


Women's Advocacy for Social Change through Family Therapy

Shokouh. Navabinejad^{1,2*} 

¹ Professor, Psychology and Counseling of Department, KMAN Research Institute, Toronto, Canada

² Professor Emeritus, Department of Counseling, Kharazmi University, Tehran, Iran

* Corresponding author email address: sh.navabinejad@kmanresce.ca

Article Info

Article type:

Chief Editor's Note

How to cite this article:

Navabinejad, S. (2024). Women's Advocacy for Social Change through Family Therapy. *Applied Family Therapy Journal*, 5(4), 1-3.
<http://doi.org/10.61838/kman.aftj.5.4.1>



© 2024 the authors. Published by KMAN Publication Inc. (KMANPUB), Ontario, Canada. This is an open access article under the terms of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0) License.

ABSTRACT

In our special issue dedicated to Women Studies, I explore various dimensions of women's experiences and contributions across multiple domains. One of the most transformative areas where women have made a significant impact is in the field of family therapy. This article explores "Women's Advocacy for Social Change through Family Therapy" as a prime example of how feminist principles can drive both individual empowerment and broader societal transformation. The intersection of feminism and family therapy has made significant strides in advocating for women's rights and promoting social change. By addressing gender inequality, empowering women, and fostering social justice, feminist-informed family therapy has become a powerful tool for transformation. As we celebrate the contributions of women in this field, it is crucial to continue supporting and advancing feminist principles in family therapy practice, research, and training. Through collective efforts and continued advocacy, feminist family therapy stands as a powerful force for social change.

Keywords: *feminist family therapy, women's advocacy, social change, gender equality, empowerment, social justice, cultural diversity.*

In our special issue dedicated to Women Studies, I explore various dimensions of women's experiences and contributions across multiple domains. One of the most transformative areas where women have made a significant impact is in the field of family therapy. This article explores "Women's Advocacy for Social Change through Family Therapy" as a prime example of how feminist principles can drive both individual empowerment and broader societal transformation.

Feminist-informed family therapy has its roots in addressing the systemic inequalities and power imbalances within family structures. This approach emphasizes the need for gender justice and equality, recognizing the impact of patriarchal norms on family dynamics. Aibak (2023) discusses the construction of family guidance and counseling within the Islamic religious extension communication forum, highlighting how gender justice can be integrated into family therapy practices to promote equity (Aibak, 2023).

The commitment of feminist family therapy to addressing gender inequality and promoting social justice is paramount. Chornodon et al. (2022) highlight the persistent problem of gender inequality in contemporary periodicals, reflecting broader societal issues that feminist family therapy seeks to address (Chornodon et al., 2022). By incorporating discussions of equality into couple education programs, Blaisure and Koivunen (2000) demonstrate how therapeutic practices can challenge and dismantle patriarchal structures within families (Blaisure & Koivunen, 2000).

Furthermore, Dommermuth, Hohmann-Marriott, and Lappégard (2015) emphasize the role of gender equality in family and childbearing practices. Their research shows that promoting gender equality within the family can lead to more equitable sharing of parental responsibilities and improved outcomes for children and parents alike (Dommermuth et al., 2015).

Feminist family therapy empowers women by validating their experiences and fostering a sense of agency. Fontes et al. (1998) underscore the importance of addressing self-issues for family therapy educators, which includes promoting gender sensitivity and equality in therapeutic practices. By challenging traditional gender roles and encouraging equitable partnerships, feminist family therapy empowers women to assert their rights and make informed choices (Fontes et al., 1998).

Hellum and Oláh (2018) explore how emotional expressions during research interviews can reflect underlying gender dynamics, reinforcing the need for gender-sensitive approaches in family therapy (Hellum & Oláh, 2018). This perspective is crucial in ensuring that women's voices are heard and respected within therapeutic settings.

Women's advocacy in family therapy extends beyond individual empowerment to include broader social justice initiatives. Helman and Ratele (2016) discuss the complex constructions of gender in South African families, highlighting the everyday inequalities that feminist family therapy seeks to address (Helman & Ratele, 2016). By addressing issues such as poverty, discrimination, and social exclusion, feminist family therapy contributes to systemic change and the creation of a more just society.

Eggers (2024) provides an overview of the debate on gender and policies related to paid family care, illustrating how feminist-informed policies can promote social justice and gender equality within family systems (Eggers, 2024). This advocacy is essential in ensuring that family therapy practices align with broader efforts to promote social justice.

Feminist family therapists play a crucial role in advocating for social change by using their expertise to address systemic issues. Turner and Avis (2003) highlight the tensions in feminist family therapy training, emphasizing the need for therapists to be equipped with the knowledge and skills to challenge oppressive structures and promote equitable practices (Turner & Avis, 2003).

Kogoya (2023) discusses the role of young people in realizing gender equality amidst strong patriarchal cultures, emphasizing the importance of advocacy in challenging and transforming these norms (Kogoya, 2023). Feminist family therapists are uniquely positioned to support such efforts, using their skills to advocate for policies and practices that promote gender equality and social justice.

Despite significant advancements in feminist family therapy, challenges remain. Roberts (1991) highlights the difficulties in navigating gender issues in family therapy training, underscoring the need for continued support for therapists committed to feminist principles (Roberts, 1991). Additionally, Lim, Kim, and NamKoong (2021) emphasize the importance of gender sensitivity and equality consciousness among dental hygiene students, reflecting the broader need for gender-sensitive education and training across disciplines (Lim et al., 2021).

As feminist family therapy continues to evolve, it is essential to address emerging issues and diverse populations. Shi (2023) discusses the influence of mothers' education levels on children's awareness of gender equality, highlighting the importance of intergenerational transmission of feminist principles within families (Shi, 2023). By remaining adaptable and inclusive, feminist family therapy can continue to promote social justice and equity.

The intersection of feminism and family therapy has made significant strides in advocating for women's rights and promoting social change. By addressing gender inequality, empowering women, and fostering social justice, feminist-informed family therapy has become a powerful tool for transformation. As we celebrate the contributions of women in this field, it is crucial to continue supporting and advancing feminist principles in family therapy practice, research, and training. Through collective efforts and continued advocacy, feminist family therapy stands as a powerful force for social change.

Authors' Contributions

Not applicable.

Declaration

In order to correct and improve the academic writing of our paper, I have used the language model ChatGPT.

Transparency Statement

Not applicable.

Acknowledgments

Not applicable.

Declaration of Interest

The author reports no conflict of interest.

Funding

None.

Ethical Considerations

Not applicable.

References

- Aibak, K. (2023). Gender Justice: Construction of Family Guidance and Counseling by the Islamic Religious Extension Communication Forum. *Martabat Jurnal Perempuan Dan Anak*, 7(2), 145-166. <https://doi.org/10.21274/martabat.2023.7.2.145-166>
- Blaisure, K. R., & Koivunen, J. (2000). Incorporating a Discussion of Equality in Couple Education Programs. *FSR*, 13(01-02). <https://doi.org/10.26536/fsr.2000.13.01-02.06>
- Chornodon, M., Shevchenko, N. G., Fesenko, G., Klymenko, O., Daragan-Ivaners, N., & Zozulia, N. (2022). The Problem of Gender Inequality in Periodicals Today. *Postmodern Openings*, 13(3), 122-133. <https://doi.org/10.18662/po/13.3/480>
- Dommermuth, L., Hohmann-Marriott, B., & Lappegård, T. (2015). Gender Equality in the Family and Childbearing. *Journal of Family Issues*, 38(13), 1803-1824. <https://doi.org/10.1177/0192513x15590686>
- Eggers, T. (2024). Gender and Policies on Paid Family Care: Overview of Debate and Theoretical Reflections. *Journal of Family Research*, 36, 43-57. <https://doi.org/10.20377/jfr-938>
- Fontes, L. A., Piercy, F. P., Thomas, V., & Sprenkle, D. H. (1998). Self Issues for Family Therapy Educators. *Journal of marital and family therapy*, 24(3), 305-320. <https://doi.org/10.1111/j.1752-0606.1998.tb01087.x>
- Hellum, M., & Oláh, L. S. (2018). 'Doing Gender and Gender Equality' Through Emotional Expressions During a Research Interview. Views of Highly Educated Swedish Young Adults. *Journal of Gender Studies*, 28(3), 304-317. <https://doi.org/10.1080/09589236.2018.1441018>
- Helman, R., & Ratele, K. (2016). Everyday (In)equality at Home: Complex Constructions of Gender in South African Families. *Global Health Action*, 9(1), 31122. <https://doi.org/10.3402/gha.v9.31122>
- Kogoya, R. (2023). The Role of Young People in Realizing Gender Equality in the Midst of Strong Patriarchal Culture in NTT and Papua. *Jurnal Asia Pacific Studies*, 7(1), 29-39. <https://doi.org/10.33541/japs.v7i1.5108>
- Lim, H.-J., Kim, K.-E., & NamKoong, E.-J. (2021). Gender Sensitivity and Gender Equality Consciousness of Dental Hygiene Students. *Journal of Dental Hygiene Science*, 21(2), 111-118. <https://doi.org/10.17135/jdhs.2021.21.2.111>
- Roberts, J. (1991). Sugar and Spice, Toads and Mice: Gender Issues in Family Therapy Training. *Journal of marital and family therapy*, 17(2), 121-133. <https://doi.org/10.1111/j.1752-0606.1991.tb00875.x>
- Shi, W. (2023). The Influence of Mothers Education Level on Childrens Awareness of Gender Equality - Based on the Questionnaire of Intergenerational Transmission of Gender Equality Awareness in Families. *Lecture Notes in Education Psychology and Public Media*, 13(1), 173-176. <https://doi.org/10.54254/2753-7048/13/20230878>
- Turner, J., & Avis, J. M. (2003). Naming Injustice, Engendering Hope: Tensions in Feminist Family Therapy Training. 365-378. <https://doi.org/10.1037/10615-027>