



"Exploring Patterns of Sexism at Work and at Home : split screen."

Fors, Malin,
therapist

Streaming videos Webcast Instructional films. Internet videos. Films
de formation. Vidéos sur Internet.

Material Projectable

"Dr. Malin Fors works with a White woman in her early thirties who is experiencing sexism from her boss at work. The client shares many instances of sexist remarks and actions, but she feels compelled to remain in the position due to its lucrative salary and her desire to become a homeowner. She compares her position to being in an abusive relationship and describes how it parallels her mother's relationship with her father. The client expresses her deep anger toward her mother for remaining in the relationship due to religious beliefs. She also discusses her intense feeling of obligation toward her mother, especially because of her father's severe illnesses. Dr. Fors gently challenges the client to slow down and explore her emotions, commenting that the client speaks quickly and seems to intellectualize. Through exploring her relationship with her parents, they conclude that her familial relationships trigger a stronger reaction to her experiences at work. Fors helps the client recognize that she may fight sexism and sexist men and still feel like she is being stopped by women (e.g., her mother) who will not stand up to a man; she may be strong and progressive, but her family patterns are being replicated in her work life. The session concludes with a brief discussion on how the client can cope with her family and practice self-care."

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMzkyMzMwOTI>

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Descripción física: 1 online resource (1 streaming video file (43 min., 53 sec.))

Detalles del sistema: Mode of access: World Wide Web

Materia: Sexism- Psychological aspects Families Psychodynamic psychotherapy Sexism- psychology Psychotherapy, Psychodynamic- methods Sexisme- Aspect psychologique Familles Psychothérapie dynamique Families. Psychodynamic psychotherapy. Sexism- Psychological aspects. Sexism. Family members.

Autores: Fors, Malin, therapist

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