

Men's Mental Health: Shame, Guilt, and Our Inner Systems of Criticism

January 28, 2026

1:30-3:00pm MT

There are many ways we come to embody and perpetuate shame and guilt in our lives. For many of us men, these feelings are often imprinted in our subconscious early in childhood, and as we grow, become weaponized by parts of our inner systems as crude forms of self-protection, creating all kinds of traumatic wounds. We beat ourselves relentlessly, becoming perfectionistic and controlling, detached and unable to stay present, numb and disconnected from ourselves, or people pleasing and unable to say "no". It all has a profound impact - on our relationships, communities, and our capacity to show up as ourselves everyday to meet our needs, desires, and fulfill our potential.



Learning Outcomes:

- Understand how shame and guilt is systemically, relationally, and intergenerationally imprinted, and how our inner system adapts to protect us
- Identify common cues and triggers, and map our own protective patterns across different nervous system states
- Learn first steps toward rewiring deeply rooted patterns and increasing your capacity for presence and connection

Speakers:

Graham Hall - A licensed Canadian Certified Counsellor, specializing in childhood trauma and its effects on individual's inner system, nervous system patterns, and capacity for engagement and connection. Raised in Fort Smith, NWT (Treaty 8 Territory) among Cree, Dene, T'suline, and Métis communities, Graham's upbringing was shaped by his mother's work in Indigenous reconciliation, his father's canoe guiding in central tundra, and his Cree step-father's leadership in living pimo pimatisiwin ("The Good Life"). Graham is neurodivergent, and works often with clients across this broad spectrum.



Graham's Psychology Today Profile:

<https://www.psychologytoday.com/ca/therapists/graham-hall-edmonton-ab/1501792>



Target Audience: For men chasing the feeling of being "good enough" and exploring their mental health, and those looking to support men in deconditioning systemic, relational, and individual shame, guilt, and self-criticism

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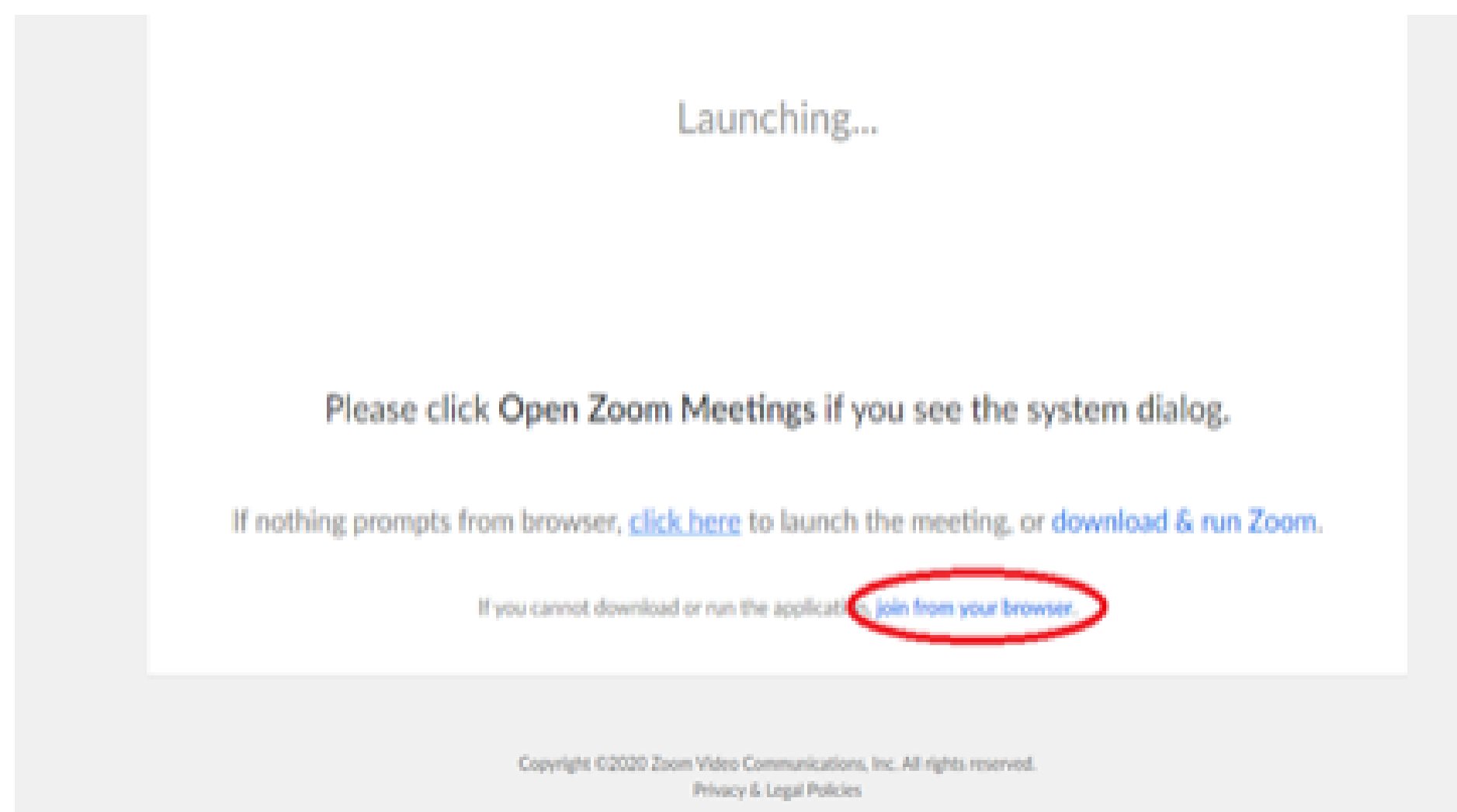
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