Ernie Gunderson recently completed a clinical research paper for his Master’s Degree in Social Work at St. Catherine University & the University of St. Thomas in St. Paul. The paper, titled, “A Men's Support Group: An Adjunct for Men in Psychotherapy,” summarized the research he conducted by interviewing men who were regular attendees at a men's support group and received psychotherapy. A number of his research subjects were recruited from TCMC's support groups. Ernie was recently interviewed for Men Talk by TCMC Board Chair Joe Szurszewski.

Men Talk: Thank you so much for talking with us. First off, I'd like to know what are you doing now? Now that you have the Master's, how are you using it, are you practicing?

Ernie Gunderson: Actually, I don't have the Master's yet. I did the thesis a year early because I didn't get a suitable placement for my internship last year. So I wrote my thesis last year and this year I'm doing my internship, then I'll graduate in the spring. To answer your question, what I'm doing now is I'm counseling 3 days a week in my internship.

MT: Is that going well?
EG: It's going very well.

MT: And is it the sort thing you think you'll want to continue with after you officially have the Master's?
EG: Well, it certainly feels that way right now. It's still new and exciting, and I have a lot of energy for it, and every new client that comes in is really interesting to me. I wonder if I'll ever get to the point where it will get old, but it's not been that way yet. Whatever my client's story, I feel a bond with them and I really enjoy the work.

MT: What originally got you interested in this topic?
EG: I've been in the same men's support group since 1984. It's a closed group, we meet in private homes, and we take turns hosting.

MT: What was your goal in writing this paper?
EG: One goal was that I wanted to learn more about men's support groups. Now that I'm going into social work, the significance of the support group experience I've had over the years and its impact on my decision to go into social work, I just thought I wanted to learn more about support groups, and men's support groups in particular.

MT: Did you have any expectation as to what you'd find when you started this research?
EG: My research question was, “What would the impact be of regular attendance in a men's support group on one's experience in psychotherapy. Would it be beneficial? Would it actually have some kind of amplifying effect for the psychotherapy?” So that's what I was expecting to learn, and that's in fact what I did learn.

MT: Did you find some kind of synergistic effect between being in a support group and in being in therapy?
EG: Yes, that's what I found. I have lots of quotes from my interviewees in my paper about the synergistic effects.

MT: Can you give an example?
EG: One participant said that therapy gave him the tools for dealing with emotions, and gave him the ability to share with others, and also reinforced what he was doing for himself in group. Another participant said, “My support group is a place to talk about what I learned in therapy and to get reinforcement for it.” Another fellow said, “The support group in some ways was allowing me to put flesh on the bones I had created in therapy. It allowed me to flesh out things and make them real, because it was done through relationships. So I was testing the benefits of my therapy in the support group through those relationships.” I have other examples too, but that's really one of the best ones.

MT: You note in your paper that men typically have a hard time with social isolation. In the process of writing this paper, did you discover anything that might help men avoid this?
EG: Yes, it came out loud and clear that attending a support group is a springboard into being more active in a person's community and among friends. If you're isolated, you tend to isolate more. And being a part of a men's support group, gives one the confidence to be more active.

Interview continued on pg 2
As TCMC looks ahead to its 35th year serving the Twin Cities, we look back on a rewarding, yet challenging year. Financially, TCMC has struggled, and yet this past year has seen the introduction of new support groups, dozens of men trained in anger management, numerous visits to men in Minnesota’s prisons, and thousands of men strengthened and comforted in our support groups.

It may seem like a paradox that TCMC’s financial situation is precarious despite the fact that we continue to perform vital work. I don’t believe the explanation has anything to do with the quality of our services. Rather, in economically hard times, demand for our services goes up while the ability to pay for these services goes down.

But perhaps I’m wrong. Maybe TCMC is failing to provide a service that is obviously needed by men in the Twin Cities. Or maybe you have a better idea about how we can offer an existing service. If you feel this way, or if you simply want to learn more about the Twin Cities Men’s Center, I encourage you to attend TCMC’s annual meeting on Saturday, January 8th, from 9 am to 11 am in the “big room” at TCMC. This is the one time a year when we come together to review the past year and look ahead to the next, and anyone interested in bettering himself as a man will find plenty of like-minded company.

Immediately following the annual meeting, TCMC will hold its annual support group facilitator training class. This class is recommended for all current facilitators, and is required for anyone wishing to become a facilitator. Lunch is provided by TCMC, and the class typically lasts 2 - 3 hours.

TCMC has survived as long as it has for one simple reason: men who benefitted from its services decided to make sure that other men would have the same opportunity to grow and get stronger. Attending the annual meeting is a great way of helping to do just that. Happy holidays to all friends of TCMC and your families!

JOE SZURSZESZKI
BOARD CHAIR

Part 2 of this interview will appear in the next issue of Men Talk. In the mean time, a copy of Ernie’s paper is available in the TCMC office for anyone who’d like to read it.
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The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.
Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to the wider community. This tradition has been part of the Men's Center offering since it’s founding 34 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions.

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: Rob Gamble, Jim Gerhardt, Bob Manson, Shelley Meyer, Andy Mickel, Keith Pederson, and Linda Wray.

A small fee is collected at the door for each person attending:
- Non-Members of TMC – $5.
- Regular Members ($20 level) – $3
- Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

*The Men's Center does not endorse, take any position on, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).*

## Presentations

### Joint Physical Custody in Minnesota - It Can Happen

**Presenter:** Shelley Meyer  
**When:** Wed, Dec. 15, 7:00-9:00 pm  
**Open to Men and Women**

We will discuss how custody is determined in Minnesota; including a discussion on the thirteen best interest factors, how custody designations have no impact on child support, the impact of domestic abuse/Order for Protections on custody determinations, and how the designation of “joint physical custody” affects one parent’s request to move out of State. We will also outline the amount of parenting time required for a designation of “joint physical custody;” it is not always 50/50.

Shelley Meyer is a graduate of William Mitchell College of Law and an attorney at Clausen & Hassan, LLC in St. Paul, with over five years of Family Law experience. She practices primarily in the area of Family Law, with experience in a variety of family law matters including contested/uncontested divorce, collaborative divorce, child custody, parenting time, property division, spousal maintenance, divorce trials, appeals, post-decree motions, out of State moves, paternity, domestic abuse and child support matters. Clausen & Hassan, LLC also practices in the areas of personal injury and criminal defense. Check out their website at www.clausen-hassan.com or call for a free initial consultation: 651-647-0087.

**Open to Men and Women**

This is not traditional. Suggestions of man-to-man intimacy - David and Jonathan, the man Jesus loved, Mathew's gospel has been called the Gospel for sex-workers. 3 kinds of eunuchs, can we find ourselves in Joseph’s story? Why is male anal sex abhorrent?

Rob Gamble, retired United Methodist pastor, gay progressive Christian, activist in Hennepin Ave UMC Reconciling Ministries, also attends All God’s Children Metropolitan Community Church.

### No Presentation

**When:** Wed, Dec. 29, 7:00-9:00 pm  
**Family Law Clinic**

**Discussion Leader:** Linda Wray  
**When:** Wed, Jan. 5, 7:00-9:00 pm  
**Open to Men and Women**

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:
- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

**Attorneys will volunteer their time and expertise for the benefit of those who attend.**

A nominal fee of $5 is charged for the public.

**Members of the Men’s Center receive a courtesy discount.**

### A Circle of Warriors

**Presenter:** Rob Gamble  
**When:** Wed, Dec. 22, 7:00-9:00 pm  
**Open to Men and Women**

This is not traditional. Suggestions of man-to-man intimacy - David and Jonathan, the man Jesus loved, Mathew’s gospel has been called the Gospel for sex-workers. 3 kinds of eunuchs, can we find ourselves in Joseph's story? Why is male anal sex abhorrent?

Rob Gamble, retired United Methodist pastor, gay progressive Christian, activist in Hennepin Ave UMC Reconciling Ministries, also attends All God’s Children Metropolitan Community Church.

**When:** Wed, Dec. 1, 7:00-9:00 pm  
**Family Law Clinic**

**Discussion Leader:** Bob Manson  
**When:** Wed, Dec 1, 7:00-9:00 pm  
**Open to Men and Women**

**Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:**
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### The Bible Through Gay Eyes and Heart

**Presenter:** Rob Gamble  
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### No Presentation

**When:** Wed, Jan. 19, 7:00-9:00 pm  
**No Presentation**

**When:** Wed, Jan. 19, 7:00-9:00 pm  
**A Circle of Warriors**

**Presenter:** Andy Mickel  
**When:** Wed, Jan. 12, 7:00-9:00 pm  
**Open to Men and Women**

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors we are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race.

We are all familiar with a man's physical tools (a hammer, a sword, a plow,....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.

**Open to Men and Women**

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"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.
**Family Law Clinic**

**Discussion Leader:** Jim Gerharter

**When:** Wed, Feb. 2, 7:00-9:00 pm

**Open to Men and Women**

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

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**Addiction Busters**

**Open to Men and Women**

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve-step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- **Tuesdays**
  - 7:30 - 9:30 pm

**Gay Issues**

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)

- **Tuesdays**
  - 7:30 - 9:30 pm

**Transitions**

**Open to Men and Women**

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- **Wednesdays**
  - 7:30 - 9:30 pm

**Women Dealing with Sexual Addiction**

**Open to Women Only**

Sexual addiction affects us all. Its stigma is very shaming and can keep us from finding the support we need. Without judgment or phrases like “being on or off the wagon,” this group will provide education and open discussion on a variety of sexual addiction topics, including: Awareness, stress management, triggers, emotions, obsessive/compulsive behavior, grief and shame. This group is for women who want to learn to set healthy boundaries for themselves in a supportive environment.

- **Thursdays**
  - 12:00 - 2:00 pm

**SUPPORT GROUPS**

“The mission of the Men’s Center Support Groups is to create a safe space, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH.”

The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of $3-9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.

- **Minneapolis Location**
  - 3249 Hennepin Ave. S. Suite 55

**General Men's Issues/ Divorce/Uncoupling**

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- **Mondays**
  - 12:30 - 2:30 pm
- **Thursdays**
  - 7:30 - 9:30 pm

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**Open to Men and Women**

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**Men's Retirement Group Schedule Change**

The monthly Men's Retirement Support Group will meet the 2nd Sundays in December and January, December 12th and January 9th, both times at 5:30 pm. The group is for men who are thinking about or have already retired, it is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- **3rd Sundays**
  - 5:30 - 7:00 pm
Upcoming Monthly Men’s Sunday Brunches (bring something to share/cook up): December 19th at David Miner’s, 311 E 24th St. #1, Minneapolis, 55404, 612-345-4835 (across 3rd Ave S from Art Institute). January 16th at Frank Brandon’s, 975 Como Blvd E, St. Paul, 55103, 651-487-3008. (on the east side of Lake Como). More than a dozen men attended October’s brunch at the Men’s Center. - Andy Mickel, 2010-11-14.


Oprah Show on Male Survivors of Sexual Abuse Oprah’s Friday, November 12 show was about the impact of sexual abuse on boys/men – the second part of a 2-part series. 200 men that are survivors of sexual abuse were on the show; it was revealed 1 in 6 men have been sexually abused. Sex abuse is dark, and the high number of men impacted is horrifying. Men that are victims feel shame and shame is a toxic emotion and tricky to deal with. [Local] leaders on the ManKind Project-Minnesota weekend handle these men with grace. The November 5th show does a great job describing the impact and helps create understanding. Go to: http://www.oprah.com/oprahshow/Full-Episode-200-Adult-Men-Who-Were-Molested-Come-Forward-Video -via David Grocott, ManKind Project Minnesota, 2010-11-13


“Man Up” - cover article in September 27, 2010 Newsweek “The traditional Male is an endangered species. It’s time to rethink masculinity.” The article uses the culturally trendy phrase “man up” to mean something different. The 6-page article inside is titled “Men’s Lib” which describes men finding work opportunities in professions not ordinarily hiring men: as nurses, customer service representatives, etc. as well as stay-at-home dads in the home. - Norm Petrik, 2010-11-08.

Give a Gift of a Men’s Center Membership ONLY $20

Annual Facilitator Training January 8, 11 am

Our annual facilitator training will be held Saturday January 8th, after the Annual Meeting which begins at 9AM, thus facilitator training should begin at about 11 AM, with lunch provided by the Men’s Center about noon.

Randy Genrich and Norm Petrik will again lead this annual training to update facilitators on expectations for facilitators, give needed help with how to lead groups and to share our experiences. I hope all you facilitators and men interested in learning to become a facilitator, will come. We very much appreciate your help for the Men’s Center by facilitating.

Norm Petrik, Chair Program Comm.

The next ManKind Project-Minnesota New Warrior Training Adventure will be held April 29 - May 1, 2011 at Voyageur Environmental Center, Mound, MN west of Minneapolis. The cost is $595, with many payment plans and partial scholarships available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at Open Circle of Warriors events at the Men’s Center every 2nd Wednesday, 7-9 p.m. Contact Andy Mickel with any questions 612-279-6416 or see: <http://minnesota.mkp.org/> for Open I-Group dates/times. - Andy Mickel, 2010-11-08.
Twin Cities Men’s Center

Twin Cities Men’s Center members are entitled to: participate in our annual & monthly Board meetings, receive Men Talk, use the reference library, and enjoy reduced fees to Men’s Center-sponsored events such as Wed. presentations.

☐ I want to sustain the activities of The Men’s Center by becoming a “20 x 12 Honor Roll Member.”
☐ Please ENTER/RENEW my membership at The Men’s Center for the next 12 months:
   Enclosed please find $________  ☑ $20 (Regular)  ☑ $40 (Patron).
☐ I want to make an additional, tax-deductible gift of $________. (Thanks much!)
☐ My new/correct address/phone is printed below.
☐ Please remove me from The Men’s Center mailing list; the pre-addressed gummed mailing label is attached.
☐ I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / Men Talk

DATE: ___________________________
FROM Name: ___________________________
Mailing Address: ___________________________
Home Phone: ___________________________
Work/Other Phone: ___________________________
E-mail Address: ___________________________

Please support our Men Talk advertisers!

Anger Management Program
The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class: 12 consecutive weeks

Number of Participants: Limited to 12 men per class

Cost: $215 for TCMC Members ($225 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently, there is one in Hopkins and one in Minneapolis. A new class is scheduled to start on Monday, Jan. 10th.

Please call TCMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator, John Hesch, on the Anger Management phone 612-229-3102.

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Annual Meeting Notice & Proxy Statement

The Men’s Center Annual Meeting will be on Saturday, January 8, 2010 at 9 AM
at the Men’s Center in Suite 55, 3249 Hennepin Ave., Minneapolis, MN

The Annual Meeting will include election of new members to the Board of Directors, thanks to our volunteers, review of our achievements this past year, and socializing with your fellow Men's Center members. We have moved forward on many projects this year so come and celebrate what has been done and where we are going. If you have any questions, call the Men’s Center offices at 612-822-5892.

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TMC prior to Jan 8, 2010. Please include your address label. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

☐ I VOTE FOR THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 8, 2010


☐ I ABSTAIN FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 8, 2010.

signed__________________________________________ date________________.