



Kananfil

hacia una nueva psicología

POSTMODERN COLLABORATIVE APPROACH TO THERAPY

Harlene Anderson

Posmodern in the World of Psychotherapy

- **Observer is part of the Description**
 - Vico
- **Understanding is always Interpretive**
 - Contemporary/Relational Hermeneutics
- **Constructivism/Social Construction in Psychology and Family Therapy**
 - Bateson and Colleagues
 - Von Foerster
 - Von Glasersfeld
 - Kelley
- **The end of Fixed Procedures and Structures**
 - Lyotard
- **The Galveston Group**
 - Multiple Impact Therapy

Creating Collaborative Learning Communities: Postmodern/Social Construction Assumptions

1. The Background
2. Seven Assumptions: A Postmodern Tapestry
3. Seven Action-guiding Sensitivities: The Philosophical Stance
4. Implications for Therapy

POSTMODERN

- A family of concepts that challenge
 - The relevance of universal knowledge
 - The centrality of individual knowledge
 - An objective knowable world
- That invite critical reflection on
 - Foundational premises and taken-for-granted assumptions
 - Including those of postmodernism itself
- And that favor
 - Local knowledge
 - With relevance for the community

Basic Assumptions

- Maintaining skepticism
- Eluding generalizations
- Knowledge as an interactive social process
- Privileging local knowledge
- Language as a creative social process
- Knowledge and language as transforming
- Postmodern is only one of many discourses

Key Premises: Knowledge and Language

- Knowledge (i.e. truth, reality, expertise, biases) is linguistically constructed; its development is a communal process.
- Language (i.e. verbal/non-verbal communication and expression) is the primary vehicle through which we construct, describe and make sense of our world; it gains its meaning through its use.
- Knowledge and language are relational and generative and inherently transformative.

Collaborative Therapy: Relationships & Conversations That Make A Difference

A collaborative approach is based in an ideological shift regarding the way that we think about language and knowledge. A philosophical stance or way of being naturally flows from the shift: a way of being in relationships and conversation, including a way of thinking with, talking with, acting with, and being responsive with the people that we meet in our professional activities.

The approach has application in various practice contexts such as therapy, organizations, research, and education, and across cultures.

A Philosophical Stance

A way of being (not a technique or method)

- A posture, an attitude, and a tone that reflects a way of being in relationship and conversation with people, including a way of thinking, talking, acting, and being responsive with them.
- Consistent with this view, the philosophical stance becomes a philosophy of life – a worldview that does not separate professional and personal.

Philosophical Stance

- Conversational Partners in Shared Inquiry
- Relational Expertise
- Not-Knowing
- Being Public
- Mutually Transforming
- Uncertainty
- Everyday Ordinary Life

Collaborative

- Becoming conversational partners who work, create and learn together.
- Appreciating and equally valuing the expertise, truth, knowledge and experience that each person brings.
- Sharing responsibility.

Community

- A social network that becomes the relationships, atmosphere and space for learning to occur and to support learning.
- Provides room for each person and his or her voice to be fully present and respected.
- Differences are appreciated and seen as resources.

- Members have a sense of belonging & ownership.
- A safe place to venture over to the edge and expand horizons.
- Enhancing the professional and personal growth and development of each person.