

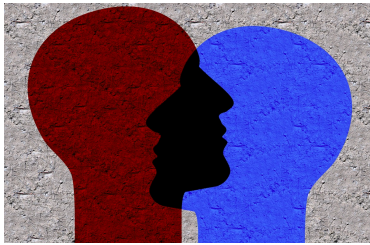


# THE WRIGHT INSTITUTE

EDUCATING CLINICIANS TO SOCIETY

Continuing Education  
for Psychologists, LMFTs, LCSWs, LEPs, and LPCCs

## Breakthroughs in the Understanding and Treatment of Male Depression: Gender Roles and Male-Specific Interventions



with Bruce H. Feingold, Ph.D.

**Saturday, January 11, 2020**

**9:30am - 12:30pm**

**Course Level:**  
*Advanced*

At the Wright Institute

Rooms 109/110

2728 Durant, Berkeley, CA 94704

**To Register:** [www.wi.edu/continuing-education](http://www.wi.edu/continuing-education)

### Fees:

Free for WI Faculty/Staff/Collaborative & Other Supervisors/Training Directors/Students (Space Permitting), **WI Alum:** \$45, **Non WI Students:** \$30, **General:** \$75

### CE Credits:

3 CE hours. The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

### Workshop Description:

Current research on men's depression concludes there are significant differences between men and women on how they manifest and experience depression. Men often present atypical externalizing symptoms, such as anger and numbing behaviors, including substance abuse. Hence, many researchers and clinicians view the traditional DSM diagnosis of depressions as gender-based, and suggest we may under-diagnose male depression. Additionally, due to the traditional 'hegemonic' masculine gender norms of over self reliance and emotional control, men are less likely to seek psychotherapy, feel less comfortable in therapy, and often are less able to effectively engage in treatment.

Through discussion of contemporary research and extensive case presentations, we will explore how to be more culturally sensitive and clinically effective with depressed men. Dr. Feingold will present the innovative research on the assessment and diagnosis of male depression, including male atypical depression, and how traditional, 'hegemonic' masculinity affects men's emotional well being and relationships. Four psychological profiles of depressed men will be portrayed. The course will address why men are vulnerable to suicide and discuss groundbreaking suicide assessment and treatment skills.

The workshop describes integrative therapeutic interventions specifically tailored to depressed men. Dr. Feingold teaches how to engage men so they feel heard and supported and are more actively involved in therapy. Specific interventions include male friendly ways of establishing a therapeutic alliance and listening to barriers to treatment due to male socialization and shame. We will discuss how to treat and

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reduce maladaptive thoughts and behaviors, normalization and educational approaches, how to encourage and teach positive emotional and interpersonal skills and interventions related to father-son dynamics. The course highlights how depression and a suicidal crisis may be transformative and the beginning of long term growth and healing.

### **Instructor Bio:**

Dr. Bruce H. Feingold is a licensed clinical psychologist who has been practicing in Walnut Creek, CA for over thirty-five years, specializing in adults, adolescents, couples and families. He specializes in psychotherapy with men and has led two men's groups for over twenty-five years. For ten years he worked at Contra Costa County Community Mental Health with low income children, adolescents and families from diverse backgrounds and founded and directed a training program for masters and doctoral level interns. Dr. Feingold worked five years at Walnut Creek Psychiatric Hospital as a clinical consultant on the adult units. While there, he founded and directed both a Young Adult program, and a training program for doctoral level students. Throughout his career Dr. Feingold has presented papers, taught at the graduate level, and led trainings and workshops in the treatment of adolescents and adults, individual and family therapy, the assessment and treatment of depression and suicide, and integration psychotherapy.

### **After completing this workshop, participants will be able to:**

1. Describe gender differences on depression, specifically the clinical presentation of male atypical depression, sociological and cultural issues, diagnosis, help seeking behavior, coping mechanisms, psychosocial risk factors and suicide.
2. Discuss and clinically apply the concepts of traditional, 'hegemonic' masculinity and male socialization on transference-countertransference issues, general mental health, and assessing and diagnosing depression.
3. Describe the typology of different kinds of depressed men, including clinical presentation, psychodynamics, interpersonal styles, strengths and treatment goals.
4. Apply gender specific and integrated therapeutic interventions with depressed men.
5. Utilize the theories of suicide by Maltzberger and Joiner to evaluate suicide risk with men and make therapeutic interventions.

**Cancellation Policy:** The Wright Institute will refund the registration fee amount in full if a request is made in writing no later than 48 hours prior to the workshop date. Following 48 hours prior to the event, no refunds will be made. Please send all requests to [julie@wi.edu](mailto:julie@wi.edu). In the event that the Wright Institute must cancel due to unknown circumstances, the Wright Institute will refund all registration fees in full.

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