

Engaging Men in Ending Gender Based violence: The Experience of the Men's Development Network, Ireland.

JOHN DOYLE

MEND Regional Coordinator/Group
Facilitator

john@mens-network.net

The Men's Development Network, Ireland

(20+ years engaging men)

- Men's Development Project – overcoming our isolation to engage with other men to face the impact of male gender conditioning on ourselves and those we love
- Men's Health Project
- South East Domestic Violence Intervention Programme – **5 MEND [men ending domestic abuse]** local programmes; with integrated partner support service.
- Campaigns in partnership with others:
 - **White Ribbon Campaign: Lead in Ireland**
 - Turn Off The Red Light Campaign
 - Waterford Campaign HQ for **YES EQUALITY** Jan – May 22nd 2015

White Ribbon Ireland

- ❑ WRI run campaigns and prevention strategies for combating men's violence against women and promotes gender equality.
- ❑ WRI work with Ireland's three most prominent sporting codes reaching young men in sports clubs throughout the country.
- ❑ WRI are currently focusing on sexual expectations of young people on social media, building apps for parents and teenagers on these issues.
- ❑ WRI are working with teacher unions and parents groups to bring our syllabus into schools
- ❑ WRI organise events and workshops with organizations and civil society to highlight issues around violence against women and strategies for prevention.



Members of Ireland's National Men's Rugby Team

MEND [men ending domestic abuse] Programmes

- Primary Aims: the safety of women and children and behaviour change in men
- 32 week (one evening) group programme for men
- One-to-one partner support contact (during programme and for 3 months after programme ends). This service provided by local Refuge staff.
- Weekly/monthly risk/case management.
- Co-facilitation (male/female or male/male)/ Clinical Supervision provided
- Interagency co-operation and engagement
- Referrals from Probation Service, Social Workers, Mental Health, Addiction Services, GP's, Counsellors and Self Referrals
- Government Funded (www.cosc.ie)



Men, are you
hurting the
ones you love?

" please
calm down.. "



For help contact:

- **Carlow/Kilkenny MEND** Tel. (086) 8751131
- **South Tipperary MEND** Tel (087) 9156632
- **Waterford MEND** Tel (086) 8167798
- **Wexford MEND** Tel (086) 1075449

Or MEND Regional Office. Tel: (051) 844260



Managing Complexity and Risk in the MEND Programme

- ❑ Beyond a “one-size-fits-all” approach
- ❑ Wide spectrum of behaviour/Diversity of the men on the programmes
- ❑ Giving appropriate weight to core issues – “on-going balancing act”:
 - Male gender conditioning
 - Gender Inequalities in Society
 - Impact of early childhood trauma, disorganised attachment, separation and loss
 - Mental health
 - Addiction
 - Lack of education

“A common misconception prevails however, that acknowledging complex influences and relationship dynamics excuses perpetrators and moves the debate away from responsibility and choice” – Beyond Violence –Breaking The Cycles of Domestic Abuse, The Centre for Social Justice, London 2014

Regulating Strong Emotions/Sensations

- ❑ Strong trauma based emotions or sensations can flood cognition (thinking).
- ❑ “Insight” alone will not bring about change. We need bottom-up as well as top-down responses
- ❑ To become non violent in a sustainable way body based skills required e.g., mindful awareness. Taking responsibility and becoming response-able.
- ❑ Intimate relationship is a context where dysregulation can occur

“experiences in infancy which result in the child’s inability to regulate strong emotions are too often the overlooked source of violence in children and adults” – Ghosts From the Nursery (1997) Berry Brazelton

FINAL THOUGHTS

- Willingness for us as men to build **relationships** with men
- In this context to **raise awareness** of the impact of male gender conditioning on themselves and on others incl. violence towards women
- Challenge Behaviour but “don’t ask a man to do anything you are not **willing to do yourself**” (individual, organizational, societal).
- Men: Role Model “ self-care”; “embracing vulnerability”; “face our prejudices” = “**BE THE CHANGE**”
- **Acknowledge Complexity** to respond effectively
- Provide “Top Down” and “**Bottom up**” **Resources**
- Look for **strengths** to build change on



"why is daddy
always so angry
with mummy?"

Men, are you
hurting the
ones you love?

MEND
Men Ending Domestic Abuse

For help contact:

- Carlow/Kilkenny MEND Tel. (086) 8751131
- South Tipperary MEND Tel (087) 9156632
- Waterford MEND Tel (086) 8167798
- Wexford MEND Tel (086) 1075449

Or MEND Regional Office. Tel: (051) 844260
Or email john@mens-network.net
See www.mend.ie

The MEND programmes are co-ordinated by The Men's Development Network. Funded by Cosc through the National Development Plan

THANK YOU FOR YOUR ATTENTION

CONTACT JOHN AT john@mens-network.net

VISIT www.mend.ie or www.mensnetwork.ie or

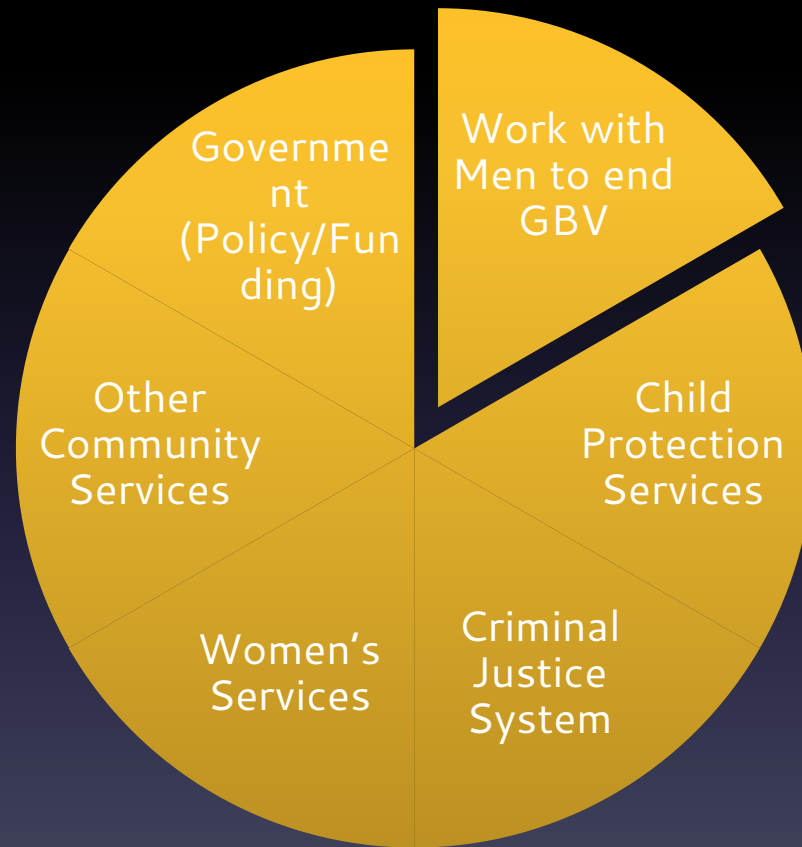
www.whiteribbon.ie

Engaging Men an on-going challenge

Impacts of male gender conditioning plus individual experiences of early childhood trauma

- ❑ Isolate
- ❑ Go it alone attitude
- ❑ Avoid vulnerability
- ❑ Stay in control
- ❑ Over-responsible/irresponsible
- ❑ Difficulty in managing strong emotions/sensations
- ❑ Passive and/or aggressive
- ❑ Impact on men's attitudes to and relationships with women

MEND Programme and Interagency Work



- Underlying Issues
- Bringing Complexity
- Treatment Models
- Prioritizing Responses
- Voice of the men and the women in a different way

“It’s the system that matters” – Ed Gondolf