

Men in Psychotherapy

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Background:

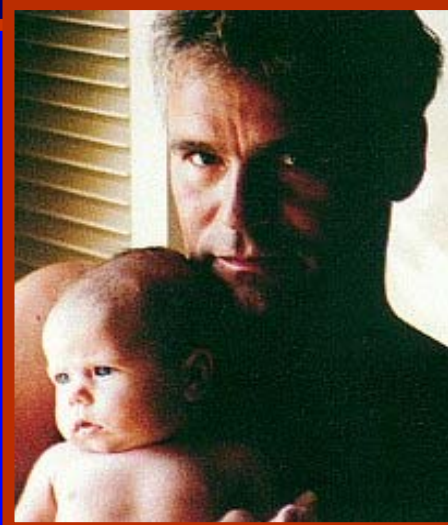
In the Danish research program, "Fathers Relations to Their Infants", men with psychological difficulties during the time of pregnancy, birth and infancy were offered psychological treatment at the university hospital of Copenhagen

Design and participants:

- 37 men received treatment with psychotherapy
- The therapies lasted from 3 to 27 sessions
- Two experienced male clinical psychologists conducted the treatments

Results:

Most men are unfamiliar with talking about and examining relationships and feelings. This has to be taken into consideration when establishing the therapeutic alliance. Often it will be necessary to establish a way of experiencing and talking about relational feelings.



Male motivational factors:

Problems relating to the new family were the main motivating factor for entering treatment. None had ever before considered seeking therapeutic help. This suggests that a man's motivation in the search for help often is expressed as relational rather than intra psychic. The transmission to parenthood as a period with special opportunities for intervention and personal change for men as well as for women.

Perspectives:

More knowledge on the psychological functioning of men and systematic comparisons of male and female characteristics are needed in the future. Psychotherapy is regarded as a promising area of further research.

Men's Health in Relation to Fatherhood:
A Danish research project under:

FATHERS' RELATIONS TO THEIR INFANTS

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