



Details of the group are as follows:

- * Cost: \$40/night for 1hr 15 mins (*To be Paid in Full first week*)
- * Time: 6-7:15 PM on Monday nights // 5-6:15 on Wednesday nights
- * # Men involved: 6-10 in each group
- * Location: Conference room at my office
- * Deadline to sign up for *current* group: Thursday, March 31st 2011 unless group has been filled already. However, PLEASE LET ME KNOW ASAP IF YOU PLAN TO JOIN so I can get a head count
- * **Date to start and length:** April 4th, 2011. *During Holiday season, we will take off one Monday night possibly for Thanksgiving weekend. TBD. Group lasts 10 weeks.*

FAQs:

1. **Are cowards allowed?** Yes, including your fearless leader who acknowledges it and actually does something about it. This can be an overwhelming, scary proposition for most men. So before you convince yourself there is no way you would do, at least consider as all other men will be in same boat pretty much!
2. **Can any man join this group?** No. *You either need to be a client of mine or have been referred to this group by another therapist.* Then, I need to have seen you for an evaluation to make sure you will fit well into this group where we have good cohesiveness.
3. **Does insurance reimburse group therapy?** Depends on your insurance company. I will provide you a receipt for that purpose however and you can submit it and see.
4. **So the cost is \$400 up front and I have to pay all at once?** Yup.
5. **Are you the only group leader?** Yes
6. **What if I travel at times and can't be there some nights?** It's ok although your presence is always requested to keep group continuity. If you can't help, just be there when you can. Many of the guys will call in and we will put him on speaker phone which works well.
7. **What if I don't like it?** Tough. You really will though I believe or wouldn't ask you to join us. But in the event you don't, you were asked for a reason and won't be getting a refund, but ultimately your decision.
8. **Is everything kept confidential?** Yes, of course. We go over many of these guidelines in the first few weeks. If the group learns of you sharing info outside of group, you will be lynched and severely flogged.

9. **Can anyone join after the first night?** Depends. Typically no one joins after group starts but may not be present first night for whatever reason. That said, this will be considered a closed group after Week 3

10. **What if I have never been apart of a group like this before?** Come anyway, you were invited, remember? I think it's appropriate and extremely helpful for you or I wouldn't waste my time leading this group again and again.

11. **Is this the same as a support group at church?** NO, N-O, like uh uh, Lord no way! That clear enough ;) The closest group experience would be Celebrate Recovery but even that typically is not near as intensive and real as this one. Why you may ask? Well, you ever heard cursing or masturbation regularly discussed in a church group? You ever heard a man actually admit things you thought weren't acceptable to say even outside a church, much less in a church? Anything goes here as long as I feel it is safe and appropriate for the men in the group.

12. **Anyone ever get kicked out of one of these before?** Yes actually, and the group votes on it if indeed someone becomes a problem or inappropriate. After all, it's your group so you decide. I will say this is very rare and obvious when it needs to occur. Furthermore, I know everyone involved so that likelihood of occurrence is extremely minimal.

** Read article below a client recently gave to me. He attends the group and I thought it was very fitting to this group experience!

WE ONLY DO WHAT WE KNOW

I John 3:2

Maybe you have noticed as you have lived and traveled the world and seen other cultures that each country, people and cultures do things differently, from the basics (language, clothing, food to the more intricate, like their faith). Why is this? I've called this simply, "Doing only what we know".

We speak, we eat, we cloth ourselves, we live in dwellings as we do because we see, or we are taught something. Taught how to speak, eat, cloth ourselves, conduct our lives and live in community with each other or we see something, desire it and make changes to attain it. We develop our religious beliefs and our faiths in God the same way.

I was talking the other day to a young friend who said he was having a hard time with his two year old son. He explained how neither he nor his wife knows what to do about their first child as he acted out first steps of defiance and disobedience.

I asked him how many children he or his wife raised in their lifetime. He said none. This is our first child. I asked further, how did your parents do with you and your siblings, and he said, OK. My questions puzzled him and I could see he was frustrated. One more question and he began asking questions. He said, "How are you supposed to know how to raise your children?" He said he did not know except that he did not want to do it the way his parents did it. I told him that we only do what we know. So how do we know? How do you know anything?

As I have invested in men's lives over the past 25 years, I recognize that change does not come over night, but change can come. At first I was frustrated because a younger man would not or could not change radically over a short period of time. But I had to remind myself (many times my wife would help me with this) that change takes time.

I believe it can be broken down in to 3 areas:

1. We observe – a form of training – historicity.
2. We experience by doing – training.
3. We are taught – teaching.

The "process" appears like this:

1. We recognize what we are doing.
2. We realize the need to change.
3. We desire the change.
4. We intentionally take steps to change.
5. We get help to change.
6. We accept the disciplines to change.
7. We accomplish the change.

This is all done intentionally, with assistance, and with gracious uncertainty. That is why we need a mentor, a teacher, a disciple maker, if you will.

What areas of your life do you recognize your need to change?

Who can help you accomplish this change?

Go to them and ask for help. Today!

II Timothy 2:2