



Swimming Upstream

PARENTING GIRLS FOR RESILIENCE IN A TOXIC CULTURE

Laura H. Choate

Swimming Upstream Parenting Girls For Resilience In A Toxic Culture

Trisha Crocker, Susan M.D. Carr

Swimming Upstream Parenting Girls For Resilience In A Toxic Culture:

Swimming Upstream Laura Hensley Choate,2016 This book empowers parents by providing needed information and strategies they can use with their daughters to build a strong foundation of resilience which in turn gives girls the tools necessary to navigate our toxic landscape [Confidence Culture](#) Shani Orgad,Rosalind Gill,2021-12-06 In Confidence Culture Shani Orgad and Rosalind Gill argue that imperatives directed at women to love your body and believe in yourself imply that psychological blocks rather than entrenched social injustices hold women back Interrogating the prominence of confidence in contemporary discourse about body image workplace relationships motherhood and international development Orgad and Gill draw on Foucault s notion of technologies of self to demonstrate how confidence culture demands of women near constant introspection and vigilance in the service of self improvement They argue that while confidence messaging may feel good it does not address structural and systemic oppression Rather confidence culture suggests that women along with people of color the disabled and other marginalized groups are responsible for their own conditions Rejecting confidence culture s remaking of feminism along individualistic and neoliberal lines Orgad and Gill explore alternative articulations of feminism that go beyond the confidence imperative [Vulnerability and Flourishing](#) Lledo Gomez,

Christina,Sheveland, John N.,2025-04-30 **Working with Parents in Child Psychotherapy** Elisa Bronfman,Johanna D. Sagarin,2024-10-08 Grounded in decades of clinical experience this empathic practical book presents a research informed framework for delivering parent guidance as a stand alone intervention or adjunct to child therapy Elisa Bronfman and Johanna D Sagarin delineate flexible coaching strategies to enhance family relationships and parenting skills and find new solutions to struggles around discipline homework bedtime meals screen time and other daily routines The approach can be tailored for parents dealing with any child mental health concern or behavioral challenge Assessment treatment planning clinical decision making and progress monitoring are all discussed in step by step detail Packed with illustrative case material the book features 34 reproducible clinical tools that can be photocopied or downloaded [Depression in Girls and Women Across the Lifespan](#) Laura H. Choate,2019-11-26 Depression in Girls and Women Across the Lifespan takes a broad biopsychosocial approach to understanding the onset and experience of depression in women The book is structured around four major life transitions depression during puberty and the transition to adolescence Premenstrual Dysphoric Disorder and a woman s transition through monthly cycles of depression depression during pregnancy postpartum and the transition to motherhood and depression during perimenopause and the transition to menopause Integrating cutting edge research with a wealth of case examples and specific evidence based interventions the book expands our understanding of depression by taking into account the biological realities psychological vulnerabilities life stressors and gendered cultural messages and expectations that intersect to shape the onset of depression in women s lives Written in a clear applicable style Depression in Girls and Women Across the Lifespan enables mental health professionals to provide effective gender informed depression

focused treatments that are tailored to girls and women's unique needs [Why Social Media is Ruining Your Life](#) Katherine Ormerod, 2018-09-20 Do you ever obsess about your body Do you lie awake at night fretting about the state of your career Does everyone else's life seem better than yours Does it feel as if you'll never be good enough Why Social Media is Ruining Your Life tackles head on the pressure cooker of comparison and unreachable levels of perfection that social media has created in our modern world In this book Katherine Ormerod meets the experts involved in curating, building and combating the most addictive digital force humankind has ever created From global influencers who collectively have over 10 million followers to clinical psychologists, plastic surgeons and professors Katherine uncovers how our relationship with social media has rewired our behavioural patterns destroyed our confidence and shattered our attention spans Why Social Media is Ruining Your Life is a rallying cry that will provide you with the knowledge, tactics and weaponry you need to find a more healthy way to consume social media and reclaim your happiness Reviews for Why Social Media is Ruining Your Life This book is a call to arms from the eye of the storm Emma Gannon author of The Multi Hyphen Method Enter Ormerod's vital manual which will help you navigate social media and turn it not into a weapon but a useful tool Pandora Sykes *Clay Work and Body Image in Art Therapy* Trisha Crocker, Susan M.D. Carr, 2021-05-09 Clay Work and Body Image in Art Therapy provides an important addition to resources available in the field of clay work and art therapy highlighting the unique sensory aspects of the medium and its ability to provide a therapeutic resource for women who experience body image issues Chapters offer a comprehensive distillation of current knowledge in the field of body image, clay work, neuroscience and art therapy building a theoretical framework around personal narratives Case studies examine the benefits of exploring body image through clay work within art therapy practice providing a positive and contained way to find personal acceptance and featuring photographs of clay body image sculptures created by research participants that highlight their individual stories and experiences As well as offering both clinical and practical implications the text provides a full protocol for the research and evaluation methods carried out enabling further replication of the intervention and research methods by other therapists This book highlights clay work as a significant resource for art therapists, arts in health practitioners and counsellors providing an emotive yet contained approach to the development of personal body image acceptance and self-compassion

Raising a Strong Daughter in a Toxic Culture Meg Meeker, 2019-12-31 Parents have never had a tougher job than now Our culture bombards our daughters with unhealthy role models misleads them about the consequences of early sexual activity and even adds to the confusion of adolescence by encouraging them to question their gender Meg Meeker has been a pediatrician for more than thirty years is a mother and a grandmother and has seen it all She knows what makes for strong, happy, healthy young women and what puts our daughters at risk Combining that experience with her famous common sense she explains the eleven steps that will help your daughter whether she's a toddler or a troubled teen to achieve her full human potential In this book you will learn The four biggest questions every daughter has and that you must answer Why it's

the quality not the quantity of your daughter's friends that matters The essential complementary roles that mothers and fathers play The dangers of social media and how to help your daughter navigate them What every daughter needs to know about God Why depression is often a sexually transmitted disease How to launch your daughter into successful womanhood If you have a daughter and worry about her future you need Dr Meg's advice *Enough as She Is* Rachel Simmons, 2018-02-27

Is it wrong that I wanted to underline every single word in this book Simmons brilliantly crystallizes contemporary girls' dilemma the way old expectations and new imperatives collide how a narrow virtually unattainable vision of success comes at the expense of self-worth and well-being *Enough As She Is* is a must-read Peggy Orenstein author of *Girls Sex From the New York Times* bestselling author of *Odd Girl Out* a deeply urgent book that gives adults the tools to help girls in high school and college reject supergirl pressure overcome a toxic stress culture and become resilient adults with healthy happy and fulfilling lives For many girls today the drive to achieve is fueled by brutal self-criticism and an acute fear of failure Though young women have never been more successful outpacing boys in GPAs and college enrollment they have also never struggled more On the surface girls may seem exceptional but in reality they are anxious and overwhelmed feeling that no matter how hard they try they will never be smart enough successful enough pretty enough thin enough popular enough or sexy enough Rachel Simmons has been researching young women for two decades and her research plainly shows that girl competence does not equal girl confidence nor does it equal happiness resilience or self-worth Backed by vivid case studies Simmons warns that we have raised a generation of young women so focused on achieving that they avoid healthy risks overthink setbacks and suffer from imposter syndrome believing they are frauds As they spend more time projecting an image of effortless perfection on social media these girls are prone to withdraw from the essential relationships that offer solace and support and bolster self-esteem Deeply empathetic and meticulously researched *Enough As She Is* offers a clear understanding of this devastating problem and provides practical parenting advice including teaching girls self-compassion as an alternative to self-criticism how to manage overthinking resist the constant urge to compare themselves to peers take healthy risks navigate toxic elements of social media prioritize self-care and seek support when they need it *Enough As She Is* sounds an alarm to parents and educators arguing that young women can do more than survive adolescence They can thrive *Enough As She Is* shows us how **Sexism & Sensibility** Jo-Ann Finkelstein, PhD, 2024-09-03 An invaluable guide to understanding and dismantling sexism for parents trying to raise confident and powerful girls in a culture that often demeans them Seasoned and sensible guidance on the toughest topics in raising girls misogyny objectification body image confidence harassment sexual development and more Lisa Damour PhD New York Times bestselling author of *The Emotional Lives of Teenagers* The world is full of mixed messages for girls Stand up for yourself but do it softly Be independent but not single Love your body just make sure it's waxed bleached and thin And then there are the more overt hostilities being talked over paid less touched without permission and having politicians debate their right to bodily autonomy Many parents find it

simpler to affirm girls strength than to address these distressing experiences directly But with girls skyrocketing rates of depression anxiety and suicide parenting them in this culture presents an urgent challenge How do we teach girls to recognize and cope with these realities without crushing their optimism and belief that they can incite change Jo Ann Finkelstein a Harvard educated psychologist has more than two decades of experience working with girls helping them find resilience in the face of toxic messages about beauty sex and femininity In Sexism Sensibility she draws on real stories from her practice to unpack the effects of sexism in its many guises Going beyond girl power and full of smart constructive ways to help girls make sense of things it includes how to talk about misogyny gender stereotyping objectification and consent at different ages strategies for fine tuning our daughters natural sexism detectors and safeguarding their self esteem ways to help girls spot and contest the microaggressions they face in school in the media in relationships and in public how to recognize and combat sexism in our own parenting We can't shield our daughters from gender bias and sexism but we can make sure that they are more prepared to handle it than we ever were Sexism Sensibility is an eye opening and essential resource for proactive parenting

What Girls Need Marisa Porges, PhD, 2021-08-03 A powerful book about how we can raise girls to become bold ambitious women Adam Grant What do girls really need to succeed Children today face an uncertain future and parents and teachers can't fully predict what's in store for their daughter and sons But one thing is clear Our kids need a new set of skills to succeed Girls in particular must nurture essential traits to fully flourish Students hit the ground running today entering a school system that carries high expectations on their way to a college application process that is more demanding than ever After school young women enter a competitive job market still complicated by sexism and the possibility of harassment But the ways we define leadership are also changing and the women stepping into those roles are mapping new paths to inhabiting traits like grit resilience audacity and self confidence What Girls Need shows how parents and educators can foster these critical twenty first century skills in our girls and help them to recognize and nurture their inherent strengths to not just thrive but also find joy and purpose as they come of age in our ever evolving world As a student at the all girls Baldwin School outside of Philadelphia Marisa Porges grew up in a community designed to produce strong independent women After graduating from Harvard she fulfilled her childhood dream of flying jets off aircraft carriers for the U S Navy and served as a counterterrorism expert in Afghanistan and a cybersecurity advisor in the Obama White House Then in 2016 in an unexpected move for someone whose ambitions had taken her so far from home Porges returned to head the Baldwin School In doing so she saw how small moments in her early education gave her the tools she needed to excel in a man's world Combining compelling research personal stories and practical advice on timely questions Porges delves into hot button subjects like how to harness girls voices and boost girls self esteem and shows how little things have a big impact when nurturing vital skills like competitiveness collaboration empathy and adaptability What Girls Need empowers us to support the next generation of women so they can confidently hold their own no matter what the future has

in store Raising Strong Daughters ELLA. BROOKFIELD,2023-09-28 In a world overflowing with expectations and stereotypes how can we pave the way for our daughters to rise radiant in their power and purpose Raising Strong Daughters is more than a guide it's a beacon Delve into the transformative pages of this empowering manual and unlock the secrets to shaping a generation of women who will stand tall voice their truths and light up the world with their brilliance This is not just about raising girls it's about redefining strength and rewriting the narrative of womanhood for the future Highlights of this groundbreaking book Proven strategies to bolster resilience teaching your daughter to bounce back and thrive amidst life's challenges Tools and Techniques for Nurturing Independence Activities and exercises to boost self esteem ensuring she knows her worth and is unafraid to claim her space In depth exploration of modern challenges facing young women today from digital dilemmas to societal pressures and how to equip your daughter to navigate them with grace and grit Every chapter is an invitation a call to nurture not just a strong girl but a fierce and compassionate leader Whether you're a mother father aunt uncle teacher or mentor Raising Strong Daughters offers invaluable tools to ensure the girl in your life realizes her boundless potential Give her the foundation to not just face the world but to lead it Your journey to raising a dauntless daughter starts here **The Minds of Girls** Michael Gurian,2018 Dr Michael Gurian has studied and served children for thirty years In the Wonder of Girls 2002 he presented a science based approach to raising healthy and successful daughters In the Minds of Girls he pioneers new and intuitive approaches to health and wellness in all three important areas of girls development nature nurture and culture As many girls struggle with digital and social complexities in our families and in our communities this book is timely powerful and practical Its nine chapters help you protect girls from environmental toxins and digital addiction provide best practices for improving girls STEM learning and activating their leadership and resilience explore leading edge science based technologies for understanding female mental health and may utterly change your approach to handling girl drama and bullying The Minds of Girls combines accessible writing passionate social advocacy and proven practical strategies you can use right now to raise wise happy and successful women The Minds of Girls is a very important book In powerful prose and filled with practical strategies it takes a fresh look at raising and educating our daughters in a new and complex world Brain science is key to this book and Gurian's ability to match science with real life is a blessing I recommend this book to anyone living or working with girls and women Daniel Amen M D New York Times Bestselling Author of Memory Rescue and Unleash the Power of the Female Brain Michael Gurian's work in the field of gender is at the leading edge of our profession and can significantly affect the field of psychology Tracey J Shors Ph D Department of Psychology Center for Collaborative Neuroscience Rutgers University

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