Abstract

The purpose of this research is to determine the relationship between the level of assertiveness and gender ideology in female victims of psychological abuse. Also, conduct therapeutic and educational interventions, inorder to promote behavioral changes that prevent these women from continuing to be subjected to psychological abuse. This first article includes the theoretical basis where psychological abuse is described, conceptualized and explained in its two types, overt and subtle, framed more broadly in the phenomenon of gender violence. In addition, the main concepts and contributions on gender ideologies, both traditional and egalitarian, are presented, considering the ambivalent sexism theory of Glicky Fiske (Moya, Expósito & Padilla, 2006) as one of the expressions of traditional gender ideology. Similarly, the concept of assertiveness is developed, including its relationship with ethnopsychology and culture. Finally, the theoretical reflections on assertive training are included as a tool for these women to modify their beliefs and to act with dominion in all areas of their lives. This conceptual framework has served as the basis for the implementation of clinical intervention and psychoeducational workshops.

Keywords

Clinical psychology, emotional problems, group therapy, gender, psychoeducational method.