

# M.A.N.: MEN AS NURTURERS (GATHERING)

JAMES HAWES



**onlineevents**  
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## Resource Guide



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# About James Hawes

I am an experienced psychotherapist and counsellor, and an accredited and registered member of the British association for Counsellors and psychotherapists.

I presently work at the Nottingham High School as a Counsellor for two days a week. Previously, I worked as an Independence school counsellor for the Nottingham City behaviour support.



This team worked with the most difficult and challenging students in the city, and used innovative and therapeutic approaches in working effectively with this cohort. I have facilitated groups on anger, self-esteem, confidence building using many methods that include drumming, mindfulness, and bodywork.

For the the past 15 years, I have developed my private practice, typically seeing between 10-15 clients a week and 95% of my clients are male.

# About James Hawes (Ctd)

I deliver several workshops and talks with regard to working with men and boys. These include '7 tips on working successfully with men in therapy', 'Effective anger management tools for working with men', and 'Working with men, intimacy, and shame'.

I specialise in developing boys' and men's emotional fitness using psycho-educational tools, de-shaming, and core conditions of the person Centred Approach.

I also initiated the Men@work voluntary organisation, working to increase boys' and men's emotional fitness, establishing a programme called Contact an outdoor and residential programme to help boys increase their emotional fitness. I also developed SHOUT - a successful anger awareness programme for men.

I have been part of Men's group for the past 15 years and am a father of two boys.



# Event Details

For Therapists, Counsellors, Psychotherapists, Nurses, Physiotherapists, Bodyworkers, Psychologists, Coaches, Carers, Teachers, Doctors, Childminders, etc.

This will be a unique space for male professional nurturers to explore masculinity and their work in the presence of other men. A space to share the difficulties, challenges, and joys.

**How do we support others?**

**How do we get the support we need?**

**How do we manage isolation?**

This workshop will create a safe space for sharing stories, exploring clinical work, making connections, and participating in talks, group work, bodywork, and workshops.

**In 2018, the theme will be ANGER!**

How well do you know your anger?

How do you feel and respond around others (Men's) anger?

What is your default anger style?

How do you manage conflict?

How do we develop healthy anger expression?



# Anger Management Programme

## Managing your ANGER

Getting fit on the inside



**Is it time to address your ANGER?**  
*Do you shout and have angry outbursts?  
Do you regularly feel irritable, moody,  
'on edge' and frustrated?  
or are you ....confrontational, constantly critical, sarcastic & patronising?*

**Would you like to have greater control of your anger?**

**What previous course members have said:**  
'Coming on this course is life changing'  
'I feel more alive and confident'  
*'I now sit down and discuss problems instead of shouting'*

**One day intensive on 6th October 2018**  
(Limited places)

**On the course you will learn -**

- ⊗ How to express your anger healthily
- ⊗ The reasons why you get angry?
- ⊗ The impact of anger on the body
  - ⊗ The full spectrum of anger
- ⊗ Tools, tips and techniques to transform your anger

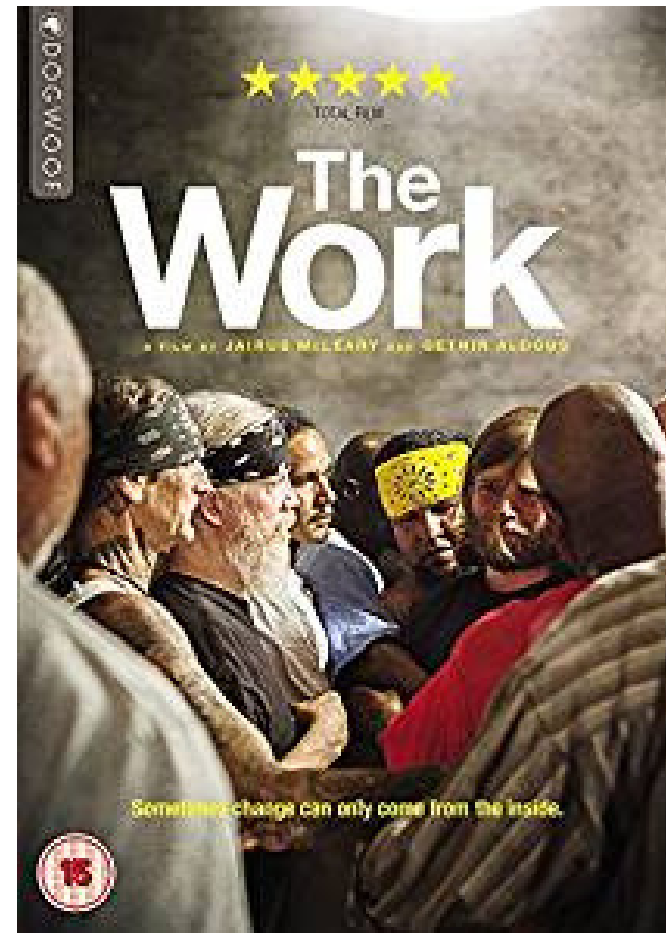
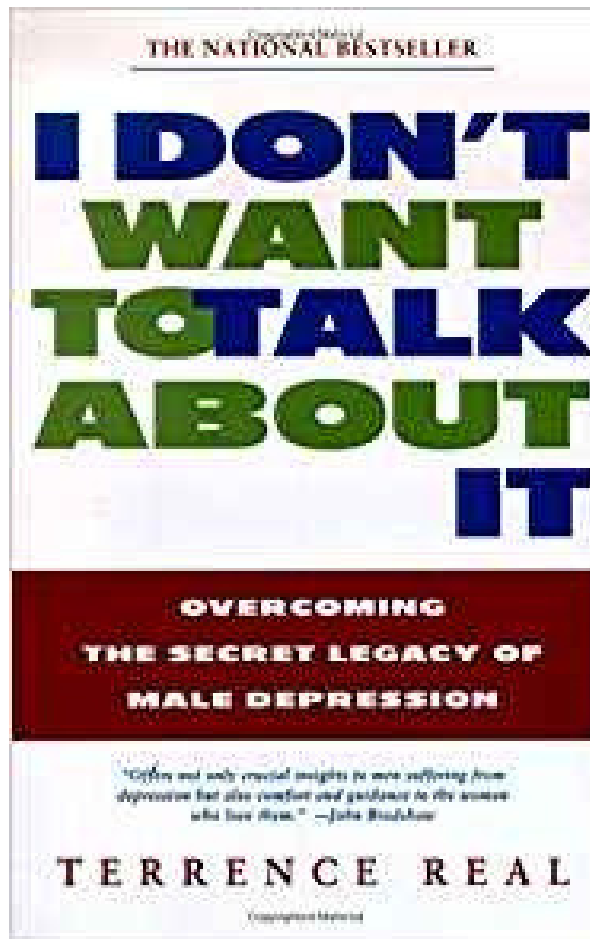
Venue: The Bay Therapy Centre, West Bridgford, Nottingham, NG25BB  
Fee: £95  
For bookings and further details contact:  
James Hawes MBACP (Accred) 07821540592  
synergyinfo@btinternet.com



[CLICK HERE  
FOR MORE INFO](#)

# Resources

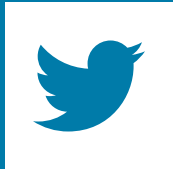
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