



TOOLS FOR TAKING CONTROL IN TOUGH TIMES



REGISTERED PSYCHOLOGIST, MEN MENTAL HEALTH

TAKE CONTROL

Hi, I'm Dr Mike Martin, and since 1992 I've been working with men to take action and take control of their lives.

It's important that men who are stressed, "down in the dumps," not going too well, overloaded and overwhelmed take control of these common, yet serious, symptoms. Treat them like you would a broken leg, and strive to get better.

Men's mental health issues aren't a vague, wooly black hole. Depression and anxiety are *common, diagnosable and treatable conditions*. When you learn the *proven principles and practices* to **take action** and **take control** of your life, you'll feel **more confident** that you're not only **protecting yourself**, but also **protecting your family**.

In fact when you take the Men's Mind Quiz, see the signs and take action, you'll wonder what ever held you back in the first place.

With this approach I've helped a stack of blokes get their mental health on their radar and get past their resistance to taking early action, so they can **stay strong** – for themselves and their families.

Anyone can learn to take control of their life if they are committed to shift their mindset and *make a difference in their own life and their family's*.

Be assured, there is a way to win the mental health game, and at Bloke Therapy we've *got tools and strategies* that make the whole process a lot more fun and successful.

SO WHO IS DR. MIKE MARTIN?

Dr Mike Martin, is the founder of Bloke Therapy, one of the only few mens-only mental health psychologist worldwide that uses the new, next-generation, scientifically proven Acceptance and Commitment Therapy approach to dealing with tough times. This insures that you effectively deal with your issues and get back to living the life you love.

"I've always been curious about why men are offered a bunch of mumbo-jumbo when it comes to tools for dealing with the tough times.

The main therapeutic approach from last century is still being applied by most psychologists, and that's all about arguing with your negativity, fear and self-doubt – telling yourself "you can do it."

But if you've ever tried that, you know that one of two things will happen – Best case scenario is that maybe you'll feel good for a little while, then all the nasty stories rush back, and you're back at the start again. Or, it won't work at all – and you'll feel worse than when you started, because now you feel like a failure at making this approach work.

So I've devised a clear, concise and easily remembered method for applying state-of-the-art psychology principles. Any bloke can use these strategies to take control of their life. That is what Bloke Therapy is about"

Mike has an extensive background as a teacher, scientist, coach and sport psychologist (PhD; MA; BAppSci(Human Movement); BA; DipEd). This education and his extensive experience in elite sport has convinced him that when it comes to the mind and life – "simple is best." His customised Bloke Therapy Treatment Programs are simple, step-by-step thinking strategies that soak deep into your mind allowing you to take control and live the life you want to live.

Mike is a registered psychologist, and holds a membership in the Australian Psychological Society. He was the Head of Performance Psychology at both the NSW Institute of Sport and The Australian Institute of Sport. He worked with Olympic medallists, World Champions and World record holders before stepping into