

# Radical Feminist Therapy Bonnie Burstow

Routledge International Handbook of Critical Mental Health  
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 Psychiatric Hegemony  
 Introduction to Feminist Therapy  
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## FRIEDMAN WARREN

Routledge International Handbook of Critical Mental Health

Sociological Review Monographs

"This collection of works is ambitious, well documented, thoroughly—though not turgidly—referenced, and comprehensively indexed. It is deeply disturbing and deeply engaging..." —Australian Feminist Studies Contributors discuss the subtle and complex relationships between various notions of "feminism" and "peace." Feminist peace issues are explored along a wide spectrum of personal and political issues—from the personal violations of rape, incest, and domestic abuse, to the violence of racism, sexism, economic exploitation, war, and genocide.

Mad Matters Indiana University Press

In *Decolonizing Trauma Work*, Renee Linklater explores healing and wellness in Indigenous communities on Turtle Island. Drawing on a decolonizing approach, which puts the "soul wound" of colonialism at the centre, Linklater engages ten Indigenous health care practitioners in a dialogue regarding Indigenous notions of wellness and wholistic health, critiques of psychiatry and psychiatric diagnoses, and Indigenous approaches to helping people through trauma, depression and experiences of parallel and multiple realities. Through stories and strategies that are grounded in Indigenous worldviews and embedded with cultural knowledge, Linklater offers purposeful and practical methods to help individuals and communities that have experienced trauma. *Decolonizing Trauma Work*, one of the first books of its kind, is a resource for education and training programs, health care practitioners, healing centres, clinical services and policy initiatives.

Psychiatric Hegemony Radical Feminist Therapy

Feminist Perspectives in Therapy: Empowering Diverse

Women addresses core issues in feminist psychological practice along with strategies and techniques for understanding the development and experiences of women throughout their lives. Two leading feminist psychologists provide a model that integrates feminist and multicultural theory and practice, incorporating both internal and external sources of women's psychological distress and well-being. This Second Edition is filled with valuable information on the latest developments in research and major issues faced by therapists treating women, along with clinical case studies that provide practical examples of how to put theory into practice. Topics covered include: \* Promoting physical and psychological health \* Confronting interpersonal abuse and violence \* Balancing career and family \* Integrating multicultural and diversity issues \* Negotiating relationships Complete with

self-assessment activities, experimental exercises, and resources for further reading, *Feminist Perspectives in Therapy: Empowering Diverse Women*, Second Edition is a practical book for students and a valuable resource for mental health professionals.

*Introduction to Feminist Therapy* John Wiley & Sons

This is the story of one woman's journey to escape a tormented life of continuous beatings-bruises, stabbings, and near-death experiences-at the hands of the father of her children. It is also the story of ascension into a life of freedom, joy, and love. *Toxic Forgiveness* is the story of fear and shame, of courage and healing, of belief and mission, told so we may all better understand the nature of abuse-and so we may all help to move this world further into the light. This book gifts the opportunity to dive deeply into the nature of forgiveness, for it is a deep dive into the nature of humanity. And while we are all flawed, we all deserve a second chance to love ourself.

*Mad in America* Springer Nature

The first book on the topic. Following an overview of different forms of feminism, and an introduction to feminism in music therapy, part one deals with the sociological implications of feminist worldviews of music therapy. Part two examines clinical work from a feminist perspective. Part three critically reflects on significant aspects of music therapy that relate to feminism, including the use of mother concepts, gender roles, gender messages in the song literature, the competitive separation of music therapy practices, and the representation of women in music, healthcare, and music therapy. Part four focuses on specific areas of training in music therapy from a feminist perspective including pedagogy, supervision, assessment, research, and ethics.

**Decolonizing Trauma Work** Duke University Press

Focusing on the practical application of feminist theory to clinical experience, *Introduction to Feminist Therapy* provides guidelines to help therapists master social action and empowerment techniques, feminist diagnostic and assessment strategies, and gender-role and power analyses to foster individual and social change. This guide is ideal for graduate students enrolled in a techniques of counseling course and practitioners who wish to incorporate feminist therapy into their current approach, including how to apply feminist therapy to both women and men and how to deal with the gender issues of both sexes. Client/Therapist dialogues provide readers with examples of how each technique actually works in a therapeutic session. The text also provides case studies, coverage of ethical issues, and feminist assessment guidelines that show readers how to conduct a feminist assessment with and without using the DSM-IV-TR.

Women's Conflicts About Eating and Sexuality Univ of California Press

Radical Feminist Therapy SAGE Publications, Incorporated

**Radical Feminism** U of Nebraska Press

The emergence of trans-exclusionary movements raises many questions for feminism and transgender studies. Challenging the framing of 'transgender activists versus feminists', this bold collection engages with both historical and contemporary hostility within and across trans/feminist movements. It examines the politics of trans, feminist, and trans-exclusionary movements, and imagines a future of collaboration, rather than conflict. This book delivers a range of essays on topics including sex, gender ideology, education, community mobilisation, autogynephilia, 'rapid-onset' gender dysphoria, detransition, migration, sex work, and public toilets. The authors examine questions of solidarity and difference from European, African, North and South American perspectives, emphasising the intertwined, intersectional politics of gender, sexuality, disability, and race that shape our lives. Together they rigorously unpack topics that have been subject to popular misinformation and moral panic, to inform lines of feminist inquiry that are emancipatory for all.

Politics with Beauvoir Lexington Books

This text permits the original work of radical feminists to speak for itself. Comprised of pivotal documents written by US radical feminists, the book contains both unpublished and previously published material.

**The Revolt Against Psychiatry** Distinguished Legal Group, Apc  
 How do survivors of child abuse, bullying, chronic oppression and discrimination, and other developmental traumas adapt to such unimaginable situations? It is taken for granted that experiences such as hearing voices, altered states of consciousness, dissociative states, lack of trust, and intense emotions are inherently problematic. But what does the evidence actually show? And how much do we still need to learn?

Psychiatry and the Business of Madness Springer

In *Politics with Beauvoir* Lori Jo Marso treats Simone de Beauvoir's feminist theory and practice as part of her political theory, arguing that freedom is Beauvoir's central concern and that this is best apprehended through Marso's notion of the encounter. Starting with Beauvoir's political encounters with several of her key contemporaries including Hannah Arendt, Robert Brasillach, Richard Wright, Frantz Fanon, and Violette Leduc, Marso also moves beyond historical context to stage encounters between Beauvoir and others such as Chantal Akerman, Lars von Trier, Rahel Varnhagen, Alison Bechdel, the Marquis de Sade, and Margarethe von Trotta. From intimate to historical, always affective though often fraught and divisive, Beauvoir's encounters, Marso shows, exemplify freedom as a shared, relational, collective practice. *Politics with Beauvoir* gives us a new Beauvoir and a new way of thinking about politics—as embodied and coalitional.

**The Anti-Racist Writing Workshop** Jonathan Ball Publishers

With an emphasis on violence against women and on women's responses to it - such as depression, splitting and eating disturbances - this volume furthers the radicalization of feminist therapy. It serves as a comprehensive introduction for trainees and as an ongoing resource for social service workers and therapists. Providing detailed and grounded guidance, the author examines feminist approaches to working with women and discusses issues often omitted or pathologized in general feminist counselling texts, including prostitutes battered by pimps and self-mutilation. She explores such central questions as how women can empower themselves in a sexist society; what forms internalized oppression takes and how clients can be helped. [Rational Suicide, Irrational Laws](#) SAGE

When sports fans turn on the television or radio today, they undoubtedly find more women on the air than ever before. Nevertheless, women sportscasters are still subjected to gendered and racialized mistreatment in the workplace and online and are largely confined to anchor and sideline reporter positions in coverage of high-profile men's sports. In *On the Sidelines* Guy Harrison weaves in-depth interviews with women sportscasters, focus groups with sports fans, and a collection of media products to argue that gendered neoliberalism—a cluster of exclusionary twenty-first-century feminisms—maintains this status quo. Spinning a cohesive narrative, Harrison shows how sportscasting's dependence on gendered neoliberalism broadly places the onus on women for their own success despite systemic sexism and racism. As a result, women in the industry are left to their own devices to navigate double standards, bias in hiring and development for certain on-air positions, harassment, and emotional labor. Through the lens of gendered neoliberalism, *On the Sidelines* examines each of these challenges and analyzes how they have been reshaped and maintained to construct a narrow portrait of the ideal neoliberal female sportscaster. Consequently, these challenges are taken for granted as “natural,” sustaining women's marginalization in the sportscasting industry.

*Women's Health Movements* McGill-Queen's Press - MQUP  
Feminist theory has viewed violence against women as being a result of a male-dominated society; however, traditional counselling approaches to helping battered women have neither addressed this view nor encouraged social change. The author of this challenging volume seeks to bridge this gap by incorporating feminist theory with counselling practice. Whalen argues that a counsellor working with an abused woman should not aim merely to empower the client to change a situation that is intolerable for that particular woman: the counsellor should also aim to change the social conditions that foster abuse. The author's model focuses on women collectively seizing power and ending violence against all women.

#### **Africana Critical Theory** Routledge

This edited volume is an anthology of institutional ethnography (IE) inquiries into psychiatry—the first ever to be written. It focuses on a large variety of different geographic locations and constitutes a major contribution to anti/critical psychiatry, as well

as institutional ethnography. Themes include the DSM, the use and protection of problematic psychiatric research, the penetration of psychiatry into the workplace. Adding depth and breath, the contributors, while all are schooled in IE, come from a large variety of walks of life, authors including: academics, psychiatric survivors, investigative reporters, activists, nurses, artists, and lawyers—each bringing their own unique expertise/standpoint to bear. The result is an intellectually rigorous book, contributions to several disciplines, ammunition for activism, and a compelling read that cannot be put down.

#### *Toxic Forgiveness* SAGE Publications

*Therapeutic Nations* is one of the first books to demonstrate trauma's wide-ranging historical origins, and it offers a new indigenous feminist critique of the conversation of healing. Million's theoretical sophistication and original research make the book relevant across a range of disciplines as it challenges key concepts of American Indian and indigenous studies

#### *Radical Feminist Therapy* NYU Press

*Women's Conflicts About Eating and Sexuality* explores the strong relationships food and sex have represented to women over the years. No other book has spelled out so clearly the parallels between sex and eating nor integrated the relationship of these to women's basic need to be loved. Today's dilemma for women--be fat or go hungry--and the endless variations and unsatisfying solutions to this problem have contributed to the incidence of anorexia, bulimia, and obesity. The pursuit of slimness, the obsession with having the perfect body, excessive aerobicizing, and diet books ad nauseam are all part of this phenomenon. Authors in *Women's Conflicts About Eating and Sexuality* skillfully discuss the parallel between women's obsession with sex and romance in the fifties and their obsession with food today. An important book for all women, it sheds light on the complex issues facing women and devotes special attention to the career woman and the additional pressures to be slim and stay slim. The woman who reads this potentially life-changing book can examine, question, and change her behavior, using the specific step-by-step program aid included in the book. This book is for every woman who has ever worried about being too fat or too sexual. *Women's Conflicts About Eating and Sexuality* will appeal to women of all ages--young women and their mothers will be fascinated by the parallels between sexual obsessions of thirty years ago and the eating obsessions of today. This healing book will particularly attract single career women for whom sex and relationships are fraught with complications. Counselors and therapists will find this book an excellent resource in their work with helping women. It is also a good auxiliary text for courses in Women's Studies focusing on psychology and history of women and the sociology of women and eating disorders.

*Understanding Person-Centred Counselling* Springer  
With an emphasis on violence against women and on women's responses to it - such as depression, splitting and eating disturbances - this volume furthers the radicalization of feminist therapy. It serves as a comprehensive introduction for trainees and as an ongoing resource for social service workers and

therapists. Providing detailed and grounded guidance, the author examines feminist approaches to working with women and discusses issues often omitted or pathologized in general feminist counselling texts, including prostitutes battered by pimps and self-mutilation. She explores such central questions as how women can empower themselves in a sexist society; what forms internalized oppression takes and how clients can be helped.

#### **Trauma and Madness in Mental Health Services** Basic Books

This book offers reflections on how liberation might be experienced by clients as a result of the therapeutic relationship. It explores how power and resistance might be most effectively and ethically understood and utilised in clinical practice with survivors of trauma. *Power, Resistance and Liberation in Therapy with Survivors of Trauma* draws together narrative therapy, Coordinated Management of Meaning (CMM) and liberation psychology approaches. It critically reviews each approach and demonstrates what each contributes to the other as well as how to draw them together in a coherent way. The book presents: an original take on CMM through the lenses of power and resistance a new way of thinking about resistance in life and therapy, using the metaphor of creativity numerous case examples to support strong theory-practice links. Through the exploration of power, resistance and liberation in therapy, this book presents innovative ways of conceptualising these issues. As such it will be of interest to anyone in the mental health fields of therapy, counselling, social work or critical psychology, regardless of their preferred model. It will also appeal to those interested in a socio-political contextual analysis of complex human experience.

#### *Feminist Perspectives in Music Therapy* Psychology Press

'A patient is standing in the middle of the river. He gazes across the water to the city and the mountain above where the sun is setting. His back is turned to the hospital. The nurses are waiting for him patiently on the river bank. He seems uncertain whether to cross the river or to return. There is no danger. He is on the edge, in an in-between space, as is the hospital where I have worked as a specialist psychiatrist for over twenty-five years.' For many of us, what lies beyond conventional portrayals of mental illness is often shrouded in mystery, misconception and fear. Dr Sean Baumann spent decades as a psychiatrist at Valkenberg Hospital and, through his personal engagement with patients' various forms of psychosis, he describes the lived experiences of those who suffer from schizophrenia, depression, bipolar and other disorders. The stories told are authentic, mysterious and compelling, representing both vivid expressions of minds in turmoil and the struggle to give form and meaning to distress. The author seeks to describe these encounters in a respectful way, believing that careless portrayals of madness cause further suffering and perpetuate the burden of stigma. Baumann argues cogently for a more inclusive way of making sense of mental health. With sensitivity and empathy, his enquiries into the territories of art, psychology, consciousness, otherness, free will and theories of the self reveal how mental illness raises questions that affect us all. Madness is illustrated by award-winning artist Fiona Moodie.

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