

AACBT NSW: Sydney Pub Discussion

# How to engage your male clients



What do you take into consideration when engaging male clients?

How do you engage your male clients?

## GUEST SPEAKER ZAC SEIDLER

"How to engage your male clients: Ensuring better reach, recognition and retention in clinical practice."

Men account for three-quarters of deaths from suicide in Australia. This is despite an increase in the number of men seeking psychological help. When men do seek help, clinicians often struggle to diagnose, communicate with and treat men's mental health issues.

In this presentation, Zac will highlight how integration of male-sensitive adaptations throughout treatment including to assessment, formulation and language, can improve men's outcomes.

Evidence suggests men will and do seek help when provided appropriate, tailored treatment. Zac will discuss how men may need a stronger emphasis on education and orientation to treatment to improve insight into their symptoms, treatment and its interplay with their masculinity.

*A pub discussion is a relaxed opportunity to observe a presentation on an interesting topic regarding cognitive behavioural therapy. There are opportunities for the willing to engage in a discussion relating to the topic towards the end of the presentation.*

- **When** Monday 14 May 2018 @ 7-8pm (registration from 6:30)
- **Where** Bat and Ball, 495 Cleveland Street, Redfern
- **Tickets** AACBT Members **Free** / Non-Members \$10

**Zac Seidler** is the Lead Investigator on the Man Island Project, aiming to explore and improve men's engagement in psychological treatment with the aim of reducing the staggering male suicide rate. His research so far has seen the first exploration into the factors influencing men's help-seeking intention, uptake and engagement with mental health services.

Zac is a consultant for a number of companies including Top Blokes, who run groups for school-aged boys. He has appeared in Vice and The Guardian for his work.

Book now at <https://www.aacbt.org.au/events/>



**AACBT**

AUSTRALIAN ASSOCIATION  
FOR COGNITIVE AND  
BEHAVIOUR THERAPY