

BBB: BUILDING BETTER BLOKES GROUP

Not "fixing" building!

A group for blokes to *really* talk with other guys about the bigger issues in their lives



Summary/Overview of the Group

1. It is intended to be a non-political, non-religious, psychoeducational group or could also be described as a personal growth or a self-improvement group;
2. Is designed to offer guys the opportunity to explore issues potentially of concern to them, in a safe environment, with a small group of other guys under the guidance of a psychologist, experienced in running groups;
3. Needs a minimum of eight and maximum of ten participants to be practical and viable;
4. Because of the small numbers, it's not possible to offer a concession rate, although it appears to be eligible for Medicare Group Therapy rebates (with a GP referral);
5. Members should not be involved in psychological therapy with another psychologist or counsellor or therapist while involved with the group, to avoid negative interactions with the other psychologist/counsellor/therapist's work;
6. There will be some initial (minimal) screening on a one-to-one basis to seek to ensure participants are not likely to need additional one-to-one support and have similar goals to other participants;
7. Is intended to use Positive Psychology principles to look at "*...positive individual traits: the capacity for love and vocation, courage, interpersonal skill, aesthetic sensibility, perseverance, forgiveness, originality, future mindedness, spirituality, high talent, and wisdom.*"¹

¹ Positive Psychology: An Introduction (2000) Martin E. P. Seligman & Mihaly Csikszentmihalyi, *American Psychologist*, Vol. 55, No. 1. (p. 5-14).

Potential topics to be covered.

In no particular order, the following could be subjects for discussion;

1. Development and maintenance of a friendship network;
2. Looking at taking steps that we can take to support other blokes;
3. Development of a better relationship with our intimate partner;
4. What can we do to be good role models to younger males and or be better Fathers;
5. Achieving or working towards a "work-life" balance;
6. Not feeling guilty about or "sweeping under the carpet" our need to look after our physical as well as psychological or emotional health;
7. Looking at ways of "letting go" of past "hurts" or mistakes;
8. Building resilience to life's "Up's and downs";
9. Development and greater understanding (at an individual level) of what is important to the individual participants;
10. Other topics or subjects as decided by the group.

Background to the formation of the group

This group was prompted by a few things, including watching again episodes of the ABC TV series "Man Up", (see www.manup.org.au). The 2008 Australian film "Men's Group" was also inspirational.

Also, there was a desire (in my professional life) to not only deal with people in some sort of "crisis" or difficulty but look at doing some "preventative" or "development" work.

In the past, I've jointly facilitated groups for guys in relation to *Domestic Violence* and another group (in a Prison Farm setting) for guys with *Alcohol and or Other Drug (AOD)* issues. I'd like to do more work with guys in a more positive setting.

I am also interested in the field of "Positive Psychology" which has been described as being:

*At the individual level, it is about positive individual traits: the capacity for love and vocation, courage, interpersonal skill, aesthetic sensibility, perseverance, forgiveness, originality, future mindedness, spirituality, high talent, and wisdom.*²

² **Positive Psychology: An Introduction** (2000) Martin E. P. Seligman & Mihaly Csikszentmihalyi, *American Psychologist*, Vol. 55. No. 1. (p. 5-14).

Costings and Practicalities.

It is intended that the group will normally meet fortnightly on Thursday nights, between 6pm, with a 15minute break about 7pm for a Pizza, and refreshment. Then from 7.15pm going through to about 8.15pm. (The day and or date might be might need to be changed sometimes e.g. due to availability of the venue, holidays, or for other reasons.)

Participants need to pay on the night, before the group starts via cash or credit/debit card, i.e. there can be no "credit" and participants will not be able to start in the group if unable to pay

However, with a referral from your GP, the sessions should be partly covered under Medicare as "Group Therapy" (Medicare Item No 80120) with a rebate to you the client of \$21.65. (My fee would be \$60, so you'd have a "Gap" of \$38.35). I'd arrange a Medicare receipt on the night, for you to submit to Medicare.

Details of how the costs are calculated are detailed on the next page.

The general idea (as far as costing goes) is that for me, I feel I need to charge what I see as a reasonable rate which covers my overheads and for which I get a fair payment.

As this is a group run in a professional setting, this will not be a "friendship" setting, so I would not be meeting (individual) guys to socialise away from the group. Again, because the group is all about you guys, not me, you probably won't get to know too much about my life away from the group. Although I may well give examples of experiences I've had as examples, as I say it's all about you guys, not me.

A readily admit, this is an "experiment" it is not based on any particular group therapy manual, but instead based on a combination of; My experiences running groups of guys; My Psychology and Group work training and; My (well over half a century's) life experience working with women and men in a range of "Blue Collar" and "White Collar" settings.

I've recently checked the *Medicare Schedule for Focussed Psychological Strategies* and seen that because of what it is intended to cover, it would I believe qualify as "Group Therapy" (Item No 80120) with a rebate of \$21.65. (My fee would be \$60, so you'd have a "Gap" of \$38.35). Participants would need a referral from their GP to make use of this.

I will try to be as "transparent" as possible in terms of costing (as per the next page).

If you decide you want to embark on this "journey of discovery" please phone my booking service on 1300 50 67 68, or email me at clongworth@liferesolutions.com.au I hope you find it worthwhile and challenging – I'm sure I will. Further information can be found at <https://www.colinlongworth.com.au/building-better-blokes-group>

Colin Longworth Assoc. MAPS

B Psych ECowan, GradDipCounsel Murdoch, Psychologist & Counsellor

November 2018

Costing for Potential Group at Sanctuary Waters (16 Illawara Crescent, Canning Vale WA 6155)

Participant fees	Venue cost ³	Catering ⁴ Cost	General costs ⁵	Facilitator fees ⁶	Total Costs	Income (after cost)
\$60 x 6 = \$360	\$68	\$70	\$10	\$250	\$398	-\$38
\$60 x 7 = \$420	\$68	\$70	\$10	\$250	\$398	\$59
\$60 x 8 = \$480	\$68	\$70	\$10	\$250	\$398	\$82
\$60 x 9 = \$540	\$68	\$70	\$10	\$250	\$398	\$142



For further related information about the TV series see:

www.manup.org.au

(A TV documentary series funded by Movember)

<https://au.movember.com/>



³ \$22/Hour x 4hrs (5.30pm set-up 6pm start, 7pm a 15min break, 7.15pm-8.15pm, 8.15>8.30pm close up etc.
https://www.gosnells.wa.gov.au/About_our_City/Facilities/Halls_and_venues_for_hire/Sanctuary_Waters_meeting_room

⁴ Cost based on 4 (fairly basic) pizzas Delivered as per Uber Eats, calculated on (roughly) half a Pizza per person.

⁵ EFTPOS fees, booking service fees, handout printing (if applicable) refreshment (tea coffee etc.) costs.

⁶ APS Schedule of fee "APS National Schedule of Recommended Fees (*not including G.S.T.*) and item numbers* for psychological services" - The Recommended Fee in place from 1 July 2018 until 30 June 2019. Item number F57 **Family or other group (of 5 or more clients)** – 91-120 minutes \$94 per person.