



Women, Girls & Psychotherapy: Reframing Resistance

Carol Gilligan, Annie G Rogers, Deborah L Tolman

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Adolescent girls' special needs in the teen-age years are thoroughly examined in *Women, Girls & Psychotherapy*, a compelling book focusing on the vitality of resistance in young girls. Drawing on studies of women's and girls' development, clinical work with girls and women, and their personal experiences, the voices of adolescent girls are used to reframe and greater understand their resistance against debilitating conventions of feminine behavior. As adolescent girls are often overlooked in feminist books in psychotherapy, this is an important volume as it looks positively at resistance, both as a political strategy and a health-sustaining process. The chapters cover such diverse topics as reconceptualizations of women's and girls' psychological development and the psychotherapy relationship; adolescent female sexuality; new approaches to psychological problems commonly seen in girls and women; female adolescent health; and diverse perspectives and experiences of growing up female. The voices of young women are increasingly important in the exploration of the field of psychotherapy and among the voices included are those from African-Americans, Asian-Americans, and lesbians. An enlightening look at resistance in females in the growing up years, this volume provides valuable insight on their experiences. The work of many researchers, therapists, and educators with diverse backgrounds, *Women, Girls & Psychotherapy* is an informative book on distinct psychological issues facing young females.

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