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Unit 7: Feminist & Solution-Focused Brief Therapy

5. A social identity analysis, also known as gender role analysis, is an evaluation process which allows the feminist therapist to see how the client's behaviors, emotions and attitudes have been impacted by the groups he/she is associated with.

First, the therapist asks the client what has been said to her about expected gender roles in her community. Then, a reconstruction of concepts occurs, allowing the client to see things in a way that exposes oppression she may have experienced from her peers. Moving forward, she is aware of the place where the negativity began and counteracts it with logical, positive affirmations.

10. I do not believe that men can practice feminist therapy because the idea of gender equality is yet to be realized by society as a whole. As long as women continue to suffer rape and domestic violence at the hands of men (reports indicate that on average that a woman is raped or abused every one to two minutes nationwide) or bigwigs like Hugh Hefner proceed to enjoy their fame selling female nudity, they are not ready to show sensitivity to the plight of the opposite sex. Male dominance has been a part of society for too long for things to change overnight, no matter what the textbook says or research shows. Mindsets take a long time to deprogram.

I think that it is essential for female clients to seek women therapists. Women understand each other, sometimes without having to explain. And topics of an intimate nature may be hard for us

to share with men. Bonds of trust can be quicker built between people of similar sexes, allowing there to be more time to devote to the client's emotional issues.

11. Informed consent is the place to start empowering the client and building a relationship that is egalitarian in nature. Here, I would clarify the process of therapy, gain insight into what her expectations are, discuss how she intends upon making the most of our sessions and we would develop the most appropriate form of treatment.

Essential to an effective therapeutic relationship is the realness of the practitioner. Counselors need counseling, too. We are all human beings with individual struggles and welcome someone we can trust to listen and guide if needed. So I, as the therapist, would be honest and transparent at the onset of our session, offering this disclaimer and suggesting that she feel free to ask me anything pertaining to an emotional issue that I have personally encountered and how I handled (or I am handling) it. But, most of the talking would be on the client's part, allowing her voice and experiences to be validated. This would be a good way to demonstrate how power can be shared in relationships outside of therapy.

1. The purpose of feminist therapy is to empower women and others who have been degraded by society. Christianity seeks to do the same thing. Jesus came to Earth to offer freedom to the disenfranchised (Luke 4: 18).

In God's kingdom, we all have value (1 Corinthians 12: 15 - 26). We are the "body" of Christ, working together to care for all that God created. We, as believers, have a responsibility to change the world that we live in, so that no one suffers maltreatment or has to act from a place of disadvantage. Feminist therapists work to provide justice for all, as well. They desire to build and

maintain healthy bonds between men and women - people, really. This is also the case with Christianity.

But, if we were to consider 1 Corinthians 14: 34 or Ephesians 5: 22 - 24, the Bible does not endorse the Feminist perspective on gender equality. Women are instructed to be quiet in church and subservient to their husbands. Men are the head of the household. Also, 1 Peter 3: 7 refers to us as “the weaker vessel,” suggesting that we are of inferior strength to men.

Part of the Feminist’s commitment to social change is the idea of abortion and other forms of birth control. They believe that no law should prohibit a woman from doing what she wants to her body. Christianity does not support the killing of a life or any agenda that seeks to hinder the reproductive process.

27. The miracle question is an inquiry used in Solution-Focused therapy that encourages the client to visualize and tell in detail how his/her future would be different if the issue that is presenting were gone. It also helps to set treatment goals. As a client, I would feel motivated toward change as a result of the perceived possibilities.

The exception question is another intervention technique that therapists use to spotlight those times in a client’s life when a problem could have happened, but did not. This way the therapist discovers the client’s past success and uses it to heighten his/her strengths. It would be comforting to know as a client that odds are not against me, and it would be the push I need to take steps toward resolving my present problem.

The scaling question allows the client to rate their issue on a trajectory. It is a useful method of recording progress toward goals and tracking gradual change. As a client, I would not appreciate this. It seems tedious and the questioning may come off as pressure to improve.

34. Labels have a tendency to limit a person's possibilities. And, in the case of diagnosing a client in therapy with a mental health condition, I believe that it can only exacerbate an already troubling situation by adding feelings of fear, self-pity or worry. It also encourages an unwillingness to pursue any other information outside of the negative diagnosis, hindering psychological treatment and making therapy difficult for both the client and counselor. The stand that solution-focused therapists take against diagnostic labelling is wise. It is important to bear in mind that mental health professionals can misdiagnose, too.

35. I would use the same procedure because it gives the client and therapist an active assessment of treatment. It reminds me of a similar technique that teachers use to measure a student's reading efforts as it is occurring. Running records assist teachers with measuring students' advancement, preparing for instruction ahead, and providing a way for students to understand their progress. It keeps both parties engaged in the process of development.

Much like the exchange between teacher and student, the therapist offers sincere compliments that encourage, give hope and highlight strengths that must continue to be used for success moving forward.

The best teachers also learn from their students. They enter the minds of children in order to understand how they think. Likewise, the therapist assumes the role of curious listener, observer and learner, and the client becomes the expert as they engage in a joint effort to betterment.

22. Postmodernism therapy attempts to recreate the client's narrative by encouraging another way of looking at life and the problems he/she may be experiencing. It encourages an "all is not lost" outlook on life, as does the Bible to its believers.

When a client becomes stuck in a lifestyle that is psychologically unhealthy, solution-focused therapy provides a way out through action. God's word guides the believer to a better mental

and emotional place in the same way. It is not enough for Christians to hear (or read) the Bible, but we must put our faith to work (James 2: 26). Recognizing our negative behaviors is only half the battle toward better mental (or spiritual) health. When we, as Christians, acknowledge our shortcomings and we have to do something about it (James 1: 23, 24).

Unfortunately, postmodernism theory promotes that truth is relative. There is no such thing as the ultimate truth. This is where Christianity and postmodernism part ways. We believe that God's word is truth in totality. It is not a mere myth or social construct.

Reference

Corey, G. (2013). *Theory and practice of counseling and psychotherapy* (9th ed). Brooks/Cole Cengage.