

Ordinary People: Feminist Therapy

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Feminist Therapy is a concept that acknowledges the imposed constraints on women, who are often underrepresented and marginalized due to oppression in sociopolitical statuses. The feminist perspective is a philosophical approach in the intersectionality of multicultural, feminist and social justice concepts. Using the feminist perspectives, an understanding of gender roles and social identities are observed for its impact to women's identity, goals, self-concept and overall wellbeing.

Societal gender roles influence an individual's identity from birth, and woven into a their identity through adulthood. Early feminist therapist recognized the need for inclusivity in research, as it was dominated by white males. Norms for men were dictated by males, but research around the women's identity were also dictated by males. This allowed for masculine definition of what is considered masculine and feminine roles to be determine by men which shaping society norms and culture.

The key principles of that form the foundation for feminist therapy is designed to foster equality, relational capacity, mutuality and growth. Therapist using this approach will elicit critical consciousness about stereotypes, provoke social change in culture, place value of lived experiences, and correct inappropriate definition to psychological distress for marginalized groups.

In the case of Connor, I believe that feminist therapy could be beneficial with his relationship with his mother. This approach to therapy may assist him with viewing their situation more holistically. He was often say in the movie because he believed his mother was not fulfilling her role to him. She was not as nurturing as he would have like her to be. I think

using feminist therapy, we may be able to demystify some of his societal beliefs about what is consider an appropriate feminine or motherly response, and help him view her as a person that is going through her own issues.

I do not think this form of therapy will be the best for him personally but I do believe it will support personal growth that will him allow him to be more socially responsible in society.

References

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