



Core Principles of Mental and Emotional Fitness for Men: An 8-week structured group experience for men

What is it? Therapists Jay Tift and Rich Gorman of Brentwood Counseling Associates are facilitating an 8-week structured group focusing on the core principles of mental and emotional fitness for men. The group will utilize a past/present/future framework and the core principles of Acceptance and Commitment Therapy.

Topics will include:

- Understand your life as a story and why it matters.
- Show up for your life: Learning to slow down and pay attention.
- Wake up the witness--Becoming aware of your “auto-pilot” program.
- Move from “mindless” to “mindful”
- Avoiding avoidance: Identify and work with unpleasant thoughts and emotions
- Creating clarity: Defining the values and vision of your preferred future

Who might benefit?

This group can be helpful for men who are looking for insight, connection and ways to forge a new direction in life. Ideal candidates may be:

- Men who need a space for understanding and developing the courage and skills to live with authenticity, vulnerability and intimacy.
- Men who are in individual counseling but are ready to connect with others.
- Men who are needing a primer on the principles of mental and emotional fitness.

Logistics:

The 8 group sessions will be structured in 90-minute sessions. The cost is \$60 per session.

For further details, please reach out to Rich Gorman at rich@brentwoodcounseling.com or to schedule for screening call our office manager, Jane at 615-377-1153.