

Film Ordinary People

Feminist Therapy

Della Simmons-Akers

Alliance University Graduate School

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Professor George Ramos

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Feminist Therapy

Feminist therapy wasn't discovered by anyone but made through a collective effort by many women. Feminist therapy focuses on the challenges that women face as a result of bias, stereotyping, oppression, discrimination, and other factors that affect their mental health. The majority of clients in counseling are women. The goal of feminist therapy is to improve mental health treatment for women. The beginning of feminism was referred to as the first wave the second wave was know as know as the foundation for the women's movement of the 1960's.

Feminist therapy has evolved to include couples, families, and people of all ages. Some problems that are address in feminist therapy are sexual abuse, incest, eating disorders, body image, and others. Feminist therapy could be practice in one-on-one private sessions, as well as in group or community sessions such as women's health clinics.

In "Ordinary People" Conrad could be viewed as the feminist therapy because of how it is interpreted. The reader purposely put these restriction on Conrad's life to help show the reader how weak Conrad is right now.

Key techniques that are being used in feminist therapy include self-disclosure and power analysis. Self-disclosure is used in the best interests of the client to have a client-therapist relationship. Conrad could benefit from this techniques because he needs to have a relationship with the therapists and know that he could be empowered, and his goal are being meet. Another technique is the power analysis is used to explore social positions. This technique is being used for Conrad's mother to show how power and privileged have impacted a client's experience with her son.

The role of men in feminist therapy is just as great as women. Men have joined this ranks right along with women.

References

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