



A TIMELINE OF THE WOMEN
WHO CHANGED AMERICA



June 2021 Her Story ENewsletter Psychologists

Sadly, the recent pandemic has resulted in psychological issues for many. Women psychologists have long been involved in seminal developments in psychology. Let's discover two of these trailblazing female psychologists: Karen Horney and Virginia Satir.



Designated as the founder of feminist psychology, **Karen Horney** challenged several of Sigmund Freud's theories. Horney completed medical school in her home country of Germany in 1915, studying psychoanalysis, probably in reaction to the depression that she began suffering from as a teenager. After emigrating to the U.S., Horney served as the Associate Director of the Chicago Institute for Psychoanalysis before moving to Brooklyn, New York. There she established a private practice and taught at the New School for Social Research. Horney advanced the theory that neuroses and personality disorders result from environmental and social conditions, rather than the biological and instinctual drives espoused by Freud. Horney's methods, based on her clinical experience, led to new approaches to psychoanalytic therapy.

After expulsion from the New York Psychoanalytic Institute for her disagreement with Freud's views, Horney founded the American Institute for Psychoanalysis and served as publisher of the *American Journal of Psychoanalysis*. Feminist psychology focuses on ways in which gender impact the mental health of women. Horney believed that culture and socialization were manifested in these differences, and not biology. The Karen Horney Foundation was founded in New York City, in 1952, the year that she died. The Karen Horney Clinic was established in 1955 and today is a mental health treatment, training and research center.



Called the "Mother of Family Therapy" **Virginia Satir** was concerned with the health and healing of each individual. She is considered a key figure in the development of family therapy, and the mother of Family System Therapy. Able to read by the age of three and concerned with family dynamics by the time she was five, Satir worked her way through the Milwaukee State Teachers College (now part of the University of Wisconsin) and was a schoolteacher after her 1936 graduation.

After earning her master's degree in social work from the University of Chicago, Satir started her private practice. She met with her first family in 1951 and by 1955, was encouraging other therapists to work with entire families instead of individuals through the Illinois Psychiatric Institute. After moving to California, her work was furthered through the establishment of the Mental Research Institute (MRI) which she co-founded. A grant from the National Institute of Mental Health to MRI facilitated the first ever offering of a family therapy program. Satir founded two networks to help individuals find mental health care. Today, these networks are known as the International Human Learning Resources Network and the Virginia Satir Global Network. She also developed a Process of Change model.

Karen Horney and Virginia Satir are among the more than 850 women profiled in our book *Her Story: A Timeline of the Women Who Changed America*. Women's accomplishments continue to inspire and encourage us all. Continue to help us tell women's stories!

Charlotte Waisman and Jill Tietjen

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