

Therapy from a Feminist Perspective

“A therapy which fails to address power issues in people’s lives works automatically to reinforce oppression”

-- McLellan, 1999

“We found that one important source of healing emerged when we got in touch with all the factors in our lives that were causing particular pain. For black females, and males too, that means learning about the myriad ways racism, sexism, class exploitation, homophobia, and various other structures of domination operate in our daily lives to undermine our capacity to be self-determining.”

-- bell hooks on “interlocking oppressions”

Fat Oppression And Psychotherapy A Feminist Perspective

Carole M. Counihan



Fat Oppression And Psychotherapy A Feminist Perspective:

Fat Oppression and Psychotherapy Laura S. Brown, Esther D. Rothblum, 1989 Here is an enlightening new volume that presents an integration of anti fat oppressive attitudes into the work of feminist therapy Overcoming Fear of Fat is unique among professional work in the area of women and fat in that it does not approach size as the problem rather it approaches prejudice against fat as the problem Although for nearly a decade fat activists have been raising the issues that are confronted in this book therapists including feminist therapists have been colluding with their clients in pathologizing fat celebrating weight loss and failing to adequately challenge cultural stereotypes of attractiveness for women instead of empowering clients and encouraging them to take on expert authority about their own experiences The contributors including therapists and fat activists aim to disconnect the issues of food intake and eating disorders from those of weight They share personal and professional experiences of challenging fat oppression offer strategies for therapists to rid themselves and their clients of fat oppressive attitudes and most importantly they confront long held cultural myths that fat is unhealthy and that fat women are physically unfit and are in hiding from their sexuality or personal power A practical and informative resource for therapists especially those who work with fat women or who themselves struggle with issues of feeling critical of their own body size Overcoming Fear of Fat will also be a valuable guide for fat women who wish to feel supported in their struggle for self worth and respect

Feminist Therapy Theory and Practice Mary Ballou, Marcia Hill, Carolyn West, 2007-12-26 In this latest volume to emerge from the work of the Feminist Therapy Institute Ballou Hill West and their contributors have done a powerful job of explicating current themes in feminist therapy practice with a lovely balance of theory and application The careful attention to the economic and social demands of the current political climate and their impact on feminist practice is particularly valuable for advancing feminist analysis of the role of psychotherapy in social transformation Laura S Brown Ph D ABPP Director Fremont Community Therapy Project Seattle WA In the twenty plus years since the original Handbook of Feminist Therapy was published members of the Feminist Therapy Institute and other forward thinking professionals have continued to push and prod both themselves and mainstream therapists to examine the underpinnings of the psychotherapy endeavor In this volume the editors and contributors present an organized overview of the most up to date thinking about feminist therapy and draw attention to the alliance between feminist therapy and multicultural counseling critical theory and liberation psychology Whereas most mainstream therapy models have progressed beyond a view of the therapist as an objective agent they generally do not provide a model for understanding the therapist s and for that matter the client s beliefs experiences and world view The contextual ecological feminist model explicated here articulates a means of examining the contextual and ecological elements of person s worlds The authors of this volume have nicely illustrated feminist therapy s key tenets to illuminate the multiple spheres of influence in clients lives to empower clients as well as ameliorate their distress to appreciate the linkages among sociostructural cultural and relational influences

and to work for social justice in well drawn theoretical explanations and carefully detailed case examples that bring us to the cutting edge of contemporary feminist therapy Maryka Biaggio PhD Psychologist Consultant and Writer Portland Oregon

Feminist Perspectives on Eating Disorders Patricia Fallon, Melanie A. Katzman, Susan C. Wooley, 1996-10-01 Advancing the literature on a critical topic this important new work illuminates the relationship between the anguish of eating disorder sufferers and the problems of ordinary women The book covers a wide variety of issues from ways in which gender may predispose women to eating disorders to the widespread cultural concerns these problems symbolize Throughout the psychology of women is reflected in the concepts and methods described there is an explicit commitment to political and social equality for women and therapy is reevaluated based on an understanding of the needs of women patients and the potentially differing contributions of male and female therapists Providing valuable insights into the critical problem of eating disorders this book is essential reading for clinicians and researchers alike Also by examining many of the ways in which women are affected by and respond to society's gender politics the book may be used as a text in women's studies courses

Bodies Out of Bounds Jana Evans Braziel, Kathleen LeBesco, 2001-09-13 This is an exceptional collection the subject is of obvious importance yet terribly undertheorized and unexamined I know of no other work that offers what this collection provides Marcia Millman author of *Such a Pretty Face Being Fat in America* A valuable contribution to scholarly debates on the place of excessive bodies in contemporary culture This book promises to enrich all areas of inquiry related to the politics of bodies Carole Spitzack author of *Confessing Excess Women and the Politics of Body Reduction* This anthology includes a wide range of perceptive and original essays which explore and analyze the underlying ideologies that have made fat incorrect Echoing the spirit of the nineteenth century adage about children who should be neither seen nor heard some of the authors powerfully remind us that we keep bodies out of bound silenced and unseen unless of course we need to peek at the comic or grotesque Raquel Salgado Scherr co author of *Face Value The Politics of Beauty* Through textual analyses video film analyses television theory and literary theory this collection demonstrates the various ways in which dominant representations of fat and corpulence have been both demonized and rendered invisible This volume will be a crucial corollary to work on the tyranny of slenderness a collection of different perspectives on the fat body is sorely missing in women's studies communication and media studies Sarah Banet Weiser author of *The Most Beautiful Girl in the World Beauty Pageants and National Identity*

Men and the War on Obesity Lee F. Monaghan, 2008-04-02 Lee F Monaghan offers a timely critical and original take on the obesity debate bringing male bodies into the frame and questioning the claim from public health that millions of people are unhealthy because they are overweight or obese

The End of the Obesity Epidemic Michael Gard, 2010-11-05 Despite apocalyptic predictions from a vocal alliance of health professionals politicians and social commentators that rising obesity levels would lead to a global health crisis the crisis has not materialised Offering a road map through the maze of claims and counter claims while still holding to a sceptical standpoint **The End of the Obesity**

Epidemic provides an unparalleled anatomy of obesity as a scientific political and cultural issue It is essential reading for anybody with an interest in the science or sociology of health and lifestyle Women's Studies Linda Krikos,Cindy Ingold,2004-08-30 This truly monumental work maps the literature of women s studies covering thousands of titles and Web sites in 19 subject areas published between 1985 and 1999 Intended as a reference and collection development tool this bibliography provides a guide for women s studies information for each title along with a detailed often evaluative review The annotations summarize each work s content its importance or contribution to women s studies and its relationship to other titles on the subject Core titles and titles that are out of print are noted and reviews indicate which titles are appropriate as texts or supplemental texts This definitive guide to the literature of women s studies is a must purchase for academic libraries that support women s studies programs and it is a useful addition to any academic or public library that endeavors to represent the field A team of subject specialists has taken on the immense task of documenting publications in the area of women s studies in the last decades of the 20th century The result is this truly monumental work which maps the field covering thousands of titles and Web sites in 19 subject areas published between 1985 and 1999 Intended as a reference and collection development tool this bibliography provides a guide for women s studies information for each title along with a detailed often evaluative review The annotations summarize each work s content its importance or contribution to women s studies and its relationship to other titles on the subject Most reviews cite and describe similar and contrasting titles substantially extending the coverage Core titles and titles that are out of print are noted and reviews indicate which titles are appropriate as texts or supplemental texts Taking up where the previous volume by Loeb Searing and Stineman left off this is the definitive guide to the literature of women s studies It is a must purchase for academic libraries that support women s studies programs and a welcome addition to any academic or public library that endeavors to represent the field Their Finest Hour Jeffrey Kottler,Jon Carlson,2008-05-30 In Their Finest Hour therapists on the cutting edge of their profession detail their most professionally rewarding cases and share what they learnt from them These outstanding therapists define achievement in their field describe how therapy really works and speak frankly about how their cases shaped their ideas Each interview was recorded and then transcribed and written into narrative prose including re created dialogue that was based on case notes and recordings *The Anthropology of Food and Body* Carole M. Counihan,2018-10-24 The Anthropology of Food and Body explores the way that making eating and thinking about food reveal culturally determined gender power relations in diverse societies This book brings feminist and anthropological theories to bear on these provocative issues and will interest anyone investigating the relationship between food the body and cultural notions of gender Bodies and Culture Christopher E. Forth,Marika Janzen,Damon Talbott,2012-03-15 Bodies and Culture is a collection of contemporary interdisciplinary research on bodies from emerging scholars in the humanities and social sciences disciplines that addresses issues relating to a range of historical and contemporary contexts theories and methods Examining

the diversity and capabilities of bodies this volume focuses on the role of culture in shaping forms and conceptions of the corporeal In particular these essays interrogate the role of the body in articulating and reinforcing social differences especially the effects of racist colonialist and other hegemonic ideologies on the agency and diversity of bodies Bodies and Culture also considers the place of the body in forming identities images and narratives of individuals and the practices of modifying bodies and social roles through physical activities from exercise to artistic performance This collection will appeal to scholars in a wide range of areas including literature anthropology sociology art history cultural studies gender and sexuality studies and fat studies

Reframing Women's Health Alice Dan,1994 Offering a unique combination of pragmatic and philosophical perspectives Reframing Women s Health presents an insightful exploration of the theoretical and practical advances in women s health care The assembled works of this distinguished group of contributors addresses issues as diverse as the concept of biological primacy the role of reproduction and the possible repercussions of accepting the male experience as normative Other subjects discussed include the physical emotional and legal elements of abuse advances and methodology in clinical and behavioral research as well as a variety of practice concerns This comprehensive survey of critical women s health topics will be indispensable to researchers educators clinicians and students in this and such related fields as gender studies health sciences psychology and social work In Reframing Women s Health the editor has assembled some of the finest authors in the field to create a broad based multidisciplinary source of the latest thinking on women s health For a discipline this young the book represents an extremely comprehensive collection of works The authors go beyond the stereotyped view of obstetric and gynecologic care and force the reader to consider women in relation to self and in relation to the world in which they live The tread that weaves through the book is one of challenging the old paradigm of women s health care as care of reproductive issues alone It is a must read for clinicians or teachers who wish to broaden their own thinking in a way that will promote optimal health care for women Family Medicine Especially recommended for college level students of women s health and health science Diane C Donovan The Midwest Book Review

Embodied Shame J. Brooks Bouson,2010-07-02 How does physical emotional and sexual abuse shape women s perceptions of their bodies and identities How are women s psyches affected by the sexual racial and cultural denigration that occurs when women s bodies are represented as defective spoiled damaged or dirtied Embodied Shame skillfully explores these questions in the context of recent writings by North American women contributing to work in shame theory and to feminist analyses of the intersections of theories of the body affect emotions narrative and trauma By examining popular contemporary fictional and nonfictional texts including Alice Munro s Lives of Girls and Women Dorothy Allison s Bastard Out of Carolina Toni Morrison s The Bluest Eye Edwidge Danticat s Breath Eyes Memory and Lucy Grealy s Autobiography of a Face J Brooks Bouson illuminates how deeply entrenched bodily shame continues to operate in contemporary culture even as we celebrate the supposed freeing of the female body from the social and cultural constraints that have long bound it

My Life as a

Male Anorexic Michael Krasnow, 2014-04-04 My Life as a Male Anorexic is a uniquely male point of view of anorexia nervosa. It is the autobiographical account of a young man's ongoing struggle with anorexia. Michael shared his story as part of the featured health segment 'Men Dying to be Thin' on WSVN Channel 7 News in Miami, Florida, in May 1997. Michael Krasnow has had anorexia since 1984 and he chronicles his daily struggles, feelings, and experiences in this book. He writes in a relaxed, easygoing manner that makes the book appealing to all readers. While ignoring statistics and not pretending to be an expert on the disorder, Michael simply tells readers what his life is like and how anorexia has affected even controlled it. As of today, Michael has maintained his weight at 75 pounds on a 5 foot 9 inch frame. Anyone who suffers or anyone who knows someone who suffers from anorexia will learn that male anorexia is a serious problem and that there needs to be psychological and medical help for the boys and men who struggle with anorexia. As Michael begins his book, 'For years anorexia existed but very few people knew of it. Women who suffered from it did not realize that they were not alone. Eventually, as more became known and anorexia became more publicized, a greater number of women came forward to seek help, no longer feeling that they would be considered strange or outcasts from society. Maybe with the publication of this book, more men with the problem will realize that they are not alone either and that they do not suffer from a woman's disease. They can come forward without worrying about embarrassment.' Michael's story will baffle, frustrate, sadden, and irritate readers, whether they are interested in the human side of Michael's story, whether they are workers in the medical field (psychologists, psychiatrists, doctors, nurses, aides, social workers, mental health counselors) or whether they are teachers, coworkers, friends, or relatives of a male with anorexia. My Life as a Male Anorexic begins to shed light on the little known or discussed problem of male anorexia nervosa.

Breaking the Rules Marcia Hill, Judith Harden, 2018-10-24 Breaking the Rules: Women in Prison and Feminist Therapy challenges therapists, public policymakers, voters, and those in the criminal justice system to find treatment options, empowerment strategies, viable resources, community support, and policies that can help women with problems such as drug abuse, domestic violence, poverty, and prostitution, rather than perpetually punishing them. Breaking the Rules shows you how our society makes other of those among us who are most vulnerable, injured, and without resources. It digs under your skin and forces you to look at the histories of abuse among women who have murdered their partners, the impact of race and ethnicity on patterns of mothering and caretaking of children of women prisoners, the lack of treatment options for addicted women prisoners, how prison reawakens the feelings of powerlessness in women who have suffered childhood physical and sexual abuse, helping women inmates develop marketable educational and vocational skills, support systems, and positive perceptions of themselves, collaborative strategies that challenge the status quo of programs and support available to female offenders and their families, a relational model of treatment that is based on the integration of three theoretical perspectives, the strengths and limitations of twelve step programs for women, mapping the problems and offering solutions. Breaking the Rules walks you through treatment strategies and self-confirming experiences such as feminist therapy, prisoner

led support groups affirmative prison programming and art therapy that help women draw on their strengths come to terms with their pasts and meet future challenges head on

Diversity and Complexity in Feminist Therapy Maria P P Root, Laura Brown, 2014-06-03 Diversity and Complexity in Feminist Therapy is an unprecedented new book that focuses on incorporating appreciating and building on the differences among women Multicultural in content and authorship this intellectually and emotionally stimulating volume breaks new ground in the development of theory in feminist therapy Chapters run the gamut from highly theoretical works that challenge us to examine the validity of current male Western psychological theories to the very personal story of one woman's struggle with oppression and her respect for the differences between her experiences of oppression and other women's experiences You will also find provocative creative and diverse chapters that address women's development as it relates to their ethnic religious socioeconomic sexual and age differences The one pervasive truth throughout this unique book is that feminist therapy must be based on the experiences of all women in order to be truly representative of women in the United States Diversity and Complexity in Feminist Therapy is a first step in moving feminist therapy to a more inclusive global perspective and back into a more political and activist stance against the oppression that we all want to defeat more from mq introduces feminist therapists and other interested feminist behavioral scientists to an anti racist and multicultural perspective on feminist therapy both at the level of theory and practice This volume is unique in several ways One of them is in the emphasis on the development of a theoretical model for feminist therapy While much has been and continues to be written about applications of feminist therapy theory building has been neglected This volume focuses on the necessity of taking an explicitly anti racist and multicultural perspective for such theory to be truly feminist A second unique aspect very close and detailed attention to feminist therapy practice with people of color both within and outside of US culture While this issue has been addressed in a piecemeal fashion elsewhere or has been addressed primarily by activists challenging racism within feminist therapy this volume offers the work of feminist therapists themselves applying feminist analyses and principles Volume is also unique in the degree to which its author represent a diverse group within feminist therapy This volume is not only multicultural in its intent but also in its creation

HPP Diversity and Complexity in Feminist Therapy is an unprecedented new book that focuses on incorporating appreciating and building on the differences among women Multicultural in content and authorship this intellectually and emotionally stimulating volume breaks new ground in the development of theory in feminist therapy Chapters run the gamut from highly theoretical works that challenge us to examine the validity of current male Western psychological theories to the very personal story of one woman's struggle with oppression and her respect for the differences between her experiences of oppression and other women's experiences You will also find provocative creative and diverse chapters that address women's development as it relates to their ethnic religious socioeconomic sexual and age differences The one pervasive truth throughout this unique book is that feminist therapy must be based on the experiences of all women in order to be truly

representative of women in the United States Diversity and Complexity in Feminist Therapy is a first step in moving feminist therapy to a more inclusive global perspective and back into a more political and activist stance against the oppression that we all want to defeat A New View of Women's Sexual Problems Ellyn Kaschak, Leonore Tiefer, 2014-02-25 Take a new look at women's sexuality This fascinating book looks at the wide ranging therapeutic social and political implications of the new paradigm of women's sexuality International in scope and multidisciplinary in approach A New View of Women's Sexual Problems examines the theoretical and practical effects of the landmark document produced by the Working Group on a New View of Women's Sexuality The book brings together gender theory psychology social science and medicine in a powerful cultural critique of the reigning medical approach to women's sexual health International experts from India Costa Rica Israel the US and many other cultures place this revolutionary idea in cultural and political context as well as extrapolating fresh new treatment options for dealing with women's sexual problems A New View of Women's Sexual Problems analyzes the new paradigm's implications in many fields including family medicine couples counseling for straight and lesbian partners STD prevention and sexual health issues sex therapy sex education feminist theory developmental psychology Harrington Lesbian Fiction Quarterly ,2000 **The Next Generation** Ellyn Kaschak, 2018-10-24 Shape a better future with the insights of the third wave Is feminism still necessary How can older feminists and younger ones find a common ground to discuss issues that affect them both What does it mean to be a third wave feminist The Next Generation explores these and other issues that deeply concern feminist therapists of all ages This powerful book examines the psychological and cultural context of the third wave of feminism The young feminists whose voices are heard in The Next Generation grew up in a very different world than the feminists who came of age in the 1960s and 1970s Dialogues between older and younger feminists explore conflicting cultural images of the feminist establishment as successful freedom fighters or angry anti sex activists The Next Generation discusses the issues young feminists face including the false sense that feminism is no longer necessary the social and historic context of young women's lives finding and sharing power in the therapeutic relationship building healthy mentoring relationships creating psychotherapy partnerships with adolescent girls The Next Generation offers a fruitful dialogue between older women who remember the bitter battles for the ERA and younger feminists who take for granted women's presence on the Supreme Court Each generation builds on the foundations of the past and the feminist psychotherapists represented in this volume offer fresh insights and techniques appropriate for the way we live now The Next Generation is an essential resource for therapists and feminists of any age Contours of the Nation Deborah McPhail, 2017-10-31 The obesity epidemic that is said to plague nations around the world including Canada is not solely a medical condition to be managed In Canada the discourse on obesity emerged during a time of social upheaval in the postwar period Contours of the Nation is the first book which historically explores obesity in Canada from a critical perspective Deborah McPhail demonstrates how obesity as a problem was affixed to particular populations in order to separate true

Canadians from others She reveals how the articulation of obesity contributed to the Canadian colonial project in the North where Indigenous peoples were viewed as modern Canadians due to their obesity thereby negating any special claims to northern lands *Contours of the Nation* successfully demonstrates how histories can trace the actual materialization of bodies through relations of power particularly those pertaining to race gender and nation

Contexts of Deviance J. William Spencer, 2014-09-12 While most readers focus more on deviance than sociology *Contexts of Deviance* Statuses Institutions and Interactions brings sociology front and center by examining deviance and social control in their social contexts This fresh and innovative anthology shows students how deviance and control can be studied at different levels of analysis and from a range of theoretical approaches using different methodologies The collection is divided into six parts theory social control statuses and identities institutions subcultures and social movements The readings range from classic to contemporary pieces from macro level studies to studies of face to face encounters *Contexts of Deviance* also represents a wide range of theoretical traditions from functionalist and critical to post modern and interactionist Introductions in each section help students to understand what it means to study deviance and control in a social context to appreciate research questions at different levels of analysis and to recognize how a positivist orientation is different from a subjectivist orientation An instructor's manual and test bank prepared by Thomas N Ratliff Arkansas State University Jessica Middleton University of California at Irvine and Ashley Swan Arkansas State University are available for qualified instructors

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