

A PLURALISTIC FRAMEWORK FOR COUNSELLING: POSTMODERNISM

AIMS & OBJECTIVES

- To understand 'what is Postmodernism'
- To understand 'what is Pluralistic Counselling Therapy'
- Cultural Perspectives of Pluralism
- Implications/Critiques



POSTMODERNISM

***“Postmodernism is a broad intellectual movement...changing the way people approach art, music, literature, politics, and philosophy since the late 20th Century”
(Hanson, 2015, pp. 335).***



Jean-Francois Lyotard (1979)

- 1979 by Jean-Francois Lyotard – ‘The Postmodernism Condition’ was introduced before postmodern practice was established.
- Not facts?
- Mental Health disorders can range from: eating disorders; depression, addiction, ADHD, and schizophrenia.
- Postmodernism is very beneficial.

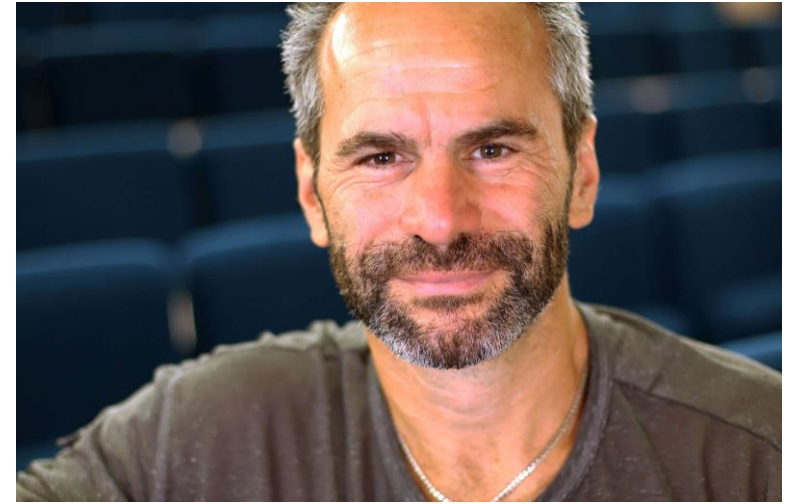
(Gratton, 2015)

(CRC Health, 2015)

PLURALISTIC COUNSELLING

- ***“The assumption that different clients are likely to benefit from different therapeutic methods at different points in time” (Cooper & Dryden, 2016).***
- Pluralistic is an essential part of counselling therapy – Complexity and individuality.
- Consists of using, Psychodynamic & Person-Centred practices.
- Three elements: Pluralistic attitude; Meta-therapeutic communication; and Multi-orientation practice.

(Cooper & Dryden, 2016)



Mick Cooper (2016)

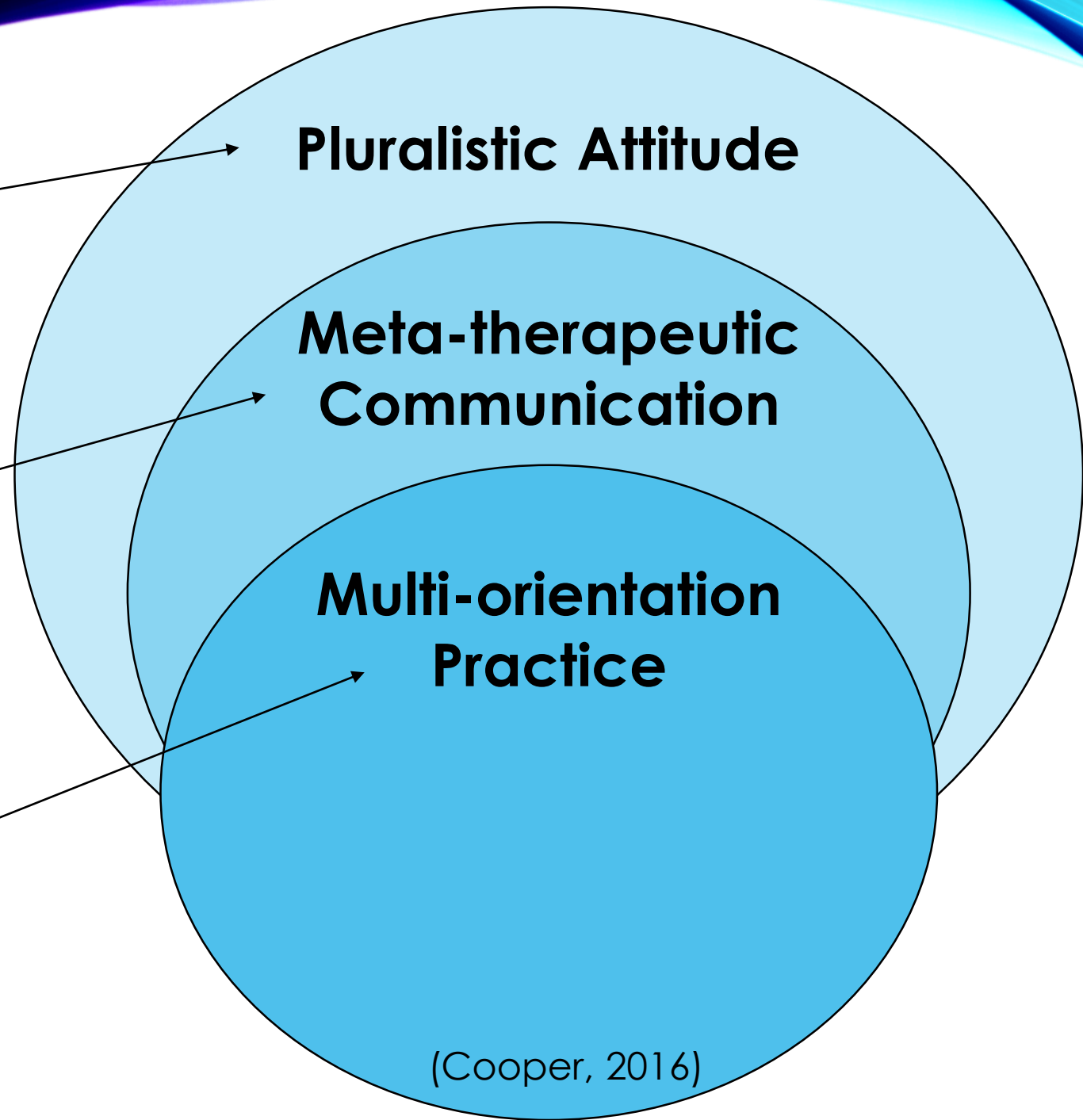


Windy Dryden (2016)

Collaborative integrative practice. Communication without using multi-orientation.

Understands what a person will receive, in relation to their therapy.

Most integrative process. Does not use meta-therapeutic communication, nor pluralistic attitudes.



(Cooper, 2016)

CULTURAL PERSPECTIVES

(Lumen, 2015)



- Impossible to understand what culture is.
- Due to the way we view the world around us, according to our language, cultural background and experiences.
- Anthropologists find it difficult to be unbiased within their writing.
- Unreasonable justification of unbiases.

CULTURAL PERSPECTIVES

Postmodernism:

- Postmodernists believe the influence of this is an issue for power and wealth.
- Promote up-to-date culture – lessen viewpoints.

(Lumen, 2015)

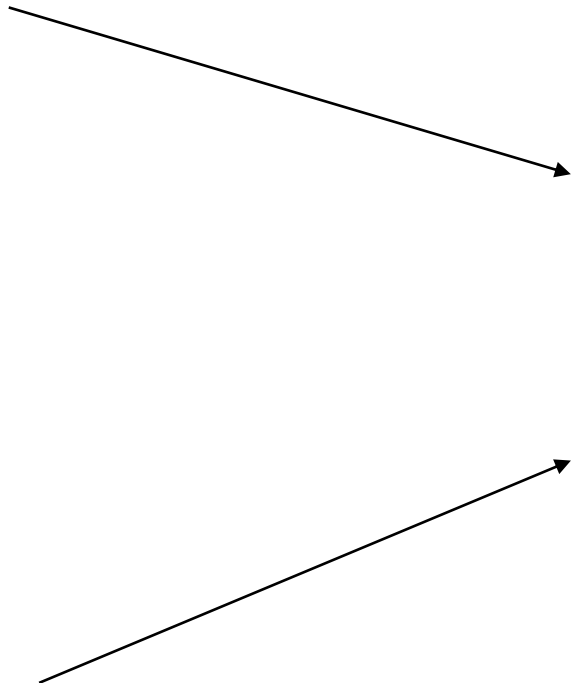
Pluralistic Therapy:

- Pluralistic acknowledges cultural backgrounds, ethnicity and beliefs.
- People's opinions and values (Psychology Today, 2018).
- Good understanding of diversity in mental health disorders.

(Cooper & Dryden, 2016, pp.328)



MULTICULTURAL THEORY

- Pluralistic counselling has increased its understanding of culture and diversity.
 - Embracing beliefs within this therapy approach (Pedersen, 1991).
 - Considers Western culture – CBT, Psychodynamic, and Person-centred.
 - Other cultural groups may differentiate...(Gielen, Fish & Draguns, 2004; Moodley & West, 2005).
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- The diagram consists of two arrows. One arrow originates from the first bullet point on the left and points to the first bullet point on the right. The second arrow originates from the fourth bullet point on the left and points to the third bullet point on the right.
- Increase in acknowledgement of flexibility and culture-centred approach.
 - Differentiate cultural backgrounds from patient to therapist.
 - Cultural language is recognised and established throughout the therapy process (Pedersen, Crethar & Carlson, 2008).

CRITIQUES

STRENGTHS	WEAKNESSES
→ Acknowledges diversity differentiation within culture (Miller, 1983).	→ Difficult to create strong understandings on what to do to help a patient (Cooper & McLeod, 2007).
→ Brings together culture into pluralistic therapy (Rohman, 2013).	→ Difficult to find both strengths and weaknesses for pluralism, postmodernism and culture.

ANY QUESTIONS?



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