SHOW UP. BRO UP. GROW UP.

Making good men legendary.

Check out what we offer.
https://authenticmenstherapy.com/AMP

AMP
Authentic Manhood Programs

Transformational experiences for men who want to live more **wholeheartedly and intentionally.** Explore self-awareness, emotional maturity, relationships, purpose, Spirit and Soul, accountability, leadership, and what it means to become a more whole and responsible man.

MEN BREAKING FREE: A WHOLISTIC GUIDE TO AUTHENIC MANHOOD

(video recording, worksheet, and optional one-on-one session)

A Curated Conversation on Consciousness and Connection

Listen to Jeffry Wark and Dr. Mike Obsatz as they explore emotional intelligence, meaningful relationships, and the journey from shame toward humility, reactivity toward choice, and isolation toward connection. Drawing on 90+ years of combined experience, this thoughtful and engaging conversation offers practical insights for living with greater awareness and heart. A compelling listen for anyone interested in deeper relationships, personal growth, and authentic living.

VIRTUEMEN: Online Men's Group ***Connection. Reflection. Practice. Growth.***

An ongoing group experience for men seeking deeper insight, embodied awareness, experiential growth, practical skills, and genuine solidarity. Cultivate wholeness, accountability, high character, **and presence** while developing greater care, compassion, and consciousness.

4th Thursday • 7–9 PM Central *Intake assessment required for fit.*

MEN'S LIFE CRISES FORM: Self-Assessment

When old answers no longer fit, what transformation is calling you forward?

A thoughtful 10–15 minute self-assessment exploring quarter-life and midlife experiences, personal growth, relationships, purpose, and the challenges that can arise as life changes. Use your reflections as a starting point for greater awareness and intentional growth.

Free • Confidential • Open to all genders

CAMPFIRE
Authentic Manhood Programs

Newsletter:

Fueling the Heat in Your Personal Transformation

Our semi-monthly emailed newsletter for men and those who care about them. All are welcome. Receive points to ponder, helpful resources, thoughtful quotes, suggested activities, and invitations for reflection, plus access to the full archive.

Podcast:

Listen. Reflect. Connect.

Our podcast explores authentic manhood, personal transformation, growth, healing, relationships, purpose, and authentic living. Hear stories, wisdom, diverse perspectives, and practical tools for living with greater wholeness, relational integrity, and courage.

Authentic Men's Therapy by Jeffry

CENTER FOR INTEGRATED WELL BEING