



Rick Belden
Poet / Author / Artist / Men's Coach

*"A true thought leader in the field of masculine psychology and men's issues."
"A respected and thoughtful voice in the public conversations about masculinity."
"A rare man of sensitivity, insight, and healing wisdom about trauma."*

Rick Belden is a respected explorer and chronicler of the psychology and inner lives of men. He helps men who are feeling stuck get their lives moving again by drawing on over 25 years of experience exploring men's issues, masculine psychology, and recovery from abuse.

His book, *Iron Man Family Outing: Poems about Transition into a More Conscious Manhood*, is widely used in the United States and internationally by therapists, counselors, and men's groups. His interviews, poetry, and essays have appeared in books and on media platforms around the world, reaching an international audience of many thousands of men and women.

As seen on:



Areas of specialization include:

- *Healing the Father Wound and the Mother Wound*
- *Exploring and understanding male grief*
- *Moving toward a more mature masculinity*
- *Recovering from childhood abuse, neglect, and trauma*
- *Defining masculinity and finding wholeness as a Highly Sensitive Man*

To learn more about Rick's work or to book him for your next event, please contact him at:

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