

## Psychotherapy and Clinical Intervention

1. The feminist perspective is an approach which attempts to delve into the role that society has played in helping to shape the attitudes and emotional well being of not only women but men. The perspective questions the authority levied on to man to assume the right to determine what is deemed appropriate and healthy, and to place that authority in the hands of men who are considered patriarchs over women.

This assumption begins by pointing to a belief which should not be so, for man does not have the right to determine anyone's life in terms of what is appropriate or not. It is amazing that he does not know how human beings have got into this world, yet when they arrive a system of government can be formed to dictate how they should be for them to be considered as toeing the line. One does not have to be in line with the feminist perspective to question this.

Therapists emphasize the importance of looking into the gender, the power which the individual may possess, and the position which they may have in relation to the politics of the system. They consider that the individual is the one that is responsible for effecting change in their life. There are more things which can be said for the perspective, but I am not comfortable with the fact that so much emphasis is being placed in the ability of the client to change her life. She is not only responsible for changing her life, but to take on that of the social and political constructs of the environment in which she lives. No acknowledgement has been

given in this theory of there being a higher being. Perhaps failure of the individual has not solely been because man has tried to take charge of the human being, but because society as a whole has refused to acknowledge its lack of knowledge of everything, and not learn that it should not go into areas which it knows nothing about pertaining to man's free will and his desires.

In terms of the gender fair approach – one of the constructs of the perspective – differences in the behavior of men and women are attributable more to the socialization process than to innate nature. Here it is said that even in this respect man has to try to tamper with the way which a woman should behave naturally, and not think that she should be discouraged from behaving in a manner which does not reflect the sex that one is born in. If God has determined that a child should be born a man why think that because that child one day shows an interest in a particular doll that interest should be encouraged.

Other constructs mentioned are flexible-multicultural, interactionist and life-span perspective which accepts that human development is a continual process, and changes in ones behavior and personality is also open to development. Acceptance of this fact is being used as a reason to sanction the sexist changes which both men and women have chosen to make in their lives, ignorant of their innate direction.

There appears to be a continual tug of war between God's desire for us and the desires of man to suite his own ends.

In discussing the core principles of the feminist theory and the assumption that many of our problems are based in society – that change must not only be effected in the individual but the individual must effect change in the society is acknowledged. How is this to be done. Society is ill. The desire of the theorist is grand and it is important that the client take charge of her life and try to effect change. It is difficult to understand how changing the society is going to be achieved. An appeal to the Almighty is so much desired for man cannot heal himself. Principles of fairness and looking to the equality of all humans is commended. Perhaps the individual is not as sick as some would have it. Sickness is more to be levied on society. Generally speaking man needs prayer and guidance in effecting the overall change which is needed not just in himself but in his environment.