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Growth and Intimacy for Gay Men: A Workbook (Haworth Gay & Lesbian Studies)

John Dececco Phd, Christopher J Alexander

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Growth and Intimacy for Gay Men: A Workbook is an educational workbook for gay men that covers a variety of topics, including family of origin, addiction, self-image, dating and relationships, AIDS and multiple loss, and spirituality. Each chapter provides an overview of the mental health concerns of gay men, as well as exercises the reader can do to facilitate his personal understanding of the issues covered. While the book is written in nontechnical language, making it useful to the general public, its wide selection of workbook exercises makes it useful for psychotherapists and counselors working with gay men. Growth and Intimacy for Gay Men is written to the reader--with brief examples from the author's work as a clinical psychologist helping gay men. A central goal of the book is to normalize the feelings and experiences the reader has, as many gay men feel like they're the only ones with their feelings or experiences. The book's problem-solving approach addresses:

- family of origin--provides exercises to identify and examine gay men's role in the family, examine their childhood perceptions of being different, and help them map out family patterns and dynamics
- self-image--includes self-image assessment questionnaires and written exercises that challenge the reader to look at how they're affected by societal perceptions
- addiction--explores why gay men are vulnerable to addictive behavior and offers strategies for change and self-assessment exercises
- dating and relationships--covers the unique challenges faced by gay men, with exercises for single as well as coupled men
- AIDS and mental health--provides exercises to help the reader examine the impact of AIDS on his own life and to assess the impact of multiple loss and prolonged grief Readers can do the workbook exercises on their own, or therapists can assign chapters and exercises as homework, with clients bringing the completed assignment to therapy for more in-depth exploration and discussion. By providing informative chapters and useful exercises, Growth and Intimacy for Gay Men becomes an avenue through which gay men can understand their identity, experiences, and goals.

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