

How Can Culturally Diverse Clients Benefit From Postmodern Therapists?

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How can Culturally Diverse Clients Benefit from the Postmodern Therapist ?

1. Clients are offered more than one perspective and alternative to their therapeutic concerns
2. Clients' therapeutic treatments are based upon resources and strengths rather than shortcomings, deficiencies and weaknesses
3. Clients' therapeutic treatments are based upon their local contexts-values, traditions, cultures, and etc.
4. Clients' are considered an active participant rather than a receiver or student of therapeutic information

How does a culturally diverse client benefit from more than one perspective and alternative to their concerns?

1. Allows the client to benefit from a non-dominating perspective and alternative considering their contexts
 - E.g., Western approaches to therapy rather than Eastern approaches
2. The therapeutic dialogue generates perspectives and alternatives rather than a prescriptive therapeutic orientation
 - Using behavioral, psychodynamic, or client centered approaches rather than the therapeutic dialogue itself

How does a culturally diverse client benefit from a therapeutic stance of using their resources and strengths?

1. Traditional non-postmodern therapy tend to rely on scientific methods of assessment and treatment thereby focusing on pathologies, weaknesses, and deficiencies
 - E.g., language such as “impulsivity”, “lacks social awareness”, and etc.
2. Observing the client as dynamic/relational being rather than an object and/or label (leads to pathological language)
 - A client is John and not “John the Borderline”

What are the benefits of working with culturally diverse clients' local contexts in therapy?

1. The clients' therapeutic interaction with the postmodern therapist is based upon the clients' local context which includes:
 - Culture
 - Traditions
 - Histories
 - Language
 - Sociological environment
 - Economic environment
 - Political environment
2. The therapist is a non-knower of the client's local context rather than a knower who has a therapeutic regimen.
3. Local contexts build a more definitive culturally diverse picture of the client

How does active participation in therapy benefit culturally diverse clients ?

1. Client is considered the co-expert, consultant, and creator of his/her therapy
2. Provides a context to eliminate hierarchies and power structures in their therapy
3. Meanings are co-constructed with the therapist
4. Deconstructs language barriers
 - E.g., Psychological jargon is avoided

WRAP-UP

Name the four major benefits of postmodern counseling to the culturally diverse ?

1. Offers clients more than one perspective and alternative to their therapeutic concerns
2. Focuses on strengths and resources of client rather than weaknesses and deficiencies
3. Local context is explored and integrated into their therapy
4. Client is considered a participant-co-expert and co-constructor of their therapy