

## IS THE NEW WARRIOR TRAINING ADVENTURE A GOOD NEXT STEP?

We've heard it a million times. Men don't ask for help. When they do, knowing what to offer is crucial. When a man reaches a place in his therapeutic journey where he is ready to take action to get the male support and connection he has probably never had, the New Warrior Training Adventure (NWT) may be the perfect challenge to offer him.



We estimate that more than 10,000 men have come to the NWT through referrals from licensed Mental Health professionals. Many Mental Health professionals are active members of the ManKind Project and regularly participate as staff on the New Warrior Training Adventure. For most men, it's safe and powerful healing experience that can create lifelong connections and a rich community of practice for ongoing growth.

# THE ManKind Project®

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*"On the weekend I found a degree of clarity and emotional authenticity than I had never experienced before. It was a huge breakthrough for me and my life has been forever changed for the better; in my marriage, my personal relationships, my fatherhood, and my career. This world needs fiercely generative, emotionally intelligent, loving men; committed and conscious partners, fathers, citizens, and MKP grows and empowers just such men."*

~ Scott W. - MA, LPC

*"If I had a magic wand, I would give this gift to every man alive. It is a life changing experience. Mankind invites men to look deep and to be and live out of their core - in other words to be and live who they really are, not what society, their families, and others think they "should" be. Mankind supports men afterward through rewarding and authentic relationships with other men. Relationships with loved ones are transformed as well!"*

~ Barbara Hunt, MS, LPC, LMFT

*"As a result of what I have learned in MKP and what I've experienced (since 1995!), I'm a better father, husband, son, therapist / counselor, teacher, brother, and any other role I play. I can specifically relate my improvement to things I have learned or the support I get from my brothers in MKP. They have an experiential retreat/training weekend that continues to be the most incredible weekend experience I've ever had. MKP is a tremendous adjunct to therapy and 12-step groups. I can't recommend them highly enough."*

~ Ron Nevelow, LCSW

**We help men grow!**  
Because the world needs grown up men.

The ManKind Project USA is a nonprofit, tax-exempt 501c3 organization.

Send us an email or visit to learn more  
[outreach@mkp.org](mailto:outreach@mkp.org)  
[mankindproject.org](http://mankindproject.org)

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**GIVING  
MEN  
A HAND  
UP!**

**REFERRING MEN TO THE  
NEW WARRIOR TRAINING ADVENTURE**

## NOT A SUBSTITUTE

The New Warrior Training Adventure can be a powerful and effective supplement to an ongoing therapeutic relationship. The NWTA blends a unique set of experiential processes designed to take men on an intentional 'ritual' journey. Men face numerous obstacles and realize their capacity to overcome what may have seemed impossible.



The processes of the weekend provides a group interaction for men that is not reproduced in any other training program we're aware of - with a participant to staff ratio better than 1:1 and a highly skilled team of Training Leaders and Senior Staff overseeing all aspects of the program.

Men who participate in the training are invited to explore their own sense of masculinity, to connect with other men in a supportive way, to take responsibility for the impacts of their emotions, choices, and actions, and to become aware of the unconscious patterns that may be driving their behaviors.

## 48 HOURS CAN CHANGE EVERYTHING

The New Warrior Training Adventure [NWTA] is a modern male initiation and self-examination. The NWTA is intended to help men develop a healthy, emotionally informed, and non-restrictive male identity. It is a "Hero's Journey" for our time. We ask men to stop living vicariously through movies, television, addictions and distractions and step into their own adventure – in real time and surrounded by other men.

**Many men describe the NWTA as the most powerful experience of their adult lives!**



## SAFE AND PROVEN

NWTA applicants are required to complete a thorough pre-weekend information packet which includes a confidential questionnaire. These applications are reviewed by a state licensed physician. Any flags are fully reviewed by the Mental Health Resource Team, a group of volunteer licensed mental health professionals. In many communities participants are also asked to complete a telephone or face to face interview with an experienced member of the training staff to further assess 'readiness' to complete the training.

### Benefits to Therapist

The training will often give a client new insights into the origins of current decision making patterns and a renewed commitment to personal responsibility and integrity. The therapist can then work with a client who is energized, 'awake', and ready to fully engage in his healing and healthy decision making.

### When to Refer

- Ready to 'Break Through' or 'Go Bigger'
- Anger, Mistrust and Rage
- Grief and Loss
- Shame or Isolation
- Lack of Purpose or Goals
- Relationship or Parenting Conflicts
- Lack of Male Friends or Role Models
- Desire to Mature as a man
- Questions about male identity
- Fear of Intimacy, commitment

### Outcomes

In peer-reviewed studies, participation in the ManKind Project's programs has a significant positive effect on men's self-image and sense of connection, and lessens gender role conflict.