

## POSTMODERN COUNSELLING THEORIES

### Assessment 1: Oral Presentation - Guidance



## THE QUESTION

### 20 Minute Oral Presentation:

Postmodernism is a broad intellectual movement that has been changing the way people approach art, music, literature, politics and philosophy since the late 20th century). Postmodern thinking has also impacted the practice of counselling and its relevance to the counsellors' approach to understanding their clients and their world (Hansen 2015 p. 355).

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

## EXAMPLES OF APPROACHES TO CONSIDER. (CHOOSE ONLY ONE)

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

## DEFINING CULTURE

*'Culture is something that is difficult to define or pin down, something living, dynamic and changing – a flexible system of values and worldviews that people live by, a system by which we may define aspects of our own identities and negotiate our lives (Fernando 2010)*

## POINTS TO CONSIDER

- ✓ You will need to include a 'title' slide.
- ✓ Font size of 28 is good
- ✓ Approximately 12-15 slides
- ✓ Three points per slide
- ✓ Images or pictures – provide that creative and original quality, but must be academic in nature and referenced accordingly.
- ✓ Consider the following structure



## INTRODUCTION (2-3 MINUTES)



**The Introduction is the point at which the presenter explains the content and purpose of the presentation.**

- This is your introduction to your process in addressing the question. (You only need to give a taste of what is to come in your rest of your presentation).
- What theory(s), definitions and critiques are you considering in exploring culture and postmodern perspectives within counselling and the broader agenda of care and well-being. (perhaps highlight possibly 2-3).
- Lastly, letting us know contributions, critiques and implications and possible recommendations that are argued within your critiques.

This is a vitally important part of your talk as you will need to gain the audience's interest and confidence (please see below website - University Leicester)  
<http://www2.le.ac.uk/offices/ld/resources/presentations/structuring-presentation>

## MAIN POINTS 10-12 MINUTES

**Background** - providing context within your presentation; linking theory and contributions: postmodernism, social constructionism within postmodern counselling practices or approaches.

Providing and demonstrating an understanding of definitions related to the current cultural and ethnic discourse with respect to care, and the well-being agenda.

## MAIN POINTS CONT.

**Discussion** - 3-4 points you wish to share with the group about the critical and evaluative arguments within the discussion of postmodern counselling theories in relation to the current and cultural and ethnic discourse.

(referencing and resources are required in this section)

## MAIN POINTS CONT.

- **Implications and recommendations** - with respect to a postmodern perspectives within Care and the Well-being agenda

## CONCLUSION (3-5 MINUTES)

*This is the stage at which you can summarise the content and purpose of your talk, offer an overview of what has been achieved and make a lasting impact with in the group.... Go back to your reflective statement, title, metaphor, picture, the original question.*

**Leave some space of questions and comments**

*Allowing for your own authorial an narrative to fully enhanced by your own experience (s).*

### ■ Reference List

Reference list at the end and also using references within the text of your presentation.

## POINTS TO CONSIDER:



- **Have a clear thread throughout your presentation.**

**Transitions** are the signposts that help the audience navigate their way through your presentation. They can help divide information up into sub-sections, link different aspects of your talk and show progression through your topic. Importantly, transitions draw the audience's attention to the process of the presentation as well as its content.

### ■ Use of Images

Please use images or pictures that might be appropriate for your presentation. They can help with the transitions and create an impact within your presentation.

## RESOURCES

**Reminder: Do not forget to use the draft portal**

University of Leicester  
<http://www2.le.ac.uk/offices/ld/resources/presentations/structuring-presentation>