

About Will Courtenay, Ph.D.

Dr. Courtenay – known as “The Men’s Doc” – is recognized internationally as a leading expert in helping men. The American Psychological Association has called him, “a leading psychologist in the field of masculinity” and “one of the leading scholars, researchers, and public policy shapers in the psychology of men.” Dr. Courtenay was recently selected for inclusion in “Who’s Who in America, 2009” for his “exceptional achievements.” As a social worker and psychotherapist, Courtenay has spent decades helping and counseling hundreds of men.

Based on his research at the University of California at Berkeley, Dr. Courtenay developed a research-based, “Six-Point Plan” for doctors and other clinicians to work most effectively with men. Dr. Courtenay has trained thousands of health professionals internationally in these best practices.

It was over 15 years ago when Dr. Courtenay first began training other clinicians. He was among a few leading pioneers in what is now the flourishing field of men’s health. Dr. Courtenay was the founding editor of the first-ever, professional journal devoted to men’s health. Today there are three such journals internationally.

Today, Dr. Courtenay is a leading pioneer in the new, largely uncharted terrain: men’s postpartum depression.

After becoming a father himself, Dr. Courtenay grew increasingly interested in fatherhood and the experiences of new dads. In particular, he was surprised by the number of new fathers experiencing problems with mood that he was seeing in his practice – as well as the high incidence of postpartum depression in men worldwide, which at least 1 in 10, and as many as 1 in 4, new dads experiences. Disturbed by the lack of attention to this subject, and lack of support new fathers, Dr. Courtenay launched SadDaddy.com, a web site to help men with depression and other mood disorders after the birth of a child.

Dr. Courtenay has authored numerous articles and book chapters on the health and wellbeing of men, and remains one of the most frequently cited authors about men’s health internationally. He was the founding editor of the “International Journal of Men’s Health.” In 2004, he received the “Researcher of The Year” award from the American Psychological Association and the Society for the Psychological Study of Men and Masculinity.

Dr. Courtenay received his Ph.D. from the University of California at Berkeley and is a Licensed Clinical Social Worker. He is a member of the clinical faculty in the Department of Psychiatry at Harvard Medical School, and has previously served on the clinical faculty of the University of California, San Francisco, Medical School.

Dr. Courtenay is currently writing a book entitled, “Sad Dads,” on men’s experiences with depression after becoming a father.

To schedule an interview with Dr. Will Courtenay, contact:

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