

Fall 2008 – T/TH 12:30 – 1:45

WS 3998: Women, Healing, and Empowerment

Instructor: Denise R. Letendre, M.Ed., Counseling Psychology; M.A., Doctoral Candidate in Anthropology

This course is an introduction to mental and emotional health issues particular to women and girls. It will provide students with an opportunity to examine societal attitudes and beliefs about women and the problems women experience. Foundational principles of the psychology of women and gender, counseling theory and practice, feminist theory, female identity and development, sexuality, and an overview of clinical issues most common to women and girls will be presented. Students will compare traditional approaches with alternative approaches to counseling women, gain information about the nature of psychological distress commonly experienced by women and girls, develop an awareness of the social and cultural basis of problems commonly experienced by women and girls, examine some specific problems women and teen girls bring to counseling, and learn about some strategies for helping them deal with distress in order to facilitate healing and empowerment. Topics include:

- The Feminine Stereotype, Female Gender Roles, Sexism, and Violence and Their Impact on Women's Mental Health; the Psychology of Women's Oppression
- Psychology of Women and Gender; Socialization for Womanhood
- Feminist Transformation of Counseling Theories
- Problems Women Bring to Therapy: Life Span Issues
- The Multiple Burdens of Minority Women: Understanding and Overcoming the Effects of Prejudice and Discrimination
- Relationships, Health, and Sexuality
- Violence against Women; Surviving Sexual Assault and Confronting Abuse
- Depression, Anger, Anxiety, and Phobias: Understanding the Issues and Strategies for Counseling
- Counseling Women with Addictions, Compulsions, and Obsessions: Alcohol and Drug Abuse
- Body Image and Disordered Eating
- Women, Work, and Self-Care; Sexual Harassment
- Adolescent Girls: Why So Many Crash and Burn
- Women and Self-Esteem; Women and Shame
- Empowerment Feminist Therapy
- Woman-Centered Healing Modalities: Psycho-Educational, Consciousness-Raising Approaches, and Group Psychotherapies
- Creative and Expressive Therapies, Journaling and Storytelling
- Spirituality, Healing, and Empowerment: Ritual Therapies and Transformative Symbols

For more information contact: denise.letendre@huskymail.uconn.edu.