

Menergy

is a center for psychotherapy, counseling, education and training services for men, women and their families.

Paul Bukovec, LCSW,

the Director of **MENERGY**, builds upon two and a half decades of clinical, educational, programming and training experience in gender issues, domestic violence, group psychotherapy and team building to offer a variety of services:

- Intimate Partner Abuser Assessment and Treatment
- Couple work with formerly abusive men and their partners
- Evaluations and case consultations for family and couple therapists regarding assessment of potentially dangerous cases
- On-going psychotherapy groups for straight men and lesbian women
- Workshops to assist men in the support of other men and boys
- Trainings in domestic and dating violence

Call **Menergy** at (215) 242-2235

Or for **Menergy** services in Spanish, call (267) 625-6135

Menergy

7500 Germantown Avenue
New Covenant Campus
Elders Hall, Suite 5
Philadelphia, PA 19119

Check us out on the Web!

www.menergy.org

*Is your partner
afraid of you?*

**Do you hurt the
ones you love?**

YOU CAN CHANGE

Menergy

7500 Germantown Avenue
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Elders Hall, Suite 5
Philadelphia, PA 19119

215-242-2235

267-625-6135 (Spanish)

Some men:

realize that name-calling and yelling, threats and belittling are wrong ... but find it very hard to stop themselves.

know that breaking things or grabbing or hitting her is wrong ... but they focus on what she did to “provoke me” or “push my buttons.”

want to finally get some help because things have just gone too far and now she may be lost forever.

Some men:

turn to **MEENERGY** for a program designed to help them become *nonviolent* at home, more *responsible* for their behavior, *less controlling and abusive* of their partners and *more caring and empathetic* husbands or lovers.

Some men:

call **MEENERGY** at

(215) 242-2235

Meenergy

is a *counseling and re-education program* for men who are physically or emotionally abusive with their partners. This carefully designed 8-month counseling program consists of a:

Beginner level:

3 individual 1-hour sessions for evaluation, assessment and contracting, followed by...

10 weeks of 2-hour, once-a-week psychoeducational groups working to stop abusive behavior, emphasizing accountability, taking responsibility and building skills through structured discussions, followed by an...

Advanced level:

20 weeks of intensive group therapy focused on understanding the roots of the problem and better ways of handling internal and interpersonal conflict.

Sliding scale fees:

\$0-\$100 per individual session
\$0-\$50 per group session

All fees are prepaid. No-shows are charged. Some insurance may apply. DHS-referred clients are not charged.

Meenergy

is constructed upon several fundamental principles:

- Abusive people must take **full responsibility** for their abusive behavior.
- It is particularly important for men to **not retaliate** for behavior they experience as abusive from their partners.
- **Safety must precede healing.** Men must be willing to give up dangerous or threatening behavior as part of their contract to change.
- **Abusive behavior is learned.** It can usually be unlearned.
- **Recovery** from being an abusive or controlling person requires a **serious acknowledgement** and ownership of the problem and a **willful commitment to change.**

Meenergy now has 2 locations:

(Main office and all correspondence)
7500 Germantown Avenue
New Covenant Campus
Elders Hall, Suite 5
Philadelphia, PA 19119

tel. (215) 242-2235
fax (215) 242-3974

(Spanish group)

María de los Santos Health Center
5th and Allegheny, Philadelphia
Spanish tel. (267) 625-6135