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Process Journal Week 1

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Our first class was based on foundations of ethics at a multiculturalism stand point within the counseling field. Given the context of this week's introduction to professional ethics, We spent time discussing the importance of having an understanding of multiculturalism as counselors. Chapter 1 of the course text, *Developing Multicultural Counseling Competence A Systems Approach Third Edition* by Danica G Hays, breaks down the foundation of multicultural counseling In the US, by outlining particular data about the population, demographics, and the use of counseling services (Hays, Danica G. & Erford, Bradley T, 2018). In our asynchronous class meeting for this week, we were able to apply the concepts that we learned about in chapter 1 to our own views about culture and socialism in a counseling setting.

Socialism and culture both affect how the client might perceive a counselor and how the counselor might perceive their client. During an activity through which Dr. Locke asked the class to describe their own self in the form of words or pictures on paper, it was interesting to hear and see the descriptions of other classmates for themselves. This activity helped me to gain a broader perspective of how much each person carries in their thoughts about their identity as well as all the variables that are a potential threat ethically when working with clients as a counselor. When creating my own collage that describes my identities, I noticed myself thinking about how others would potentially view me after sharing my artwork. Thoughts about how clients would potentially receive me when I become a counselor also arose in my mind. This activity also helped me to put into perspective what is my desired priority in my life as I

highlighted or bolded any words or drawings to their level of importance. Prioritizing seemed to be a bit of a challenge when it came to considering how these identities could impact a client's perspective of my persona.

What also came to mind was the stigma that some of my qualities could carry, that could potentially cause mistrust from a client's perspective, and vice versa. As Hays described in the text, a client's view or stigmatism of counseling on its own, good cause mistrust in the counselor-client relationship (Hays, Danica G., et al., 2018, p. 11). Inevitably, there are many factors that will affect the therapeutic process. Having an understanding of the client's background culture and influencing social factors is crucial in avoiding an ethical mishap that could hinder a client's mental health and their trust in the counselor. This class and this week's reading, Expanded my perspective about the level of internal work every counselor must do in order to be aware of any biases that might impact future clients and cultures they have never interacted with, or with whom they might feel uncomfortable.

Reference

Hays, Danica G. & Erford, Bradley T. (2018). *Developing Multicultural Counseling Competence: A Systems Approach*, Third Edition. Boston: Pearson Education, Inc.