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Cultural and Cultural Foundations of Counseling

Proposal Paper

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Culture is an essential component of society that travels from generation to generation. The United States is one of the countries in the world that housed the most culturally diverse population due to the influx of immigration. As a foreign-born, I am culturally not interconnected with many U.S. citizens or migrants as we possess differences in beliefs, values, norms, practices, and languages. Nonetheless, in the U.S., due to the existence of various ethnic groups, I can learn about the socio-cultural and customs of many cultural groups, which is implausible in Haiti, my country of origin, due to the homogeneity of the population. In effect, it is a privilege.

Undoubtedly, I am comfortable with the customs and cultural differences of many ethnic and religious groups in the U.S. One group, however, I tend to be reluctant to approach or desire to learn about is the Muslims, Islam followers. However, for the sake of this class assignment, the immersion paper, and to be culturally competent as a future licensed mental counselor, I will confront my fears and approach the Muslims. Those from Arabic countries to be forthright. I believe I do not feel comfortable with those who adhere to the Islamic faith due to the differences in our professing faith and the vast dissimilarity in our cultures. For instance, in some Arabic countries, women are forced to wear a hijab or veil when they are in the presence of men and are often mistreated by them. The men, on the other hand, have different characters than

most men from western countries. They are notoriously known for embracing a polygamous lifestyle.

To learn about the customs, cultural practices, and traditions of the Arabic Muslims, I plan to approach them via language exchange apps (Tandem and Hello chat), attending one of their local events, and by conducting a zoom meeting with the Muslims I meet in the language exchange apps.