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**Psychotherapy and Clinical Intervention**

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**Essay 7**

**Chapter Twelve**

**REQUIRED QUESTION:**

1. I think there are some things about this perspective that really do line up with Christianity. For instance, the feminist perspective focuses a lot on equality, not just for women, but for all, especially the oppressed. This perspective has a great focus on bridging the power differential which I think is something that God wants to do with his people. When Jesus died on the cross, I believe that he moved to have equality and the sinful hierarchy eradicated. However, the major area I come into conflict is that they talk about equality but this equality is not based anywhere.

I think one of the hardest arguments to ask for equality, is asking for people to see value in a person for simply being human. If we are basing people worth in that they are simply human, no one will ever be enough. We will always be fighting to see that worth and prove that each individual is worthy of equality and respect. However, because every person bears the image of God, they immediately are of value and deserve love, equality and respect.

This is the biggest issue I have with the humanistic perspective. They have a lot of truth, but they

are not basing it on something that will not fade away. How can any battle be one with something that will pass and decay with time?

**OPTIONAL QUESTIONS (choose 3):**

2. This is very different from the other forms of therapy perspectives because the focus takes a shift off of the individual onto the group. There is a focus on impact, which is unique. In all the other perspectives there is a single focus on the individual and how they can work to change themselves. This perspective looks at how society has shaped the individual and how they view themselves. Other forms of therapy have always asked the question of how their behavior is shaped by their childhood or experiences they have had. Or they may ask, how their feelings affect their behaviors and the ways they live now. Feminist theory is different. It is built on the idea that social, cultural and political context affect people and make it difficult for them to understand themselves.

I think this would affect my way of working with my client, in that I would be challenged to ask them to look outside themselves in a new way. I would be asking them to see how they may have inaccurate views pushed onto them from society. They may have a high standard for themselves as a woman. I know for myself, I was in a program called woman and this therapy reminds me of it. It was extremely helpful to go through that. It helped me realize just how many struggles I had with my identity as a woman. I realized that I just really did not understand what that meant.

3. The gender fair therapy is one that sees the differences in male and females and explains it. It talks about the differences in the terms of socialization rather than believing that the sexes

have innate natures. This leads to this theory avoiding stereotypes in social roles and interpersonal behaviors. The feminist theory also has the flexible multicultural perspective in which it believes that equality should be applied to all individuals and groups no matter their age, race, gender, class, ability or sexual orientation. It also has an interactionist view which is the belief that the human experience, consisting of feelings, behaving and thinking, are influenced by environmental factors. It also consists of the life span perspective, that humans are on a lifelong process and that their personality is going to change and that nothing is fixed during childhood.

I think there are so many concepts about humanity within the feminist perspective that it can be a little hard to keep track of all the different views here. It is very clear that equality of value is very important, but where does this equality and value come from. They simply say that a person has value because they are a person. I think that has a very loose argument. I think the best argument for value as a human being is their value as God's child. They also have this belief of being a work in progress which I did not know at all was going to be apart of the feminist perspective. This challenged this perspective in my mind. However, it kind of makes sense in the way that feminists have been fighting for equality for a long time. It also seems like admitting to the fight of equality forever.

6. There are six core principles in feminist therapy. The first is that the personal is political and critical consciousness. This means that every individual's problem is attached to a political and social context. The second is the commitment to social change. This means that feminist therapy not only aims for the individual to change, but also for the whole group to change. The third is teaching women, girls and others who have been oppressed that their voices are valued

and their experiences are honored. This means that these individuals are taught that they have authority and have an invaluable source of knowledge. They can also affect change in society. The fourth is counseling relationship in egalitarian . This means that there is a focus of shining light of the inequality in relationships. The conversation becomes about how to reduce power differentials. The fifth is a focus on strengths and a reformulated definition of psychological distress. This means that mental illness is viewed as a survival strategy and look at coping skills rather than pathology. The sixth is that all types of oppression are recognized as well as the connection with in them. This means that oppression has negative effects on all people. It does not simply affect one gender or one group of people.

I do agree with these principles to a lot of extents. They really appreciate the value of a human being and seek to bring about equality. They also seek to show that many different people can experience oppression not just one group. This is why I think feminism therapy can apply to people who are not women. Inequality and the treatment of the oppressed is harmful not just to the oppressed but also to the oppressors. If we look at bullies they suffer greatly at a mental level for all that they inflicted upon others.

## **Chapter Thirteen**

### **REQUIRED QUESTION:**

22. This therapy makes me hesitant because it seems to deny a lot of truths by saying that it does not really believe in absolute truth. I think that is the major issue with this therapy. One way to really align this therapy and make it Christian and under God's truths would be to apply many of the techniques to God's view. For example, a counselor could you the retelling our client's life

story to shed light of the way God sees the client and their circumstances. This is extremely important, because I think if we stick to how it is originally designed then the individual is able to decide what the truth is and it may not be accurate.

This therapy is also very helpful to get people out of mental and problematic situations. This therapy really helps clients face denial. It shows that we are able to do something about our circumstances and that we should not mosey around and sit in our problems. When God is present in us, we do act and behave as if God is in us. He will bring about healing. This therapy can be used to really shed light on that when God is kept at the center.

I think I really do appreciate this form of therapy, but only when it is able to be done through a Christian perspective. When it is not, it falters too much into allowing clients to be the dictators of their own truths. That is a very dangerous world because it allows for bitterness, hatred and false views to grow. If this therapy exists with Christ not at the center, we may have many people believing things that aren't true.

It is just a constant reminder that God must be at the center of our lives. Our identity and our sense of truth must be rooted in him.

### **OPTIONAL QUESTIONS (choose 3)**

24. The social constructionist perspective believes that the therapist role is to be collaborative and to assist. They are there to be the expert at helping the client explore their frames of reference and identify their own perceptions so that the client can create a more satisfying life. This means that these therapists believe that the collaborative approach is more valuable than the

technique itself. Therapist would help their clients understand their narratives and deconstruct language that the client can go about the desired change. This also means that there is not a single or right way to live.

A client still needs a therapist to guide them even if the client is the best expert on their life. They need the therapist to help direct them and point them to truths and help break down certain references that the clients make. Therefore this collaboration is essential. I do believe that this is true to a lot of extent that a client would know their own life better than I would know their life as a therapist. However, it is concerning to me that a client is able to decide what is true and what is false. I think that might give them too much power. What if a client decides that it is better to kill himself and that the world is better off without him? At that point, who knows what is in his best interest, the client or the therapist? This would make me a lot more hesitant with this approach.

25. The SFBT seems to have a very unique process and a lot of interesting key concepts that are different from previous therapies. First, this therapy seems to believe that people get blocked by their past conflicts and tend to focus on them rather than moving forward and finding a solution. Due to this, SFBT therapists will often focus on solutions for the future and overlook the past and how it came to be. They look at what is possible to change and deal with rather than what is not possible to change. They believe that behavior change is the most effective way to change people's lives for the better. They also argue that you do not need to know the cause of a problem to solve it which is very fascinating. I have never heard this before. I know so many people get stuck on this, myself included. I always feel that I must know the root to be able to

move on and fix it. However, this therapy says that this is not the case. With this they also believe that it is pointless to find the right solution. The more I read on this therapy, the more I do not like it. It seems to sort of throw people's needs out the window and I hate that. In this theory, clients are responsible for setting their goals. Their diagnosis is often ignored and history is not given much attention and they do not explore how the problem came to be.

So far these concepts are very difficult and extreme. I feel like on their own they cannot be successful. I think so often in life we bounce between black and white, but the solution is really a mixture of everything we have discovered. I see a lot of really great qualities here, but not all of them can be successful on their own.

26. This question is used to help clients see times in their life that they were resourceful and separate from the issues they are facing in the moment. The narrative process separates them from the diagnoses that have been placed on them. This question gives clients the ability to map out how the problem has influenced them. It also provides a space for them to share stories they have internalized.

I think this is a good question and start for clients to understand their value aside from their issues and mental health. I know that I have been asked this question in my therapy sessions. This question can honestly backfire. Often times people ask can you remember a time when you were not anxious, and I can honestly say that I do not. I have always worried, since I was very little. It would be better to ask when was a time that I did not worry about my weight and appearance. The questions need to be asked carefully because they can lead to a solidification of the identity. After this question was asked of me, I started to realize that anxiety

had always been apart of my life. It had never left me not once. It was always there. It started to become apart of my identity. I think there is danger and this question should not be one of the first questions asked.

Rather, if I was using this question in a therapy session, I would use it after I had already built a collaborative relationship with my clients. Hopefully through our sessions, I would be able to figure out what is the real issue that needs to be attacked. However, this therapy does say that the client knows best. So, I suppose I would let the client guide us in the goals that they desire to approach and chase after.