

# THE PARADOXICAL PERSPECTIVE OF CHINESE FAMILY COUNSELING MODEL: THE CONSTRUCTION OF CULTURE INCLUSIVE THEORY

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From the paradigm of realism, this study attempts to construct and examine the possibility of assimilating the paradoxical philosophy of Taoism and I Ching into a theoretical model for counseling Chinese families. From literature review and clinical practices, the researchers have found that when dealing with family relationships, the values of individualism in Western family counseling emphasize having clear and well-defined personal boundary, candor, forthrightness, non-evasive and non-repressive ways of expressing needs and feelings in interpersonal interactions. Yet for the Chinese who are still influenced by relationism, the incorporation of these principles often produces incompatibility and conflict ( Hwang, 2012 ). However, to maintain family relationships, Chinese families often have to live with repressed and unspoken grievances (Huang, 2014). This study believes that despite cultural collectivism among the Chinese, a family counseling model that embraces personal self-esteem and personal development is possible, and should be actively pursued. The researchers attempted to integrate the Chinese Taoism and I Ching idea that something cannot be created out of a single entity alone, where fortune and calamity is reciprocal, and where the essence is “both/and” rather than “either/or”. In describing individualism and collectivism, “being oneself” and “doing unto others” may appear contradictory and mutually undermining, yet one cannot exist without the other. It is through confrontation between the two that one side gives life to the other. Therefore, in response to a specific discord, re-establishing or achieving harmony through a cycle of homeostasis seems to be a feasible and less diametric approach that could be applied to counseling for Chinese families.

**Key Words:** family counseling, culture inclusive, Taoism, I Ching