

# WILL COURTENAY PhD, LCSW

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## Career Summary

Men's health consultant, author, speaker, educator, researcher and radio host with a documented history of success in innovatively shaping and promoting the emerging field of men's health – as well as new perspectives on fatherhood, boyhood, and masculinity.

## Key Accomplishments

- Author of the book *Dying To Be Men: Psychosocial, Environmental and Biobehavioral Directions in Promoting the Health of Men and Boys*.
- Founding Editor of *International Journal of Men's Health*, the first published professional journal of men's health (2001). Guest Editor of the first scholarly journal to devote a special issue to the subject of men's health (2000).
- Clinical faculty member: Department of Psychiatry at Harvard Medical School and University of California San Francisco Medical School teaching psychosocial and biobehavioral perspectives and evidence-based interventions for understanding and improving men's health.
- Trainer of hundreds of wellness staff in effectively reducing male employees' preventable health care costs.
- Founder of first men's health consulting firm providing evidence-based training which developed and championed practice guidelines to federal government agencies, medical centers, public health departments, university health centers, corporate employee wellness programs, and family planning clinics internationally.
- Board Member, Center for Men and Young Men at McLean Hospital, Harvard Medical School.
- Founder of 6 web sites for men, including SadDaddy.com, the only web site for the 1 in 4 dads experiencing postpartum depression, conducting research involving nearly 3,000 men.
- Recipient of "Researcher of The Year" award from the American Psychological Association for published work and research on masculinity and men's health, referenced in nearly 1,400 other publications.
- Invited speaker on men's health to over 100 public and private organizations nationally.
- Chair of the first national conference on men's health (1996).
- Spokesperson and powerful, effective voice regarding men's health and masculinity, and the changing roles of fathers, boys, and men, which has been heard nationally on radio and television including CNN, Good Morning America, World News With Diane Sawyer, National Public Radio, ABC News and NBC News. Also in print: *New York Times*, *Los Angeles Times*, *Wall Street Journal*, *U.S. News & World Report*, *Newsweek*, *USA Today*, *Scientific American*, and the *Chicago Tribune*.

## Professional Experience

### Men's Health Consulting, Oakland, CA

1993 – present

**Founder & Director** – Provide consultation, education and training in promoting better health in men and boys to medical centers, government agencies, public health departments, colleges and universities, family planning clinics, and corporations. Foster multidisciplinary dialogue and interdisciplinary and collaborative work and research among health professionals. Roles include:

- Develop evidence-based materials and services that address how psychological, behavioral, masculinity, and social factors influence the health risks of various populations of men and boys.
- Provided consultation to the Federal Office of Family Planning. Developed curriculum and annually conducted first day of training on research-based approaches to providing sexual and reproductive health and family planning services to diverse populations of men, and promoting male involvement, in four-day training for U.S. health educators.
- Lead consultant for the longest running public health men's program in the United States through Action for Boston Community Development, which provides family planning and related preventive health services

to over 750 inner city men of color annually. This program has proven successful in increasing men's level of knowledge of – and their involvement in – family planning, reproductive health, and sexual health care as well as positively influencing men's beliefs about manhood, men's behavior, and men's readiness to adopt healthy habits.

- Provide consultation and training in implementing evidence-based men's health services to colleges and universities nationwide, including: University of California, San Francisco and Berkeley; Saint John's University, Minnesota; California State University, Long Beach; Albright College, Pennsylvania; University of Oregon; University of Richmond, Virginia; Leigh University, Pennsylvania; St. Mary's College, Maryland; Hobart and William Smith Colleges, New York; Boston University, Massachusetts; and University of Southern Maine.
- Provide consultation and training to public health departments throughout the United States including: Philadelphia Department of Public Health, Pennsylvania; Westchester County Department of Health, New York; Boston Public Health Commission; San Francisco Public Health Department; and St. Mary's County Health Department, Maryland.

**Independent Social Science Researcher, Oakland, CA** **1993 – present**

**Researcher** – Conduct research on the subjects of men and boys, fathers, masculinity, and men's health. Published work includes over 40 journal articles and book chapters. Current research is being conducted in collaboration with the Center for Men and Young Men at McLean Hospital, Harvard Medical School, examining the experiences of nearly 3,000 fathers with babies – focusing particularly on postpartum depression in dads and its potential underlying causes.

**Private Practice, Oakland, CA** **1990 – Present**

**Psychotherapist** – Provide brief and long-term individual psychotherapy for women and men.

**Postpartum Men (PostpartumMen.com)** **2008 – Present**

**Founder & Administrator** – Manage web site for men with concerns about depression, anxiety or other problems with mood after the birth of a child. Provide an online forum for self-assessment for postpartum depression, education about men experiencing postpartum depression and conduct ongoing research of fathers.

**Department of Psychiatry, Harvard Medical School, Belmont, MA** **2001 – 2008**

**Clinical Faculty Member, McLean Hospital** – Lectured on various topics related to the health of men and boys, including: psychosocial, environmental, and biobehavioral influences on health and well-being; multidisciplinary, evidence-based interventions and best practices; and key determinants of health among various populations.

**School of Medicine, University of California, San Francisco, CA** **2003 – 2005**

**Clinical Faculty Member, Department of Family and Community Medicine** – As above, lectured on topics related to the psychosocial, environmental, and biobehavioral health of men and boys.

**International Journal of Men's Health** **2001 – 2005**

**Editor** – Reviewed all journal submissions, provided feedback to authors and assisted authors as needed. Worked closely with production staff and publisher to ensure continuous flow of articles moving through review process and into production phase.

## Education and Training

University of California, Berkeley, School of Social Welfare *Doctor of Philosophy* **1992 – 1998**

University of California, Berkeley, Department of Psychiatry *Clinical Fellow in Psychiatry* **1990 – 1991**

University of California, Berkeley, Community Mental Health Emphasis *Masters of Social Work* **1988 – 1990**

Antioch University, San Francisco, California *Bachelor of Arts in Social Work and Psychology* **1985 – 1988**

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