

Post modernism,  
social  
constructionism, and  
narrative therapy



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## **Abstract**

Each way to deal with family treatment lays on the presumption that there is something fundamental about a framework that can be found and that, when found, will uncover the widespread rules that clarify all human conduct inside the framework. In this sense, most American family treatment imparts to drug, financial matters, sciences, and even religion the look for generally accepted fact that we connect with present day point of view. The presence of numerous or antithetic facts has prompted expanding question in the likelihood that a generally accepted fact will one day clarify human culture and the origins in which they associated with. To separate current and its partners viewpoint, it is useful to take a gander at their restricting perspectives of the real world. In target reality, it ought to be watched and realized that reality exists autonomously. Postmodernists, conversely, see that emotional substances that can't exist freely. To these constructionists, the truth is grounded on the utilization of dialect and tone. This would be a fundamental capacity of the circumstances in which individuals live and the accounts individuals talk about around the conditions.

### Theory of Post Modernism, Social Constructionism, and Narrative Therapy

In postmodern thinking, the use of language in the story's forms meaning. For every person involved, there is a story attached to it and each of these stories is true for the person telling it. All the clients involved have an exceptional perspective on the reality of their situation they are telling. If each perspective has validity, if only subjective validity, the concept of universe evolves to that of a multiverse. Kenneth Gergen (1999) " social

constructionism became the foundation for activating postmodern view in therapy". *Gergen* has four main points: " Gergen's first point was there is nothing in the world reality that demands that explanation we give. Our modes of explanation derive from social relationships (more popular explanations called consensual validation, agreement, and popularity)". " Gergen's second point was, all explanations are social, to make sense is to make sense in some way that invites a shared view". " Our descriptions of self and the world create our future". " Gergen's third point was, we live storied lives with earlier stories flowing into being foundation for present and future stories". " Gergen's fourth point was, our own language generates our own future, it is vital that we echo upon it for our own well-being".

Postmodern, social constructionism motioned a shift in both individual and family therapies. With constructionists, the empathy and therapeutic process are more important than assessment or technique. Narrative and language developments have become the focus for both considering families and helping them construct wanted change (Obama & Kennedy, 2018).

### Techniques, Strategies, Interventions

Treatment regularly requires an equalization of that is difficult to support. A consistent quality between fortifying the person even with a troublesome life and distinguishing and tending to the devastating effect that fanaticism, bias, and persecution have on lives of kids and their families. Adapting excessively forward enablement in treatment can appear to overlook the genuine impacts that bigot characterizations wreak on people and families; then again, basically crediting the framework regardless of how vindicated the fault might be, regularly leaves customers with defense for <https://assignbuster.com/post-modernism-social-constructionism-and-narrative-therapy/>

disappointment. Social constructionists, Like Stephen Madigan, takes social backing position that singular/family stories should be re-composed while social frameworks should be changed. It is vital in focusing on the two people and the frameworks in which they live, account advisors make a genuine case to re-building framework treatment. There are three models that symbolize postmodern, social constructionist treatment with families: Narrative Therapy, Linguistic Therapy, and Reflecting Teams Therapy. Account Therapy will be treatment that means to detach the person from the issue, allowing the person to express their issues instead of to devour them inside. Phonetic Therapy will be treatment of minding and connecting with customer. This treatment trusts that human life is made in close to home and family accounts. These accounts keep up both improvement and importance in individuals' life. Reflecting Teams Therapy will be treatment in which a specialist meets a family in one room, while a group of counseling advisors watch through a window in another room. Once in a while, vital mediations are sent into treatment sessions from the group. Account treatment gains by our narrating inclinations to give us open doors for development and advancement, approaches to discover meaning, and a pathway to be better comprehension of ourselves. This treatment is a progressively explicit and less normal technique for controlling customers towards mending and self-improvement, and it's about the accounts we tell. Account treatment intends to isolate the person from the issue, enabling the person to externalize their issues as opposed to disguise them. It depends alone abilities and feeling of direction to manage them through troublesome occasions (Obama and Kennedy, 2018). As indicated by the article 19

Narrative Therapy Techniques, account therapeutic consideration is <https://assignbuster.com/post-modernism-social-constructionism-and-narrative-therapy/>

unbelievably conscious. It regards the office and poise of every customer. It needs every customer be treated as a person who isn't lacking, not inadequate, or insufficient in any technique. people who associate in story treatment are courageous those that recognize that there are issues they may wish to address in their lives, that winds up in the second fundamental arrangement. Account treatment is non-accusing. in this therapeutic consideration, customers are never rebuked for his or her issues, and that they are motivated to not accuse anybody further. Story therapeutics separate individuals from their issues, seeing them as entire and useful people who hold in thought examples or conduct that they might want to modify. Story treatment overviews the customer as the master. The advisors don't utilize a higher social or insightful space than the customer. As per Morgan (2000), it is comprehended that, " the customer is the master in his or her own life, and the two gatherings are required to run forward with this comprehension. Just the customer knows their very own life and just the customer has what it takes and information important to change their conduct and address their issues" (Morgan, 2000). There are five strategies utilized when managing story treatment. Disclosing to one's story: Helping your customer build up their story in their own story offers them the chance to find significance, discover mending, and set up or restore a character. Externalization: Leading your customer toward review their issues or practices as outer rather than a piece of him or her. Deconstruction: Breaking down the issue that customer is having, making it less demanding to comprehend and address. This is a phenomenal method to enable the customer to dive profound into issue, understanding what is critical to them and how this issue compromises them. Interesting Outcomes: This is more <https://assignbuster.com/post-modernism-social-constructionism-and-narrative-therapy/>

included and complexed yet remember the narrating part of account treatment. This includes changing one's very own story line. The customer plans to build a storyline to their encounters which gives importance and gives them a positive, useful character. Rather than proceeding to see his or her life from indistinguishable viewpoint from dependably, the exceptional results method can enable a customer to change their point of view and see increasingly positive and nurturing accounts. Existentialism: This is definitely not a dreary and miserable view on a world without significance.

Existentialists trust the world holds no importance, yet they don't accept this conviction as a permit to fall into a profound pit of dejection, rather they can make their very own significance. Story treatment urges people to make their very own importance and locate their very own motivation, so these go inseparably. Rather than proceeding to see his or her life from indistinguishable point of view from dependably, the novel results procedure can enable a customer to change their viewpoint and see increasingly positive and nurturing accounts. Existentialism: This is certainly not a distressing and miserable view on a world without importance. Existentialists trust the world holds no significance, however they don't accept this conviction as a permit to fall into a profound pit of sadness, rather they can make their very own importance. Account treatment urges people to make their own significance and locate their very own motivation, so these go connected at the hip (19 Narrative Therapy Techniques, 2018).

### Ethical Considerations

Many concepts of Narrative therapy support the very core of what social work identifies as its values a professional. An ethical principle, outlined in <https://assignbuster.com/post-modernism-social-constructionism-and-narrative-therapy/>

the National Association of Social Worker's (NASW) code of ethics, social workers respect the inherent dignity and worth of the person (Carr, 1998). Narrative therapy supports this ethical principle, through putting valuing on the client's wording, story, and preference over the therapists. Narrative therapy does not assume dominant societal narratives, such as Western cultural norms. Narrative therapy takes more of a political and social justice tone than identified modalities of therapy. Also outlined in the ethical principle, they seek to resolve conflicts between client's interests and the broader society's interests in a socially responsible manner consistent with the values, ethical principles, and ethical standards of profession (National Association of Social Workers, 2008). However, it is our contention that there are two fundamental misalignments, practical and philosophical. The philosophical misalignment lies between a commitment to respect people's right to make their own choices and decisions, irrespective of their values and life choices, enabling them to be empowered in all aspects of decisions and actions affecting their lives, respecting the ethnic and cultural diversity of the societies in which they practice, taking account of individual, family, group and community differences. The practical misalignment lies in the attempt to corral ethnic comportment by insisting on adherence to a set of pronouncements, a practice that removes ethical creativity and personal responsibility for the uniqueness of the ethical encounter. Narrative ethics is by no means immune to criticism. As argued, narrative ethics provides a more caring alternative for social work, it does not prescribe any ethical route for practical action. Narrative ethics opens to the criticism of being relativistic, as it depends largely on individual application, situational vagaries, and an open-ended responsibility to the others instead of clearly-

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defined moral principles. We however assert that the simplistic juggling of principles to be applied in a case relinquishes personal accountability, turns away from the true needs of other service users, and does violence to individual and cultural uniqueness. These ethics poses a means of not only examining service user stories for certain content but offers fundamental ways of opening and listening to the other that necessitates a reaction grounded in the other person's interest, not what we think those best interests should be. It suggests the codes of ethics might be reconstructed around the development of narrative literacy, addressing the narrative process and environment of social practice (Baldwin & Burt, 2015).

## Challenges

One of the core characteristics of Narrative therapy has been the stance of challenge that is offered to dominant structures and disclosure of power. One of the more significant elements was the stand on the issue of power. White (1989) wanted to explore how identity and challenge the dominant ideology, or the structures of power, in which the client was embedded. This was a social and political challenge to the dominant discourse continues in the stream of community work which is the most significant element of the application of narrative principles today. As Denborough (2000) pointed out, issues of gender and equality had been highlighted by papers published by White. The other core aspect of this challenging stance was to examine the inherent power relationship within the therapy context itself. The relationship between client and therapist was subject to a scrutiny from which arose ideas such as the client being the expert on their own life, while the therapist was there to facilitate rather than direct the process (Chamberlain, 2012).  
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Narrative Therapists place a great importance on the values and ethical commitment a therapist brings to the therapy venture. Some of these attitudes include optimism and respect, curiosity and persistence, valuing the client's knowledge, and creating a special kind of relationship characterized by a real power sharing dialogue (Corey, 2015). Collaboration, compassion, reflection, and discovery characterize the therapeutic relationship. The strengths-based and future-focused nature of narrative therapy lends itself to a more collaborative relationship than problem-based approaches that emphasize the therapist as the expert in the relationship (Corey, 2015).

## Conclusion

In conclusion, in view of the preface that there are different substances and numerous facts, postmodern treatments dismiss the possibility that the truth is outside and can be gotten a handle on. Individuals make significance in their lives through discussion with others. The postmodern methodologies abstain from pathologizing customers, take a diminish perspective of determination, abstain from hunting down hidden reasons for issues, and place a high incentive on finding customers qualities and assets. As opposed to discussing the issues, the focal point of treatment is on planning in the present and future. Treatment will in general be brief and addresses the present and what's to come. The individual isn't the issue, the issue is the issue. Treatment comprises of a collective discourse in which the specialist and the customer co-make arrangements. By recognizing occurrences when the issue did not exist, customers can make new implications for themselves and form another biography.

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