

Chapter 4: Cultural Awareness

1. Culture can be considered as
 - a. A shared network of meaning
 - b. Customs, values, attitudes, beliefs, characteristics, and behaviors shared by a group
 - c. Only racial/ethnic identity
 - d. **Both A and B**
2. Cultural identities can be
 - a. Overt and difficult to hide
 - b. Hidden
 - c. Chosen
 - d. **All of the above**
3. Intersectionality
 - a. Originally focused on the unique experiences of Black women
 - b. Is the interaction of multiple identities of systemic oppression
 - c. Provides a framework for recognizing systems of power that affect marginalized groups
 - d. **All of the above**
4. When it comes to cultural issues in helping
 - a. Helpers should assume the client's culture based on the client's appearance
 - b. **Helpers will not always get it "right"**
 - c. They usually only last for a few sessions until a strong therapeutic relationship has been established
 - d. All of the above
5. According to Gelfand (2018), tight cultures
 - a. Have many rules and are more chaotic than loose cultures
 - b. Have more freedom and are more chaotic than loose cultures
 - c. Have more freedom and are relatively safe
 - d. **Have many rules and are relatively safe**
6. Critical consciousness
 - a. Is when helpers are attuned to their weaknesses
 - b. Is when clients are aware of their preconscious thoughts and emotions
 - c. **Is when one recognizes social, political, and economic inequities in society and acts to dismantle systemic oppression**
 - d. Is when clients have low self-esteem and suicidal ideation
7. Helping skills
 - a. Should transfer across cultures and clients
 - b. **Do not always transfer across cultures and clients**
 - c. Should be used rigidly when working with a client of a different culture than your own
 - d. Follow a strict policy when it comes to cultural differences so that helpers do not commit microaggressions
8. Cultural competence involves
 - a. **Helpers being ethically responsible for learning as much as possible about various cultural groups**

- b. Helpers being experts when it comes to working through cultural issues
 - c. Helpers being confident in their work with clients from different cultures
 - d. Clients sharing their culture with their helpers
- 9. In helping, disability status is
 - a. Not as important as gender
 - b. An important cultural dimension**
 - c. Significant to explore only when the client has a physical disability
 - d. Not an appropriate topic of conversation
- 10. Microaggressions
 - a. Occur in everyday life but not in therapy
 - b. Are insults that communicate hostile messages to people that belong to marginalized groups**
 - c. Are generally easy to spot
 - d. Are limited to race and ethnicity differences
- 11. Enculturation refers to
 - a. Retaining norms of one's indigenous culture**
 - b. Adapting norms of the dominant culture
 - c. Creating one's own norms
 - d. The intersection of multiple cultural identities
- 12. Cultural groups are
 - a. All biologically determined
 - b. All require admission
 - c. Sometimes determined by choice**
 - d. Never assigned at birth
- 13. Helpers can educate themselves about culture by all of the following except
 - a. Traveling
 - b. Reading relevant literature
 - c. Practicing different accents**
 - d. Speaking with people from different cultures
- 14. When it comes to discussing cultural differences in helping
 - a. Helpers should initiate a discussion of race in the first session
 - b. Helpers should hide their cultural identities from their clients
 - c. It is the client's responsibility to initiate cultural dialogues
 - d. It is the helper's responsibility to initiate cultural dialogues**
- 15. Matching clients and helpers based on cultural identities
 - a. Is sometimes valued by clients**
 - b. Is always recommended
 - c. Is the best way to allow cultural issues to emerge
 - d. Will threaten the therapeutic relationship
- 16. Media
 - a. Often perpetuates cultural stereotypes**
 - b. Should be used as a legitimate source of cultural education
 - c. Should be avoided at all costs
 - d. Is the best way to educate yourself about culture
- 17. Cultural humility involves
 - a. Apologizing to your client for your lack of cultural knowledge

- b. Staying open to learning about your client's culture without displaying arrogance or superiority**
 - c. Being modest about how much you know when speaking to your supervisor
 - d. Clients giving up their cultural values in favor of the helper's cultural values
- 18. Helpers
 - a. Should not explore their own cultural identities
 - b. Should subtly attempt to get clients to take on the helper's cultural values
 - c. Need to engage in serious self-examination to discover cultural values, beliefs, prejudices, and biases**
 - d. Need to tell their clients about the helper's biases during the first session
- 19. When helpers make cultural mistakes
 - a. Clients will always leave therapy
 - b. Clients will never say anything to them about it
 - c. The mistakes are not important as long as helpers are generally kind
 - d. Helpers should work to correct them**
- 20. All of the following are considered cultural dimensions except
 - a. Sexual orientation
 - b. Indigenous heritage
 - c. Music preferences**
 - d. Generational influence