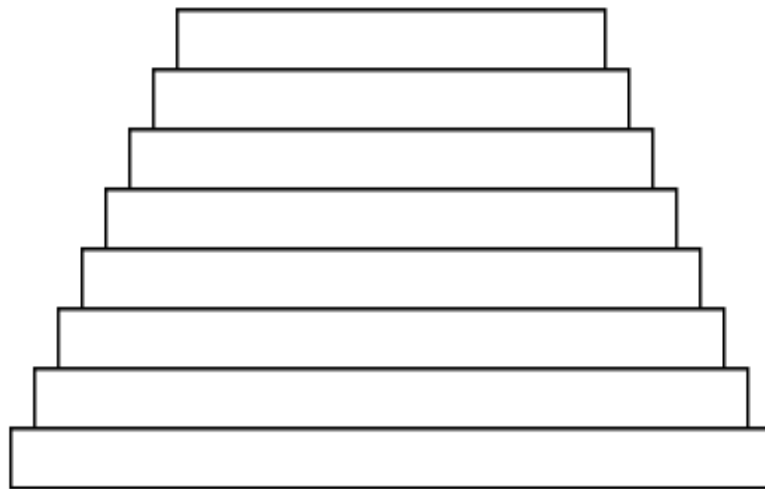


DEVELOPING INTERCULTURAL RESILIENCY

Handout 2: Your Spiritual Platform (Cultural Self)

Using the following categories as guidelines, fill in the steps of your platform noting the important variables which guide your values, beliefs and behaviors in therapy.



1. What is your degree? What subsequent training have you had? Do you belong to one or more professional organizations? What label do you attach to yourself given your work (therapist, psychologist, social worker, Doctor, pastoral counselor, counselor)? Do you identify yourself by the role or job description you have in your current employment or by your governing body?



2. Where do you work? Have you worked in this type of setting throughout your professional career or has it varied? Is there a particularly meaningful time for you in your career or perhaps a difficult work experience?
3. Where and when did you grow up? What was the size of the community? What legends or stories are attributed to your community? Did you move during your childhood and youth? What did your parents and your grandparents do for a living? What was the socio-economic status of your community? Where do you currently live? Have you lived in relatively one place throughout your life or have you moved? What stands out about your current community? How has your age impacted your life past or present?
4. Draw or make a genogram of your family of origin. How do you understand the way your family has affected your professional and personal life today? What is your current family situation? What role(s) do you have within your current family?
5. Did you grow up within a particular cultural or faith community? Was religion part of your upbringing? Do you continue to practice within an established religion or do you define your spirituality in some other way? Do you participate in cultural events from either your childhood or your community? Do you identify yourself within a particular culture or religion?

6. What life experiences have impacted your life in the past or currently? How would you define how you coped with any negative or traumatic life events? Do you use these life events to identify or label yourself, e.g. victim, survivor, widow? Who might you identify as significant people who have had an impact on your life, such as a mentor or teacher?
7. Is there anything else that you would identify as contributing to your values, beliefs or worldview?
8. What do you believe causes change in therapy?
9. Which of the positions previously described do you think you are most likely to take when including religion into the therapeutic dialogue?