

WHAT DO WE *REALLY* THINK ABOUT FATHERS?

DEVELOPED BY DAN GRIFFIN, MA

PRESENTED BY HARRISON CRAWFORD, LPC, LISAC

ABOUT HARRISON



OBJECTIVES

- WHAT PERSONAL AND SYSTEMIC BIASES MIGHT AFFECT HOW WE THINK ABOUT FATHERS?
- HOW DO THESE IDEAS IMPACT THE SERVICES WE PROVIDE FOR FATHERS?
- WHAT DO WE DO WITH THIS KNOWLEDGE?



CAUTION

**WHEN YOU THINK OF FATHERS
IN THE CHILD WELFARE
SYSTEM — WHO DO YOU SEE?**



AN ABUSER?

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A DRUG ADDICT?



A DEADBEAT DAD?



A RESOURCE?



**SOMEONE WHO NEEDS
HELP?**



SOMEONE WHO LOVES HIS
CHILDREN?



A FATHER?

A close-up, slow-motion photograph of water splashing over a dark, textured rock. The water is captured in mid-air, creating a dynamic and energetic scene. The background is a soft, out-of-focus landscape of water and sky, suggesting a coastal or beach setting. The overall color palette is warm and natural, with blues, greys, and soft yellows.

The Water

**WHAT THE
HELL
IS
WATER?**





A close-up, slow-motion photograph of water splashing over a rock. The water is captured in mid-air, creating a dynamic and textured scene. The background is a soft, out-of-focus landscape of water and rocks under a warm, golden light. The text "My Water" is overlaid in a clean, white, sans-serif font, centered horizontally and slightly above the middle vertically.

My Water

A photograph of a man and a young girl looking at each other. The man is on the right, leaning towards the girl on the left. They are both looking down at each other with a soft expression. The background is a warm, golden-brown color.

**“BABIES DON'T NEED FATHERS,
BUT MOTHERS DO.
SOMEONE WHO IS TAKING
CARE OF A BABY
NEEDS TO BE TAKEN CARE OF.”**

quoteswave.com

- Arny Heckerling



The best thing a father
can do for his baby,
is to love
his mother.

**ITS NOT EASY
BEING A MOTHER.
IF IT WERE EASY,
FATHERS WOULD DO
IT.**

**World's
Deadbeat DAD**



GROUNDING EXERCISE

An underwater photograph showing a dense field of bubbles and light rays filtering through the water. The scene is captured from a low angle, looking upwards towards the surface. The water is a deep, clear blue, and the light creates a shimmering, ethereal atmosphere. The bubbles vary in size and are scattered throughout the frame, with a higher concentration near the surface.

It Runs Deep

The Man Rules®



MAN RULES®

- DON'T CRY
- DON'T LOSE CONTROL
- DON'T ASK FOR HELP
- DON'T SHOW EMOTION
- DON'T BE WEAK
- DON'T BACK DOWN
- DON'T BE VULNERABLE
- BE A PROTECTOR
- INTEGRITY
- DON'T HIT OR DISRESPECT WOMEN
- RESPONSIBILITY
- BE A PROVIDER
- **DON'T BE A GIRL!**
- **DON'T BE GAY!!**

Have as much SEX as possible, whenever possible, with as many HOT and DIFFERENT chicks as possible, with as BIG of a DICK as possible.



SAFETY



The Woman Rules™



THE WOMAN RULES™

- BE THIN – ALWAYS
- BE BEAUTIFUL – ALWAYS
- BE A NURTURER
- BE A MOTHER
- BE IN RELATIONSHIP WITH A MAN – ALWAYS
- BE EMOTIONAL
- BE PASSIVE
- BE WEAK
- BE QUIET
- BE NICE
- BE DOMESTIC
- BE SELFLESS/CARE FOR EVERYONE OTHER THAN YOURSELF

Be a LADY in the streets and a FREAK in the sheets

An underwater scene with a dense field of bubbles and light rays filtering through the water. The water is a deep blue color, and the bubbles are of various sizes, creating a textured, shimmering effect. Light rays are visible as bright, diagonal streaks of light, suggesting a sunlit surface.

It Runs Deep

**WHY FATHERS NEED
SERVICES
THAT SPEAK TO THEIR UNIQUE
ISSUES AND NEEDS**

WHAT'S BEEN MISSING?

**IS THERE ANOTHER
WAY TO VIEW MEN'S
TRAUMA?**

MEN, VIOLENCE, AND TRAUMA

- 75% OF STUDENT SUSPENSIONS, EXPULSIONS, GRADE FAILURES, SPECIAL EDUCATION REFERRALS, SCHOOL VIOLENCE CASUALTIES, AND ALL OTHER ASSAULTS ARE BOYS
- 70% OF SUICIDES ARE BOYS/MEN
- 75% OF TEENAGE SUICIDES ARE BOYS
- 80% OF THE HOMELESS ARE BOYS/MEN

MEN, VIOLENCE, AND TRAUMA

- 80% OF HOMICIDE VICTIMS ARE MEN
- 93% OF PRISON INMATES ARE MEN
- 99% OF EXECUTED PRISONERS ARE MEN (IN THE LAST DECADE, 700 MEN AND 10 WOMEN)
- MEN ARE 2 TO 5 TIMES MORE LIKELY TO DEVELOP A SUBSTANCE USE DISORDER



**TRAUMA =
WOUND**

DEFINITION OF TRAUMA

TRAUMA OCCURS WHEN
AN EXTERNAL THREAT OVERWHELMS A PERSON'S
INTERNAL AND EXTERNAL POSITIVE
COPING SKILLS.

(VAN DER KOLK, B. 1989)

RESPONSE



**TRAUMA =
WEAK**

THE PARADOX OF MALE RELATIONAL INTIMACY

MAN RULES

- ALWAYS BE IN CONTROL
- DON'T CRY
- DON'T ASK FOR HELP
- DON'T SHOW EMOTION
- BE A SEXUAL SUPERMAN
- DON'T SHOW WEAKNESS
- INTEGRITY
- RESPONSIBILITY
- BE A PROVIDER

HEALTHY RELATIONSHIPS

- SHARE CONTROL
- SHARE FEELINGS
- ASK FOR HELP
- VULNERABILITY
- INTIMACY
- HONESTY
- COMPROMISE
- TRUST
- SAFETY
- COMMUNICATION



**Being
An Asshole Is
All Part Of
My Manly
Essence**



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GRE

**WE REPEAT
WHAT WE DON'T
REPAIR**

THE LONGEST WAR IS THE ONE AGAINST WOMEN

BY REBECCA SOLNIT





#METOO



**WE ARE ALL
IN THIS TOGETHER**

ZERO TOLERANCE FOR ABUSE

**WHATEVER HAPPENED TO YOU AS A CHILD WAS NOT
YOUR FAULT**

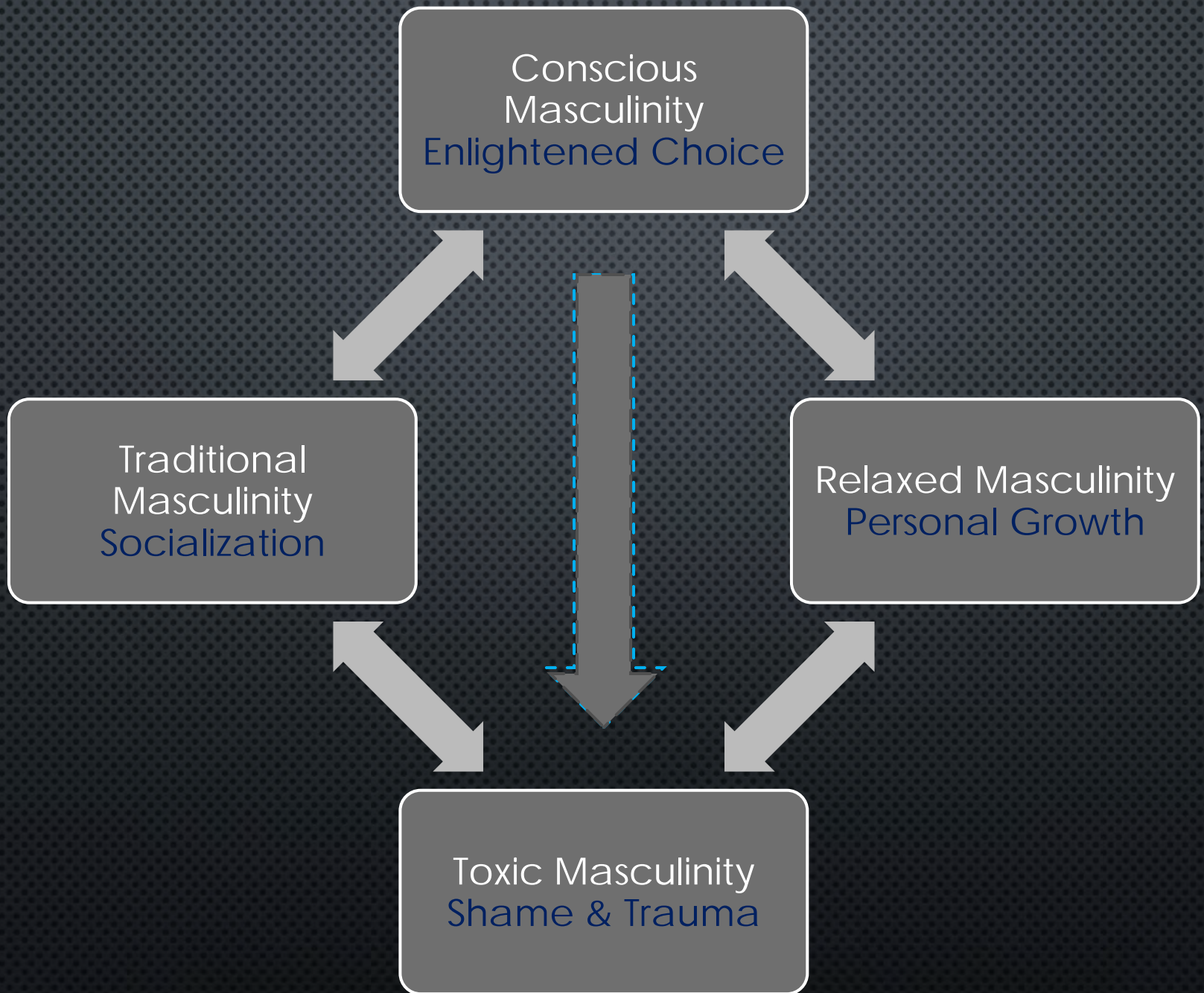
AND

**IF YOU ARE ENGAGED IN ANY ABUSIVE OR VIOLENT
BEHAVIOR YOU ARE 100% RESPONSIBLE AND IT**

MUST

STOP

NOW.



A close-up photograph of a single water droplet falling into a pool of water. The droplet is suspended in mid-air just above the surface, creating a small splash and concentric ripples that spread outwards. The background is a soft, out-of-focus blue.

**“It is not about doing
it *perfectly***

**It is about doing it
consciously.”**

BREATHE

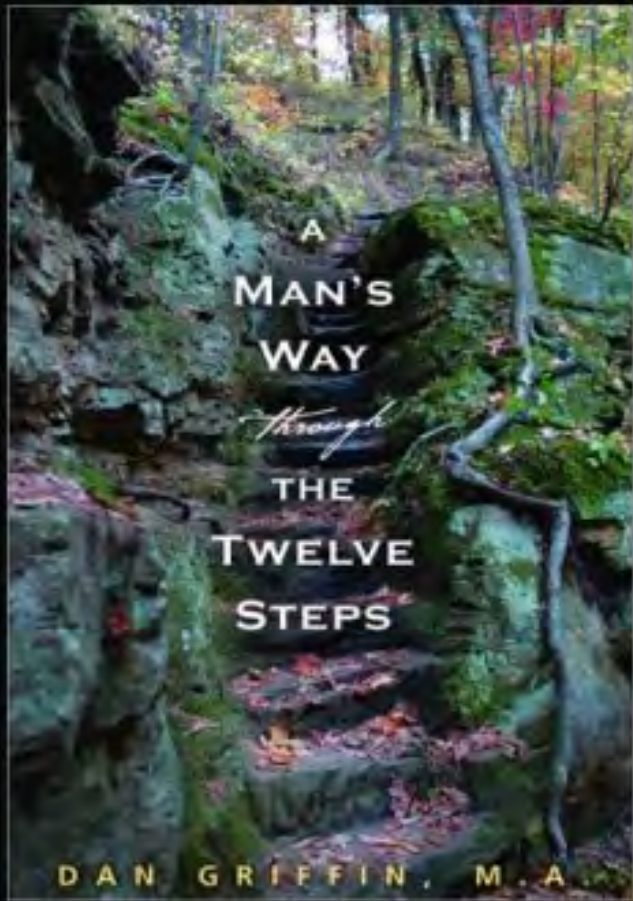


AMAZING DADS!
FINDING THE FATHER WITHIN

AMAZING DADS!

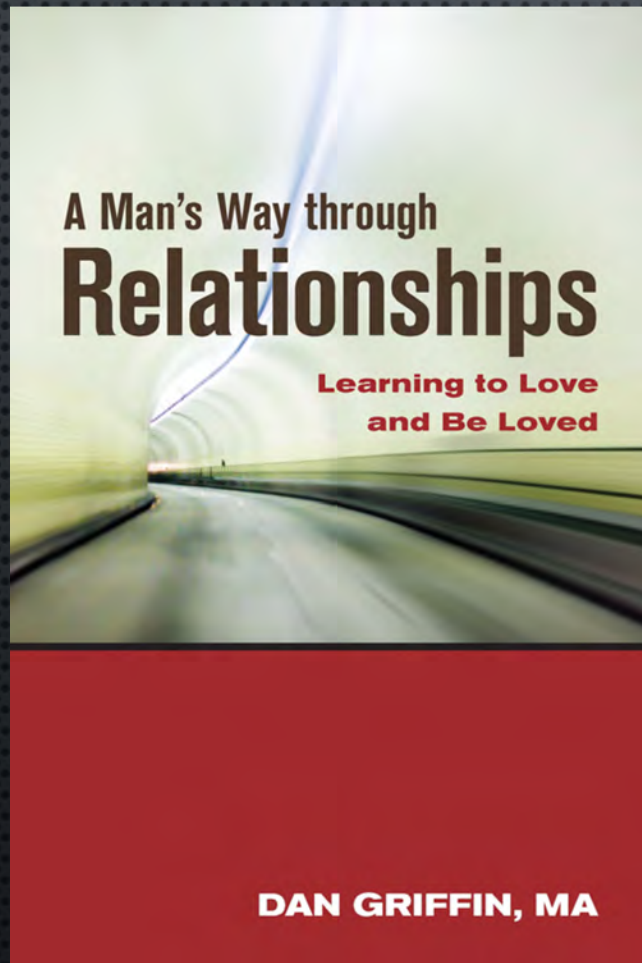
- INTRODUCTION & OVERVIEW
- THE MAN RULES
- EMOTIONAL REGULATION & ANGER
- FAMILY HISTORY
- FATHERS
- MOTHERS
- HEALTHY RELATIONSHIPS
- COMMUNICATION
- LET'S TALK ABOUT SEX PART 1
- LET'S TALK ABOUT SEX PART 2
- DISCIPLINE
- FINDING BALANCE
- PLAY
- A VISION OF FATHERHOOD

A MAN'S WAY THROUGH THE TWELVE STEPS



- Similar structure to Dr. Covington's *"A Woman's Way Through the Twelve Steps"*
- Interviewed over 25 men
 - Ages 25 to 59
 - Sobriety from 1 to 42 yrs
- First gender-responsive and trauma-informed book for men in recovery focused on men's unique issues and needs
- Core Issues
 - Emotional Awareness, Relationships, Grief, Anger, Violence, Abuse, and Trauma

A MAN'S WAY THROUGH RELATIONSHIPS: LEARNING TO LOVE AND BE LOVED (2014)



- Follow up to A Man's Way through the Twelve Steps
- First trauma-informed book focused solely on helping men navigate the joy and pain of relationships in the face of their internalized ideas about masculinity and what it means to be a man.
- Into Action exercises at the end of each chapter give reader the opportunity to immediately practice the ideas in each chapter.

THE MAN RULES PODCAST

Available on iTunes, Stitcher, and Google Play

www.themanrules.com







*We cannot just change what men think,
we have to change what we think about men.*

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