

Prifysgol Cymru
University of Wales
Henry David Lloyd



Postmodernism Counselling Theories

Module Lead – Ruth Groff

Trawsnewid Addysg; Trawsnewid Bywyddau
Transforming Education; Transforming Lives

Schedule for Today

Welcome Back

- Introduction to Postmodern Counselling Theories, module aims, learning outcomes and assessment
- Scheme of Work – Overview
- Concerns & Questions

Ruth's Personal Tutorial Check – In

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Module Aims

To investigate contemporary Postmodern Counselling theories




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Module Learning Outcomes

Upon the successful completion of this module, the student should be able to demonstrate the ability to:

- Critically evaluate the value of cultural and social diversity.
- Critically evaluate the significance of cultural diversity within Care and wellbeing.
- Employ appropriate academic conventions in the production and presentation of work

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Module Synopsis

There is an increasing voice within the Counselling field claiming that the theoretical orientation of Counselling needs to be moving more firmly towards a **social constructivist model** of understanding human nature and the way in which humans are affected by social and cultural positioning.

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Course Overview

- The **first semester** will consider the claims and position of the current discourse on cultural diversity. Taking into consideration of Postmodern Counselling Theories that view the individual from their cultural lens.
- The **second semester** will consider the claims and position of the current discourse on gender and diverse sexuality and consider their relationship to contemporary Counselling theory and practice. These themes will be explored through the concept of 'identity'

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Current Debates in Mental Health

- Global Mental Health Perspectives
- Mental Health Strategies – Wales, UK
- Children and Young Peoples Mental Health
- Older Persons Mental Health – Loneliness
- Environmental and Nature-based approaches to wellbeing
- Other current topics will be considered



Module Structure

Allocated Teaching	Hours	Percentage
Scheduled learning	40	20%
Independent learning	160	80%
TOTAL	200	100%

Readings

Not the only resources

- Jones-Smith, E, 2012 *Theories of Counselling and Psychotherapy: an integrative approach*. London: Sage. Part IV Chapter 10-19
- Lago, C., ed., 2011. *The handbook of transcultural counselling and psychotherapy*. Maidenhead, Berkshire: Open University/McGraw-Hill Press Part 1: Chapters 1, 2, & 3 **Ebook**
- Laungani, P., 2005. Building Multicultural Counselling Bridges: The Holy Grail or a Poisoned chalice. *Counselling Psychology Quarterly*, 18(4), 247-259

Social Constructionism: Key Concepts

- Postmodernists assume there are multiple truths.
- Reality is subjective and is based on the use of language.
- Postmodernists strive for a collaborative and consultative stance.
- Postmodern thought has an impact on the development of many theories

Postmodern/ Constructivist Psychotherapeutic Perspective

- The client, not the therapist, is the expert.
- Dialogue is used to elicit perspective, resources, and unique client experiences
- Questions empower clients to speak and to express their diverse positions
- The therapist supplies optimism and the process.

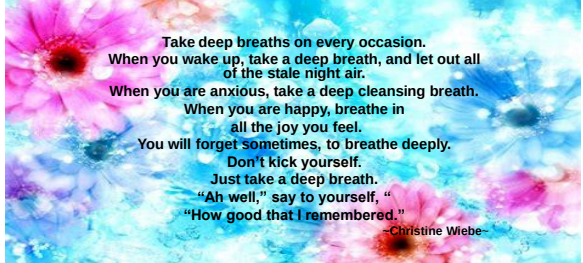
- Generate new meanings in the lives of clients.
- Co-develop, with clients, solutions that are unique to the situation.
- **Enhance awareness of the impact of various aspects of the dominant culture on the individual**
- Help people develop alternative ways of being, acting, knowing, and living.

Scheme of Work & Assessment Questions

Brief Overview on Moodle

Assessments: Component 1: Presentation

Component 2: Essay



Take deep breaths on every occasion.
When you wake up, take a deep breath, and let out all
of the stale night air.
When you are anxious, take a deep cleansing breath.
When you are happy, breathe in
all the joy you feel.
You will forget sometimes, to breathe deeply.
Don't kick yourself.
Just take a deep breath.
"Ah well," say to yourself, "
"How good that I remembered."
-Christine Wiebe-