

Woman Rising XXV
The Gender Revolution: Expanding the Heroic
Instructor: Lawrence E. Hedges, Ph.D, Psy.D., ABPP

An Eight Month Reading and Discussion Course
Offered as Eight 90-minute Sessions—1.5 Hours CE Credit Each

Meets the first Tuesday of each month 10:30 a.m. to 12:00 p.m. beginning October 2, 2018. Tuition for the year (includes up to 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, 2018.**

Overall 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.

About the Instructor

LAWRENCE E. HEDGES, Ph.D., Psy.D., ABPP is a psychologist-psychoanalyst in private practice in Orange, California, specializing in the training of psychotherapists and psychoanalysts. He is director of the Listening Perspectives Study Center and the founding director of the Newport Psychoanalytic Institute in Tustin, California where he is a supervising and training psychoanalyst. He has been awarded honorary membership in the American Psychoanalytic Association. Dr. Hedges is author of numerous papers and books including *Cross-cultural Encounters: Bridging Worlds of Difference* (2013), *Listening Perspectives in Psychotherapy* (1983 & 2003), *Interpreting the Countertransference* (1992), *Strategic Emotional Involvement* (1996), and *Facing the Challenge of Liability in Psychotherapy: Practicing Defensively* (2000 & 2007). To learn more about Dr. Hedges and his work, go to www.listeningperspectives.com

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.

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 this program and its content.

The California Board of Behavior Science recognizes Continuing Education Credits awarded by providers approved by the American Psychological Association to Marriage & Family Therapists and Licensed Clinical Social Workers

California Board of Registered Nursing Provider Number: CEP12038



Listening Perspectives Study Center
1439 East Chapman Avenue,
Orange, CA 92866
Phone/Fax (714) 633-3933
www.ListeningPerspectives.com

Syllabus: 90-Minute Session Dates and Reading Assignments

Session 1—1.5 Hours of CE Credit

October 2, 2018

Text: *THE BELL JAR* BY SYLVIA PLATH

The Bell Jar is a classic of American literature. This extraordinary work chronicles the crackup of Esther Greenwood: brilliant, beautiful, enormously talented, successful -- but slowly going under, and maybe for the last time. Step by careful step, Sylvia Plath takes us with Esther through a painful month in New York as a contest-winning junior editor on a magazine, her increasingly strained relationships with her mother and the boy she dated in college, and eventually, devastatingly, into the madness itself.

Learning Objectives: At the Conclusion of this Session Participants Will Be Able To:

- State three characteristics of Major Depression displayed in Esther's life
- State why at the peak of her career Esther suicides
- Give three parallels in Esther's and Sylvia's "suicidal careers"

Session 2—1.5 Hours of CE Credit

November 6, 2018

Text: *RETURN TO SENDER* BY JULIA ALVAREZ

After Tyler's father is injured in a tractor accident, his family is forced to hire migrant Mexican workers to help save their Vermont farm from foreclosure. Tyler isn't sure what to make of these workers. Are they undocumented? And what about the three daughters, particularly Mari, the oldest, who is proud of her Mexican heritage but also increasingly connected to her American life. Her family lives in constant fear of being discovered by the authorities and sent back to the poverty they left behind in Mexico. Can Tyler and Mari find a way to be friends despite their differences?

Learning Objectives: At the Conclusion of this Session Participants Will Be Able To:

- State Tyler's father's conflict regarding undocumented labor
- State how Tyler and Mari overcome their psychological differences and become friends
- State Mari's conflict over her two identities

Session 3—1.5 Hours of CE Credit

December 4, 2018

Text: *THE IMPROBABILITY OF LOVE* BY HANNAH ROTHSCHIL

Annie McDee, thirty-one, lives in a shabby London flat, works as a chef, and is struggling to get by. Reeling from a sudden breakup, she's taken on an unsuitable new lover and finds herself rummaging

through a secondhand shop to buy him a birthday gift. A dusty, anonymous old painting catches her eye. After spending her meager savings on the artwork, Annie prepares an exquisite birthday dinner for two—only to be stood up.

Learning Objectives: At the Conclusion of this Session Participants Will Be Able To:

- State how the surprise ending adds covert racism to the entire plot
- Explain the psychological function of the paintings talking their psychological histories
- State how large business enterprise can rob people of their individual identities

Session 4—1.5 Hours of CE Credit

January 8, 2019

Text: THE PULL OF THE MOON BY ELIZABETH BERG

Dear Martin, I'm sorry the note I left you was so abrupt. I just wanted you to know I was safe...I won't be back for a while. I'm on a trip. I needed all of a sudden to go, without saying where, because I don't know where. I know this is not like me. I know that. But please believe me, I am safe and I am not crazy. I felt as though if I didn't do this I wouldn't be safe and I would be crazy...And can you believe this? I love you.
- Nan.

Learning Objectives: At the Conclusion of this Session Participants Will Be Able To:

- State the psychological value of Nan's unannounced trip
- List three emotional hardships that her need for identity exploration created for the couple
- Describe Martin's psychological journey toward accepting Nan's new identities

Session 5—1.5 Hours of CE Credit

February 5, 2019

Text: SMALL GREAT THINGS BY JODI PICOULT

Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than twenty years' experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told a few minutes later that she's been reassigned to another patient. The parents are white supremacists and don't want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Does she obey orders or does she intervene?

Learning Objectives: At the Conclusion of this Session Participants Will Be Able To:

- List three instances of covert racism experienced by Ruth
- State reasons in his childhood that gave rise to his racism
- State how this conflict between racist pull and human need can help overcome bigotry

Session 6—1.5 Hours of CE Credit

March 5, 2019

Text: FOREST DARK BY NICOLE KRAUSS

Jules Epstein, a man whose drive, avidity, and outsized personality have, for sixty-eight years, been a force to be reckoned with, is undergoing a metamorphosis. In the wake of his parents' deaths, his divorce

from his wife of more than thirty years, and his retirement from the New York legal firm where he was a partner, he's felt an irresistible need to give away his possessions, alarming his children and perplexing the executor of his estate. With the last of his wealth, he travels to Israel, with a nebulous plan to do something to honor his parents. In Tel Aviv, he is sidetracked by a charismatic American rabbi planning a reunion for the descendants of King David who insists that Epstein is part of that storied dynastic line. He also meets the rabbi's beautiful daughter who convinces Epstein to become involved in her own project—a film about the life of David being shot in the desert—with life-changing consequences.

Learning Objectives: At the Conclusion of this Session Participants Will Be Able To:

- List three psychological factors that contributed to Jules' life transformation
- State how Jules was able to memorialize his Jewish parents
- State the psychological effect of learning that he was a descendent of King David

Session 7—1.5 Hours of CE Credit

April 2, 2019

Text: ISHI IN TWO WORLDS BY THEODORA KROEBER

The life story of Ishi, the last Yahi Indian, lone survivor of an exterminated tribe, is unique in the annals of North American anthropology. For more than forty years, Theodora Kroeber's biography has captivated readers. Now recent advances in technology make it possible to return to print the 1976 deluxe edition, filled with plates and historic photographs that enhance Ishi's story and bring it to life.

Learning Objectives: At the Conclusion of this Session Participants Will Be Able To:

- State how this anthropological/psychological research demonstrates the essential human capacities across races
- List three psychological variables that enabled Ishi to adapt to urban life
- State how Ishi dealt with his grief over his lost family and tribe

Session 8—1.5 Hours of CE Credit

May 4, 2019

Text: THE SISTER WEISS BY NAOMI RAGEN

In 1950's Brooklyn, sisters Rose and Pearl Weiss grow up in a loving but strict ultra-Orthodox family, never dreaming of defying their parents or their community's unbending and intrusive demands. Then, a chance meeting with a young French immigrant turns Rose's world upside down, its once bearable strictures suddenly tightening like a noose around her neck. In rebellion, she begins to live a secret life – a life that shocks her parents when it is discovered. With nowhere else to turn, and an overwhelming desire to be reconciled with those she loves, Rose tries to bow to her parents' demands that she agree to an arranged marriage.

Learning Objectives: At the Conclusion of this Session Participants Will Be Able To:

- State how psychologically constricted Rose was influenced by the liberated French immigrant
- Describe the psychological conflict between loyalty to loved ones versus an expanded identity
- Name three psychological features in Rose's newly liberated secret life