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Feminist Therapy: A Welcome Wednesday Presentation 2010

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Feminist Therapy

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<http://www.youtube.com/watch?v=jO9p6e4SWLM>

**A Welcome Wednesday
Presentation
Carrie Roberts**

Feminist Therapists

Jean Baker Miller MD



Feminist Therapists

Carol Gilligan



Feminist Therapists

Carolyn Enns



Feminist Therapists

Laura Brown



Feminist Therapists

Lillian Comas-Diaz



Feminist Therapists

Olivia Espin



8 Philosophies Feminist Practice:

- ◉ Liberal feminists
- ◉ Cultural feminists
- ◉ Radical feminists
- ◉ Socialist feminists
- ◉ Postmodern feminists
- ◉ Women of color feminists
- ◉ Lesbian feminists
- ◉ Global international feminists

Liberal feminists

- ◉ Concentrate mainly on helping women overcome their traditional gender role patterns and creating equality between men and women
- ◉ Therapists focus on empowering individual women; giving them dignity, self fulfillment, and the ability to share the power in decision making
- ◉ Liberal Feminist therapists also hope to eliminate the psychotherapy practices that support biased views of men and women

Cultural feminists

- ◉ Believes oppression comes from society devaluing women's roles, strengths, and values
- ◉ They believe that the feminization of our culture is the only solution
- ◉ *Feminization* refers to becoming more nurturing, intuitive, cooperative
- ◉ *Main goal is to highlight the value of interdependence over individualism*
- ◉ *Interdependence* is a mutual dependence on one another
- ◉ *Individualism* refers to the importance of personal independence

Radical feminists

- ◉ Mainly focuses on changing society's patriarchy views through activism
- ◉ Their main goal is to change society's views... transform gender relationships, societal institutions, and increase women's self-determination
- ◉ They target the everyday life inequalities such as: chores, salary, personal relationships (including parenting), and violence

Socialist feminists

- ◉ Change social relationships and institutions
- ◉ Most like the Radical feminists. Concentrating on the considerations of race, nationality, class, sexual preference, economy, and history

Postmodern feminists

- ◉ Addresses the issue that there are multiple truths as opposed to just one single truth
- ◉ Also addresses the issue of the lack of knowledge and the “fallibility of knowers”

Women of color feminists

- ◉ Believed it was crucial that the theory must be broadened
- ◉ Emphasizes activism of multiple oppressions
- ◉ Criticized white feminists for over generalizing experiences of only white women, “speaking for all women”

Lesbian feminists

- ◉ Closely relate to radical feminists
- ◉ Address the sexualized images related to woman
- ◉ They recognize the diversity amongst lesbian

Global international feminists

- They take a worldwide look at how women in other countries deal with racism, sexism, and classism
- They feel the need to address the oppression of women of other cultures while respecting their cultural differences