

“Let’s Get To Know Each Other Better” BRUNCH

The Education Committee of the Metropolitan Chapter of the NYSSCSW
presents:

**Topic: The Myth of Women’s Friendships: It’s
Impact on Women's Self-Esteem**

**Presenter: F. Diane Barth, LCSW
Sunday, April 22, 2018
11:00am – 2:00pm
(11-11:30am Networking)**

PPSC – 80 Fifth Avenue, NYC (14th St) Room 1408C

Description:

There is a widespread belief that women have deep, meaningful, and emotionally rich friendships, and that this ability is an innate aspect of the female psyche. Yet, as Eichenbaum and Orbach (2014) write, “Idealization of the loving, supportive, and mutually beneficial aspects of these relationships can lead us to neglect many other important and common aspects of friendship, including envy, competition, and cruelty”. Hurt, anger, guilt, and sorrow are also part of women’s friendships, yet these painful emotions are frequently ignored, suppressed, or acted out without conscious awareness or understanding.

The feelings and the concomitant belief that they are “not good at friendship” can create self-doubt, enhance already low self-esteem, and interfere with positive relationships in many women. Yet therapists do not always think of friendship *per se* as a topic for therapeutic exploration. Many times we assume that if we work on other, “deeper” areas of a client’s inter- and intrapersonal worlds, their friendships will spontaneously improve. While this is often true, the opposite is equally valid: by looking directly at women’s friendships, therapists can open up important material that expands into the deepest realms of an individual’s psyche.

In this workshop, we will use theory, clinical material, and data from research conducted while writing a book on women's friendships to show how focusing directly on women's friendships can deepen and enhance therapeutic work with women clients.

Participants are encouraged to bring questions, thoughts, and examples from their own work.

**It is respectful to the organizers of this event to RSVP early.
Registration will be on a first come, first served basis.
Space is limited.**

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*****Refreshments Will Be Served*****

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