

## Assessing and Treating Emotionally Inexpressive Men

In this presentation Dr. Levant will explain why some men are emotionally inexpressive because of their childhood socialization. In addition, he will discuss scales for assessing alexithymia in men and treatment manuals for helping these men become more emotionally self-aware. Clinicians will come away from this presentation with a clear sense for how to treat alexithymia in the early sessions of psychotherapy and thereby improve treatment uptake and outcomes.

### Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will be able to:

1. List the two ways that the term "masculinity" is understood
2. List the three ways that masculinity is problematic
3. Explain why some men are unable to put their emotions into words
4. Describe the assessment strategies for normative male alexithymia in clinical practice.
5. List the four stages of Alexithymia Reduction Treatment

### Seminar Schedule

Typically begins at 10:00 AM and ends at 11: AM Eastern time. However, check the webinar schedule.

## Outline

Begin 10-10:25 AM ET

The science and practice of the Psychology of Men and Masculinity. Topics include:

- How do you understand the term "masculinity"?
- How is masculinity problematic?
- How does the media deal with masculinity?
- Masculinity became a topic in the national conversation due to the release of the APA Guidelines for Psychological Practice with Boys and Men in 2018.

Gillette ad introduced the term "Toxic Masculinity."

Critique of that usage.

What is the definition of traditional masculinity ideology (TMI)?

How is TMI measured?

10:25-11:10 AM ET

- Men's comparative emotional inexpressiveness.
- The Normative Male Alexithymia (NMA) Hypothesis?
- How is the NMA hypothesis recognized in Philosophy?
- How is NMA assessed?
- Two versions of the Normative Male Alexithymia Scale.
- What is Alexithymia Reduction Treatment (ART) and what are the five stages.
- Video Illustration: Clinical example of ART.
- Results of a clinical trial of ART.

11:10-11:30 AM ET

Other clinical considerations.

- TMI and men's physical health.
- TMI and men's mental health.
- Men's reluctance to seek help.

End 11:30 AM ET

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## The Presenter

Dr. Ronald F. Levant (he/him/his) is Professor Emeritus of Psychology at The University of Akron; Past President of the American Psychological Association (APA) and APA Division 51, the Society for the Psychological Study of Men and Masculinities; and two-term Editor of APA Division 51's quarterly journal, *Psychology of Men & Masculinities*. A feminist scholar with 18 books and countless refereed journal articles and book chapters to his credit, he is widely considered one of the key people responsible for creating the new field of the psychology of men and masculinities. He was included in the Elsevier-Stanford University database listing the top 2 % of scientists in the world.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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