

This workshop was probably offered through Webster Center, which Deane directed 1974-1977.

CHALLENGES TO CONTEMPORARY WOMEN

The focus of this group will be on the problems and pleasures encountered by participants as women in today's society. The format will be group discussion, as well as an experiential dimension consisting of participation exercises. Three contemporary perspectives -- identity, career, and interpersonal relationships -- will be examined. Representative areas of concern include: self-definition; the working mother; equalitarian marriage.

Part I: Sessions 1-2. Developing Awareness of Self as a Woman. Questions such as "What is my shared experience and what is my unique experience as a woman?" "To what social roles am I expected to conform?" "How do I like being a woman?" will be explored through art, through participation exercises, and through discussion.

Part II: Sessions 3-5. Developing Skills. In the last sessions, instruction and practice in methods of behavior change will be provided. Techniques such as self-observation, covert rehearsal, and role-playing will be used to facilitate possible new ways of behaving as women. For example, the group might spend one session on ways of developing assertive behavior: how to participate in a group discussion; how to initiate a conversation; how to enjoy eating in a restaurant alone. Another session might be devoted to interpersonal relationships. The specific focus will be determined by the needs and interests of the participants.