

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

March 18, 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

Please register for session at:
<https://fntn.ca/Home/Register-VC?eid=22649>

To access this session from zoom:
<https://fntn.zoom.us/j/86466705176>

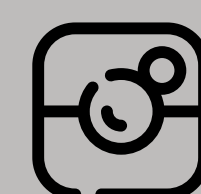
Meeting ID: 864 6670 5176
Passcode: 286531

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line:
1-587-328-1099
Meeting ID: 864 6670 5176
Passcode: 286531



First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA



@FNTNAB



To join via internet browser

1. Please click the link below to join the webinar:
<https://fntn.zoom.us/join>
2. Enter Meeting ID: 864 6670 5176
3. Passcode: 286531
4. Click the option “ click here” (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

5. Another option will show up on the bottom, please click “ join from your browser” (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:
<https://fntn.zoom.us/join>
2. Enter Meeting ID: 864 6670 5176
3. Passcode: 286531
4. Choose “download and run Zoom”
5. An executable file will be download, please run the file
6. After the file has been installed, you will be ask to enter your “email” and your “name”
7. You will now join the webinar, by default all attendees of the webinar are muted.