

Understanding Universal Human Needs in Therapy: Building Confidence in Multi-cultural and Cross-cultural Contexts[®]

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Title: Understanding Universal Human Needs in Therapy: Building Confidence in Multicultural and Cross-cultural Contexts

Abstract

A therapist or medical practitioner can confidently practice effective counseling and other therapies in multicultural and cross-cultural contexts. A solid understanding of universal human needs and how they are expressed in various cultures allows the psychologist, licensed mental health professional, medical professional, and ministry leader to impart hope to any client. Even when the client is from quite a different culture, in which human needs are understood and described differently, addressing these universal human needs is the key to imparting hope and helping the client to resolve issues and solve problems. The client can coach the therapist about his or her own culturally appropriate ways of meeting needs. Identifying with the client and building rapport is based on connection with her or his universal, shared human needs. Finding interventions appropriate in the client's context becomes a partnership between therapist and client. The client experiences hope through shared understanding, rapport, and being able to apply interventions in his or her own culturally relevant ways.

Learning Objectives

1. Identify and list universal human needs
2. Analyze how these needs are understood and described in another culture through dialogue or with the client
3. Apply this knowledge to confidently impart HOPE and help clients in multicultural and cross-cultural relationships and contexts

About the Presenter

2019 AACC World Congress Recipient of Paris Finner-Williams Award
for Excellence in the Advancement of Cultural Sensitivity and Competence
and 2017 AACC Award for Excellence in Christian Caregiving

Dr. Lois A. Dodds is co-founder (with her late husband, Lawrence E. Dodds, M.D., M.P.H.) and Director of Heartstream Resources for Global Workers. Her love for persons of other cultures began in childhood, when her Merchant Marine father brought home many tales and trinkets from “faraway lands.” Guests from many cultures visited her home. In high school her best friend was a recent immigrant from mainland China. Her respect and love for people of other cultures has permeated her life ever sense.

After decades of intensively caring for cross-cultural workers worldwide, Dr. Dodds still passionately believes in the model of holistic care they designed and practice. She has carried this passion of wholeness for Christ’s servants to approximately fifty countries. Choice servants of Christ from many cultures have re-engaged with the Lord and been re-energized to continue in ministry. Heartstream Resources serves humanitarian workers, NGOs, mission agencies, churches, and cross-cultural field workers. It has chapters in Korea and the Philippines, as well as associates in Hong Kong, Malaysia, the U.A.E., Spain, and previously in New Zealand.

Dr. Dodds is the author of fifteen books, two DVD series, dozens of radio programs, and hundreds of published articles, including poetry. She and Larry reared their three children for thirteen years in the Amazon rain forest of Peru where they worked with Wycliffe and SIL. Dr. Dodds helped to assess and train over 1,000 candidates for SIL overseas work. She earned her multi-disciplinary doctorate at UCSB, an MA in human development through Azusa Pacific University, and another MA in confluent education at UCSB. She is a Licensed Professional Counselor in Pennsylvania, with the USA National Board of Certified Counselors and a Certified Trauma Therapist. The Dodds taught for twenty years in Azusa’s MA in leadership (Operation Impact), in approximately thirty countries before founding Heartstream in 1992.

Note: The following notes are text of the PPT presentation.

Introduction: How I discovered a love for other cultures and the desire to relate to persons of many other cultures:

- Grew up in California—with multi-cultures
- Childhood—tales and trinkets of faraway lands, other culture guests
- High school—best friend Chinese
- 50 years in cross-cultural life and work
- 50+ countries
- 100’s of cultures
 - In Wycliffe and SIL
 - As my graduate students in Operation Impact, Azusa Pacific University overseas MA program in more than 30 countries
 - In Heartstream work in about 50 countries



Objective 1/Part 1: Ten “Universal” Human Needs

Every person in every culture shares these ten needs, as well as others:

- To be loved and nurtured
- To be accepted and belong
- To be respected and valued
- To be sheltered
- To be safe
- To have sustenance
- To have faith = meaning in life
- To be touched (Ashley Montague)
- To have hope
- Priority need: The Gospel... faith, hope and love—but the greatest of these is love!

(Slide # 13) Culture defines and sets expectations of HOW these needs are met.

What does Culture do?

- It gives norms for expression of need.
- Language shapes meaning.
- Behavior reinforces ways.



(Slide # 14) Objective 2/Part 2: Analyze through Dialogue for Understanding

and Building Confidence

2a. “Love according to knowledge and wise insight.” Philippians 1:9

2b. Know dimensions, stages and levels of development

2c. Know levels of need

- Knowing each of these theories is one of the “building blocks” in our effectiveness in caring.
- The more “bricks” of knowledge we add, the better our “care” and understanding.
- Theories of human development and human needs are ways of describing what is observable and are attempts to make sense of the process of growth.
- Abraham Maslow is a major theorist from the 1950’s. His work and theory are widely used. Let’s look at his and other major theories.
 - “Self-actualization” can be defined as “Christ actualization” for Christians.
 - His theory relates to levels of needs, not stages of development.
- Knowing each of these theories is one of the “building blocks” in our effectiveness in caring.

Challenge Regarding Maslow's Theory:

- How does each level of human need intersect with the Gospel?
- How does God meet needs at each level?
- How is this relevant to universal needs? To those who serve the world?

(Slide 23) Let's look at Major Theories of Stages of Human Development

- Erik Erikson—psychosocial
- Robert Coles and Lawrence Kohlberg—moral
- Jean Piaget—cognitive

3 More Major Stage Theories:

- James Fowler—spiritual, across religions
- James Olthuis—spiritual, Christian
- Lois Dodds—life development in Holy Spirit

(Slide 25) What the theories have in common:

- Stages of development—most are age related
- Each stage has negative or positive potential
- Crisis moves you from stage to stage
- Crisis is essential to growth
- Not all persons keep growing
- Some people get stuck!
- Few persons reach full maturity

Theory 1. Jean Piaget: Cognitive Development

- Cognitive—The child learns to think abstractly.

Theory 2. Erik Erikson

“Psychosocial” = psychological, emotional and social

How we love each other or NOT = social emotional

Love IS the most “psychosocial” and spiritual! Real “care” is that we love!

(Slide 33) Getting along. Being Jesus to People.

Theory 3. Robert Coles: Moral Development - especially children. Story of Ruby!

Theory 4. Lawrence Kohlberg: Moral Choice = right and wrong. Help or go my own way?

Theory 5. James Fowler: Spiritual Development (various religions)

Theory 6. Spiritual Development (Christian) – James Olthuis

Am I becoming my real, God-designed self?

(Slide 41) Theory 7. Lois Dodds Themes of Spiritual Development –

- What kind of fruit is my life bearing? Where are my roots going?

- Extra note: Dodds' Research revealed 7 themes in life development with Holy Spirit
- This doctoral dissertation by Dr. Lois Dodds led studied persons with highly developed Christian lives, based on their perceptions of the Holy Spirit at work in their own growth and development. The themes may be universally evident in the lives of Holy Spirit dependent persons.

(Slide 42) How does it help YOU to know theories?

- Each one = a “window” to assess someone’s growth.
- Each one = a unique perspective.
- We can encourage growth in the 5 dimensions of development.



(Slide 45) Objective 3/Part 3: Apply This Knowledge

How do we apply this knowledge of stages and levels?

- Identify where a person’s need lies so we can show love appropriately.
- Gives us additional and alternative views to what a person needs—social, emotional, physical, moral, or spiritual
- Clarify need—what does this person need?

(Slide 47) Theories also help us know ourselves. How can this help us love others?

- Ask: “Who AM I and how did I get to be who I am? (Think: family of origin)
- Culture and history
- Personal experiences-- both positive and negative
- Personality type
- Communication habits
- All that shaped you!

Our past and expectations are a veil or grid through which we “see” and assume.

Our veil or grid is open to all humans or shuts some out!

(Slide 50) Ways we confidently build hope:

- We open a window on possibility
- We offer resources
- We use 4 MAGIC “A” words
- We use great skills

4 Magic Words:

- Acceptance
- Affirmation
- Appreciation
- Acknowledgement

6 Great Skills:

Touch is a human need. (Ashley Montague) Ask permission to touch.

- Smile—a universal language. It says “welcome” and “acceptance.”
- Showing respect.
- Listening! Attentive, Attuned, Affirming
- “Impact awareness”
- Appropriate eye connection

(Slide 59) We also:

- Lead the way!
- Show the way!
- Love and embrace with a pure heart! Jesus said, “Love one another as I have loved you.”
- Impart hope!
- Empower! **Assist the person to feel success in making life decisions & change**

**(Slide 64) Key Resources for this session:**

1. *Global Servants: Cross-cultural Humanitarian Heroes*, www.heartstreamresources.org

Volume 1: *Formation and Development...*

Volume 2: *12 Factors in Effectiveness and Longevity*

Volume 3: *The Art and Heart of Agency Care*

2. *Thriving! Not just Surviving What's Killing You!* A 20-session film series which shows the growth foundation for YOU and those you serve. It helps you assist others of any culture. Includes 10 Devotionals and 10 “Thriving” Classes.

3. *Thriving! 2 Caring for People so They Last! A Member Care Course.* 27 lessons with several international presenters.

4. *Christian Perspectives on Human Development*, ed. Leroy Aden, et al., 1992. Grand Rapids, MI, USA: Baker Book House, Publ.

5. *Annual Editions: Human development, 45th edition, or any earlier edition.* McGraw-Hill, Dushkin Publishers. *Reviews of all major theories of human development; key articles.*

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Dodds, Lois A. 1992. "The role of the Holy Spirit in personality growth and change." II World Congress on Christian Counseling, Atlanta. Nov 11-15. Available in booklet or electronic form www.heartstreamresources.org

Dodds, Lois A. 1991. *The perception and experience of supernatural spiritual power for personality growth and change. An analysis of twelve life histories*. University of California Los Angeles Dissertation. Available through University Microfilms, Intl.