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Counseling Methods

Chapter 11: Hackney Consideration Questions

- 1.) In chapter 11, Hackney states that system interventions are used when members of a system collectively desire a change within the system. One criticism of systemic thinking is that it removes responsibility from the individual. I agree that systemic thinking may lead to an individual to abolish any responsibilities for his/her problem. However, I believe that systemic interventions can provide insight as a whole, including the individual and the members of the system by emphasizing change. Systemic intervention may provide insight into how an individual's role in a system can affect the group's functions. According to the counselor, it certainly depends on the individual to be aware of his/her responsibilities while seeking systemic interventions. Thus, a client who can not see the overview as a whole and is neglectful of his/her responsibilities may be disconnected in counseling and may not receive the full benefits of counseling. Furthermore, an individual may not fully participate in counseling because the individual may feel like: "If I didn't cause this problem and it isn't my problem, I don't even have to partake in this counseling session.". Some individuals may not see the purpose of participating in counseling.

- 2.) Systemic counselors emphasize on change rather than insight and help members of a group attain secure relationships. The advantage of emphasizing on change rather than

insight is enabling change rather than waiting for someone to change first and expecting someone to change. Another advantage is that the solutions and discussions would be of their own instead of a counselor providing the solutions. The problem that I could foresee with this approach is addressing the issues that are related to an individual's past experience and perspective. Furthermore, individuals may not be vulnerable in order to heal systemic interventions. In conclusion, systemic intervention requires a high level of commitment and a desire for change.

- 3.) The social units other than family in the systemic intervention can be a group of leadership: church leadership, school leadership (SGA), and workplaces. The process in these social units would be different than a family is the difficulties in being vulnerable and honest. Social systems have inherent structures and having a systemic intervention for a workplace can prevent an employee from being honest with a manager.