



# **Diversity and Complexity in Feminist Therapy (Women in Therapy: Nos. 1-2)**

*Maria P P Root, Laura Brown*

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Diversity and Complexity in Feminist Therapy is an unprecedented new book that focuses on incorporating, appreciating, and building on the differences among women. Multicultural in content and authorship, this intellectually and emotionally stimulating volume breaks new ground in the development of theory in feminist therapy. Chapters run the gamut from highly theoretical works that challenge us to examine the validity of current male, Western psychological theories, to the very personal story of one woman's struggle with oppression and her respect for the differences between her experiences of oppression and other women's experiences. You will also find provocative, creative, and diverse chapters that address women's development as it relates to their ethnic, religious, socioeconomic, sexual, and age differences. The one pervasive truth throughout this unique book is that feminist therapy must be based on the experiences of all women in order to be truly representative of women in the United States. Diversity and Complexity in Feminist Therapy is a first step in moving feminist therapy to a more inclusive, global perspective and back into a more political and activist stance against the oppression that we all want to defeat. more from mq: introduces feminist therapists and other interested feminist behavioral scientists to an anti-racist and multicultural perspective on feminist therapy, both at the level of theory and practice. This volume is unique in several ways. One of them is in the emphasis on the development of a theoretical model for feminist therapy. While much has been and continues to be written about applications of feminist therapy, theory-building has been neglected. This volume focuses on the necessity of taking an explicitly anti-racist and multicultural perspective for such theory to be truly feminist. A second unique aspect--very close and detailed attention to feminist therapy practice with people of color, both within and outside of US culture. While this issue has been addressed in a piece-meal fashion elsewhere, or has been addressed primarily by activists challenging racism within feminist therapy, this volume offers the work of feminist therapists themselves applying feminist analyses and principles. Volume is also unique in the degree to which its author represent a diverse group within feminist therapy. This volume is not only multicultural in its intent, but also in its creation.HPP Diversity and Complexity in Feminist Therapy is an unprecedented new book that focuses on incorporating, appreciating, and building on the differences among women. Multicultural in content and authorship, this intellectually and emotionally stimulating volume breaks new ground in the development of theory in feminist therapy. Chapters run the gamut from highly theoretical works that challenge us to examine the validity of current male, Western psychological theories, to the very personal story of one woman's struggle with oppression and her respect for the differences between her experiences of oppression and other women's experiences. You will also find provocative, creative, and diverse chapters that address women's development as it relates to their ethnic, religious, socioeconomic, sexual, and age differences. The one pervasive truth throughout this unique book is that feminist therapy must be based on the experiences of all women in order to be truly representative of women in the United States. Diversity and Complexity in Feminist Therapy is a first step in moving feminist therapy to a more inclusive, global perspective and back into a more political and activist stance against the oppression that we all want to defeat.

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