ABSTRACT

FEMINIST METHODOLOGIES AND PSYCHOLOGICAL PRACTICES:
THE CONSTRUCTION OF THERAPEUTIC LINKS

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The application of feminist methodologies on psychological practices has known important developments in the last decades, especially as a result of critical positions constructed by feminist academics and activists. The reflexive posture that feminist movements assumed contributed, in a large extent, to disseminate new scientific and therapeutic approaches, particularly in the Second Wave of Feminism. Psychology was also influenced by this innovative form of considering and doing scientific research and therapeutic work: Feminist Psychology emerged in consequence of these consciousness-raising activities and alternative therapeutic practices were edificated.

The positivist model and the objectivity claimed by traditional therapeutic discourses neglected central questions related to gender in Psychology. The androcentric bias that was present in tradicional psychological practices was crucial to the perpetration of women’s devaluation and feminine depreciation, therefore the aim of Feminist Psychology was to deconstruct the errors produced by this non-democratic system of achieving scientific knowledge.

Feminist Psychology and the use of feminist methodologies in Psychology, in fact, lead to more egalitarian therapeutic alliances between therapists and clients and generate more social justice and parity inside psychological practices.

In Portugal, even though the feminist movements had been a recognized reality in the 70’s and 80’s, mostly noted in politic terms, the fact is that we have a long journey to go through inside the science in general, inside the Psychology and, in particular, inside our psychological interventions as counsellors, therapists and researchers. Our work reflects this concern with the improvement of Feminist practices on Psychology, putting the emphasis on therapeutic intervention with women’s victims of intimate violence by theirs male partners.