

POSTMODERN THEORIES IN COUNSELLING

REVIEW

Multicultural Counselling?

SESSION 3: October 19th



Values and principles of underpinning good practice in working with issues of difference and diversity (Alleyne, A. 2011).

Chapter: 10: Overcoming racism, discrimination and oppression in psychotherapy

Lago, C. ed. (2011) *The handbook of transcultural and Counselling Psychotherapy*

Working with yourself

1. Re-examine your own values and beliefs and how them have been influenced.
2. Be willing to learn new patterns of thinking, perceiving and behaving.
3. Be open to meeting the unknown and unfamiliar.
4. Be prepared to meet your shortcomings; there is strength in owning one's own ignorance and naiveté about other cultures and showing a willingness to learn.

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5. Stay with the natural discomfort stirred up by difference and allow yourself to become familiar with the new effects.
 6. Do your own homework on difference and diversity. Do not expect the 'other' to feed you continuously in the process of learning.
 7. Consciousness-raising on its own is not enough in working with cultural diversity; the priority should be to identify and change personal behaviour which limits open and effective interaction with others.

Additional Resources

- McKenzie-Mavinga, I. (2016). *The Challenge of Racism in Therapeutic Practice*. London: Palgrave

"Yes, we are all the same under the skin, and human beings, but why is being human defined from a White, Western perspective?"

— Derald Wing Sue, *Race Talk and the Conspiracy of Silence: Understanding and Facilitating Difficult Dialogues on Race*

Multicultural Counselling Theories

- Multicultural counselling is regarded as socially constructive due to its recognises each culture's perspective within the therapeutic framework.
- The multicultural view harmonises with the postmodern/ social constructivist framework because both accentuate the importance of conceptual relativity when working with clients.

Psychotherapeutic Theories and Values

- Western psychotherapeutic theories are Eurocentric and value laden.
- However behavioural and cognitive-behavioural theories can have relevance to most cultures.
- Each cultural and ethnic group formulates culturally relevant cognitions that effect individual's behaviour.
- Eurocentric counselling interventions may not work with clients from African , Eastern and Asian cultures.

Maya Angelou

Still I Rise

*You may write me down in history
With your bitter, twisted lies,
You may tread me in the very dirt
But still, like dust, I'll rise.*

*You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.*

Maya Angelou

<http://www.bing.com/videos/search?q=Maya+Angela+still+I+rise&view-detail&mid=86FB17C9DF299149C32486FB17C9DF299149C324&FORM=WIRE>

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