

FEMINIST THERAPY

CONCEPTS

Feminist Therapy is a gender fair, flexible-multicultural, interactionist, and life-span oriented.

Women's and girls' voices and ways of knowing, as well as the voices of others who have experienced marginalization and oppression, are valued and their experiences are honored.

GOAL/S

Empowerment, valuing and affirming diversity, striving for change rather than adjustment, equality, balancing independence and interdependence, social change and self-nurturance.

DIFFICULTY AND APPROACH

The difficulty is Psychological Distress. And its approach is integrative.

TECHNIQUES

1. Empowerment
2. Self-disclosure
3. Gender-role or Social Identity Analysis
4. Gender Role Intervention
 - Power Analysis
 - Bibliotherapy
 - Assertiveness Training
5. Group Work
6. Reframing or Relabelling
7. Social Action

PROCESS

Choose Path

Develop a sense of self base on own needs

Restructure the schema

Empowerment

Politically Aware

Improve higher self-esteem and remove the lens of others

Skills In Counseling Women The Feminist Approach

Michele Bograd



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