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Men in Therapy

DAVID B. WEXLER

"As someone one who has studied, written about, and treated men in therapy for over 35 years, I have long considered David Wexler to be among the 'best of the best.' *Men in Therapy* reveals the critical insights and novel approaches that distinguish his work with men and couples—and takes the psychology of men to the next level. **A terrific resource for all and a must-read.**"—Ken Druck, PhD, author, *The Secrets Men Keep*

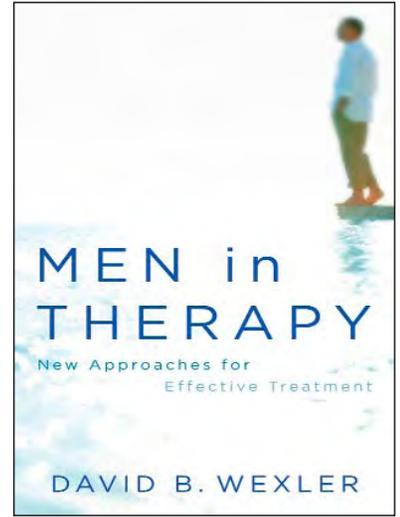
"David Wexler offers us an overview of how the worlds of masculinity and therapeutic growth connect and collide. This is an eminently readable book and a much needed contribution to the field of psychotherapy."—Susan Johnson, EdD, C Psych, professor of clinical psychology, University of Ottawa, and research professor, Alliant University

In *Men in Therapy*, Dr. David Wexler illuminates 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.

Men enter the world of counseling due to a wide range of needs and come from a wide variety of backgrounds, and they do not always show up voluntarily. Individual chapters are devoted to the treatment of men in relationships, men suffering from depression, fathers, men who abuse women, and men of color. Wexler provides a fresh perspective on the issues unique to each group, plus sound advice and commonsense methods for treating each of these groups effectively, nonjudgmentally, and professionally. He draws on contemporary research, his 25 years of extensive clinical experience, and his own experience of therapy as a man, to equip the therapist with the knowledge and confidence necessary to provide effective therapy to men.

Finally, Wexler concludes with a chapter on authenticity and intimacy, devoted to helping therapists help men dig even deeper. *Men in Therapy* is an invaluable resource for all therapists eager to provide meaningful therapy for men.

DAVID B. WEXLER, PHD, is a clinical psychologist in San Diego and the Executive Director of the non-profit Relationship Training Institute. He has received the Distinguished Contribution to Psychology award from the California Psychological Association and is the author of many other books about men's issues. He may be contacted through www.RTIprojects.org.



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