

Example #1

DQ: Consider your AVP, how do they influence you in determining a specific theory when counseling families.

My assumptions, values, and priorities (AVP) influence me in the direction of Narrative Family Therapy. Narrative family therapy suggests that the family is not stuck, but in constant motion (Yarhouse & Sells, In Press). The following perspectives help to integrate the family counseling process of Narrative Therapy: 1) *My AVP*: People are forever changing; new experiences, views, and expressions cause their change. *Narrative Therapy*: People are experts and can re-write or change their story. 2) *My AVP*: Meaning and clarity in life often come to fruition through conversations. *Narrative Therapy*: The themes identified in stories will lead to understanding of one's story. 3) *My AVP*: Responsibility comes with acceptance of what one has done. *Narrative Therapy*: One should avoid giving the solution to others' problems. 4) *My AVP*: Prayer is communication with God, which helps bring clarity and answers. *Narrative Therapy*: Narratives that are inspirational/faith related play a significant role in the healing of mental/emotional disorder (Wiitala & Dansereau, 2004).

References

- Jones, S. L. & Butman, R. E. (1991). *A comprehensive Christian appraisal*. Downers Grove, IL: InterVarsity Press.
- Wiitala, W. L. & Dansereau, D. F. (2004). Using popular quotations to enhance therapeutic writing. *Journal of College Counseling*, 7, 187-191.
- Yarhouse, M. & Sells, J. M. (In Press).

Example #2

DQ: Discuss the saliency of replacing “marriage and family” with “couples and relationships” within the counseling profession.

The removal of the terms “marriage and family” and replacing it with the words “couples and relationships” within the professional organization would be a poor choice. Firstly, “couples and relationships” do not speak to the interrelatedness due to all parts influencing each other as in the nuclear family. Secondly, “couples and relationships” do not suggest the fixedness of the family system; the concept of the most basic and important social system. (Jones & Butman, p. 350) Finally, while displacing the term “marriage and family” is not agreed too, it does seem best to add the words “couples and relationships” within the profession.

References

Jones, S. L. & Butman, R. E. (1991). *A comprehensive Christian appraisal*. Downers Grove, IL: InterVarsity Press.