



Growth and Intimacy for Gay Men: A Workbook (Haworth Gay & Lesbian Studies)

John Dececco Phd, Christopher J Alexander

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Growth and Intimacy for Gay Men: A Workbook is an educational workbook for gay men that covers a variety of topics, including family of origin, addiction, self-image, dating and relationships, AIDS and multiple loss, and spirituality. Each chapter provides an overview of the mental health concerns of gay men, as well as exercises the reader can do to facilitate his personal understanding of the issues covered. While the book is written in nontechnical language, making it useful to the general public, its wide selection of workbook exercises makes it useful for psychotherapists and counselors working with gay men. Growth and Intimacy for Gay Men is written to the reader--with brief examples from the author's work as a clinical psychologist helping gay men. A central goal of the book is to normalize the feelings and experiences the reader has, as many gay men feel like they're the only ones with their feelings or experiences. The book's problem-solving approach addresses:

- family of origin--provides exercises to identify and examine gay men's role in the family, examine their childhood perceptions of being different, and help them map out family patterns and dynamics
- self-image--includes self-image assessment questionnaires and written exercises that challenge the reader to look at how they're affected by societal perceptions
- addiction--explores why gay men are vulnerable to addictive behavior and offers strategies for change and self-assessment exercises
- dating and relationships--covers the unique challenges faced by gay men, with exercises for single as well as coupled men
- AIDS and mental health--provides exercises to help the reader examine the impact of AIDS on his own life and to assess the impact of multiple loss and prolonged grief Readers can do the workbook exercises on their own, or therapists can assign chapters and exercises as homework, with clients bringing the completed assignment to therapy for more in-depth exploration and discussion. By providing informative chapters and useful exercises, Growth and Intimacy for Gay Men becomes an avenue through which gay men can understand their identity, experiences, and goals.

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Mike Jones:

Reading can called mind hangout, why? Because while you are reading a book specially book entitled Growth and Intimacy for Gay Men: A Workbook (Haworth Gay & Lesbian Studies) your mind will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely can be your mind friends. Imaging just about every word written in a guide then become one type conclusion and explanation that maybe you never get before. The Growth and Intimacy for Gay Men: A Workbook (Haworth Gay & Lesbian Studies) giving you yet another experience more than blown away your thoughts but also giving you useful information for your better life within this era. So now let us demonstrate the relaxing pattern the following is your body and mind is going to be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary investing spare time activity?

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Melanie Pemberton:

In this period globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. Often the book that recommended for your requirements is Growth and Intimacy for Gay Men: A Workbook (Haworth Gay & Lesbian Studies) this reserve consist a lot of the information with the condition of this world now. This kind of book was represented how do the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. Often the writer made some exploration when he makes this book. Here is why this book suitable all of you.

Carol Ramirez:

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