



Using the New Edition of *Becoming the Man I Want to Be, A Good Lives Model Workbook for Adult Males with Problematic Behaviors*

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Length: 2.5 hours

- 1 hour and 30 minutes**
- Historical foundations: How our history shapes workbook usage
 - What's new in the workbook: risk factors, strengths, self-care, disclosure of harmful behaviors and the role of trauma in understanding one's life
 - Operationalizing the Good Lives Model in treatment settings
- 1 hour**
- Specific exercises in the *Becoming the Man I Want to Be, Second Edition* workbook
 - Scaling questions and their usage
 - Questions and reflections to supplement the workbook exercises ("thinking further on these goals")
 - As time allows: Considerations with special populations and implementation tips
 - Q&A

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