

Postmodern Counselling Theories - Overview

MARCH 26TH RECORDING

Aims of the Session

- ▶ Check – IN - Wellbeing
- ▶ What do you know so far...
- ▶ **Assessment Review – NEW DATES**
- ▶ Strategies for picking a theme
- ▶ Online support via Chat Forum
- ▶ Virtual meetings for April 21st and 28th
- ▶ Essay Guidance.

Reflection

Conversations will not be cancelled

Relationships will not be cancelled

Love will not be cancelled

Songs will not be cancelled

Reading will not be cancelled

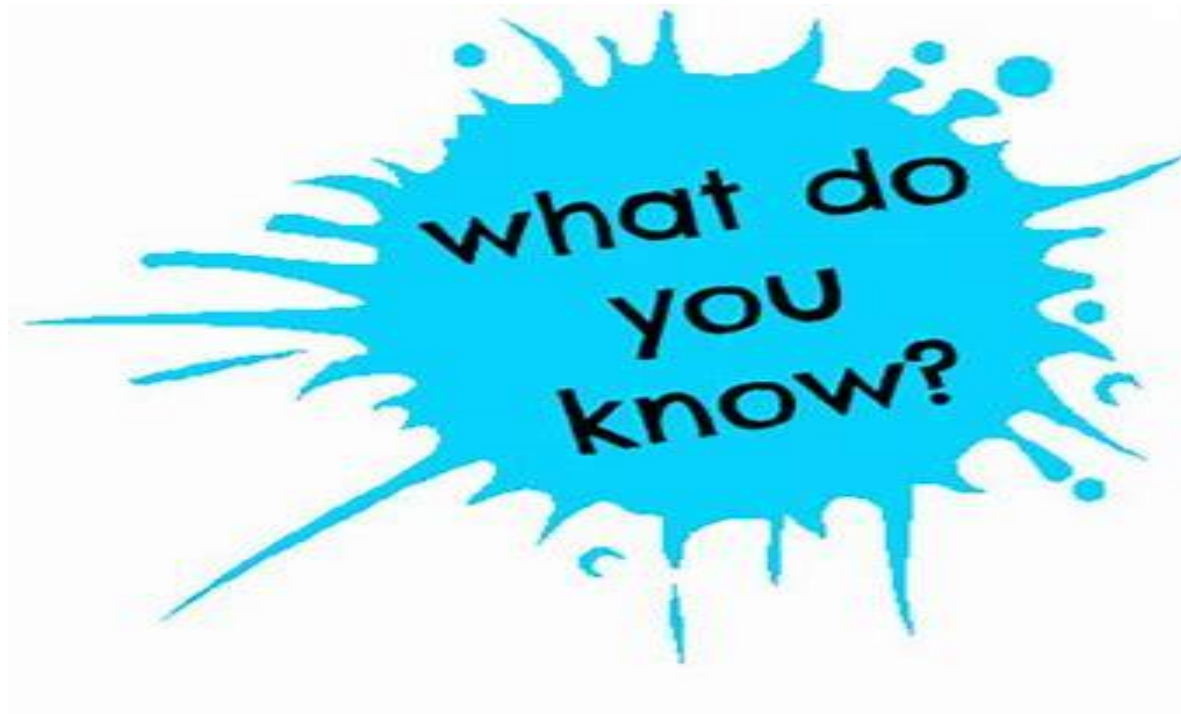
Self-Care will not be cancelled

Compassion and Kindness will not be cancelled

Hope will not be cancelled

Work for justice will not be cancelled.

What do you know so far?



Learning Outcomes

- ▶ 1. Critically evaluate the cultural and social diversity.
- ▶ 2. Critically evaluate the significance of cultural diversity within Care and wellbeing.

Identity - The Question?

- ▶ To what extent are human beings able to shape their own identities, make responsible choices and take responsibility, as opposed to what people become and who they are, are influenced or even determined by other factors, outside their control. Such factors include economic, social, cultural and political matters' (p.1

Themes we have explored or you will be exploring.....

- ▶ 'Identity Politics' **Charles Taylor – Recognition to Judith Butler viewpoint**
- ▶ Human Rights – **Historical legacy and currency**
- ▶ Legal and social policy -
- ▶ Arguments of 'assimilation' and 'liberation'
- ▶ Mental health - **What is out there to support LGBTQ communities**

Many of these theme are connected.

Critical Essay

Word Count 2,500-3,000

There are many political and social themes currently debated in the field of gender and sexuality; your task is to choose a theme and to offer a critical evaluation in relation to the issues it raises.

Submission Date: Tuesday, 12th May (NEW DATE)

23:59pm

So What are some Examples that you could explore?

- ▶ Identity Politics - Binary vs Non-Binary –
- ▶ Global Perspectives of Human Rights within the LGBTQ
- ▶ Transgender Identity issues within Mental Health (GID)
- ▶ Mental Health Support for LGBTQ communities – Young People/Older Person.
- ▶ Critical evaluation of legislative and social policy today with respect to LGBTQ rights.
- ▶ Critical evaluation of social movements within the LGBTQ community
- ▶ Exploring third way feminism with respect to the LGBTQ community
- ▶ Critical evaluation of Queer Theory and Mental Health
- ▶ Therapeutic Support – Counselling Perspectives and Critiques – Pink Therapy and current perspectives.

What are your own ideas?



Strategies for selecting your theme

- ▶ Read through the various ppt presentations and information provided on Moodle
- ▶ Have a look at the BPS Guidance Resources (Moodle – Session 1)
- ▶ Have a look at BACP Guidance (Moodle – Session 7 March 26th)
- ▶ Choose a theme that interest you and furthers your awareness and understanding.
- ▶ Do not over complicate... Yet, it is a critical evaluation.....
- ▶ Essay Format – Create your own tile...
- ▶ Research – Journal articles that support/critique area of interest.

Mental Health – LGBTQ Communities

- ▶ Evidence suggests people identifying as LGBT are at higher risk of experiencing poor mental health.²
- ▶ Members of the LGBT community are more likely to experience a range of mental health problems such as depression, suicidal thoughts, self-harm and alcohol and substance misuse.^{3,4,5}
- ▶ The higher prevalence of mental ill health among members of the LGBT community can be attributed to a range of factors such as discrimination, isolation and homophobia.⁶ This can lead to members of the LGBT community feeling dissatisfied with health services, with mental health services most often perceived to be discriminatory.¹

Greater Risk of Hate Crimes

- ▶ Members of the LGBT community are at a greater risk of experiencing hate crime compared to heterosexual people, with certain LGBT groups found to be at particular risk, including gay men, young people and those identifying as LGBT from black and ethnic minority groups.¹

Lower ratings of quality of life metrics

- ▶ Ratings of ONS quality of life metrics in 2015 (on life satisfaction, happiness and perception that things they do are worthwhile) are lower for members of the LGB community than for heterosexual people.⁷

RESOURCES

- ▶ Review the resources and information provided within Moodle
- ▶ Explore your own

After Easter

- ▶ 23rd & 30th Chat Forum and Individual Tutorial or Group Tutorial Sessions
ONLINE

