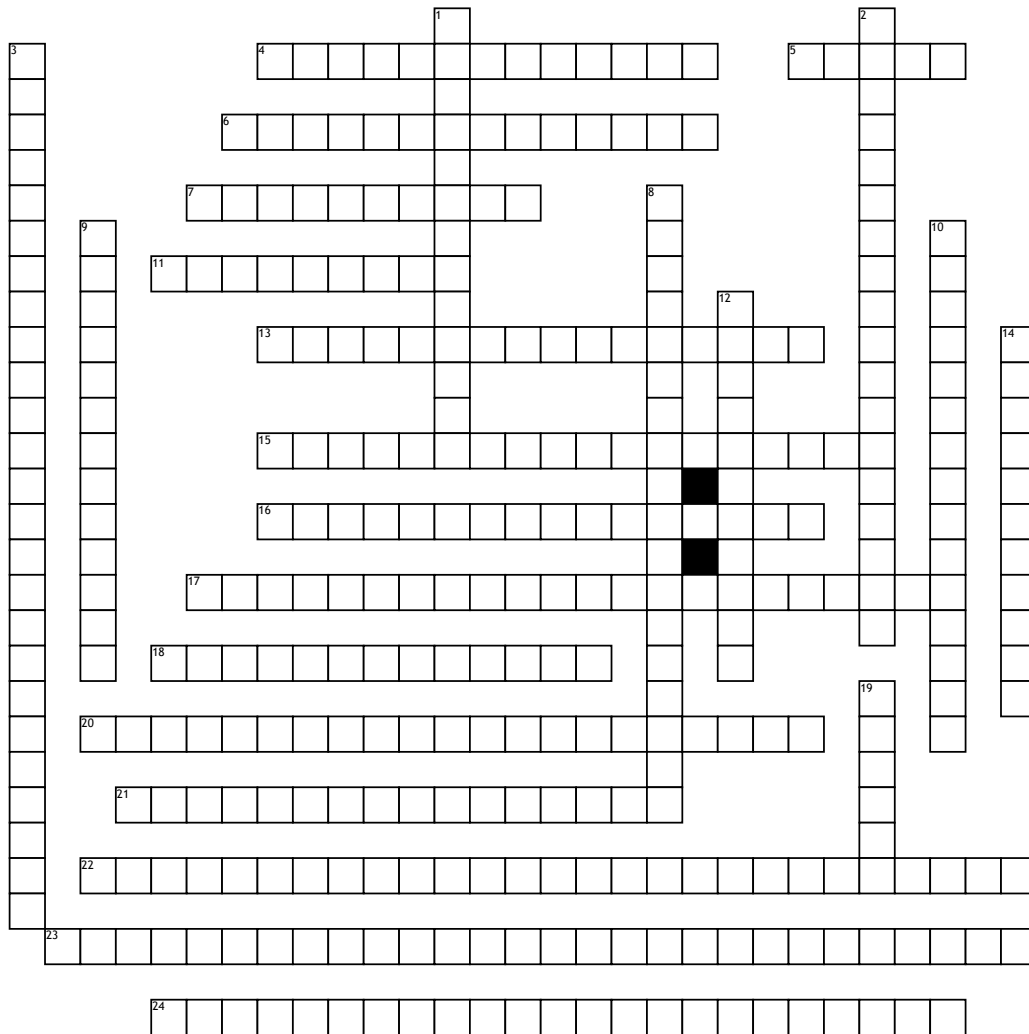


Postmodern Therapies



Across

- 4. A philosophical movement across a variety of disciplines that has aimed at critically examining many of the assumptions that are part of the established truths of society. The postmodern worldview acknowledges the complexity, relativity, and intersubjectivity of all human experience.
- 5. People often come to therapy feeling overwhelmed by their problems to which they are fused. Narrative therapists assist clients in understanding that they do not have to be reduced by these totalizing descriptions of their identity. Problemsaturate
- 6. The exploration of meaning by taking apart, or unpacking, the taken-for-granted categories and assumptions underlying social practices that pose as truth.
- 7. Past experiences in a client's life when it would be reasonable to have expected the problem to occur, but somehow it did not.
- 11. A social constructionist conceptualization of how people create "storied" meaning in their lives.
- 13. A solution-focused technique that asks clients to observe changes in feelings, moods, thoughts, and behaviors. On a scale of zero to 10, clients are asked to rate some change in their experiences.
- 15. Solution-focused therapists inquire about those times in clients' lives when the problems they identify have not been problematic. Exploring these exceptions reminds clients that problems are not all-powerful and have not existed forever.
- 16. The story that develops in counseling in contradiction to the dominant story that is embedded in a client's problem.

17. A categorical description of people that constricts them to a single dimension that purports to capture their identity.

18. Aspects of lived experience that lie outside the realm of dominant stories or in contradiction to the problem-saturated story

20. A therapeutic perspective within a postmodern worldview that stresses the client's reality without disputing the accuracy or validity of this reality. Social constructionism emphasizes the ways in which people make meaning in social relationships.

21. A postmodern approach to therapy that is based on the therapist's personal characteristics that allow for creating a climate that encourages clients to see their stories from different perspectives. Grounded in a philosophical framework, narrative practices assist clients in finding new meanings and new possibilities in their lives.

22. A postmodern approach to therapy that provides a context whereby individuals focus on recovering and creating solutions rather than talking about their problems. SFBT is an optimistic, antideterministic, future-oriented approach based on the assumption that clients have the ability to change quickly and can create a problem-free language as they strive for a new reality.

23. A series of questions asked about a problem that a client has internalized as a means of understanding the relationship between the person and the problem.

24. A form of homework a therapist might give clients to complete between their first and second therapy sessions. Clients are asked to simply observe what is happening in their lives that they want to continue happening.

Down

- 1. A believer in subjective realities that cannot exist independently of the observational processes used. Problems exist when people agree that there is a problem that needs to be addressed.
- 2. A therapist's stance that invites clients to become the experts who are informing the therapist about the significant narratives of their lives.
- 3. A way of speaking in which the problem may be spoken of as if it is a distinct entity that is separate from the person.
- 8. An approach that concentrates on what is right and what is working for people rather than dwelling on deficits, weaknesses, and problems.
- 9. A way of understanding a situation that has been so widely accepted within a culture that it appears to represent "reality." Growing out of conversations in a social and cultural context, dominant stories shape reality in that they construct and constitute what people see, feel, and do.
- 10. A solution-focused technique that asks clients to imagine how their life would be different if they woke up tomorrow and they no longer had their problem.
- 12. The process by which both therapist and client share responsibility for the development of alternative stories.
- 14. A process in narrative therapy in which client and therapist jointly create an alternative life story.
- 19. At the first therapy session, solution-focused therapists often inquire about pre-session improvements, or anything clients have done since scheduling the appointment that has made a difference in their problems. Pretherapy

Word Bank

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|-----------------------------|-------------------------|------------------------------|---------------------------|
| Coauthoring | Formulafirstsessiontask | Scalingquestions | Externalizingconversation |
| Socialconstructionism | Alternativestory | Mappingtheinfluencequestions | Reauthoring |
| Solutionfocusedbrieftherapy | Miraclequestion | change | story |
| Totalizingdescriptions | Narrative | Postmodernism | Exceptionquestions |
| Deconstruction | Dominantstory | Exceptions | Uniqueoutcome |
| Positivepsychology | Postmodernist | Narrativetherapy | Notknowingposition |