

CW1010  
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GRANDE PRAIRIE REGIONAL COLLEGE  
Counselling Women

WOMEN: PSYCHOLOGY, SOCIOLOGY and FEMINIST THOUGHT  
Core A - 39 Hours

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*The woman is not needed to do man's work. She is not needed to think man's thoughts....Her mission is not to enhance the masculine spirit but to express the feminine, hers is not to preserve a man-made world but to create a human world by the infusion of the feminine element into all its activities.*

Margaret Sanger

**Goal:** To understand women's lives in contemporary patriarchal capitalist society from a feminist perspective.

**Objectives:** To gain an understanding of:

1. the nature of language and the process of naming and theorizing.
2. the feminist movement and its impact on our understanding of the human experience.
3. dynamics of power including social organization and structures of inclusion, exclusion, marginalization and internalization of social positions of privilege and oppression.
4. women's participation in society including the value placed on women's labour (paid, unpaid and volunteer).
5. impact of women's "traditional" roles and changing roles on women's well-being.
6. theories about the nature of "man" and of "women," theories of "human" development and values and their impact on women and their understanding of their lives.
7. theories of human nature and development from a feminist perspective.
8. principles of feminist practice including research, management and counselling.
9. feminist counselling/therapy as a legitimate alternative for healing and change.

**Format:** The course is designed to facilitate learning through lecture material, experiential learning and class presentations and discussions. Class members are asked to share responsibility with the instructor for creating a challenging learning environment.

## ASSIGNMENTS

Assignments are designed to aid class members in:

- ⊙ developing critical thinking and analysis
- ⊙ enhancing writing and speaking skills
- ⊙ implementing feminist practice

### 1. Personal Journal

Keep a personal journal during the course in which you outline your personal stance at the beginning of the course and how your experiences brought you to that position. As the course progresses, record your reactions to the course, including critiques of the readings done and discussions of experiences in class.

### 2. Class Presentation

These will be done in small groups (3-4 students) on issues relevant to women. Include theoretical and research information and discuss counselling issues that are pertinent to it. A panel discussion and/or class exercise may be a component of the presentation.

The written part should contain two components:

- a. Content - three to four page handout summary, plus an annotated bibliography of at least eight reference
- b. Process - documentation as to how the group functioned in the context of principles of feminist practices.