- Put into practice the idea of Multi-verse of different perspectives
- This can be liberating for the family when the therapists have differing views, but others prefer an expert to tell them how to improve.
- The not knowing stance and subsequent use of reflective teams are imperative to families in distress because they model to families that no one person has the “correct” solution (which lifts the burden of responsibility for finding this elusive accurate fix) and that multiple perspectives are useful (which can lead to an increased ability to seek help and external resources) (Madsen, 2007).
- This has led to the use of reflective practice for service providers and professional development in contemporary practice (Jude & Regan, 2010).

**Evaluation**

**Strengths:**
- Reduces stigma by not placing blame on the client and by externalising the problem
- Uses the ‘not knowing’ stance
- Impacted on clinical practice

**Weaknesses:**
- Post-Modern approaches move away from the scientific approach but adopting a social constructivism viewpoint. This does not lend itself to evidence based practice
- If reality is all socially constructed how can it be discerned what is real?
- Social constructivism raises issue of what should happen in cases of child abuse, Holocaust deniers, etc.
- Minuchin (1998) expressed concerns about postmodern family therapy. He argued that narrative therapy brings unique and helpful methods to the practice of family therapy, such as emphasizing alternative personal narratives to cope with problems. However, he stated that postmodern therapies lost the information that family dialogues produced, the spontaneity of therapist-directed enactments, the focus on the therapist as a positive and helpful, that the therapist can make a family feel more connected, and the acknowledgement that the therapist must function with personal bias. In other words, Minuchin felt that postmodern therapy displaced the family and created a paradigm for therapy that was not representative of the psychological experience of a family.