PERSONAL CULTURAL REFLECTION

Name:

Institutional Affiliation:

Date:

Personal cultural reflection

 When reflecting on my family and our family roots, I recognize the place of origin of my family as Norway and England. My family members are of both Norwegian and English ancestry. It is in these two places as the origin of my family because of the stories I have heard from my family members including the physical traits carried by my family members. Most of my family members have eyes differing in color from very light grey/blue though dark brown to green. Their hair ranges in color from bleach blonde to very dark brown. I am a female of average height although most of my family members are tall and only a few are of average height. Being a native Norwegian, and British, most of my family members have thin or no lips, large lower jaws, and deep eye sockets and the majority are slim (Hays, 2008).

 As I grew up, my relatives lived in Britain while others lived in Norway and the United States. I lived with my parents and siblings in Britain and at times we visited my relatives living in Norway and North America.Growing up, I learned to value education as a basic requirement in the life of every individual. Hard work is a value instilled in me since I was a child because my parents always worked hard and to the best of their ability and made savings. I strongly value family relationships and for me family is everything and I am very close to all my family members.

Honesty is a basic value that I believe every individual should uphold. I am not religious although some of my family members are religious however I believe in a spiritual orientation to life. Growing up in a society with different social groupings where both heterosexual and homosexual relationships are present, I have adhered to my family instilled values where I strongly believe in heterosexual relationships.

 An experience where I witnessed my friend feeling excluded in a spiritual growth group because she and her husband unlike all the other members of the group were not European American. This happened after my friend shared her experience where she believes someone outside that group made a racist comment against her. Rather than validate the comment, the rest of the group members tried to look for a way to justify it and ended up implying that she was overreacting.

All the other group members were unable to view the issue from my friend’s perspective and this led my friend and her husband to exit the group. The issue of racism is sensitive to which should be looked into keenly. I think there were better ways for the spiritual growth group to view and understand the issue in a way to help my friend and her husband deal with racial discrimination. They did not view her as one of their own and thus did not find her issue as of much significance.

 I am a middle-class white woman and thinking about the social experiences I have had privileges in most places where people of other races have faced oppression.Privilege is the immunity or rightthat grants a person a distinct favor or advantage. Oppression, on the other hand, refers to the state of being burdened either mentally or spiritually, crushed or suppressed by power abuse. White people are usually privileged compared to other races and their lives are a lot easier. For example, from my experience, European Americans have a choice in the company of other European Americans when they wish to be. They are usually not asked to defend their race and they have an easy time finding housing among other privileges.

 My thoughts on privilege are that it isolates people and cuts them off from experiences and information which is related to certain minority groups which could be useful and better their lives. Relating this to the case of a friend, the privilege that the European American members of the group experienced caused them to dismiss racism as being the problem, and their unanimous agreement made them affirm their position of rightness. Since the views from my friend and her husband were from the minority, it was easy for people to dismiss them easily.

 Hays article including other selected resources has led to enhanced awareness of personal values, assumptions as well as biases. Hays has emphasized how a culturally skilled counselor is usually one who is actively involved in becoming conscious of his/her assumptions concerning human biases, values, and behavior including personal limitations and preconceived notions. Through creating self-awareness, self-discovery, and self-fulfillment, Hay's article along with other articles thus aids in improving awareness of personal values, assumptions as well as biases.

 Hays in her article provides a self-assessment tool that is intended to explore the cultural competence of an individual. This is through examining oneself to assess the aspects that are crucial to an individual's identity. This article including other selected articles is intended to assist an individual to consider his or her knowledge, skills, as well as awareness of him/herself in his/her interactions with other individuals. Its objective is to aid individuals to realize what they can do to increase their effectiveness in living and working in an environment that is diverse.

 Therapist self-awareness as outlined by Hays using cases of different individuals is relevant to practitioner domains such as beliefs and attitudes, skills and knowledge. Through cultural self-assessment provided though the articles, therapists become conscious of their beliefs and attitudes and they can identify the particular cultural groups from where they obtain basic cultural heritage as well as the relevant attitudes and beliefs that are held by the cultures that are incorporated into their own beliefs and attitudes. The article provides a therapists approach that is culturally self-aware where the therapists can reflect their values, assumptions as well as biases. They can also critically approach their knowledge when they define how their own cultural and racial heritage may affect their definition of biases both professionally and professionally.

It is though self-cultural assessment that in these articles, therefore, that awareness of personal assumptions, biases, and values. The article has helped in increasing the awareness of therapists hence they can demonstrate their skills by openly discussing factors of human diversity as well as being aware of when not refer to a client’ssalient cultural differences.

Reflecting on my values, I think I possess certain values that might have a positive effect on my ability to work with others while others could harm my ability to perform with other individuals. Being open-minded is one of my values that enables me to have an easy time interacting with others since it has helped me in accommodating others. However, a personal trait that could make it a challenge with others is that I am not emotionally expressive and this makes it hard to work with people especially when I am upset or when someone makes me angry.

Assumptions that stem from my beliefs and values are that all people should be treated equally and fairly regardless of their race and religious background and that people who discriminate against others do not have any justification for doing so. Religious or spiritual people ought to be at the frontline of promoting equality for all.

I think awareness of personal biases, values, and assumptions can be advantageous in both the behavioral and social services field. This can help the professionals in the field to be more accustomed to as well as sensitive to the family, group and individual certain values needs, values, attitudes, and beliefs to provide supports, interventions, and services that are more culturally competent (Tsai & Lau, 2013).

References

Hays, P. A. (2008). Looking into the clinician's mirror: Cultural self-assessment.

Tsai, W., & Lau, A. S. (2013). Cultural differences in emotion regulation during self-reflection on negative personal experiences. Cognition & emotion, 27(3), 416-429.