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Gender aware approaches in psychiatric nursing

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In epidemiologic studies, gender was found to be an important factor in the incidence of mental illnesses. In the world and in Turkey, mental illnesses prevalence are twice as common in women as in men. One of the main reasons for this situation is gender discrimination shaped by patriarchal values. For this reason, gender aware approaches were required in psychotherapies. Feminist therapy is a gender aware psychotherapy approach. This approach has emerged as a collective product of the ongoing women's movement, which has been more than two hundred years old, and its use has increased in the 1960s and 1970s. Feminist therapy is an approach to mainly women and groups that have been under all kinds of repression, discrimination, deprived of rights. Feminist nurse therapists who applied this approach expressed that they have made important changes in their counselors like increase in self-esteem, assertiveness, self-assurance, independence, improvement effective coping and problem-solving skills and decrease in depression, helplessness and hopelessness following their feminist therapy applications. Those who appropriate the medical model are criticized because they do not address the implications of social, political, and cultural dimensions on the individual's mental health and can not recognize the difficulties brought about by race, class, gender, and homosexuality. In this presentation, the necessity of gender aware in psychiatric nursing in Turkey will be discussed and this requirement will be dealt in terms of strengthening the existence of psychiatric nursing and also contributing to community mental health.

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