

Enhancing Reflective Practice Pre-Workshop Questions

Recall a time when cultural differences between you and your client affected the counseling relationship. How did you ensure (if you were able to) that these differences did not negatively impact therapy?

In dealing with the above challenges what did you learn about yourself?

What experiences have clients shared involving bias, prejudice and discrimination, regarding race, gender, sexual orientation, disability, age, size, religious belief or social class? (They can be overt or subtle/covert). What was it like to hear those stories? How did you respond?

Has a client or anyone else told you that you were biased or prejudiced based on an action that you were not conscious of at the time? What was that like?

Recall a time when you realized that you had a personal or professional bias related to any of the categories in question three.