

Multicultural Counseling In Class Writing

You may bring one 4 by 6 card with you. You will be asked to write on some of the following questions.

1. Describe a vision of an educational system based on person –centered principles that would transform the cycle of socialization that often leads to stereotyping and oppression to one that would be a cycle of self-actualization and liberation? Name how the core conditions would be integrated into this environment and the relationship between students, faculty and the community

2. What cultural and healing practices can transform the cultural story that is contributing to intergenerational cycles of trauma and violence? Imagine you are a therapist who has been asked to design a person centered expressive arts protocol
To heal violence in the community – describe your approach of integrating theory into practice in this situation.

3. Describe some of the key features of the relational approach in Psychology of Women.
What are some of the critiques of traditional psychology from this perspective?

4. Describe 5 features of the Organic Inquiry model of Feminist Research.

5. In what ways does culture shape behavior? Include references to behavioral psychology
and the film in class from “Psychology and Life” on Culture and Behavior (in library).

6. Describe 4 patterns of cognitive distortion as articulated by Burns with examples from an anti –oppression framework. How might each particular distortion express itself with either racism, ableism, sexism, etc.

7. What are the underlying desires for society to want to blame victims for their oppression, instead of the perpetrators that victimized?

Describe the cost of privilege to the privileged.

8. How does unintentional racism in the counselor contribute to towards white privilege and power? How does white guilt interfere with the formation of a strong therapeutic alliance?

9. Considering that it is easier to identify acts of racism in a picture of lynching than in our daily behavior, how do we spread awareness about the common subtle racism that occurs daily and that racist acts are not always intentional, malicious acts? How can an understanding of personality theory contribute to this awareness?

10. What are some of the ways in which “Overcoming Unintentional Racism in Counseling and Therapy” and “Native American Post Colonial Psychology” overlap, especially when thinking about ways counselors can work with a minority client?

11. Describe 4 dynamics listed in Martin that can weaken a therapeutic relationship.

12. What is meant by listening with the Third Ear and what are some ways to increase your Capacity to do that?

13. Which two of the eight commandments of Peer Counseling have been hardest for you to follow ?

14. Describe three examples of internalized hatred in the Native American community. According to the film “Color of Fear”, what impact does this have on the dominant culture?

15. What is meant by the term “Postcolonial” by Duran and Duran? What are the responsibilities of psychologists in post colonial era?

16. Which indigenous first people’s beliefs (Native American) would be beneficial to this land 7 generations from today if they are implemented now? Describe your choices and give examples of this impact for the 7th generation.