Your Cultural Beliefs and Biases

Adapted from *Issues and Ethics in the Helping Professions*
*Gerald Corey et. al. (4th ed.)*

To the left of each statement, indicate the response that most closely identifies your beliefs and attitudes.

1= strongly disagree    2=disagree    3=undecided    4=agree    5=strongly agree

1. Helping Professionals (HP) who are well-trained, sensitive, and self-aware and who do not impose their values can be considered effective cross-cultural counselors.
2. To be an effective HP, I must be of the same ethnic background as my client.
3. As a condition for certification or licensure, HPs should be able to demonstrate knowledge and competence in multicultural delivery of services.
4. I must challenge cultural stereotypes when they become obvious in my role as a HP.
5. Contemporary HP theories apply to all cultural populations.
6. A sensitive HP is a spokesperson for the particular culture from which the client comes.
7. As a HP I will be able to examine my behavior and attitudes to determine the degree to which cultural bias might influence the interventions I make with clients.
8. There is a need for special guidelines for HP members of minority groups.
9. HPs must take into account the ethnic and cultural differences between them and their clients.
10. The primary function of majority-group HPs is to alert their clients to the choices available to them in the mainstream culture.
11. An effective HP facilitates the assimilation of the minority client into society.
12. Ethical practice demands that HPs become familiar with the various systems of diverse cultural groups.
13. I would have no trouble working with someone from a culture very different from mine, because we would be more alike than different.
14. If I just listen to my clients, I will know all I need to know about their cultural background.
15. Client resistance is typically encountered in multicultural helping professions and must be eradicated before changes can take place.
16. The ability to observe and work with nonverbal communication is an important aspect of the effective cross-cultural HP.
17. Establishing a trusting relationship is more difficult when the HP and the client come from different cultures.
18. Unless practitioners have been educated about cultural differences, they cannot determine whether they are competent to work with diverse populations.
19. As a condition for certification or licensure, all counselors should have specialized training and supervised experience in multicultural counseling.
20. At this point in my educational career I feel well prepared to counsel culturally diverse client populations.