

THE SECRET LIVES OF MEN -
TEN KEYS TO UNLOCK THE MYSTERY
- JAMES HAWES



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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, and 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.

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'.



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About James Hawes (ctd.)

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.



Reading

The Secret Lives of Men



Ten keys to
unlock the mystery

James Hawes

This book takes the reader into the inner world of men. Within the three parts of the book the reader will discover the complexity of relationships, the history of men and finally the ten keys that will unlock the secrets to men. Essentially this book will help women to understand what is going on inside his head and how he manages difficult emotions. Men will discover what other men think and realise that they are not alone.....

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