



Listening Perspectives Study Center
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Woman Rising XX

The Gender Revolution: Expanding the Heroic

Instructor: Lawrence E. Hedges, Ph.D, Psy.D., ABPP

Course Description:

The heroic has yet to be expanded to include what women most value—relationships, everyday life, and an appreciation of diversity. How is this expanded vision of the heroic attained, sustained, or lost by the daily choices made in the lives of women *and* men? Cultural and psychological changes in roles, expectations, and relational conflicts are being articulated clearly today by women creative writers. Focusing on a different book each month, we seek to understand the shifting concerns of the gender revolution as it affects us as psychotherapists and in our personal lives. This is an intermediate course.

Learning Goals:

- Learn to identify women's unique psychological experiences from many different perspectives including cultural, familial, relational, temporal, sexual, physical, spiritual, and creative.
- Learn how culture shapes who we are as individuals and what obstacles, inspirations, and challenges reside within our cultural experience.
- Learn from the deep wellsprings of creative women how relationships shape the psyche of women and help give expression to who they are becoming and what they desire.
- Learn how relational issues defined by creative writers can be used to enrich the psychotherapy experience.

Meet the first Tuesdays of each month 10:30 a.m. to 12:00 p.m. beginning October, 2013. Tuition for the year (12 hours of continuing education credit) is \$375 to be paid in 3 installments of \$125.

Early Bird fee of \$325 due by September 1, 2013

The Listening Perspectives Study Center is approved to provide Continuing Education Credits for Psychologists, Marriage and Family Therapists, Social Workers, and Nurses. The exact number of credits awarded is equal to the number of contact hours for each event and is specified on the Syllabus and the Registration Form.

Marriage and Family Therapists and Social Workers Provider Number: PCE348.

California Board of Registered Nursing Provider Number: CEP12038

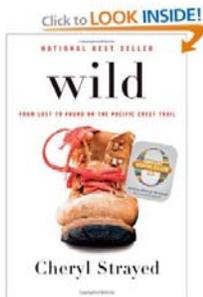
The Listening Perspective Study Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Listening Perspectives Study Center maintains responsibility for the program and its content.

Woman Rising XX 2013-2014

Required Reading

Session1: Wild

Date: October 2013



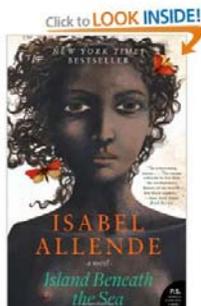
A powerful, blazingly honest memoir: the story of an eleven-hundred-mile solo hike that broke down a young woman reeling from catastrophe—and built her back up again.

At twenty-two, Cheryl Strayed thought she had lost everything. In the wake of her mother's death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to lose, she made the most impulsive decision of her life: to hike the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State—and to do it alone. She had no experience as a long-distance hiker, and the trail was little more than “an idea, vague and outlandish and full of promise.” But it was a promise of piecing back together a life that had come undone.

Strayed faces down rattlesnakes and black bears, intense heat and record snowfalls, and both the beauty and loneliness of the trail. Told with great suspense and style, sparkling with warmth and humor, *Wild* vividly captures the terrors and pleasures of one young woman forging ahead against all odds on a journey that maddened, strengthened, and ultimately healed her.

Session 2: Island Beneath the Sea

Date: November 2013



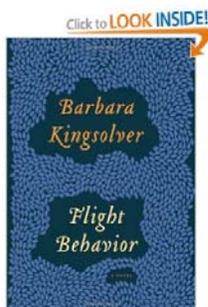
Born a slave on the island of Saint-Domingue—the daughter of an African mother she never knew and a white sailor who brought her into bondage—Zarité, known as TÉTÉ, survives a childhood of brutality and fear, finding solace in the traditional rhythms of African drums and in her exhilarating initiation into the mysteries of voodoo.

When twenty-year-old Toulouse Valmorain arrives on the island in 1770, he discovers that running his father's plantation is neither glamorous nor easy. Marriage also proves problematic when, eight years later, he brings home a bride. But it is his teenaged slave, TÉTÉ, upon whom Valmorain becomes most dependent, as their lives intertwine across four tumultuous decades.

In *Island Beneath the Sea*, internationally acclaimed author Isabel Allende spins the unforgettable saga of an extraordinary woman determined to find love amid loss and forge her own identity under the cruelest of circumstances.

Session 3: Flight Behavior

Date: December 2013

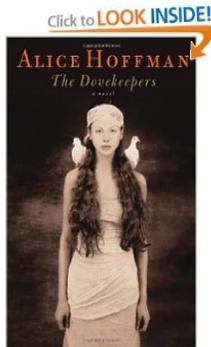


The extraordinary *New York Times* bestselling author of *The Lacuna* (winner of the Orange Prize), *The Poisonwood Bible* (nominated for the Pulitzer Prize), and *Animal, Vegetable, Miracle*, Barbara Kingsolver returns with a truly stunning and unforgettable work. *Flight Behavior* is a brilliant and suspenseful novel set in present day Appalachia; a breathtaking parable of catastrophe and denial that explores how the complexities we inevitably encounter in life lead us to believe in our particular chosen truths. Kingsolver's riveting story concerns a young wife and mother on a failing farm in rural Tennessee who experiences something she cannot explain, and how her discovery energizes various competing factions—religious leaders, climate scientists, environmentalists, politicians—trapping her in tcenter of the conflict and ultimately opening up her world. *Flight Behavior* is

arguably Kingsolver's most thrilling and accessible novel to date, and like so many other of her acclaimed works, represents contemporary American fiction at its finest.

Session 4: The Dove Keepers

Date: January 2014



In 70 C.E., nine hundred Jews held out for months against armies of Romans on Masada, a mountain in the Judean desert. According to the ancient historian Josephus, two women and five children survived. Based on this tragic and iconic event, Hoffman's novel is a spellbinding tale of four extraordinarily bold, resourceful, and sensuous women, each of whom has come to Masada by a different path. Yael's mother died in childbirth, and her father, an expert assassin, never forgave her for that death. Revka, a village baker's wife, watched the horrifically brutal murder of her daughter by Roman soldiers; she brings to Masada her young grandsons, rendered mute by what they have witnessed. Aziza is a warrior's daughter, raised as a boy, a fearless rider and an expert marksman who finds passion with a fellow soldier. Shirah, born

in Alexandria, is wise in the ways of ancient magic and medicine, a woman with uncanny insight and power.

The lives of these four complex and fiercely independent women intersect in the desperate days of the siege. All are dovekeepers, and all are also keeping secrets—about who they are, where they come from, who fathered them, and whom they love. *The Dovekeepers* is Alice Hoffman's masterpiece.

Session 5: The Magician's Assistant

Date: February 2014



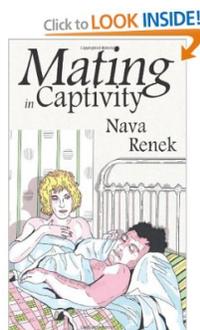
"A secretive magician's death becomes the catalyst for his partner's journey self-discovery in this "enchancing" book (*San Francisco Chronicle*) "that is something of a magic trick in itself" (*Newsweek*).

When Parsifal, a handsome and charming magician, dies suddenly, his widow Sabine—who was also his faithful assistant for twenty years—learns that the family he claimed to have lost in a tragic accident is very much alive and well. Sabine is left to unravel his secrets, and the journey she takes, from sunny Los Angeles to the bitter windswept plains of Nebraska, will work its own magic on her. Sabine's extraordinary tale, "with its big dreams, vast spaces, and disparate realities lying side by side" captures the hearts of its readers and

"proves to be the perfect place for miraculous transformations" (*The New Yorker*).

Session 6: Mating in Captivity

Date: March 2014



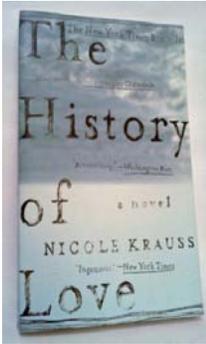
Nava Renek's beautifully crafted stories in *Mating in Captivity* cover every aspect of mating anyone could think of—between single lovers, married lovers, friends, the divorced, the soon-to-be divorced, best friends, former friends, former enemies, the childless, those with children, and those who obsessively desire children—people whose compulsive mulling and wondering why they do what they do leads them nowhere. Except maybe back to bed. Read *Mating in Captivity* and you will surely recognize yourself. Lynda Schor, author of *Seduction* and *The Body Parts Shop* *Mating in Captivity's* pitch-perfect stories of men and women, lust and disappointment, intoxication and betrayal, contain a gorgeous emotional clarity that I associate with some of my favorite fiction writers:

Jean Rhys, Elena Ferrante, Alice McDermott. Renek's characters navigate cities and

divorces, harbor secret affairs and unspoken yearnings, perform small acts of desperation or damage control, float their hope or regret on generous fingers of alcohol, and tread the perilous waters of what we so broadly call "middle age." These maturing lives are full of regressive habits as they circle the drain and earn each revelation the hard way, the second or third or tenth time around. Karen Lillis, author of *Watch The Doors As They Close*

Session 7: The History of Love

Date: April 2014

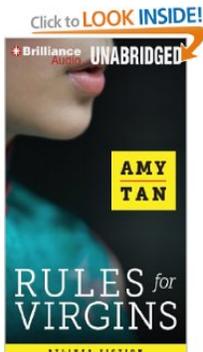


A long-lost book reappears, mysteriously connecting an old man searching for his son and a girl seeking a cure for her widowed mother's loneliness.

Leo Gursky taps his radiator each evening to let his upstairs neighbor know he's still alive. But it wasn't always like this: in the Polish village of his youth, he fell in love and wrote a book. . . . Sixty years later and half a world away, fourteen-year-old Alma, who was named after a character in that book, undertakes an adventure to find her namesake and save her family. With virtuosic skill and soaring imaginative power, Nicole Krauss gradually draws these stories together toward a climax of "extraordinary depth and beauty" (*Newsday*).

Session 8: Rules for Virgins

Date: May 2014



In her startlingly sensual story, *Rules for Virgins*, beloved bestselling author Amy Tan (*The Joy Luck Club*, *The Bonesetter's Daughter*) takes us deep into the illicit world of 1912 Shanghai, where beautiful courtesans mercilessly compete for the patronage of wealthy gentlemen. For the women, the contest is deadly serious, a perilous game of economic survival that, if played well, can set them up for life as mistresses of the rich and prominent. There is no room for error, however: erotic power is hard to achieve and harder to maintain, especially in the loftiest social circles. Enter veteran seducer, Magic Gourd, formerly one of Shanghai's "Top Ten Beauties" and now the advisor and attendant of Violet, an aspiring but inexperienced courtesan. Violet may have the youth and the allure, but Magic Gourd

has the cunning and the knowledge without which the younger woman is sure to fail. These ancient tricks of the trade aren't written down, though; to pass them on to her student, Magic Gourd must reach back into her own professional past, bringing her lessons alive with stories and anecdotes from a career spent charming and manipulating men who should have known better but rarely did. The world of sexual intrigue that Tan reveals in *Rules for Virgins* actually existed once, and she spares no detail in recreating it. But this story is more than intriguing (and sometimes shocking) historical literary fiction. Besides inviting us inside a life that few writers but Tan could conjure up, the intimate confessions of Magic Gourd add up to a kind of military manual for the War of the Sexes' female combatants. The wisdom conveyed is ancient, specific, and timeless, exposing the workings of vanity and folly, calculation and desire that define the mysterious human heart.