



THE MEN FOR MEN PROGRAMME TERRY COOPER

Purpose and expectations of men's groups at Spectrum

The Men for Men programme provides therapeutic groups in which men discuss and work on any aspect of what it means to be a man in the world today. Each session is a learning opportunity in which we form new ways of increasing satisfaction with ourselves, with intimate others and with how we are present in our day to day lives.

Each day in dramatic and subtle ways, we receive messages through magazines, newspapers, TV, advertising and social interaction portraying men as pathetic or dominating. These attitudes erode the value of men within our society.

The stereotyping of people will not make a safer or better society. My focus and commitment is to the development of the individual. Sexual politics including challenging the limitations of sexual stereotyping is part of this work. In this sense the men for men programme is for both men and women.

With a fluid agenda, the content of each group is determined by what the participants present. All groups are strictly confidential

As a group, we address many questions:

- how we experience ourselves
- how we imagine others experience us
- concerns about past and present experiences and how these are connected
- how we have been shaped by life
- how we can shape life in the future

- how to navigate through the cultural stereotyping which, as men we are all deeply influenced and affected by
- how we stereotype ourselves and others and how this limits our freedom to respond truthfully to ourselves
- how we can take charge of situations we are faced with in such a way that we increase our strength and resilience
- how to respond and manage changing circumstances.
- how to create a relationship with ourselves that is caring, challenging and formative in nature
- how to engage with the deeper structures of who we are and directly influence them
- how to grow and maintain a personal vision of life that is evolutionary and developmental in orientation and generates feelings of optimism
- how to be physically and emotionally present
- how to use our experience of being present as a basis for self-knowing
- how to act in the world

The Men for Men groups also support men in crisis and focus on issues raised by phase of life and life

The Men for Men programme has been thriving for decades. We have very experienced group leaders and a range of groups and times to choose from. If you are unable to visit Spectrum in London, we offer support for men, both personally and professionally by telephone or skype.

I am as enthusiastic about men was when I started the programme many years ago. This enthusiasm is maintained by experiencing the strength, goodwill and integrity that comes out of men working together with other men.



The men for men programme is under the direction of Terry Cooper. Terry and the men for men group leaders can be contacted directly through the website.

On-Going men for men groups

Monday mornings monthly from 10am-1pm Terry Cooper

One full day a month, Wednesday, 10am-4.30pm Terry Cooper

Thursday evenings fortnightly 5.30-8pm Terry Cooper

Monday evenings fortnightly from 7-9.30pm Mike Wibberley

Friday afternoons fortnightly from 1-4pm (for men over 50) Paul Allsop