



Pluralistic Counselling – A Eurocentric solution?

Laurence Jones (1701942)



Postmodernism

What does postmodernism mean?

The concept that people should have the ability for people to think for themselves – we have individual knowledge that differs from others (Kuntz, 2012)

- What does postmodernism means in regards to therapy?
(D'Arrigo-Patrick, Hoff, Knudson-Martin & Tuttle, 2016)



Pluralistic Counselling

Clients are likely to have multiple causes for psychological problems, as a result, no 'single' therapy or therapeutic approach will be relevant for every problem (Cooper & MacLeod, 2007)

What does this entail?



What do I mean by 'Pluralism?'

- The concept of having multiple answers to a particular problem. This can be applied to theology and philosophical constructs (Cooper & MacLeod, 2011)
- Allows for dialogue in debate – understanding and sympathising with different debates while adopting a position within an argument

Pluralistic Counselling's Three Pillars

- Pluralism across orientations

Considering multiple ways clients can get distressed

- Pluralism across clients

Understanding diversity between clients

- Pluralism across perspectives

Client and Practitioner's are both involved in the process
(Cooper & Dryden, 2016)

How does it work?

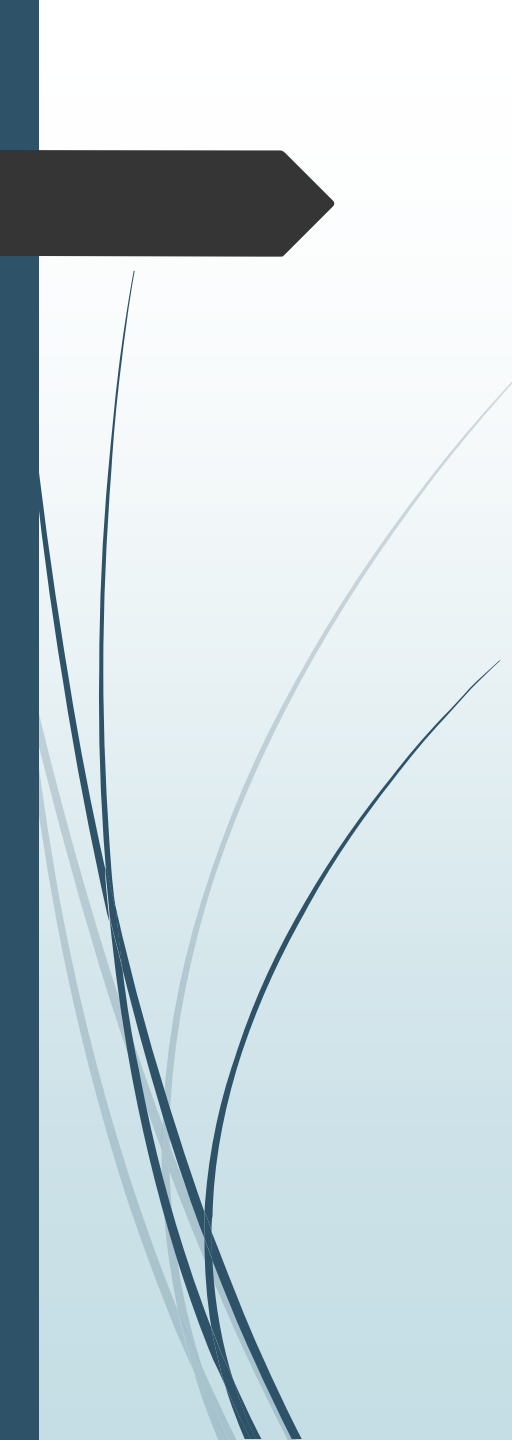
- Pluralistic Counselling Approaches are split around three core domains:

Goals – What does the client want to achieve?

Tasks – segmenting therapy into “therapeutic tasks”

Methods – using tools to help the client

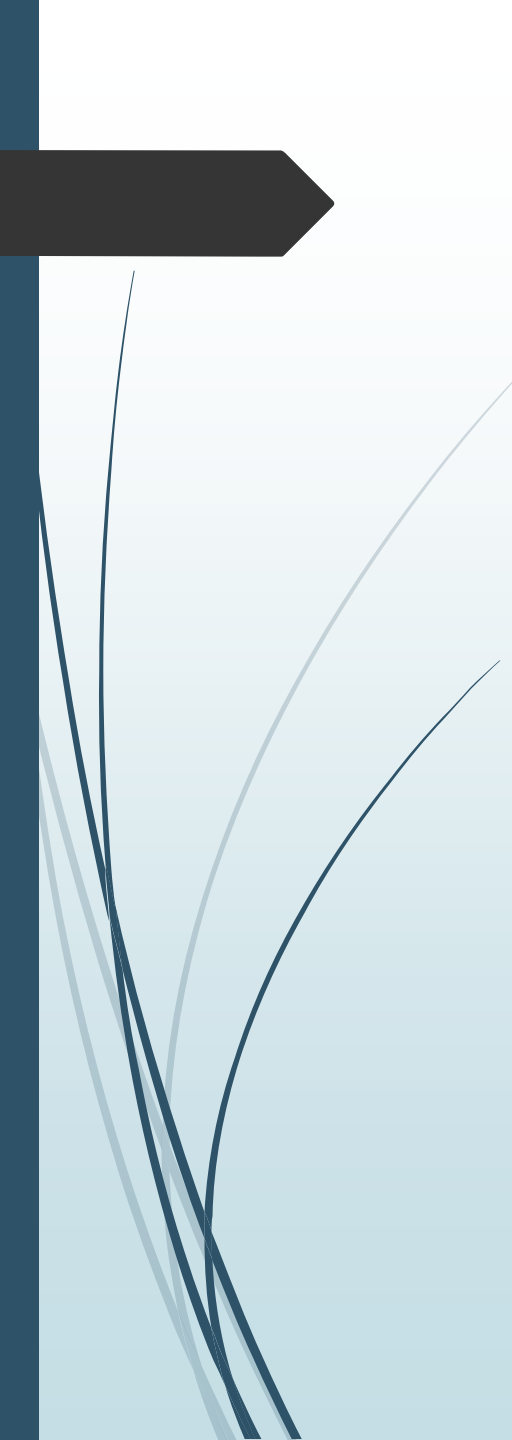
A guided approach with the cooperation of both client and practitioner (Cooper & MacLeod, 2011)



Methods

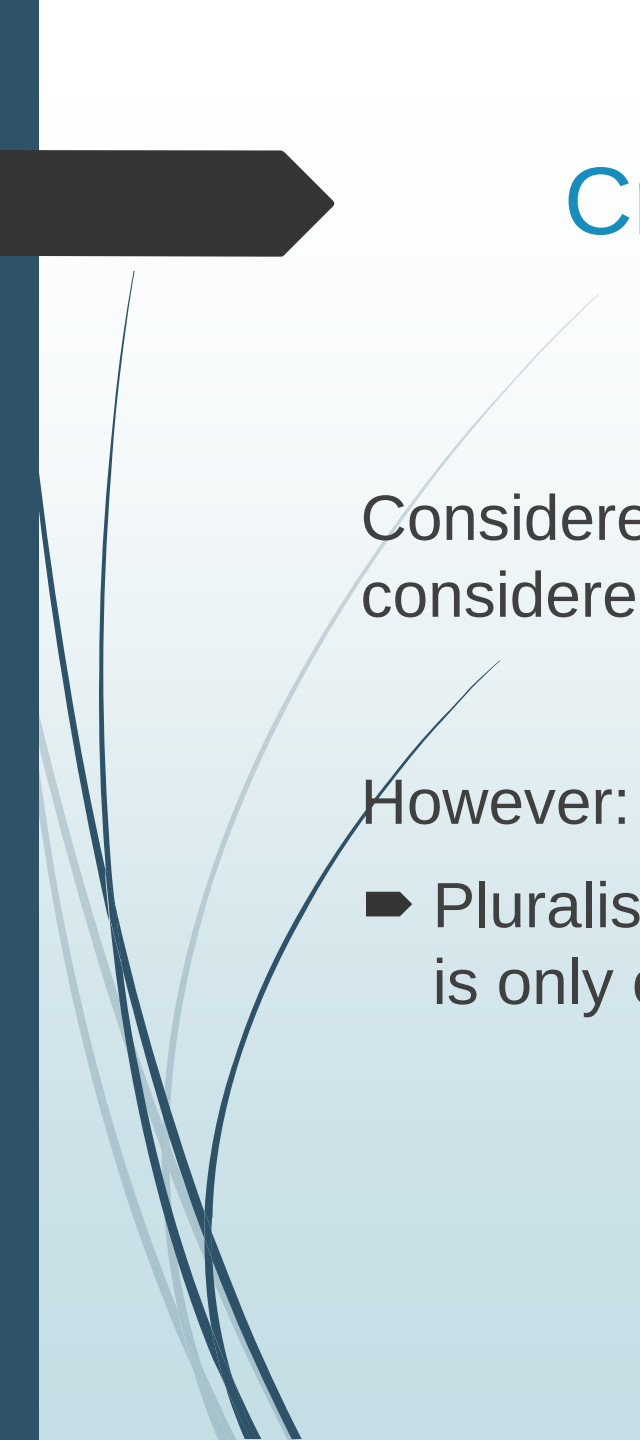
► Split into three levels:

1. Development of Generic Skills - Empathy
2. Specific Methods in Contemporary Therapeutic Practices – Expressive Art Therapy
3. Advanced Training Post-Qualification – Emotion Focused



What's the benefit of Pluralistic Therapy?

- From a historical perspective, the growth of different counselling therapies has been significant in new ways to help tackle mental health
- However: an “Unproductive ‘Schoolism’ ” (Cooper & MacLeod, 2011)
- Pluralism allows for an inter-discipline of therapy, which can promote the therapeutic relationship (Carlyle, 2017)



Criticism

Considered an overlap of Integrated and Eclectic forms of therapy, considered undistinctive (Norcross & Goldfried, 2005)

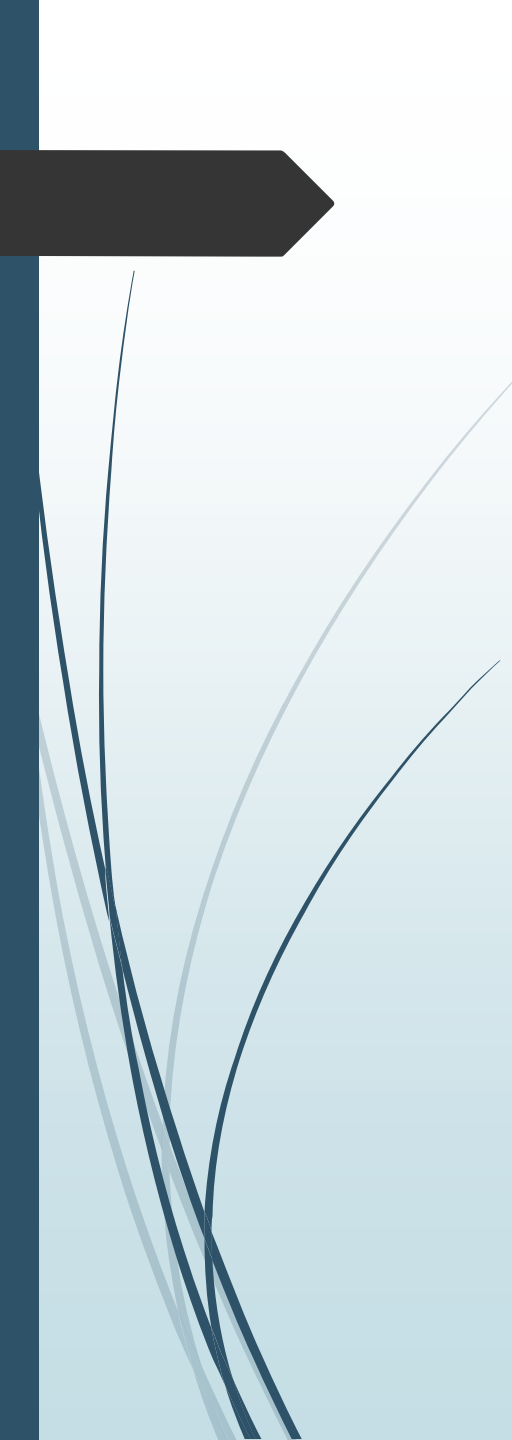
However: challenged by Thompson, Cooper & Pauli (2017)

- ➡ Pluralism is a reference to the therapeutic field as a whole, integrated is only considered multi-orientated



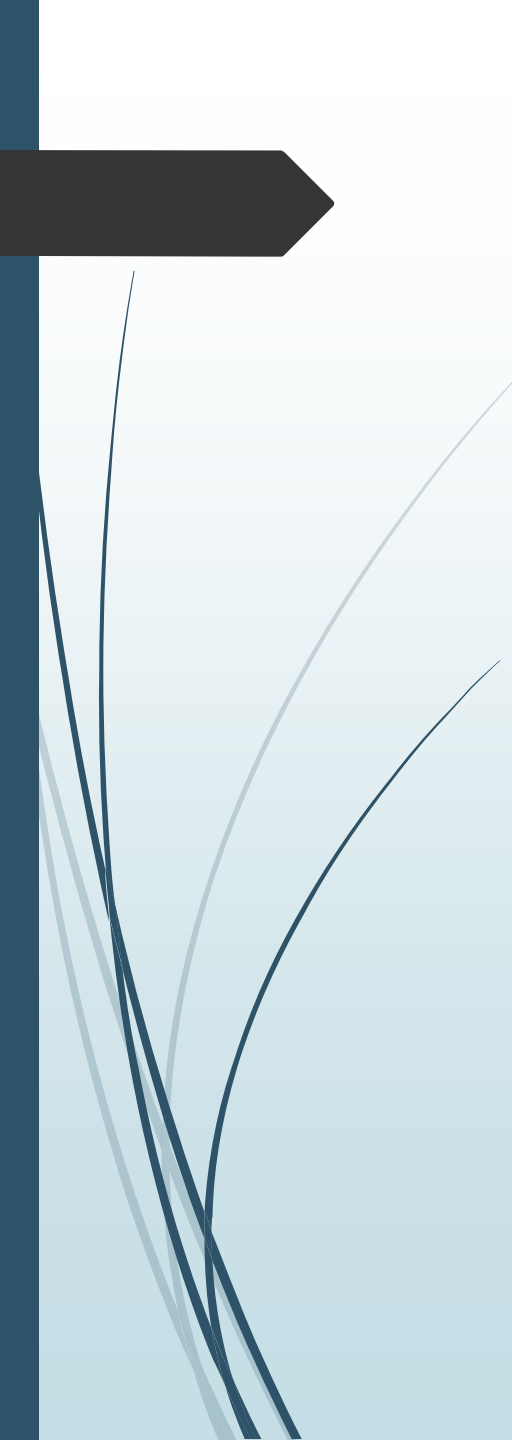
Limitations

- One of the biggest challenges with using Pluralistic therapy is most of the data is solely measured and analysed by the therapist themselves.
- Case studies tend to self-promote their own beliefs and approaches while not contributing to the literature or development of further therapeutical advancement (McLeod & Cooper, 2011).



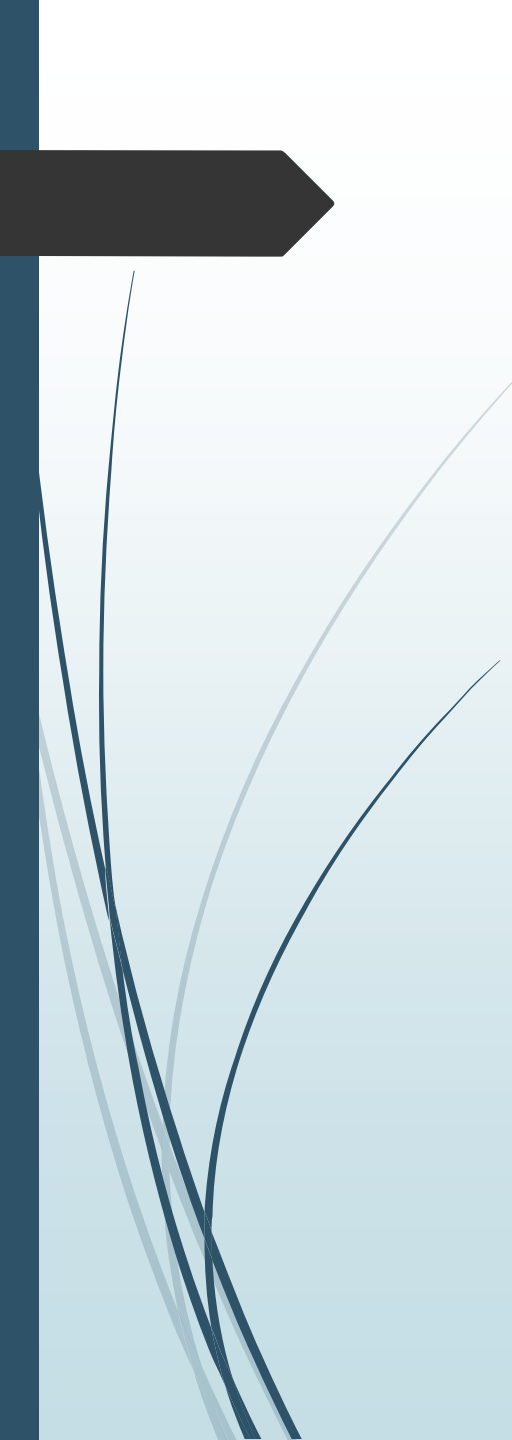
How effective is Pluralistic Counselling in the UK?

- Pluralistic-informed transactional analysis (Case Study)
(MacLeod, 2013)
- Pluralistic therapy for depression
(Antoniou, Cooper, Tempier & Holliday, 2017)



Pluralistic Counselling from a Cultural Perspective

- It is challenging to find sufficient approaches to different cultural differences between the practitioner and client (Vogel, 2011)
- Pluralism has been applied to Islamic online counselling services (Abdel-Fadil, 2015)
- However, the introduction of plurality to some patients may complicate the therapeutic process for those already struggling to develop an identity (Bode, 2019).



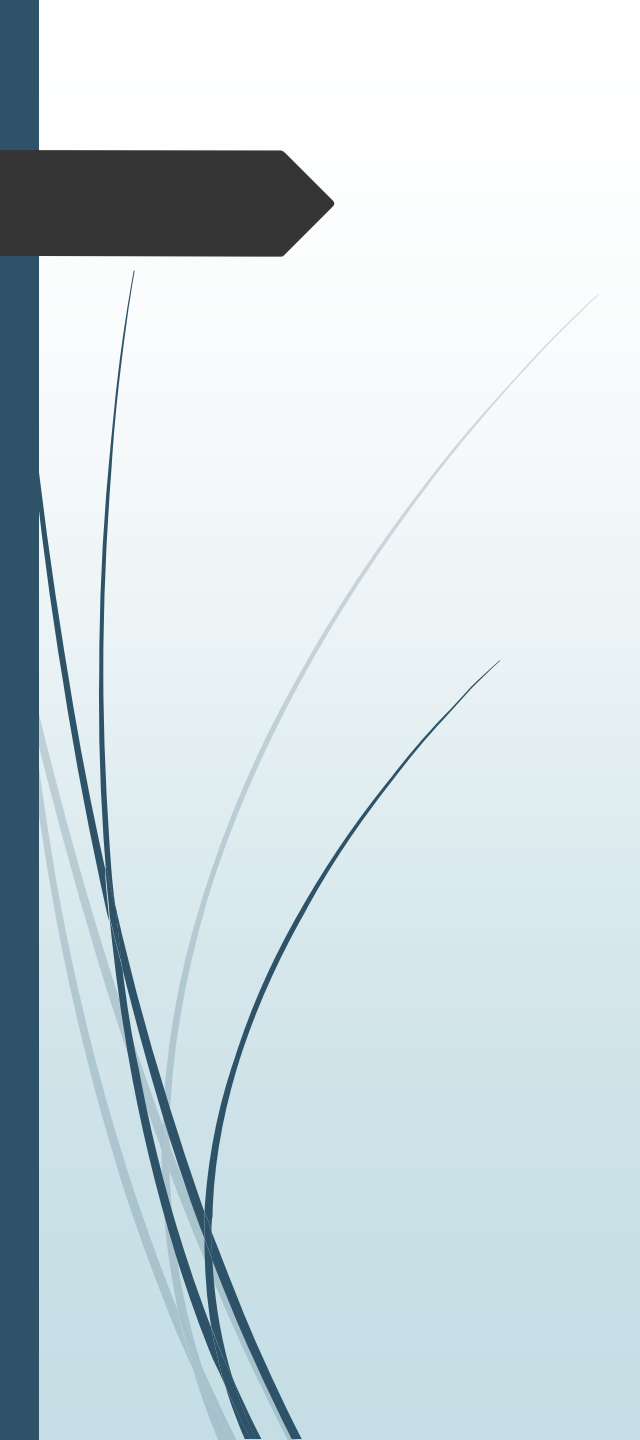
Pluralistic Counselling from a Ethnic Perspective

- There is a dominance of cultural views presented by western media due to the size and resources invested by them (Launikari & Puukari, 2005)
- Pitkänen (2005) argues that while cultural pluralism has improved, minorities are still not represented with equal opportunity, and counsellors must work toward “culturally responsive counselling” (pp.140)



Conclusive Thoughts

- Pluralistic Counselling is a effective, contemporary field of therapy that requires more research and development to be incorporated into more mental health practices globally
- However, more research and literature must be introduced to challenge singular schooling methods before implementation can be widespread.



Any Questions?

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