

## ***Foundations session outline:***

### **Session themes**

1. Introduction to *Foundations*: Group guidelines - Hopes and aspirations
2. Self care: Common effects and strategies to enhance safety and stabilisation
3. Challenges men face: Barriers to disclosure
4. Re-viewing the past: Silence and secrecy - Self blame, guilt, and shame
5. Mid-group review: Emotionally-engaged living
6. Developing healthy relationships: Trust, intimacy, sex
7. Justice/injustice, revenge, telling, and getting on
8. Consolidating learning & building a valued life