Psychotherapy with Women

Feminist Perspectives

Also by Marilyn Lawrence

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Also by Marie Maguire

Living with the Sphinx: Papers from the Women's Therapy Centre

(with Sheila Ernst)

Men, Women, Passion and Power: Gender Issues in Psychotherapy

Psychotherapy with Women

Feminist Perspectives

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Foreword © Sue Einhorn 1997

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Foreword

It is very exciting that this book should be published at a time in which feminism and psychotherapy are being discussed with such energy, controversy and passion. The discussions that preoccupy both are translated into regular press columns on the one hand while clinical understanding reflects the extent to which many domestic relationships hide much suffering. This book, like the work at the Women's Therapy Centre, inevitably links the two as it seeks to explore women's psychology from a woman's point of view.

In the past five years, while I have been developing the course that originally inspired this book, I have been delighted and impressed by the numbers of women, from many different cultures and many different professions, who wish to use the ideas to develop themselves personally and professionally. How does the social context influence us in our personal worlds as mothers, daughters and lovers?

There are many different feminist perspectives but modern feminism encourages both women and men to understand that what takes place at home is influenced by the social context; we develop psychologically through our relationship to those experiences. Psychoanalysis describes how we internalise the external world and then reproduce and develop it through our personal relationships. We are all interested in what makes us the way we are and these areas of thought challenge us to think again. This book is part of that challenge and invites us to concentrate on certain themes that apply to all of us as women and therefore must be useful to men as well.

SUE EINHORN, 1996

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Thanks to Jo Campling for her enthusiasm and support throughout the project and to Susan Littlechild for coming to our rescue at the end.

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Sheila Ernst is a group analyst who was on the staff of the Women's Therapy Centre for many years. She teaches psychodynamic counselling at Birkbeck College and teaches for the Institute of Group Analysis. She is in private practice with the Group Analytic Network. She is the co-author of *In Our Own Hands* and the co-editor of *Living with the Sphinx*.

Sue Krzowski was formerly a staff member at the Women's Therapy Centre and for several years was Course Tutor of the course 'Working Psychodynamically with Women'. She was involved in setting up and continues to supervise on the group work project for incest survivors at the Centre. She runs training courses on working with adult survivors of sexual abuse for the NHS, social services and voluntary sector agencies. She is a member of the Guild of Psychotherapists and has a private psychotherapy practice. She is co-editor of *In Our Experience*.

Patricia Land is a psychoanalytic psychotherapist in private practice. She is co-editor of *In Our Experience*.

Carol Mohamed is a psychoanalytic psychotherapist. She has a background in psychology and social work, and presently works as a psychotherapist in private practice and at the Women's Therapy Centre, and as a university student counsellor. Her particular interests are in intercultural psychotherapy and brief work. She offers training in a range of areas and supervises counselling and social work students.

Susie Orbach, co-founder of the Women's Therapy Centre, is a psychotherapist and author of many books, including *Fat is a Feminist Issue* and *Understanding Women*.

Joanna Ryan works as a psychoanalytic psychotherapist. She trained at the Philadelphia Association, London, and has a Ph.D. in psychology from Cambridge University. Her publications include

The Politics of Mental Handicap, Sex and Love (with S. Cartledge), and *Wild Desires and Mistaken Identities: Lesbianism and Psychoanalysis* (with N. O'Connor).

Valerie Sinason is a poet, writer and psychoanalytic psychotherapist. She is a research psychotherapist in the Department of the Psychiatry of Disability, St George's Hospital Medical School, and a consultant child psychotherapist at the Tavistock Clinic and Anna Freud Centre. She specialises in work with learning disabled and abused and abusing patients. Her books include *Mental Handicap and the Human Condition*, *Understanding Your Handicapped Child*, *Treating Satanist Abuse Survivors*, a full length poetry collection *Night Shift*, and a book on the false memory syndrome *Memory in Dispute*. She is training at the Institute of Psycho-Analysis.

Ruthie Smith is a UKCP registered psychotherapist working at the Women's Therapy Centre and in private practice. She is a tutor on the Women's Therapy Centre one-year course, 'Working Psychodynamically with Women', and teaches on other therapy and counselling modules at North London University.

Tara Weeramanthri is a consultant child and adolescent psychiatrist in the Bethlem and Maudsley NHS Trust. She is also a family therapist. She is interested in using both psychoanalytic and family systems perspectives to develop clinical practice with children and families. She trained at the Tavistock Clinic and also has an interest in the dynamics of groups and institutions and has worked as a staff member on several group relations conferences.