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Men in Therapy: New Approaches for Effective Treatment

David B. Wexler

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Men in Therapy: New Approaches for Effective Treatment David B. Wexler
How to do better, more effective therapy with men. Dr. David Wexler presents an honest and valuable overview of the ways in which cultural norms and assumptions color the male experience of psychotherapy. He explains how the traditional notions of masculinity (the “Guy Code”) keep men away from the therapist’s office and inhibit men trying to benefit from counseling and therapy. In this ground-breaking book, therapists are offered a rich understanding of these issues and even richer set of guidelines and strategies for engaging men in new and creative ways.

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