

University of Alberta

Faculty of Education

Department of Educational Psychology

Ed Psy 597

Women's Issues and Counselling

Summer, 1984

Instructor: Rosemary Liburd, Ph.D.
102 Athabasca Hall
432-5205

C O U R S E O U T L I N E

Purpose of the Course: This course will examine the nature and implications of the female experience as it relates to the counselling of women. Using an analysis of nonsexist and feminist therapy as a base, the course will focus on issues that are specifically related to working with women. More specifically, the goals of the course are:

(a) to develop an information base related to the implications for counselling women of (1) the relationship between sex-role stereotyping and mental health of women, (2) the relationship between psychological theory and the counselling of women and (3) selected women's issues.

(b) to increase personal awareness of one's attitudes, values and behaviours in relation to specific women's issues.

Course Orientation: The course is designed as a seminar which will include lecture material, experiential learning and discussion. Class members are asked to share responsibility with the instructor for creating a challenging learning environment.

Required Readings:

Miller, J.B. Toward a new psychology of women. Boston: Beacon Press, 1976.

Sturdivant, S. Therapy with women: A feminist philosophy of treatment. New York: Springer, 1980.

Assignments:

1. Class attendance and participation.
2. Personal Journal: Keep a personal journal during the course in which you record reactions to the course as a whole. Include in each submission (of approximately four pages) a critique of the readings you have done as well as your personal reaction to the experience in class. The journals present a framework for documenting both the work you are doing as well as examination of your personal process.
3. Class Presentation: This can be done individually or in small groups (2-3 students) and may follow either of the following formats:
 - a. Organize a class presentation on an issue that is relevant for counselling women. Include theoretical and research information and discuss counselling issues that are pertinent to it. A panel discussion and/or experiential class exercise may be a component

of the presentation. The written part should include a three page handout (outlining the major points of your presentation) plus an annotated bibliography of at least eight references for class distribution.

- b. Develop an experiential workshop for a specific issue of concern to women and demonstrate in class. The presentation should include information (theory and research), a description of the workshop format (and why it was chosen) and a demonstration of a segment of the workshop (using volunteers from the class as group members). The written component should include a three page handout (outlining the major points of your presentation), a workshop outline plus an annotated bibliography of at least eight references for class distribution.

Evaluation: will be based on

Class attendance and participation	10%
Weekly logs -- due July 5	
July 12	45%
July 19	
Class Presentation	45%