

M6X00964 Postmodern Counselling Theories

Module Handbook & Scheme of Work 2019-2020

LEVEL: 6
CREDITS: 20
JACS CODE: B940

AIM

- To investigate contemporary Postmodern Counselling theories

LEARNING OUTCOMES

Upon the successful completion of this module, the learner should be able to:

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

INDICATIVE CONTENT

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. Arguably there have been two significant movements which have strengthened this claim, that of the multicultural movement in Counselling which began in the 1970's. Multicultural Counselling views each individual from the lens of their own culture, and therefore socially constructed. This perspective can find its roots in the philosophical ideas of Postmodernism which has increasingly influenced western thought from the 1960s. A significant contribution of the Postmodern has been the perspective of relativism, meaning making and the narratives that make up a unique life story. In addition, the reality of global cultural diversity is challenging the Anglo-American and Eurocentric foundation of most Counselling theories. What therefore might it mean for a Counselling or healthcare practitioner to be competent in multicultural practice? The modules will also address the growing claim for a trans-cultural paradigm in Counselling, which seeks to offer a theoretical bridge across cultures, in an attempt to synthesize the best 'the world' has to offer.

The content of this module could include such themes as:

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- George Kelly's Personal Construct Psychology
- Relativism as human ideology
- Challenges to Empiricism
- Multicultural Psychotherapy theories
- Eurocentric Psychotherapeutic theories and Western values
- What is Multicultural Counselling
- The concept of Worldview Culture: A definition
- Acculturation and Acculturative Stress
- Multicultural Counselling: 5 emerging theories:
- Sue, Ivy and Pedersen – Multicultural Counselling Theory

- Gonzalez, Biever, and Gardner – Social Constructivist Approach
- Ho – Theory of Internalized Culture
- Ramirez – Cognitive-Behavioural Multicultural Model
- Colman's Coping With Diversity Model
- Elsie Jones-Smith – Ethnic Identity Development
- Ethnic Self-Schemas and Mental Health issues
- The helping relationship in culturally diverse settings
- Trans-cultural Counselling
- Narrative therapy across culture
- Development of personal and professional portfolio -USEM

LEARNING AND TEACHING STRATEGY

A range of teaching and learning strategies, appropriate to the aims and learning outcomes of the module will be used to enable learners to develop the full range of skills and knowledge achieved in this module. Lectures will introduce the learner to the concepts, principles and practices under consideration and seminars will illustrate with examples, which will be used to support the application, discussion, and critical evaluation of the topics. Tutorials will enable students to receive one-to-one support from lecturers and assignment supervision will offer focused support and discussion regarding assignments. In addition learners will work collaboratively in small groups, participate in workshops, role play and experiential and reflective activities. Lecturers will provide pedagogic demonstrations and observation with formative feedback. Visiting speakers from within the field may be invited to support learners and to speak about future careers.

Allocation of teaching to deliver the module are:

Activity type	Hours	Percentage
Scheduled learning	40	20%
Independent learning	160	80%
TOTAL	200	100%

ASSESSMENT

Learning outcome (Learners can)	Assessment Criteria (Learners will)
Critically evaluate the value of cultural and social diversity.	Demonstrate a critical evaluation the value of cultural and social diversity.
Critically evaluate the significance of cultural diversity within Care and wellbeing.	Demonstrate a critical evaluation of the significance of cultural diversity within Care and wellbeing.
Employ appropriate academic conventions in the production and presentation of work.	Demonstrate appropriate academic conventions in the production and presentation of work.
Reflect on and review progress in their own studies, and seek assistance or guidance as appropriate in order to	Demonstrate reflection on and review progress in their own studies, and seek assistance or guidance as appropriate in order to enhance their own personal development planning.(32)

enhance their own personal development planning.	
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Assessment Component 1

Oral Seminar Presentation 20 mins (50%)

Through a postmodern lens, critically evaluate current cultural and ethnic discourse in relation to a theoretical therapeutic paradigm or approach. **To be confirmed EE**

Examples of approaches to consider.

- Relational psychodynamic approaches
- Pluralistic Counselling Approach
- Narrative Approaches
- Multicultural approaches/indigenous/spirituality
- Systems approaches
- Humanistic Approaches
- Cognitive Behavioural Approaches - Postmodern perspectives
- Other

YOUR WORK MUST FOLLOW THE GUIDANCE AVAILABLE ON MOODLE

Assessment Component 2

Written Assignment (2,500- 3,000 words) (50%)

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. **To be confirmed EE**

We will take some time in class to look at what some of these potential themes are. You will then choose one theme to consider in more detail, and develop a question you would like to address regarding the theme. The question must enable you to:

- satisfy the learning outcomes above
- address issues of 'identity politics'
- address theme of Human Rights
- address legal and social policy
- address arguments of 'assimilation' and 'liberation'

YOUR WORK MUST FOLLOW THE GUIDANCE AVAILABLE ON MOODLE

Assessment Summary

	Activity type	Percentage
1	Coursework	50%
2	Practical	50%
	TOTAL	100%

READING LIST WILL BE UPDATED ACCORDINDLY ON MOODLE

Reading List:

Essential Texts

Ahmed, S., 2006. *Queer Phenomenology: Orientations, Objects, Others*. London: University of Duke Press.

Brewer, M. B. and Hewstone, M. 2004. *Self and Social Identity*. Oxford: Blackwell.

Burkitt, I., 2008. *Social Selves*. 2nd ed. London: Sage.

Burr, V., 2003. *Social Constructionism*. 2nd edition. Hove: Routledge.

Jones-Smith, 2012. *Theories of Counselling and Psychotherapy: an integrative approach*. London: Sage.

Recommended Reading

Ahmed, S., 2012. *On Being Included: Racism and Diversity in Institutional Life*. London: University of Duke Press.

Butler, J., 1990/2007. *Gender Trouble: feminism and the subversion of identity*. Abingdon: Routledge.

Deaux, K., Philogene, G., 2001. *Representations of the Social*. Oxford: Blackwell.

Dean, H., 2010. *Understanding Human Need (Understanding Welfare Series: Social Issues, Policy and Practice Series)*. Bristol: Polity Press.

Donnelly, Jack, 2013. *Universal Human Rights in Theory and Practice*. 3rd ed. London: Cornell University Press.

Moscovici, S., 2000. *Social Representations*. Oxford: Blackwell.

Somerville, P., 2011. *Understanding Community: Politics, Policy and Practice (Understanding Welfare Series: Social Issues, Policy and Practice)*. Bristol: Polity Press.

Background Reading

Aten, J.D. and Leach, M.M. 2010. *Culture and therapeutic process*. London: Routledge.

Butler, J., 2004. *Undoing gender*. Abingdon: Routledge.

Cranny-Francis, A., Waring, W., Stavropoulos, P. and Kirkby, J., 2003. *Gender studies: terms and debates*. Basingstoke, Hampshire: Palgrave.

- Costigan, L., 2004. *Social Awareness in Counselling: A Critique of Mainstream Counselling from a Feminist Counselling Cross Cultural Counselling and Liberation Psychology Perspective*. Lincoln NE: Universe Inc.
- Dwyer, P., 2010. *Understanding Social Citizenship: Themes and Perspectives for Policy and Practice (Understanding Welfare Series: Social Issues, Policy and Practice)*. Bristol: Polity Press.
- Jovechelovitch, S., 2007. *Knowledge in Context: Representations, Community and Culture*. London: Routledge.
- Lago, C., 2011. *Handbook on transcultural counselling and psychotherapy*. London: McGraw-Hill
- Lago, C., 2006. *Race, Culture and Counselling*. 2nd ed. Maidenhead: Open University Press.
- Lago, C. and Smith, B., eds., 2013. *Anti-discriminatory practice in counselling & psychotherapy*. 2nd ed. London: Sage.
- Moodley, R., Epp, L. and Yusuf, H. Eds, 2012. *Counseling Across the Cultural Divide: The Clemmont E. Vontress Reader*. Ross-on-Wye: PCCS Books
- Smith, Rhonda K., 2012. *Textbook on International Human Rights*. 5th ed., Oxford: Oxford University Press.
- Whitehead, S., Talahite, A., and Moodley, R., *Gender and Identity: Key Themes and New Directions*. Toronto: Oxford University Press

Journals

British Journal of Social Psychology

Culture and Psychology

Integrative Psychological and Behavioral Science

Scheme of Work: M6X00964 – Thursdays 1-3pm Module Tutorials 1:1 - Thursday 3-4pm	
Dates	Topics: Semester One Postmodernism in Care and Wellbeing
Week 1 3 rd October	Introduction to the Module: Assessment & Expectations Introduction to Postmodernism and Social Constructivism Historical Underpinnings
Week 2 10 th Oct	Diversity/Multicultural – Transcultural Perspectives Understanding Culture and Ethnic Discourse
Week 3 17 th Oct	Working Systemically – Systems Approaches Relational and Families
Week 4 24 th Oct	Postmodern Counselling Theories Traditional Approaches Narrative Perspectives -Storytelling Module Evaluation
WC 28 th October Half Term	
Week 6 7 th Nov	Psychodynamic – Relational Perspectives Freud to relationships
Week 7 14 th Nov	Humanistic Perspectives Person-centred, Existential, TA, Gestalt, EFT
Week 8 21 st Nov	Cognitive Behavioural Therapy Are these a postmodern perspective?
Week 9 28 th Nov	Pluralistic Counselling Mick Cooper & John McLeod
Week 10 5 th Dec	How to give and Excellent Presentation Assessment Support Module Evaluation
Week 11 12 th Dec	Tutorial Session
Assessment Period 6 th – 20 th	W/C January 20 th Oral Presentations PPT Submission Date: Tuesday, January 21 st
Dates	Topic Semester Two: Identity: Gender and Sexuality
Week 12 30 th Jan 2020	Semester Two Module Introduction Assessment & Expectations Identity – Postmodernism to Posthumanism
Week 13 6 th Feb	Historical Context - Perspectives

Week 14 13 th Feb	Social Movement (S) Rights and Activism
W/C 17TH February Half Term	
Week 16 27 th Feb	Assimilation & Liberation
Week 17 5 th March	Postmodern Theories Sexuality & Gender Module Evaluation
Week 18 12 th March	Mental Health History
Week 19 19 th March	Contemporary issues in Counselling Affirmative therapy <i>Assessment Guidance – choosing a theme</i>
Week 20 26 th March	Review – Assessment Structure and Further Guidance 1:1 Tutorial
WC 30th March Spring Holidays	
Week 21 23 rd April	Review – Assessment Structure and Further Guidance 1:1 Tutorial Module Evaluation
Week 22 30 th April	Tutorial Session from 10-12am
Week 23 7 th May Assessment Due Tuesday 5th May	NO CLASS