are also new chapters on working with military personnel and veterans and a chapter on treating survivors of trauma specifically on those exposed to mass trauma Still another new chapter is included on working with psychological emergencies Part 3 covers research methods and randomized clinical trials the training of psychotherapists ethics and legal matters and the future of psychotherapy Research and diversity are emphasized in each chapter and throughout the book This new edition of a classic textbook will be valuable to instructors and students psychotherapists in training practitioners and supervisors alike

The Oxford Handbook of Counseling Psychology Elizabeth M. Altmaier, Jo-Ida C. Hansen, 2012 Recognized experts in theory research and practice review and analyze historical achievements in research and practice from counseling psychology as well as outline exciting agendas for the near future for the newest domains of proficiencies and expertise

Masculinities in Higher Education Jason A. Laker, Tracy Davis, 2011-07-15 Masculinities in Higher Education provides empirical evidence theoretical support and developmental interventions for educators working with college men both in and out of the classroom The critical philosophical perspective of the text challenges the status quo and offers theoretically sound educational strategies to successfully promote men's learning and development Contesting dominant discourses about men and masculinities and binary notions of privilege and oppression the contributors examine the development and identity of men in higher education today This edited collection analyzes the nuances of lived identities intersections between identities ways in which individuals participate in co constructing identities and in turn how these identities influence culture Masculinities in Higher Education is a unique resource for graduate students and professional post secondary educators looking for strategies to effectively promote college men's learning and development

An International Psychology of Men Chris Blazina, David S. Shen-Miller, 2011-01-19 This text is the first to provide a contextual understanding of the clinical issues that affect men and masculinity across a wide range of cultural and national settings It demonstrates that gender can no longer be viewed as an isolated characteristic in an era of increased globalization mental health professionals need to take ethnic and cultural issues into account to provide adequate care for male patients Numerous international perspectives are offered by the contributing authors authorities from countries such as Australia Argentina Denmark Canada India Ireland and South Africa on theoretical and clinical innovations for working with men Their chapters also offer insight into the socio cultural contexts for counseling men in and from their respective countries by exploring the ways in which being a man is socially defined what unique challenges men face and how these challenges can be negotiated within their specific cultural settings Topics addressed will

include boyhood notions of manhood relationship concerns and power fatherhood and men's body image across the life span This text will ultimately enable mental health practitioners to have a better understanding of how to work more effectively with male clients

The Fictions that Shape Men's Lives Christopher Kilmartin, 2021-04-20 The Fictions that Shape Men's Lives is structured around a number of key fictions of masculinity such as beliefs in biological determinism the inevitability of men's violence and the opposition of the sexes and proceeds to expose them to be wholly or partially unfounded Examining the social pressure to behave and experience the self in ways that culture prescribes for the bodies we are perceived as having this book provides an awareness of widely held but distorted assumptions of gender It also seeks to put men into the position to resist masculine social pressures when conforming to it conflicts with important life goals or values and or causes harm Making use of an informal storytelling style provides an accessibility to those interested in breaking down their preconceptions of gender and masculinity as well making links to key theories and concepts This is a lively and engaging book for undergraduates studying introduction to Gender Sexuality and Masculinity courses

Men As Caregivers Betty J. Kramer, PhD, Edward H. Thompson, Jr., PhD, 2001-12-27 Today more and more caregivers are male Despite this fact the vast majority of research on caregiving has centered on the experience of the female caregiver This volume addresses the fundamental gap in our knowledge and theories about the growing male subpopulation of caregivers The authors identify the serious limitations that result from viewing men caregivers through the lens of women's experiences and call for an unbiased and fresh perspective in future research Special consideration is given to men who care for a family member with dementia fathers of adult children with mental retardation gay male caregivers for partners with AIDS and sons and parent care

Advances in Psychology Research Alexandra Columbus, 2005 Presents original research results on the leading edge of psychology This book attempts to present substantial advances across a spectrum

How to (Hu)Man Up in Modern Society Logan Cohen, 2021-12-18 Men have largely lost their way in modern society Our culture still prepares boys for manhood that is primarily based on the traditional roles of Hunter Provider and Warrior Protector from the Old World These belief systems and behavior expectations commonly known as toxic masculinity once effectively protected our communities but are now creating significant problems of their own Toxic masculinity teaches boys to Man Up to be strong and independent However this requires that males neglect the basic human needs of themselves and other community members causing chronic illness addiction mental health issues and violence The range of negative impacts for both Self and Community as a direct result of these expectations and belief systems is staggering and growing by the day It does not have to be like this The problems facing men in modern society are extensive but the keys to overcoming these obstacles lies within our genetic programming as social beings All human beings are biologically designed to heal ourselves to heal each other and to meet our potential for personal growth in the safety of supportive relationships The problem lies with the outdated expectations of traditional manhood which have not yet caught up with the health and wellness needs of men and

women alike in modern society This book addresses solutions borrowed from research studies across a multidisciplinary approach from Psychology Anthropology Religion and Philosophy to show how a meaningful community based lifestyle has always been the answer when it comes to health and wellness Men must reintegrate this natural balance back into our Humanity to fulfill our sacred obligation as Providers Protectors and Guardians servant leaders of an emerging Global Community

Sexual Assault in Context Christopher Kilmartin, Alan D. Berkowitz, 2014-04-08 Most North American colleges have programs that help students understand the harm done to victims of sexual violence and if prosecuted the potential consequences of their perpetrators However only a few programs also address those aspects of masculine culture that surround sexual assault Sexual Assault in Context addresses the undesirable aspects of masculine culture that sustains the violation of women and girls It examines several typically overlooked patterns of behavior that provide the basis for sexual assault and provides an overview of masculine psychological development as a context for sexual assault The book also includes prevention strategies information on funding and consultation issues and additional resources for investigating further into male gender awareness and sexual assault The text s hands on practical approach helps counseling professionals negotiate educational organizational and logistical issues in helping college men understand the gendered context of sexual assault and harassment This resource is intended to help reduce the incidence of sexual assault on college campuses as well as help men gain a greater understanding of cultural gender pressures relationship skills their impact on others and the considerable influence male peer cultures have on how women are treated Sexual Assault in Context provides an easy to read synopsis of male gender and sexual assault education strategies It is intended as a resource for college counseling and or violence prevention programs and for those interested in understanding the psychological and social effects of the current culture of masculinity

College Men and Masculinities Shaun R. Harper, Frank Harris, III, 2010-03-08 COLLEGE MEN AND MASCULINITIES is a comprehensive handbook that offers a compilation of the best classic and contemporary research on male students in higher education The editors Shaun R Harper and Frank Harris III two experts in the field of men and masculinities frame each of the six sections of the book with a summary of issues and implications for educational practice Each section also includes a wealth of forward thinking strategies and suggestions that faculty and institutional leaders can creatively employ on their campuses to reverse problematic trends and outcomes among male undergraduates With contributions from leading scholars in education sociology psychology and other disciplines College Men and Masculinities explores the following issues in depth Identity development and gender socialization Sexualities and sexual orientations Destructive behaviors judicial offenses alcohol abuse and violence Health and wellness College men of color College men and sports This vital resource will help educators and administrators address the alarming trends and issues that arise from identity related challenges among boys and college men What a valuable resource This book includes some of the most influential research and theory on all aspects of collegiate masculinity from sports to spirituality hazing to hook ups and

alcohol to assault Always sensitive to how different groups of men experience college life Harper and Harris's book will surely become the touchstone text for those who work with or study college men Michael Kimmel author of *Manhood in America* and professor of sociology Stony Brook University Essential reading for all who care about gender equity this book advances the conversation about men in college at the critical nexus of identity development culture and relationship enabling faculty and student affairs administrators to build more thoughtful and challenging educational environments for men from diverse populations Susan Marine Women's Center director and assistant dean for student life Harvard University This book offers educators and administrators much needed guidance for understanding and effectively meeting the developmental academic and social needs of undergraduate men Chauncey Smith undergraduate student leader Morehouse College

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Pain Behind The Mask Overcoming Masculine Depression Introduction

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