

Feminist Therapy Worksheet: VERSION 2

Feminist Therapy

his style of therapy arose from the late 1960s women's movement's influences. Feminist therapy focuses on empowering women and assisting them in discovering how to break preconceptions and molds associated with some traditional female roles that may be impeding their development and evolution. Women's assertiveness, communication, relationships, and self-esteem are all areas where feminist treatment tends to emphasize more.

Techniques used in feminist therapy include:

- **Reframing your thoughts:**

Changing irrational thoughts into rational and positive ones.

- **Self Disclosure:**

Sometimes therapists may share his/her own experiences to normalize the emotions try to empathize with the client.

- **Gender Role Analysis:**

To explore the gender roles and responsibilities that impact mental health.

Four main philosophies of feminists:

- **Socialist:** The need for transformation in institutional and social relationships is emphasized by socialist feminists.
- **Radical:** The need for transformation in gender relations and societal structures is emphasized by radical feminists. They also work to raise women's self-awareness about their sexuality, as well as their wishes and perspectives on having children.
- **Cultural:** Cultural feminists stress the significance of acknowledging that women are undervalued in society and the consequences of this.
- **Liberal:** Liberal feminists place a strong emphasis on the person and the biases they encounter in terms of self-awareness, self-respect, esteem, and equality.