Chapter 4: Cultural Awareness

1. Culture can be considered as
   1. A shared network of meaning
   2. Customs, values, attitudes, beliefs, characteristics, and behaviors shared by a group
   3. Only racial/ethnic identity
   4. **Both A and B**
2. Cultural identities can be
   1. Overt and difficult to hide
   2. Hidden
   3. Chosen
   4. **All of the above**
3. Intersectionality
   1. Originally focused on the unique experiences of Black women
   2. Is the interaction of multiple identities of systemic oppression
   3. Provides a framework for recognizing systems of power that affect marginalized groups
   4. **All of the above**
4. When it comes to cultural issues in helping
   1. Helpers should assume the client’s culture based on the client’s appearance
   2. **Helpers will not always get it “right”**
   3. They usually only last for a few sessions until a strong therapeutic relationship has been established
   4. All of the above
5. According to Gelfand (2018), tight cultures
   1. Have many rules and are more chaotic than loose cultures
   2. Have more freedom and are more chaotic than loose cultures
   3. Have more freedom and are relatively safe
   4. **Have many rules and are relatively safe**
6. Critical consciousness
   1. Is when helpers are attuned to their weaknesses
   2. Is when clients are aware of their preconscious thoughts and emotions
   3. **Is when one recognizes social, political, and economic inequities in society and acts to dismantle systemic oppression**
   4. Is when clients have low self-esteem and suicidal ideation
7. Helping skills
   1. Should transfer across cultures and clients
   2. **Do not always transfer across cultures and clients**
   3. Should be used rigidly when working with a client of a different culture than your own
   4. Follow a strict policy when it comes to cultural differences so that helpers do not commit microaggressions
8. Cultural competence involves
   1. **Helpers being ethically responsible for learning as much as possible about various cultural groups**
   2. Helpers being experts when it comes to working through cultural issues
   3. Helpers being confident in their work with clients from different cultures
   4. Clients sharing their culture with their helpers
9. In helping, disability status is
   1. Not as important as gender
   2. **An important cultural dimension**
   3. Significant to explore only when the client has a physical disability
   4. Not an appropriate topic of conversation
10. Microaggressions
    1. Occur in everyday life but not in therapy
    2. **Are insults that communicate hostile messages to people that belong to marginalized groups**
    3. Are generally easy to spot
    4. Are limited to race and ethnicity differences
11. Enculturation refers to
    1. **Retaining norms of one’s indigenous culture**
    2. Adapting norms of the dominant culture
    3. Creating one’s own norms
    4. The intersection of multiple cultural identities
12. Cultural groups are
    1. All biologically determined
    2. All require admission
    3. **Sometimes determined by choice**
    4. Never assigned at birth
13. Helpers can educate themselves about culture by all of the following except
    1. Traveling
    2. Reading relevant literature
    3. **Practicing different accents**
    4. Speaking with people from different cultures
14. When it comes to discussing cultural differences in helping
    1. Helpers should initiate a discussion of race in the first session
    2. Helpers should hide their cultural identities from their clients
    3. It is the client’s responsibility to initiate cultural dialogues
    4. **It is the helper’s responsibility to initiate cultural dialogues**
15. Matching clients and helpers based on cultural identities
    1. **Is sometimes valued by clients**
    2. Is always recommended
    3. Is the best way to allow cultural issues to emerge
    4. Will threaten the therapeutic relationship
16. Media
    1. **Often perpetuates cultural stereotypes**
    2. Should be used as a legitimate source of cultural education
    3. Should be avoided at all costs
    4. Is the best way to educate yourself about culture
17. Cultural humility involves
    1. Apologizing to your client for your lack of cultural knowledge
    2. **Staying open to learning about your client’s culture without displaying arrogance or superiority**
    3. Being modest about how much you know when speaking to your supervisor
    4. Clients giving up their cultural values in favor of the helper’s cultural values
18. Helpers
    1. Should not explore their own cultural identities
    2. Should subtly attempt to get clients to take on the helper’s cultural values
    3. **Need to engage in serious self-examination to discover cultural values, beliefs, prejudices, and biases**
    4. Need to tell their clients about the helper’s biases during the first session
19. When helpers make cultural mistakes
    1. Clients will always leave therapy
    2. Clients will never say anything to them about it
    3. The mistakes are not important as long as helpers are generally kind
    4. **Helpers should work to correct them**
20. All of the following are considered cultural dimensions except
    1. Sexual orientation
    2. Indigenous heritage
    3. **Music preferences**
    4. Generational influence