

The subject of masculinity in  
counseling at the office of violence  
Bern

# Content : Short Description:

Who are the men who take counseling with us?

How do I experience / design a counseling service in everyday practice (main topics)

Example: the cycle of violence

Topic of being a man in violence counseling

Conclusion / questions / exchange

# Who are the men who consult us about violence?

- Cross-section of society
- Regardless Education
- Regardless Culture
- Current examples
- Similarities: Attempt to use violence to stabilize an unstable situation
- Crisis / distress / overwork / fainting / fear / misunderstanding / fear
- Perpetrators also victims?
- change request

# My main topics in violence counseling

- Main goals / attitudes
- Offenders -work is victim protection!
- The clients understand why they use force, recognize and learn possible strategies to stop acting violently.
- Change is a process. Violence counseling supports and promotes this process with the aim of acting non-violently.
- Appreciation when a person wants to get involved in this process.

# My main topics

- Get in touch (I present myself as a person / man)
- Dynamic of violence; Recognizing and understanding patterns, the function of one's own behavior (example: circle of violence)
- Self-perception (recognizing one's own feelings, finding access to one's own feelings) - recognizing one's own feelings as «violence prevention»
- Effects of violence - i.a. Topic Promotion of "victim empathy" - own "victim experiences"
- Assumption of responsibility for one's own behavior

# My main topics

- Setting limits (and respecting the limits of others)
- resources work
- Develop strategies
- Topic conflict behavior
- Aggression is not equal to violence (aggression can be lived non-violently)
- Gender / Masculinity and Violence

# Violence and masculinity

- Male socialization
- Masculinity concepts (power, being competitive, dominance, control)
- Willingness to use against other violence?
- According to Heilmann & Barker (in Masculine Norms and Violence, 2018), based on scientific theories, the following masculinity norms promote the risk of men exercising or experiencing violence:

# Violence and masculinity

- Being a man is a learned construct
- Male performance is controlled
- Emotions are gender specific
- Social spaces are divided by gender
- Preservation of patriarchal power and structures
- Therefore, m.E. An argument and the conscious handling of these topics is an important component in the counseling of violence



# Violence and masculinity

- Man-being »: recognize your own constructs, question, adapt, communicate, live, etc.
- To take responsibility
- Nonviolent conflict resolution is possible
- Violence is "changeable"
  
- Working with role models with children (school etc.)
- Male role models