



Postmodern Counselling Theories

SEMESTER II

Module Overview – Learning outcomes

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

Assessment: Component 2 Essay

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, 5th May 2020

23:59pm

Assessment Themes (Choose only ONE)

Address issues of:

- ▶ 'Identity Politics'
- ▶ Human Rights
- ▶ Legal and social policy
- ▶ Mental health
- ▶ Arguments of 'assimilation' and 'liberation'

Scheme of Work

Session 1 30st January 2020 - Module Overview – Identity

Session 2 6th Historical Perspectives

Session 3 13th (*Reading Week*) February 17th – 21st

Session 4 27th Social Movement(s) Human Rights

Scheme of Work

- Session 5 7th March – Assimilation and Liberation
- Session 6 14th March – Postmodern Theories Sexuality and Gender
- Session 7 21st March – Mental Health History
- Session 8 28 March – Contemporary Issues in Counselling
- Session 9 23rd April – REVIEW Assessment Structure and guidance
- Session 10 28th April – *Individual Tutorials*

Essential Text and Resources

(Please see Moodle/Module Handbook)

- ▶ Clarke, V., Ellis, Sonja J., Peel E. & Riggs, Damien W. (2010) *Lesbian, Gay, Bisexual, Trans and Queer Psychology: An Introduction*. Cambridge: Cambridge University Press.
- ▶ There are a vast number of YouTube and TedX resources available on line with regards to many themes associated with contemporary LGBT*QI issues.



The History of Identity

Identity

- ▶ As we know it today has developed over hundreds of years and is still developing

identity

- ▶ 'as the place(s) or location(s) where social categories and social relations, symbolic representations and hierarchies of privilege and disadvantage come together and are lived out as forms of subjectivity and community'
- ▶ (Stephen Frosh in Wetherell, 2010, p.30)

The Self and the ability to identify itself reflexively

- ▶ 'in the course of ordinary human life in, at least, the modern worlds where we like to think of ourselves as having a Self, if not a soul, that provides a degree of interior regularity which social theorists have come to call self-identity' (2013, p.3)

Wetherell

- ▶ As Baumeister (1986) concludes, if the self in pre-modern period has barely featured as an interesting problem, by the middle of the twentieth century it had become a site ripe for new journeys of exploration. The new field of identity was only part of the abundant guides and expert injunctions available for these new kinds of self-work.

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- ▶ It has taken many centuries to form the modern idea of identity which we have now
 - ▶ Which is a self-identity assumed to be somehow or another at the core of social life.
 - ▶ Which wasn't fully realised until within the postmodern era the Self concept was invented
 - ▶ Traditional following argument

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Woodward, 2002,

- ▶ 'Identity has a history. The concept is one that has been deployed and developed through a number of different stories, academic stories as well as those of individuals, communities, peoples and nations. The identity story is one that has been told around different relationships, such as those between the personal and the social and between self and others.' (p.1)



Cont.

- ▶ 'Our understanding of identity has been constructed and reproduced around different relationships. However, while debates have addressed the connections and differences in the personal and the social in identity formation, the equation has been differently weighted at different times' (p1).

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- ▶ ‘... these have often been couched in terms of the need to reinstate a greater degree of human agency, so that it is important to accord higher status to the responsibility that human beings have for their own actions, in shaping the sort of people they want to be’ (p.1).

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).