

Introduction: Worldviews and Presuppositions About Human Nature and Mental Health

AEPP02 – Lesson 1

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Abstract

The first lesson focuses on cultural and existential competencies as important common factors for effective psychotherapy and counselling. It first defines the concept of worldview and explains why a cross-cultural and existential positive psychology (EPP) worldview matters in a pluralistic world. It then discusses how our presuppositions about human nature shapes our relationship with our clients and our interventions. Finally, it discusses what constitutes a fully functioning human being and how to meet people's basic needs for healing and positive mental health. It concludes that cultural and existential competences are foundational for optimal practice in difficult times.

Introduction

Worldview is the lens through which we view life and people. Our presuppositions about human nature and mental health will colour our perceptions and determine our emotional and cognitive responses. For example, some psychotherapists may feel very uncomfortable when a client plans to have an abortion, or who wants to transition to become a trans woman.

More common challenges are these: How do you help a client who has gone through unimaginable ordeals, escaping from a war-ravaged country and refugee camps, and enduring all kinds of discrimination and rejection in the host country? How do you help free him from all his fears, anxieties, and bitterness and find some happiness and meaning?

Would you try to correct his negative thinking with CBT or narrative therapy, or try positive psychotherapy by focusing on his character strengths and the need to develop a positive worldview that the world is safe and sweet?

Alternatively, you may consider logotherapy or meaning therapy...

[END OF LESSON PREVIEW]