



# Introduction to Feminist Therapy: Strategies for Social and Individual Change

*Kathy M. Evans, Elizabeth A. Kincade, Susan Rachael Seem*

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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.

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