

# Psychotherapy with Women

Feminist Perspectives

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Edited by

Marilyn Lawrence

and Marie Maguire



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# Psychotherapy with Women

## Feminist Perspectives

Edited by  
Marilyn Lawrence and Marie Maguire

Consultant Editor  
Jo Campling



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Foreword © Sue Einhorn 1997

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First published 1997 by

MACMILLAN PRESS LTD

Houndmills, Basingstoke, Hampshire RG21 6XS  
and London

Companies and representatives  
throughout the world

ISBN 978-0-333-60974-3

ISBN 978-1-349-25615-0 (eBook)

DOI 10.1007/978-1-349-25615-0

A catalogue record for this book is available  
from the British Library.

10 9 8 7 6 5 4 3 2 1  
06 05 04 03 02 01 00 99 98 97

Typeset by T&A Typesetting Services  
Rochdale, England

# Contents

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|   |      |
|---|------|
| <i>Foreword</i>                           |      |
| <i>Sue Einhorn</i>                        | vii  |
| <i>Acknowledgements</i>                   | viii |
| <i>Notes on the Contributors</i>          | ix   |
| <i>Introduction</i>                       | 1    |
| <i>Marilyn Laurence and Marie Maguire</i> |      |
| 1 The therapy relationship                | 11   |
| <i>Sheila Ernst</i>                       |      |
| 2 Women's development in the family       | 36   |
| <i>Susie Orbach</i>                       |      |
| 3 Women's relationship with their bodies  | 55   |
| <i>Patricia Land</i>                      |      |
| 4 Envy between women                      | 74   |
| <i>Marie Maguire</i>                      |      |
| 5 Fantasies and problematics of identity  | 95   |
| <i>Joanna Ryan</i>                        |      |
| 6 Time limited psychotherapy              | 105  |
| <i>Carol Mohamed and Ruthie Smith</i>     |      |
| 7 Race in the therapy relationship        | 134  |
| <i>Carol Mohamed and Ruthie Smith</i>     |      |
| 8 Working with adult incest survivors     | 160  |
| <i>Sue Krzowski</i>                       |      |
| 9 W is for Woman                          | 173  |
| <i>Valerie Sinason</i>                    |      |

|    |  |     |
|----|--|-----|
| 10 | Working with older women<br><i>Barbara Daniel</i>                      | 192 |
| 11 | Managing anxiety and the practitioner role<br><i>Tara Weeramanthri</i> | 213 |
|    | <i>Index</i>   | 227 |

## *Foreword*

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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

## *Acknowledgements*

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The editors would like to thank Tricia Bickerton for her help with the Introduction; Ruth Porter for generously sharing her knowledge and experience; Sue Einhorn, Course Tutor on the Women's Therapy Centre one-year course, and Sally Berry, Clinical Director of the Women's Therapy Centre, for their comments; Geoffrey Pearson and Barbara Taylor for their constructive and practical help.

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

## *Notes on the Contributors*

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**Barbara Daniel**, a clinical psychologist in an NHS hospital, is currently training as a psychotherapist. She has taught on Women's Therapy Centre Courses.

**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