Additional Information :

According to feminist theory, women come into counseling with a sense of powerlessness, a lack of identity, and a fear of trust in themselves. Traditional therapies encourage women to be independent and self-sufficient. Women's very natural desire to care for and nurture others can be overlooked or even seen as pathological. Do you agree with this feminist perspective? Do you think that gender and male dominance in society impacts female behavior (and male) to the extent that feminists argue?   
  
Feminist therapy, on the other hand, recognizes the central place relationship and connections hold in women's lives. It considers the nature of sex-bias in a male-dominated culture. It honors women's experiences as valid and unique. Focusing on the damaging effects of gender-role socialization, it seeks to address the inequalities in educational and career opportunities. Feminist therapy also helps women overcome barriers they experience in achieving their personal goals and assists them in recognizing and reaching their full potential. It specifically addresses such questions as family and marriage relationships, reproductive concerns, career issues, the role of violence and fear in their lives, physical and sexual abuse, body image and eating disorders, and self-esteem. Most of all, feminist therapy seeks to empower women in today's world. (2)   
  
Many feminist therapists also use cognitive and/or cognitive-behavioral techniques to help the client evaluate her thinking and behavioral patterns, which are often the barriers to reaching goals and full potentials. These feminist views are extremely useful for women clients who are in an abusive relationship.  The feminist analysis helps the client see patterns of male domination and control, and helps to understand that it is not her fault. It is another set of techniques to take with you under the umbrella of client-centered therapy, to use in situations where the techniques are needed with your client.   
See the Feminist Therapy Code of Ethics at http://www.feministtherapyinstitute.org/ethics.htm, which clearly sketches what the feminist therapist believes and does in therapy.