NOTES – Postmodern Therapy

Distinction from other Therapies
- **Other Therapies**
  - **Universal Principles … [explain human behavior]**
    - **Unconscious Conflict** — **Unfinished Business**
    - **Mistakes** — **Maladaptive Learning**
    - **Conditional (+) Regard** — **Irrational Beliefs**
    - **Search for Meaning** — **Gender Expectation**
  - **Goals**
    - **Discover Principles in Clients [dysfunctionality]**
    - **Correct Deviations**
- **Postmodern Approaches**
  - **Contextual Reality – Subjective Reality of Person**
    - **Language – constructs reality and relations**
    - **Narratives – how members see themselves/others**
    - **Problems – exist when person agrees they exist**
  - **Goals**
    - **Deconstructing Cultural Narrative**
    - **Co-constructing New Narrative of Meaning**
  - **Therapist – not Expert ... but Observer & Collaborator**
    - **Facilitator (no power)**
    - **NO UNIVERSALS**
  - **Therapeutic Context … [Rogerian]**

Solution Focused Brief Therapy (SFBT)
- **Perspectival Shift: Problem => Solution**
  - **Human Ability to Construct Solutions**
  - **Assessment of what has worked**

Solution Talk
Exceptions to Every Problem
Sense of Control

Therapy
Process
Discover what Clients Want
Avoid Pathology … [v DSM]
Encourage Experimentation
Keep Therapy Brief

Goals
Specific … Small Goals => Larger Goals
General … Attitudinal/language Shift

Therapist Role
"Not-knowing" Stance … [Client as Expert]
Empathic Collaborator … [Necessary for Change]

Techniques
Exception Questions => "Change Talk"
Scaling Question [0-10]
Miracle Question
Formula First Session Task … [b/n 1st and 2nd Session]
Termination

Narrative Therapy ... [The way life is … How you see yourself]
Assumptions
Societal Narratives [e.g., gender] => "Shoulds"
Family Narratives => Family Meaning & Roles
Individual Narratives => Personal Meaning
... We live our story
Culture => Family => Individual

Therapy

- **Process**
  - **Name the Problem**
  - **Investigate Problem [disruption/domination]**
  - **View Story from Diff Perspectives of Meaning**
  - **Discover "Exceptions" to Problem**
  - **Rewrite Narrative …[times standing against prob]**
  - **Speculate How Future Will Be Diff**
  - **Find Audience for Support**
- **Goals**
  - **Reconstruction of Narratives**
  - **Reestablishment of Lost Freedom**

Therapist Role

- **Optimistic** **Collaborative**
- **Compassionate** **Curious**

Techniques … [Spontaneous]

- **Dialogic Questions … [exploring dominant culture]**
- **Deconstruction of Narr => Externalization of Prob**
  - **Person NOT Problem … Problem is Problem**
  - **Mapping influence of Problem on Person**
  - **Mapping effects of Person's life on dev of Problem**
- **Search for Unique Outcomes**
  - **"Were there times you stood up against prob?"**
  - **"How did you do it?"**
- **Rewriting Story/Narrative**
  - **Listening for examples of competence**
  - **Listening for openings for new stories**
  - **Focusing on Future Steps**
- **Narrative Letters**

Contributions of Postmodern Approaches

- **Optimistic Orientation**
- **Non-pathology**
- **Brief Therapy … about 5 sessions**

Limitations of Postmodern Approaches

- **"Not-knowing Stance"**
- **Extensive training & skills … [Brief Therapy]**