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Professor Park - MFT 709

Self of Therapist Assignment

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### Self of Therapist

Ethnically, I am German, Irish, Samoan, Hawaiian, Tongan, and Chinese. Culturally, I have always practiced my Pacific Islander and Asian side. Traditionally, we are people of honor and humility. The structure of cultures is dependent on bringing honor to our last name through humility or hospitality. A lot of what I have learned growing up mirrors the honor that a child should bring to their family by the intellectual and physical talents one possesses. This pressure holds a negative impact on a child who may not take interest in any of these. In my field of study, this cultural norm may affect my perspective on family structure in my clients. Likewise, the complementary roles of my up-bringing reflect that of the bible where women remain home to take care of the children and housework while the men labor to bring home money. This negative impact also places a bias perception on roles in the household. It can affect my position on a potential client who is having issues with this. A traditional marriage in my culture and upbringing leaves room for only a male and female to be one. It is wise to marry someone in the culture because they have knowledge of the history and traditions, however, in this modern day it may not be the case. Marriage is also a huge deal and each family has many offerings prior to the ceremony. This offering is of peace, love, joy, and new life for most family. This influence of union between man and women has heavily influenced my beliefs as well. I may have to recognize that my beliefs may not be the best interest for a potential client who has an interest in

the same sex. Although I can depict the negative influence, I will say that in my family-of-origin, we set high value on the structure or idea of family. God is first and family is always second. When in doubt, we are each other's keepers. Having that value can really help me to cultivate a safe environment for my client. Withholding value for the design of family can influence my passion to help dyads and dynamics within the family. Furthermore, marriage is the deal for sexual intimacy. I was always taught that we can't engage in this because it is saved for marriage. I find this to be a positive influence on my work because it helps me to bring truth and value in the concept of sex to light. While there was no sex talk, there was room for conversation in it and I think encouraging parents will help them to empower their kids to do likewise.

I may have a lot of ethnicities, but the one that I most identify with is Polynesian or Pacific Islander. I found that we place a high value on family and the enrichment of it. Keeping accountability in the family home is important and necessary for evolving as a unit. Each person has a role that is specific to gender. While I grew up practicing this role, my parents were still okay with me venturing out of that and not sticking to traditional. I find this is to be positive in speaking with clients that feel stuck in their ethnic role. I do recognize that not many people know about my ethnicity and some clients may have preference with who they see. As a professional I must uphold their wishes and refer them to someone else. This harsh reality is something that I am at peace with. Since my ethnic background has a lot of Christian influences, I too, have accepted the religion and what it has to offer in the family home. While not all my clients will be Christians, I can see how treating clients that are will be useful. Having the same background can help bridge the gap for a therapeutic relationship or even conversation in general. As mentioned earlier, marriage is important and it is often encouraged since it is the way that generations are built. To keep the family name alive is to wait for marriage and then

reproduce. We come from big families and we continue to have that throughout generations. However, with having many children comes a huge financial responsibility. Most often times that not families struggle and create a poverty mindset. There is not value on higher education as everyone reports to the work field as soon as they are old enough, that way they can take care of their family. Many are not educated or see it as an important necessity in life because they have to tend or care for the family. Often times this mindset is engrained. Thankfully, my parents have always wanted better for us and encouraged us to pursue a higher education. While this is the mindset of most from my culture, I do not think that it will affect my work or field of study in a negative way. The positive influence that my parents have helped me see may help others to feel empowered to do likewise.

My personality is a type eight on the enneagram, ESTP on the Myers Briggs, and Dominant on the DISC presentation. As you can see I am a challenger and protector with a fierce attitude. This fierceness is often driven by passion and love for others. I am also direct and stern when need to be. While I recognize that this may be helpful for some clients, it is not at all helpful for the others. I don't like to sugar coat and often times I may not word what I say nicely. However, I have learned to control my thoughts and have become very good at it. When things are pressing and needing to be addressed with a client, I can always take my time in thinking how to word it. In my personal life experiences, I have seen a marriage fail and become disruptive so much so that I am still healing from it. I do think that this may influence a lot of my belief system. This can also influence my client's perception as well should we have issues that are similar to my parents. As a therapist I do know that it is important to also be counseled through this part of my life not until healing is over, but until I can arrive to a place of peace. Although, sex is highly valued in marriage, I come from generations of pre-marital sex that

resulted in conception. While these generation sins are instilled in my family, I have found this passion to also educate and empower others that their sins are not ours. We may fall into it, but there is Grace. I do think having explored this; I can have healthy conversations with families.