

From Boyhood Trauma to Healthy Masculinity

A Webinar From



BROTHERS ON A ROAD LESS TRAVELED

CHILDHOOD TRAUMA AND THE NON-ALPHA MALE

*Gender Role Conflict, Toxic Shame and Complex Trauma:
Finding Hope, Clarity, Healing and Change*

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He and his wife, Mary Carpenter, LMSW, are the founders of [Insight Counseling Services](#) in Rochester, Michigan.



What is the Alpha Male?

Special Double Issue
#SexiestManAlive

Alpha Male

TERROR IN PARIS
Stories of Courage & Kindness

ANGELINA
ON RAISING A TEEN & 'GETTING OLDER' WITH BRAD

November 30, 2015

CHARLIE SHEEN
His Shocking News & What Happens Now

Tough & Tender
David Beckham

SEXIEST MAN ALIVE!

He's a romantic husband, a devoted dad—and he vacuums!
Plus The Sexiest Guys from All 50 States & More



**What is
the Non-Alpha Male?**

Gender Role Conflict



Trauma from Bullying



Trauma from Shame



Trauma from Father Wounds



Trauma from Sexual Abuse



Trauma from Emotional Abuse or Neglect



“Big-T” Trauma, “Small-t” Trauma



Hope Begins With

Acknowledging
what happened

Recognizing your
pain

Sharing your story



Clarity



Healing



Change

Change begins by
learning how to
accept yourself as you are
— flaws, gifts, talents,
and all.



Change

Embracing—and rewriting—your “story”



MY STORY ISN'T OVER

Change

Forgiving is not forgetting

Forgiving is not excusing

Forgiving is not necessarily
resuming the relationship



Change

Perhaps the
toughest question:

“Do I hold any
responsibility
for any part of
my pain?”



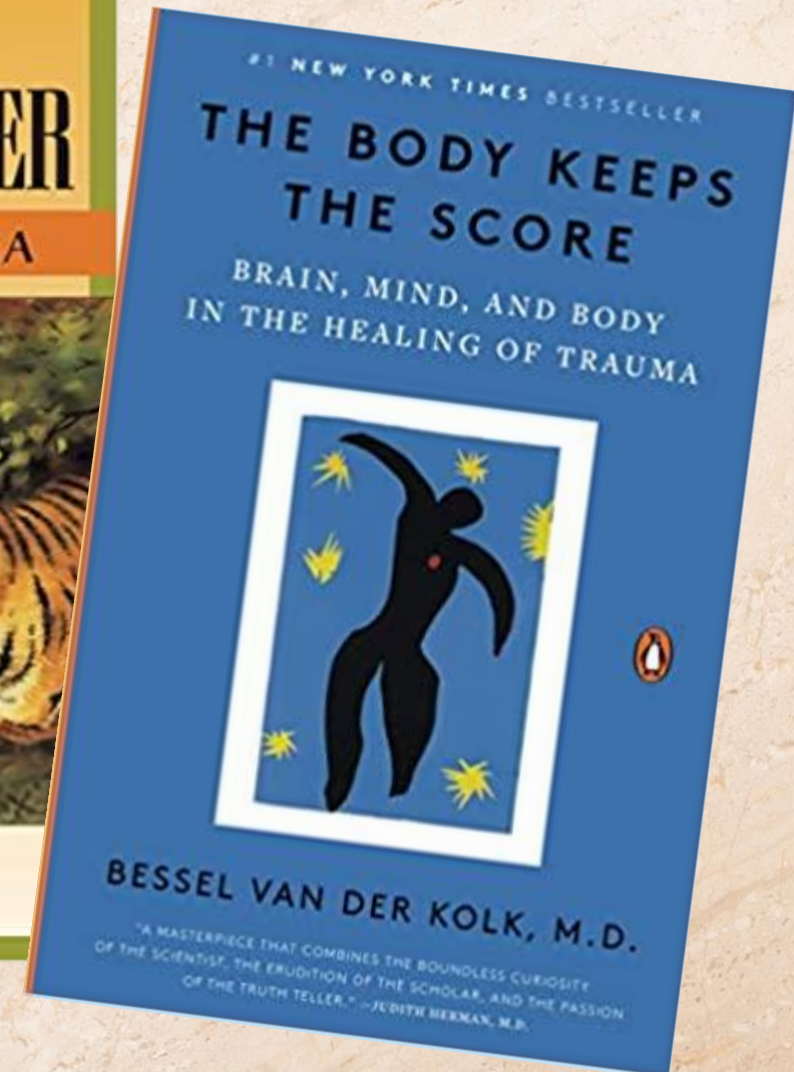
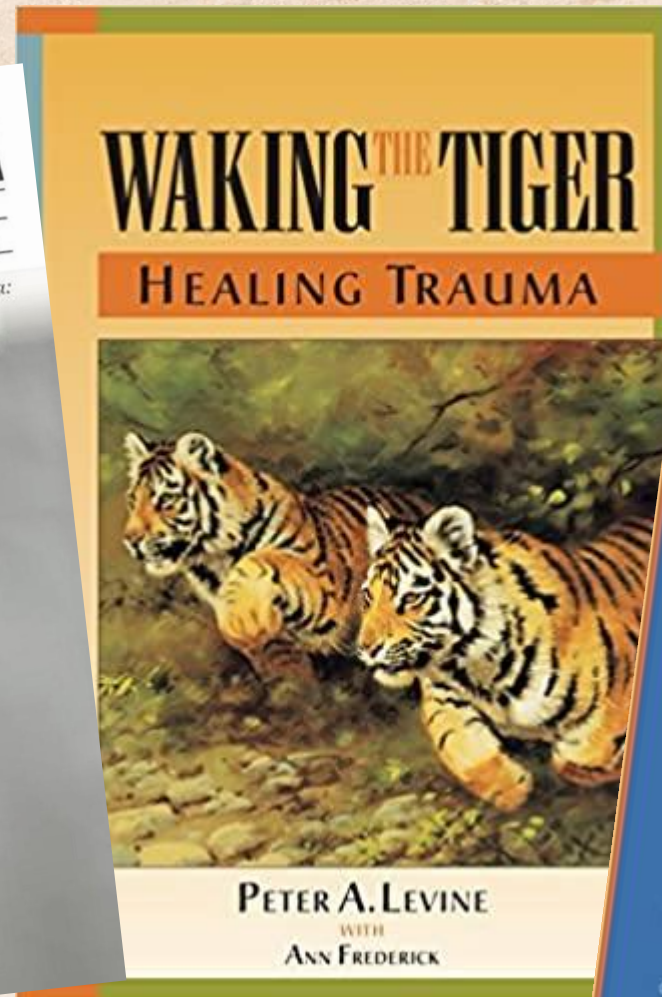
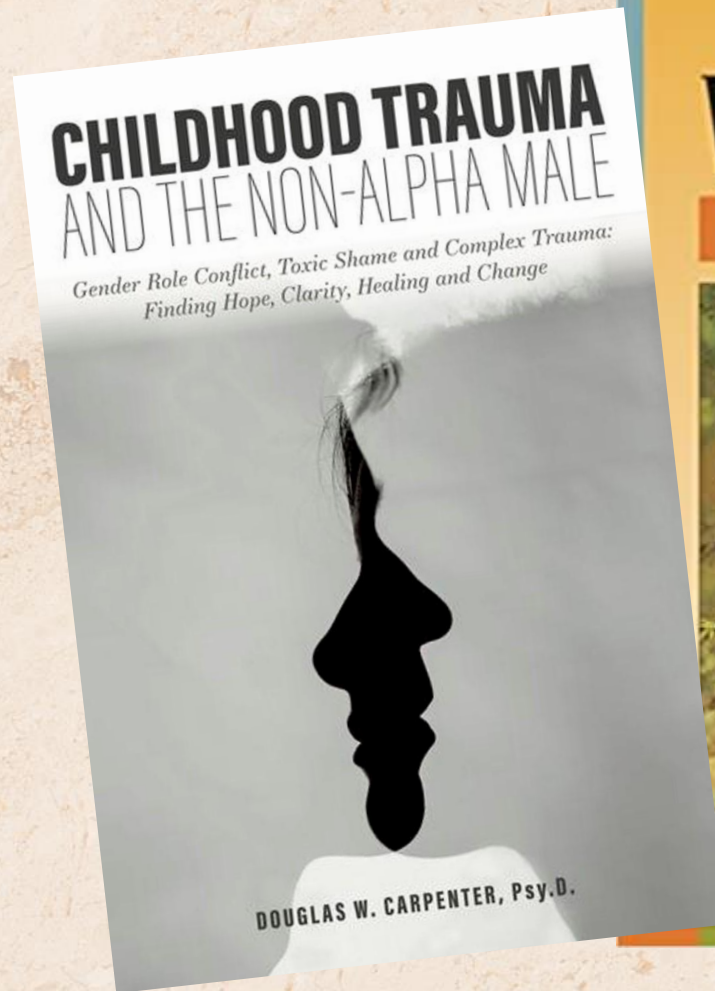
Change

The biggest area
of change:

Defining
new behaviors.



Exploring Further



Following up with Dr. Carpenter

Insight Counseling Services

WE HAVE MOVED!!

IMPORTANT INFO
ABOUT
CORONAVIRUS AND
OFFICE CLOSURE

Home

BOOK RELEASE!!

About

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Insight Counseling Services is located in the University Village Plaza in Auburn Hills, Michigan. Fully licensed professionals offer competent mental health services in a caring, confidential environment. Call now to schedule your confidential intake assessment at 248-923-2099.

EXPERIENCE

- hope
- clarity
- healing
- change

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