Theoretical Views of Human Nature and Causes of Anxiety from Ethno-cultural Perspective

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Introduction

• Humans are complex beings
  – Dynamic and unpredictable
• To understand and help man:
  – Predictions, hypotheses, suppositions, etc. are important
• Empirical verification
  – Leads to theoretical formulations
• Successful counselling practices are essentially
  – Theory based
• A counsellor must take a theoretical stance
  – For objective decision-making on:
    • predictions on clients’ behaviour,
    • how to treat them, and
    • how to respond on a moment-by-moment
Theory as conceptual framework

• Theory in counselling is:
  – a road map
  – provides concepts about -
    • human development processes and
    • the therapeutic process

• All counselling theories have five main components

1. Views of man
   – Notions, suppositions and beliefs on human nature

2. Causes of anxiety
   – The root cause of concern, problem or difficulty

3. Counselling process
   – Responsibilities of the counsellor/client

4. Expected outcome(s)
   – Likely behaviour change

5. Evaluation process
   – How to assess progress
   – Possible follow-ups
Theory as Value System

• They involve a value system
  – A code or standard
    • With some persistence
    • And organization of a system of action

• Values are central concepts in theories
  – Influence on the selection from available
    • Modes, means, systems

• Counsellor essentially deals with value problems
  – The closeness of the counsellor/client similarities the better
Multicultural Vs. Cross-cultural Approaches

• **Multicultural Counseling (MCC)** recognizes that
  – theories were empirically validated on the theorists’
    value system
    • Race
    • Ethnicity
    • Social class
    • Gender, etc. and
    • therefore may not work well with people from other diverse groups

• **MCC holds that**
  – All helping methods (theories) exist within a cultural context.

• **MCC presumably recognizes**
  – the differences among and within clients.
  – how cultural factors affect one’s worldview.
• .
Multicultural Vs. Cross-cultural

• **Cross-cultural counseling (CCC)** recognizes
  – that culture impacts worldview, values, beliefs, behaviors, customs, etc.,

• CCC occurs with differences in cultural heritage of the counselor and the client differ

• Differences must be attended to if counseling is to be effective

• BUT how?
Six Stages

In all counselling MCC, CCC or the so-called Value-free Counselling

Stage One: Relationship building
Stage Two: Assessment and diagnosis
Stage Three: Formulation of counseling goals
Stage Four: Intervention and problem solving
Stage Five: Termination and Follow Up
Stage Six: Research and/or evaluation
Schools of Therapeutic Approaches

• Theoretical approach presents propositions
  – On the practice of counselling and therapy

• A school of counselling is a grouping of different theoretical approaches
  – With similarities to one another in terms of characteristics

• Between schools:
  – There are differences that distinguish them, and
  – are similarities among them
Schools of Therapeutic Approaches

**Psychodynamic School:** Proponents include:
- Psychoanalysis of *Sigmund Freud*
- Analytical Therapy of *Carl Jung*
- Individual Psychology of *Alfred Adler*

- Emphasis on
  - unconscious influences
  - Infantile impulses
- Therapy aims to increase clients’ abilities to exercise *greater conscious control* over their lives.
- *Works with/through*
  - Hypnosis
  - Analysis or interpretation of dreams
  - Transference, etc.
- ...
Schools of Therapeutic Approaches

The Humanistic School: Proponents include:
Person-centered Therapy of Carl Rogers
Gestalt Therapy of Fritz Perls

• Based on a system of values and beliefs
  – Empathy, mutual respect, non-possessive warmth

• Emphasizes on
  – qualities of humankind and
  – people’s abilities to develop their human potential
  – Clients’ abilities to experience their feelings
  – Self-actualization
Schools of Therapeutic Approaches

Cognitive Behavior School: Proponents include:
Cognitive therapy of Aaron Beck
Rational Emotive Therapy of Albert Ellis
Reality Therapy of William Glasser

• Behaviour therapy focuses mainly on changing behaviour
• Cognitive behaviour school broadens it to include how
• Cognitive behaviour approach is problem specific
  – assesses clients and then
  – intervenes to help them to change ways that sustain their problems
• Emphasizes on educating clients
• On the realities of their thoughts
Schools of Therapeutic Approaches

Postmodern School: Proponents include: Solution-focused Behaviour Therapy of Steve de Shazer and Insoo Kim Berg

- The postmodern therapist adopts a *social constructionist* viewpoint
  - that existence is contingent upon how people process and construct information
- People’s experience of emotions depends on the names that they give to them
- People’s beliefs about their relationships affect how they interpret the reactions of others and how they respond to them
- It does not focus on the past, but instead,
  - focuses on the present and future.
- The therapist/counselor uses respectful curiosity
  - to invite the client to envision their preferred future and
  - then therapist and client start attending to any moves towards it
- SFBT believes that change is constant
  - helps clients to construct vision of a *preferred future*
Views of Human Nature and Causes of Anxiety

• Who or what is a human being?
• view of human nature of spiritual tradition
• current scientific view is rather pale
• The twofold view
  – body and a non-bodily factor (the soul, spirit)
• The threefold view
  – Body, soul, spirit
• The fourfold view
  – sensation, feeling, thinking and intuition
  – body-mind-soul-spirit
<table>
<thead>
<tr>
<th>Theorist</th>
<th>Views of Human Nature</th>
<th>Causes of Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sigmund Freud</td>
<td>✓ Humans are completely controlled by instincts</td>
<td>✓ Failure of the integrating components of personality</td>
</tr>
<tr>
<td></td>
<td>✓ Man is not a master of his destiny</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Man is driven by irrational forces, unconscious motives, biological drives</td>
<td></td>
</tr>
<tr>
<td>Alfred Adler</td>
<td>✓ Human is inferior, helpless, and dependent</td>
<td>✓ Attempt to overcome physical weakness</td>
</tr>
<tr>
<td></td>
<td>✓ Birth order determines personality characteristics</td>
<td>✓ Striving for perfection</td>
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# Humanistic School

<table>
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</table>
| **Carl Rogers** | ✓ Man is both self-preserving and social  
✓ Not basically sinful  
✓ Essentially positive | ✓ Denial  
✓ Incongruence |
| **Fritz Perls**  | ✓ Human being work for wholeness and completeness in life.  
✓ Man is composite of interrelated parts | ✓ Losing contact with the environment/resourse in it  
✓ Conflict between the top dog (what one thinks one should do) and the underdog (what one wants to do). |
# Cognitive Behavioural School

## Theorist Views of Human Nature

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<tr>
<td>Albert Ellis</td>
<td>✓ People are both rational and irrational, sensible and crazy</td>
<td>✓ Irrational thinking and beliefs</td>
</tr>
<tr>
<td></td>
<td>✓ Humans are not controlled by instincts – by reasoning</td>
<td>✓ Cognitive distortions</td>
</tr>
<tr>
<td>Aaron Beck</td>
<td>✓ Man’s internal communication is accessible to introspection</td>
<td>✓ negative or automatic thoughts</td>
</tr>
<tr>
<td></td>
<td>✓ Beliefs have highly personal meaning</td>
<td>✓ Poor r/ship between thoughts and emotions</td>
</tr>
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Limitations of Counselling Theories

• All counselling theories carry the psychological equivalent of health warnings.
• They can be used for ill as well as for good
• The following are some potential disadvantages of theories
  – Restriction of focus Vs. Integration
  – Therapist rigidity Vs. Client’s orientation
  – Depowering clients Vs. Human freedom
  – Supporting the status quo Vs. Being a change agent
The Message

• Counsellors have the main challenge of
  – Being conversant with the people and environment
  – Knowledgeable about variety of theoretical orientations
  – Tremendous social skills

• Success is contingent upon:
  – Recognition of dignity and worth of the human person
  – Understanding of clients socio-cultural milieu and belief systems
  – Less rigid more professional flexibility

• Is there any single theory that can provide that?
• How can we be socially and culturally sensitive counsellors?
Eclecticism

• It is a synthesis and combination of so many theoretical stances
• Narrow Meaning:
  – Selection between directive and non-directive approaches
  – represents a middle status between the two extremes
• Wider Meaning:
  – Selecting what is applicable to the client from a wide range of theories, methods and practices.
• Justification is based on the very recent theory
  – There is no proof that any one approach works better than others
• The counsellor must be equally familiar with many theories
• He is able to pick and choose at whim
Creating One’s Own Theoretical Approach

• Creating one’s own counselling theory is both a
  – subjective process of making sense of the present challenge
  – An objective way of helping
• How can you evolve a personal theory?
• How can you make yourself a better theorist?
Thank you for Listening