

THE THIRD WAVE:

(ABBTS) THERAPY

**ACCEPTANCE AND COMMITMENT
THERAPY**

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Psychology & Counselling

AGENDA :

POSTMODERNISM

NARRATIVE THERAPY

SOLUTION THERAPY

SOCIAL CONSTRUCTIONISM

CONT....

MULTICULTURAL

&

DIVERSITY

&

ACT THERAPY



(Cultural diversity image, 2020)

Postmodernism is a 20th century intellectual movement that has informed a number of professions including counsellors. (Hansen, 2015)

The great importance of this movement is that it recognises that truth , knowledge, and reality are reflected in cultural and social views that can have an impact on peoples personal experiences. (Jenkins, 2013)

Postmodernists believe that an individual's reality is based upon one's use of language and the way in which a person will talk about their stories of life (Counselling for Dummies: Postmodern Approaches, n.d.)

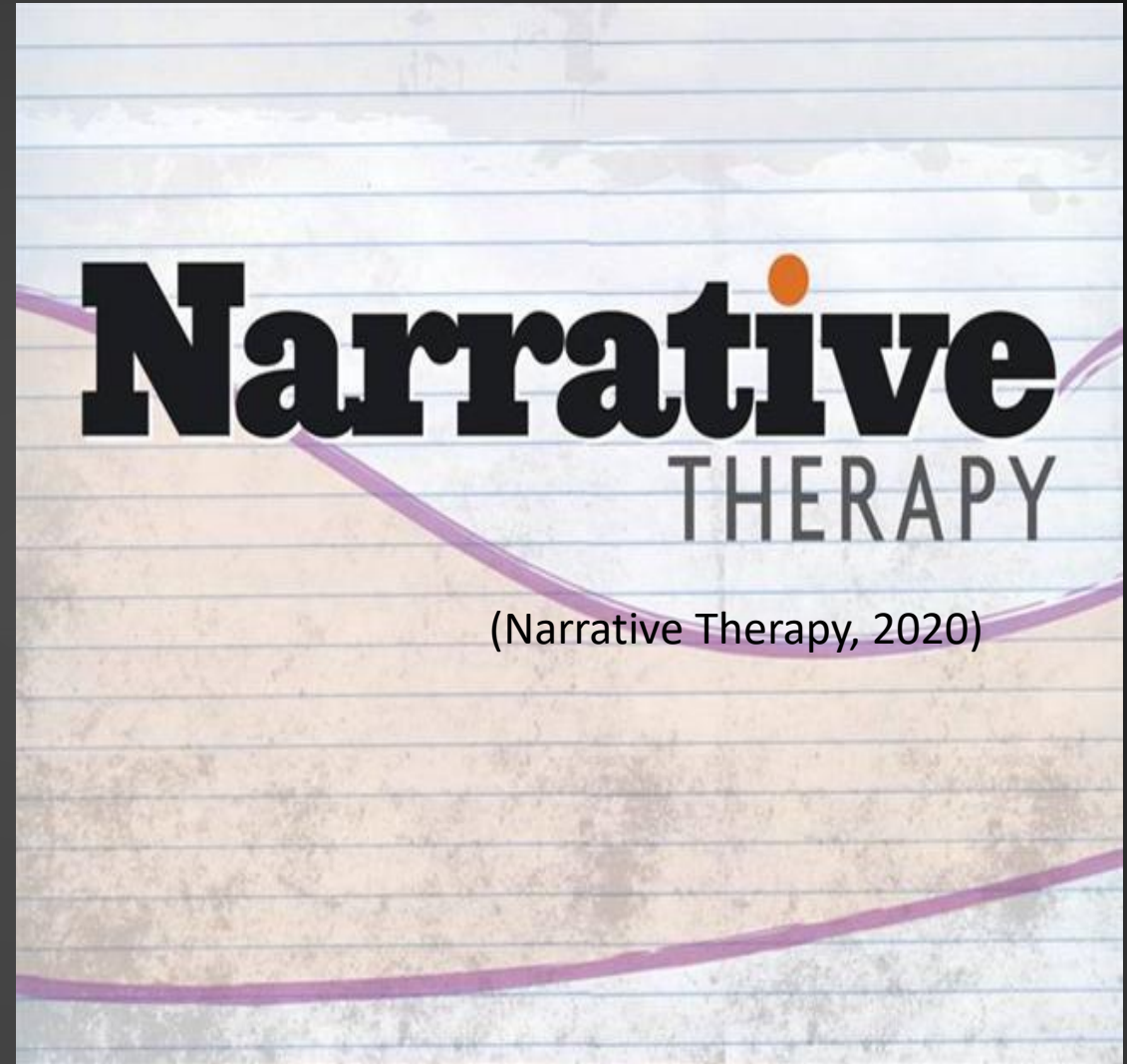


(pictures of postmodernism-Bing images, 2020)

“Narrative Therapy seeks to help people identify their values and the skills and knowledge they have to live these values” (Postmodern Approaches & Family Systems - Blogger, 2016)

Narrative Therapy Goals :

- To be able to express new language
- Increase awareness of impact of various aspects of dominant culture on human life (through the client's personal stories)
- Develop new meanings to tackle negative thoughts, feelings, and behaviours (Counselling for Dummies, 2020)

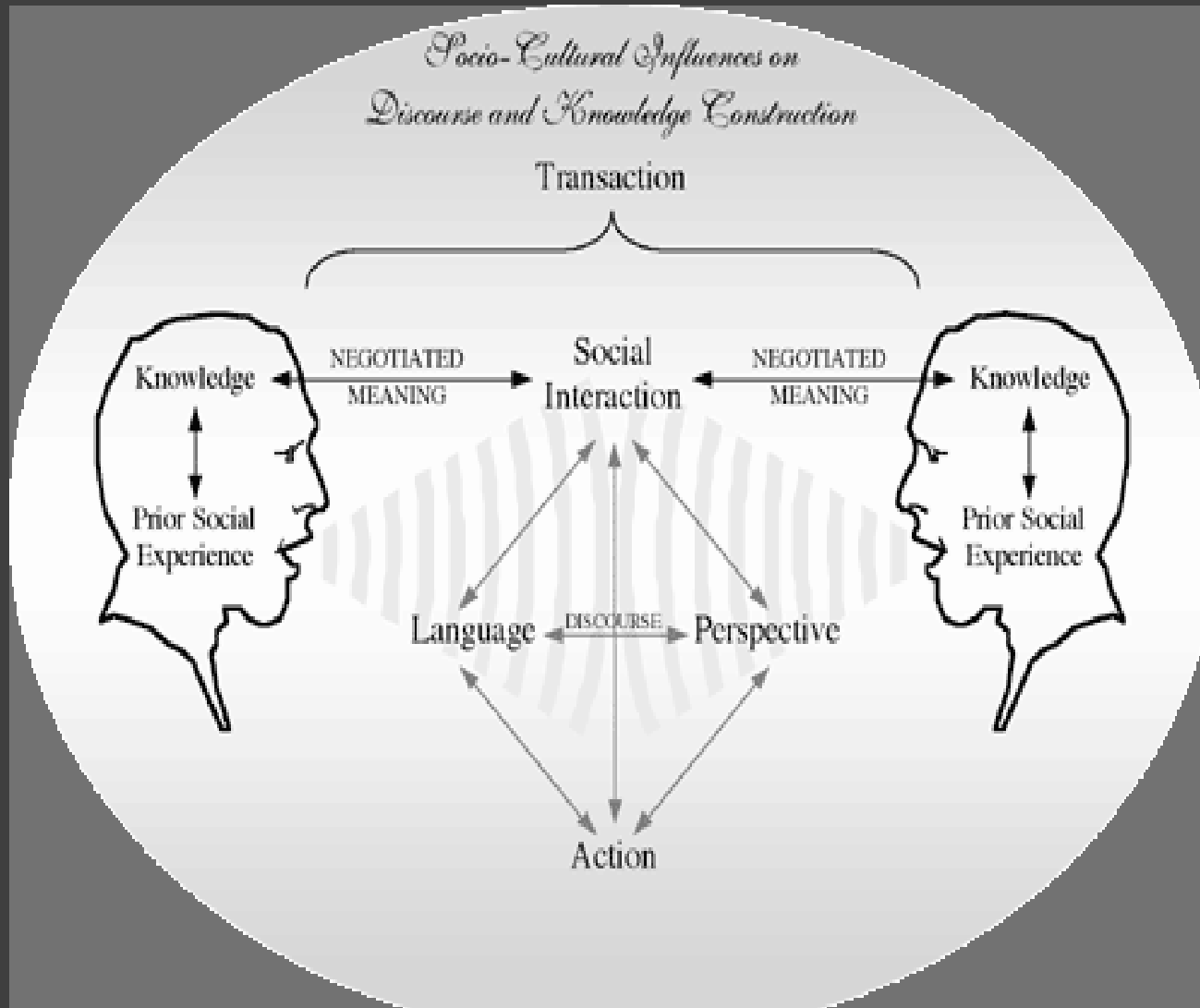


Solution Focus Therapy:

- Focuses on the clients future outcomes and solutions to the clients problems
- Does not ask how the problem starts
- The client chooses the goals that they want to achieve
- Will discover the clients desires through conversation (Postmodern Approaches & Family Systems - Blogger, 2016)



(Solution-focus Therapy, 2020)



- Social Constructivism emphasizes the importance of culture and how what happens in society is important to a person's sense of reality, people are the means of their own change.
- It is also based on knowledge as a social construct, language as a social phenomenon and sees a person as a rational being.
- Meaningful learning transpires when people are involved in social activities (Counselling for Dummies, 2020)

MULTICULTURAL COUNSELLING

- Counsellors need to have multicultural skills, to better understand their clients, and to take in to account their cultural diversity.
- One theory that establishes better cultural skills was developed by Sue et al (1992).
- They developed three cross-cultural competencies, to advance a better culturally competent counsellor. (Sue, Arredondo, & McDavies, 1992)

CROSS-CULTURAL COMPETENCIES

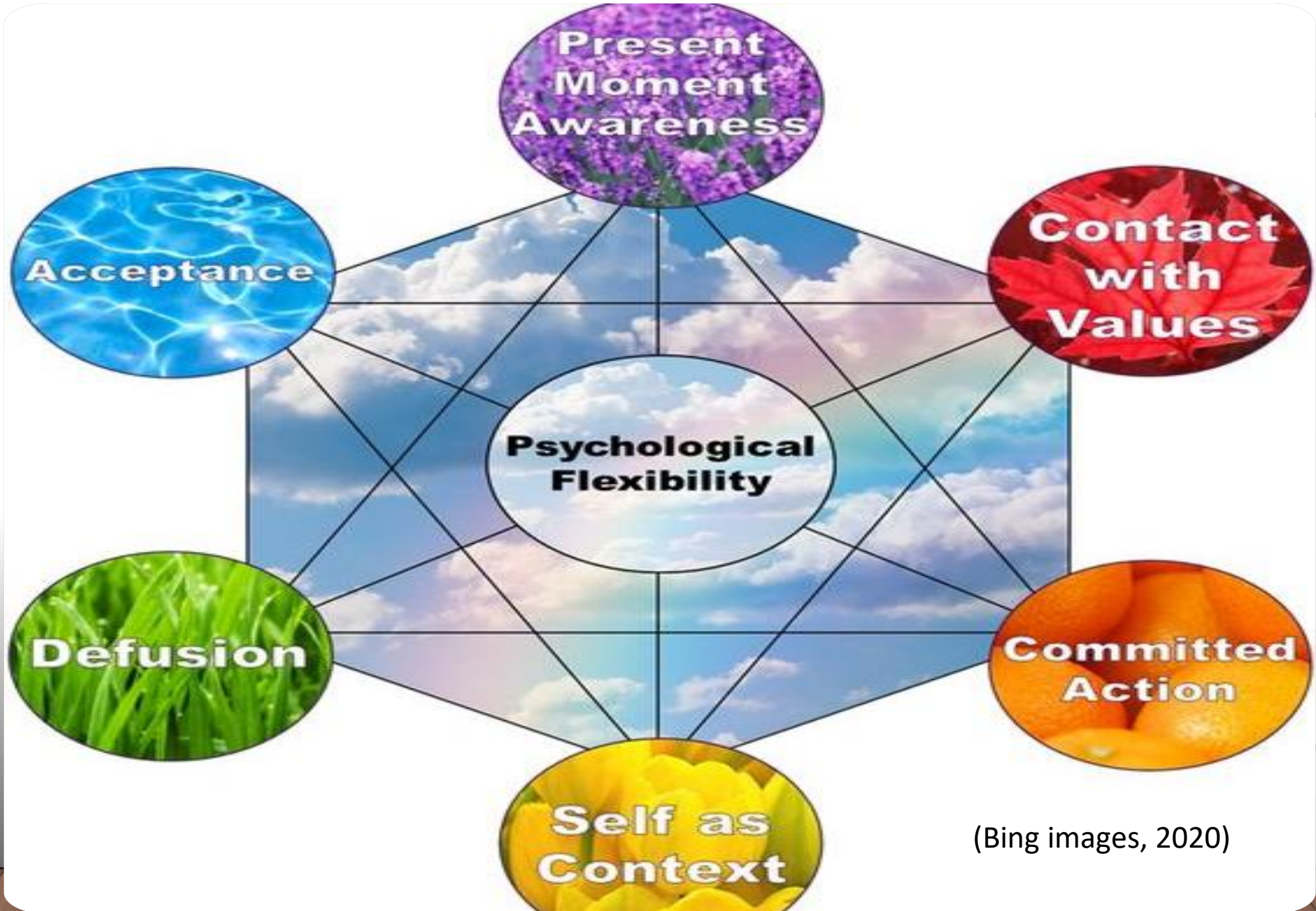
- First the counsellor needs to be aware of their own assumptions about human behaviour, values and personal limitations.
- Second to understand the worldviews of their culturally different client.
- Third to have the ability to practice new skills in working with culturally different clients.

(Sue, Arredondo, & McDavies, 1992)

- ACT will support clients with accepting “their own internalized racism, heterosexism, ageism, or gender-role stereotyping and will help them notice the extent to which these beliefs may be affecting their current values and actions” (Kim, n.d.)



(Multiculturalism isn't just about food | Liberal girl aged 19, 2020)



(Bing images, 2020)

MINDFULNESS

Mindfulness skills are put into four divisions:

- Acceptance
- Cognitive defusion
- Contact with the present moment
- The observing self (Coma & Hunter, 2018)
-



(Mindfulness Meditation Program
Returns for summer at fish ..., 2020)

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