Psychoogy and Feminist Methodologies

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The reappearance of feminist movements in the end of the 60’s brought back the social interest on women’s issues and gender questions, interest that became gradually extensive to psychology and to its researching areas.

In this poster we intend to present some theoretical aspects related with the discussion about the influence of feminist psychology in psychological practices, especially in psychological therapies with women victims of violence by their partners.

The construction of therapeutic relationships and therapeutic contexts based on equality principles is assumed as a central component of feminist psychology, as well as the role of power positions inside the interpersonal dynamics between the therapist and their clients.

The feminist assumptions about the building of therapeutic links advocate important orientation about the ways through which feminist psychologists can work equality processes in their therapeutic relationships with clients. This is particularly relevant in cases where the clients are victims, and where the victimization was perpetrated by their partners within an intimate relationship. The feminist considerations about the phenomenon of violence against women by their male’s partners clearly assumed it as a way of claiming a patriarchal doctrine that validates the submission of feminine sex and the supremacy of masculine sex, so the use of violence against women it’s seen as a form of maintaining the male’s pseudo control and power over women. The development of new approaches and innovate methods of doing therapy within psychology, adopting a feminist perspective, implicates a full rejection of this prevailing hierarchical model.

We believe that feminist therapy inside psychological practices can perform a decisive function in empowering these victims and helping them in decision-making processes.