



# Growth and Intimacy for Gay Men: A Workbook

*John Dececco Phd, Christopher J Alexander*

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## **Growth and Intimacy for Gay Men: A Workbook** John Dececco Phd, Christopher J Alexander

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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#### **Sonia Shipley:**

Why? Because this Growth and Intimacy for Gay Men: A Workbook is an unordinary book that the inside of the book waiting for you to snap this but latter it will distress you with the secret it inside. Reading this book adjacent to it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining means but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of positive aspects than the other book have such as help improving your skill and your critical thinking way. So , still want to postpone having that book? If I had been you I will go to the publication store hurriedly.

#### **Drew Poland:**

The book untitled Growth and Intimacy for Gay Men: A Workbook contain a lot of information on it. The writer explains the girl idea with easy technique. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read the idea. The book was compiled by famous author. The author will take you in the new era of literary works. You can easily read this book because you can keep reading your smart phone, or model, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site as well as order it. Have a nice examine.

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