

Feminist Psychology and Psychotherapy Association

We want to introduce you to our project. We have created a state level association: the Feminist Psychology and Psychotherapy Association (APPF in Spanish). As a group of feminists and psychology and psychotherapy professionals, we want to contribute to the creation of a habitable world, with better social justice and free of patriarchal violence.

For years we have seen how

our unequal social organization,
the one that places women and men, for the fact of being women and men, in positions of subordination and domination respectively
continues to influence the conformation of our identities and the effects they have on ourselves and our lives.

Psychology, like many other knowledge areas, has suffered an amount of sexism and androcentrism that have biased this field and invisibilized all the female psychologists who have contributed to the development of this area.

We believe that a psychology that ignores the analysis of the patriarchal structure, its intersection with other variables such as difference of origin, migratory situation, social class, age, sexual orientation, gender identity and other conditions will perpetuate knowledge and psychological practices that will reproduce situations of inequality.

A psychological intervention that doesn't incorporate a feminist perspective may not only result ineffective, but also iatrogenic. So, from our association we want to contribute to the construction of psychological and intervention models that can help overcome the sexism and androcentrism that have biased this field for a long time. To achieve this goal, we will be working on the following lines:



LINES:

Theory and Intervention Line:



Starting from the recognition of the genealogy of authors who have contributed to the development of a feminist focus in psychology, we pretend to work collectively in the conformation of theoretical models which articulate the main contributions of feminist and psychological theories.

And so, we want to propose new theoretical perspectives about health/disease processes, the construction of our internal world, intrapsychic, intersubjective, social and symbolic functioning. Our interests focuses on building practice and thinking about feminist psychotherapy. We will create spaces that question our own practices and impulse new paradigms of psychological intervention.

Activist Line:



It is our greatest wish to promote the incorporation of all the contributions that psychology has given to society with a feminist gender perspective. We will remain vigilant to the social events that perpetuate hierarchical and discriminatory differentiation. It is our objective to reveal and denounce psychological models and practices that reinforce inequalities.

We want to join other associations and related movements. We believe that our actions can strengthen feminist causes by providing explanatory models that allow questioning the patriarchal regulations.

Líneas estratégicas

To travel this path, we have organized ourselves into the following working groups:



Theoretical Building

Feminist Psychotherapy

Bibliography and Resources

Training and Research

Activism

The desire to enrich the psychological discipline with a feminist approach through encounter, critical reflection and collective processes, which adds strength and knowledge to the struggles feminists in pursuit of a social transformation, is the engine that brings us together to create this association. ARE YOU IN?

Join Us!

Psychology feeds feminism and feminism feeds psychology!

If you are interested in becoming a member, get more information about the project, how it works and how to participate, e-mail us: info@psicofeminista.com

You can also find us at:

<http://www.psicofeminista.com/>

And follow us through:

<https://www.facebook.com/people/Asociaci%C3%B3n-de-Psicolog%C3%ADa-y-Psicoterapia-Feminista/100064811583704/>