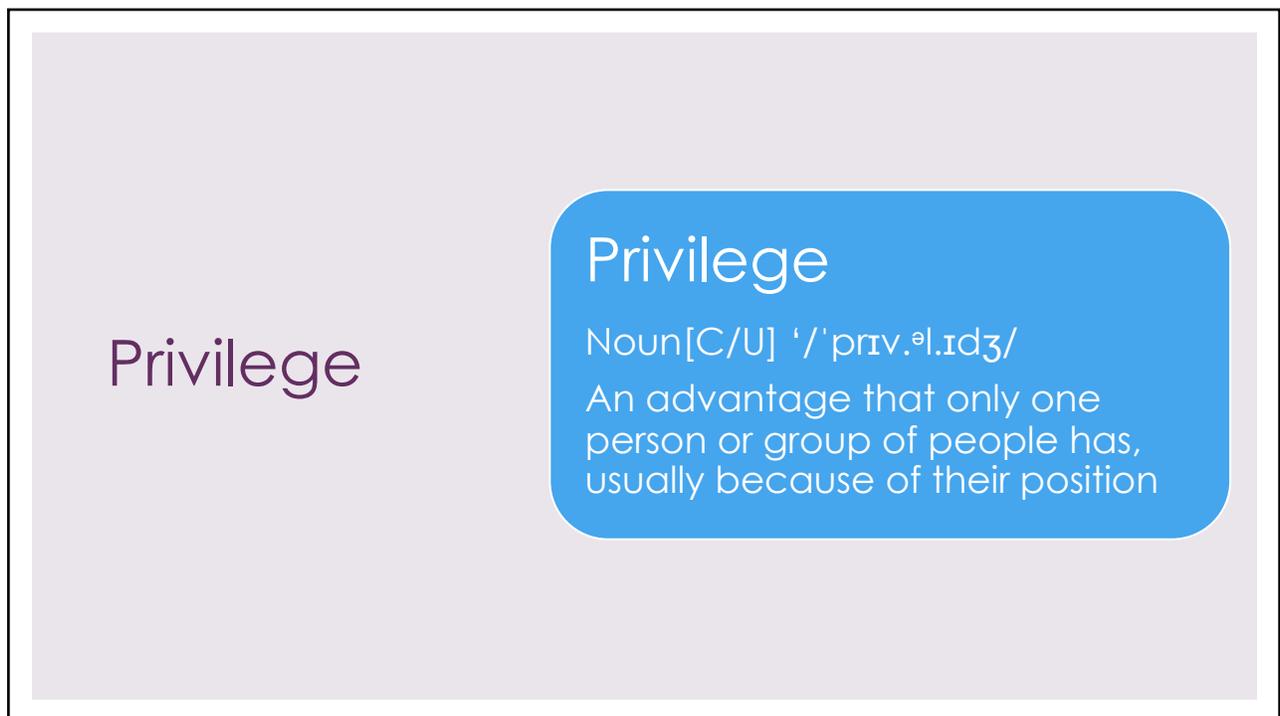
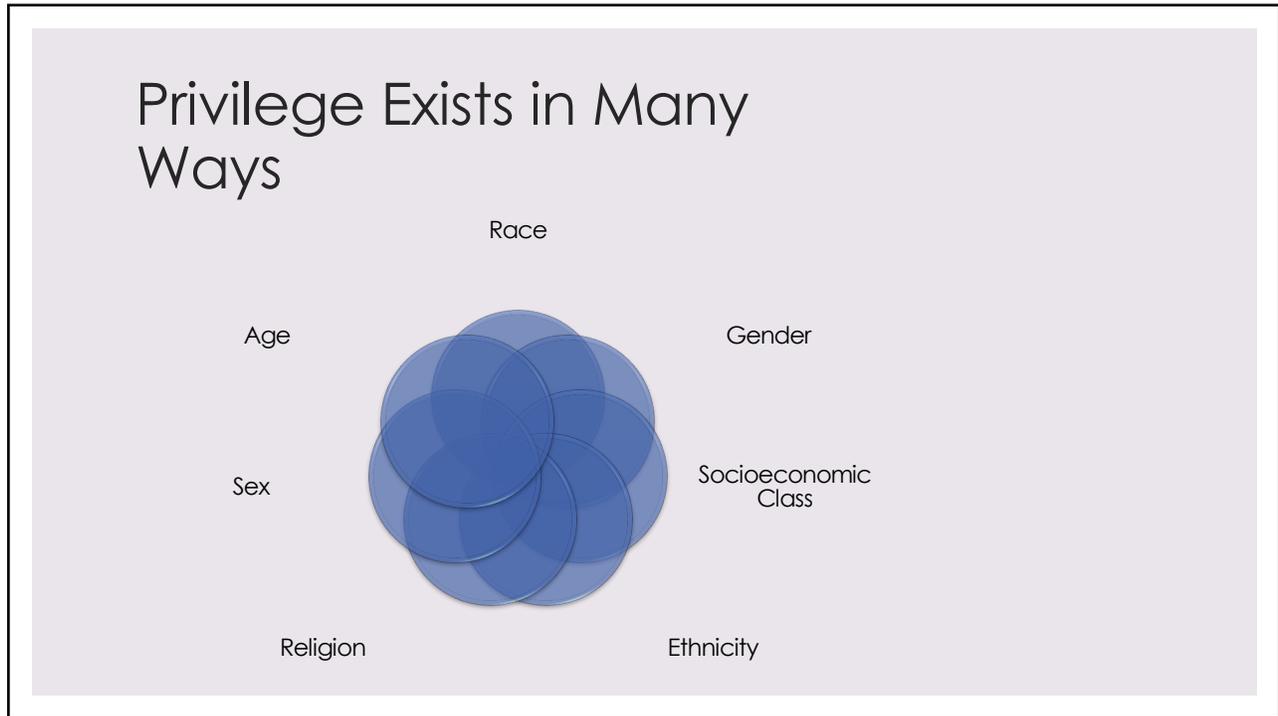


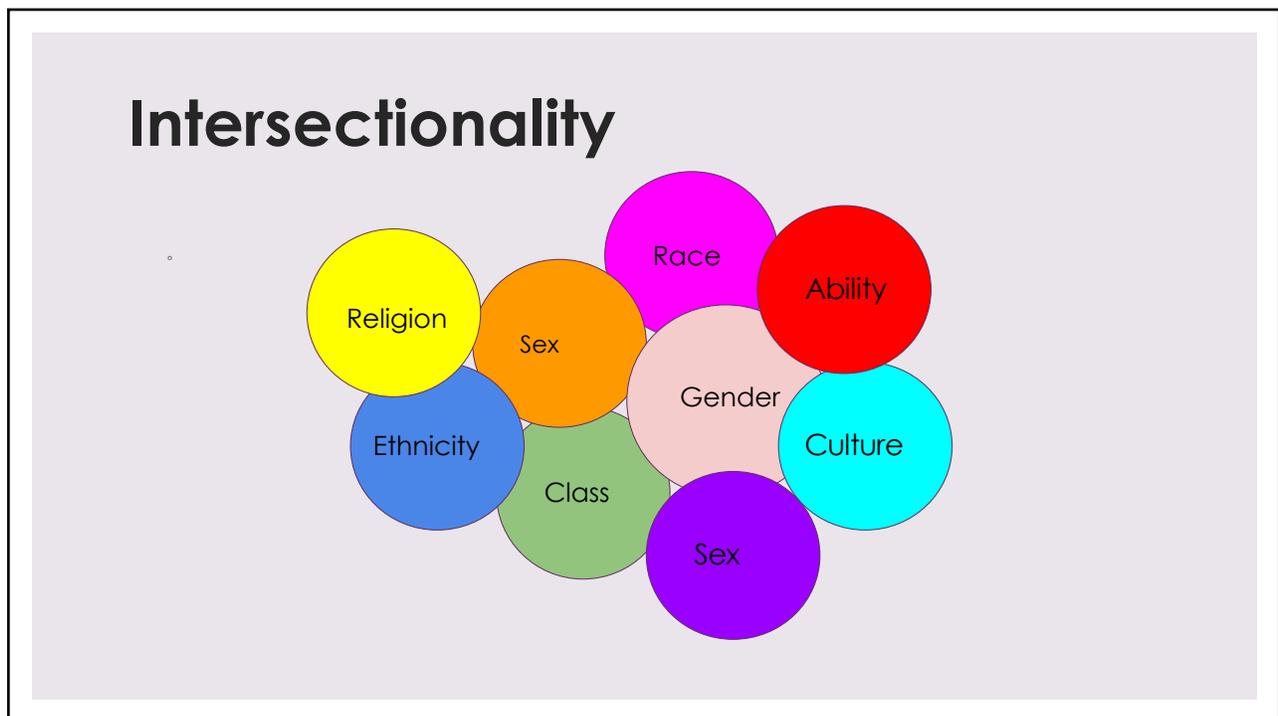
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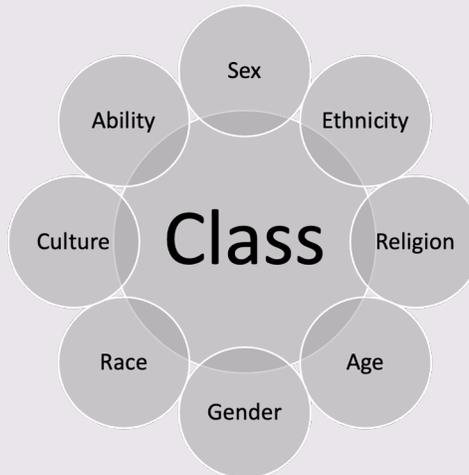


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Centering Class

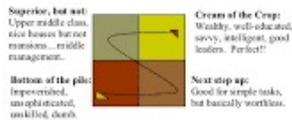


5

Classism Defined

What is Classism?

- **Classism** is any form of prejudice or oppression against people as a result of their actual or perceived social class (especially in the form of lower or higher socioeconomic status). It is similar to social elitism.



- Classism is defined as **discrimination based on identified social class standing** (Collins & Yeskel, 2005; Ostrove & Cole, 2003)
- Ostrove and Cole (2003) also define classism as discrimination based on a person's social class.
- **Classism may include individuals from any social class, such as individuals from lower, middle, or upper-class statuses**

6

Social Class and Classism

Social class is affected by a variety of contextual dimensions; it is not a fixed or essential category into which people are born and to which they immutably belong (Monk et al., 2021). It is largely determined by income, education, and occupation (Robinson-Wood, 2017).

APA (2007) defines classism as “**the network of attitudes, beliefs, behaviors, and institutional practices that maintain and legitimize class-based power differences that privilege middle and higher income groups at the expense of the poor and working classes**” (p. 7).

Socioeconomic status alone does not convey the profound difference, however, between wealth and privilege or between poverty and oppression. Social class may be defined as a collection of individuals sharing similar economic circumstances (Liu et al., 2004; Monk et al., 2021).

7

Class Privilege

- McIntosh (2010) shared that the idea of privilege means holding power or advantages related to some type of identity status.
- Langhout et al. (2007) defined three dimensions of social capital (and corresponding areas of class privilege):
 - Economic capital (financial resources)
 - Social capital (free time available for socializing/hobbies)
 - Cultural capital (cultural norms within childhood environments)

8

How does this manifest?

Economic class privilege: Being able to own property, having savings, ability to pay bills and weather financial crises

Social class privilege: Network of relationships that provide access to power, recognition, or economic/cultural capital

Cultural class privilege: Education, knowledge and skills that provide an advantage accumulated over a period of generations

Cultural and social class privilege are often concealed by meritocracies

9



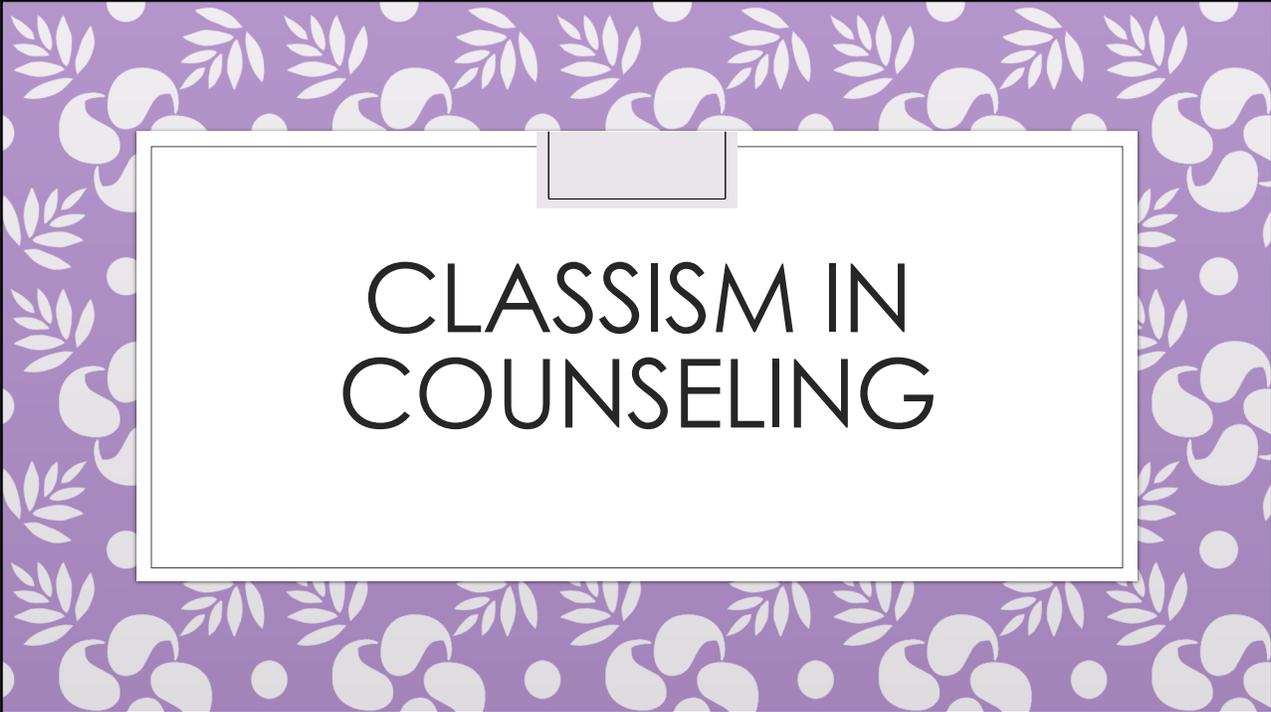
Where Do
You See
Classism In
the World?

10

Assessing Your Own Experience

- <https://www.ashland.kyschools.us/userfiles/517/Framework%20Day%20One%20Handouts%20Version%205%201%20June%202012.pdf>

11



CLASSISM IN COUNSELING

12

- Where are counselors located across the country?
- What resources does a person need to access counseling?
- Does the structure of counseling favor the privileged?
- Are there differences in how treatment is offered based on class privilege?

Is Therapy
Only for the
Privileged?



13

Current realities

- Average cost of a 45-minute therapy session with a therapist = \$60 – 250
- In 2016, 34% of people with private health insurance had trouble finding a therapist who took their insurance (Petersen, 2021)
- Office visits to private providers were 5x more likely to be out of network than primary care providers (Petersen, 2021)
- Only 55% of psychiatrists in private practice were accepting insurance in 2009-2010 (Bishop, Press, Keyhani, & Pincus, 2014)
- Long wait-lists for people with and without insurance
- More caps on treatment in publicly-funded settings

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Are Counselors Classist?

- “writers have illuminated the ways that psychologists exclude, discount, and “other” persons in poverty, which has amounted to interpersonal and cognitive distancing from the poor (Lott, 2002). Using a psychoanalytic lens, Altman (2010) and Layton (2006) have described this phenomenon as clinicians’ participation in a dynamic and social unconscious that protects the status quo of the middle and upper class and disavows poor and working-class people.”

(Appio, Chambers & Mao, 2013, p. 152)

15

Stereotypes

- Lazy
- Disorganized
- Inconsistent
- Uninterested

(Appio, Chambers & Mao, 2013)

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Mental Models by Class

- Ruby Payne's A Framework for Understanding Poverty
 - The Hidden Rules of class: <http://kathyescoabar.com/wp-content/uploads/2013/12/Hidden-Rules-Among-Classes.pdf>
 - <http://www.ahaprocess.com/wp-content/uploads/2015/04/Using-Hidden-Rules-Class-Create-Sustainable-Comm.pdf>

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Barriers to Treatment

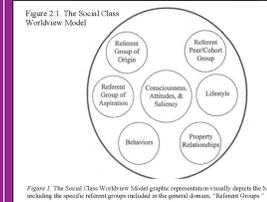
- Inability to afford treatment
- Lack of transportation
- Lack of childcare
- Inflexible payment policies
- Inflexible attendance policies that do not accommodate inconsistent schedules
- ?????

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CLINICAL STRATEGIES TO ADDRESS CLASSISM...

- Social Class Worldview Model (SCWM)
- Additive Empathy/Socratic Philosophy Guided Counseling
- Humanization when others' have dehumanized people in poverty, individuals who are homeless, etc.
- Realistic Reassurance (versus false praise)
- Client Psychological and Physical Resource Advocacy
- Homelessness
- Increased research both qualitatively and quantitatively regarding classism
- Increased understanding about expression of various forms of classism
 - Downward Classism
 - Upward Classism
 - Lateral Classism

(Clark, Moe, & Hays, 2017; Liu, 2011; Lott, 2002)



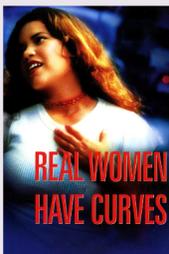
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CREATIVE STRATEGY EMPHASIS:

Cinematherapy

Conversations about RESPECTFUL Model

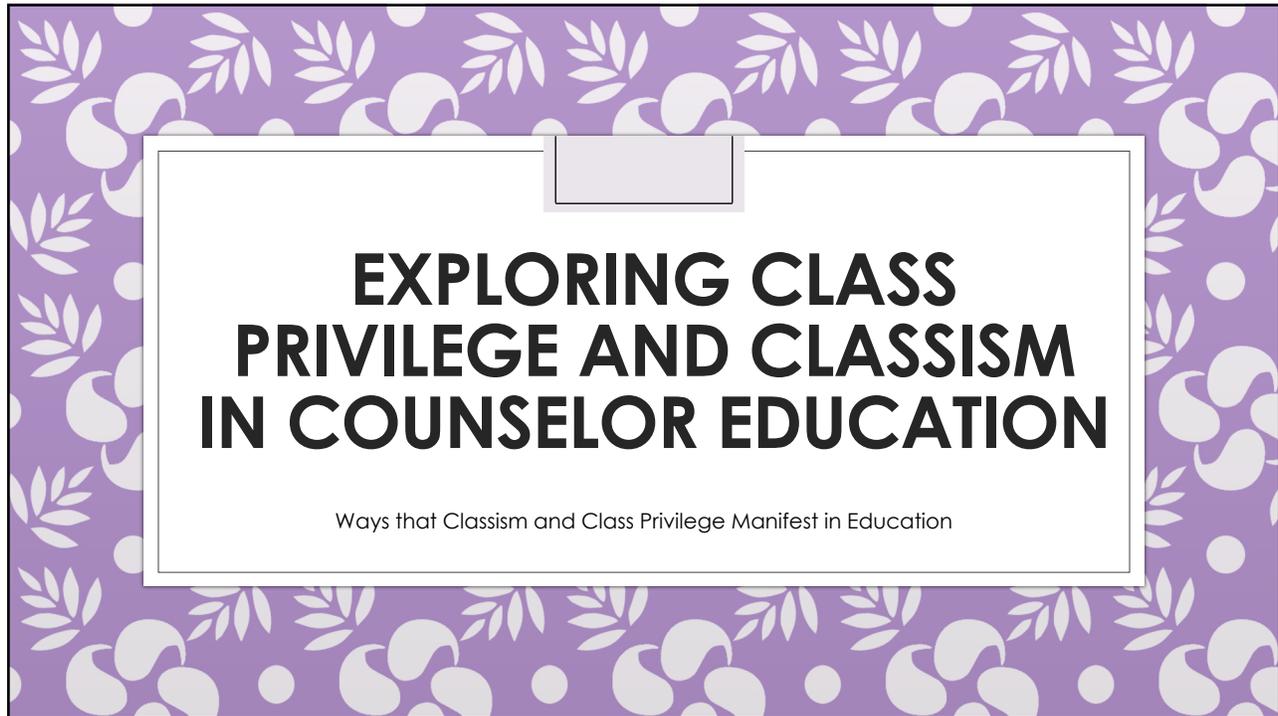
Photovoice (Below)



<https://pages.vassar.edu/realarchaeology/2014/12/09/the-harmful-stereotypes-about-homeless-people/>



20



21

How does this manifest in counseling education?

Economic class privilege: Being able to own property, having savings, ability to pay bills and weather financial crises

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Cultural and social class privilege are often concealed by meritocracies

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Have you or did you experience any of these while in your Counselor Training program or doctoral program?

Struggled to pay for child care, health care, groceries, or your required liability insurance for practicum or internship?

Professors being dismissive of students' financial situations.

Professors inviting students to events without consideration of their ability to afford them.

Professors assuming students have the resources to commute a significant distance to an internship each week.

Professors encouraging students to attend professional events (conferences, training) without consideration of their ability to afford them.

Professors pressuring, or requiring students to attend professional events without consideration of their ability to afford them.

Raise Your Hand If... You've Experienced:

23



How Classism Presents in Counselor Training Programs

- **There are myriad ways that classism manifests in CES programs**
- **Economic:**
 - Mostly unpaid internships require financial resources
 - Tuition
 - Books
 - Membership to professional organizations
 - Conference attendance and travel
- **Social and Cultural**
 - Knowing how to navigate the systems of academia
 - Knowing how to make connections that lead to successful careers
 - Speaking the language of academia

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Counselors for
 תיקון עולם
justicia social
 العدالة الاجتماعية
social justice.

Why Should We Care?

- Class is often assumed to be an indication of one's personal worth and one's social position is merited on the basis of personal talent (Johnson & Partington, 2017) - students may be seen as "less than" their peers in terms of ability or worth
- **Classism tends to impact individuals from marginalized communities the most - racial & ethnic minorities, women and transgender individuals, sexuality minorities (i.e., Ahmed * Iverson, 2013; Wilkinson, 1997)**

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Bottom Line

We cannot expect greater racial and ethnic diversity in the profession if we do not address the structural class barriers that make it harder for people, particularly BIPOC, to enroll and persist to graduation.

Average Family Wealth by Race/Ethnicity, 1963-2016

Year	White	Nonwhite	Black
1963	\$140,633	\$19,504	-
2016	\$919,336	-	\$139,323

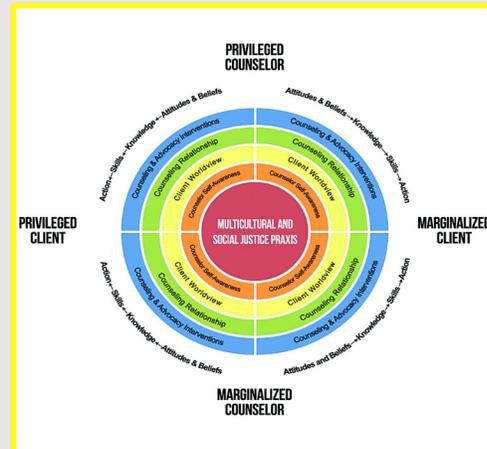
Year	White	Hispanic
1963	\$140,633	\$19,504
2016	\$919,336	\$191,727

Source: Urban Institute calculations from Survey of Financial Characteristics of Consumers 1962 (December 31), Survey of Changes in Family Finances 1963, and Survey of Consumer Finances 1983-2016.
 Notes: 2016 dollars. No comparable data are available between 1963 and 1983. Black/Hispanic distinction within nonwhite population available only in 1983 and later.

URBAN INSTITUTE

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AWARENESS ABOUT RELATED INTERSECTIONS TO CLASS STATUS



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CURRENT RESEARCH EFFORTS

Upcoming research that will explore counseling students' experiences with classism and class privilege related issues

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Upcoming Studies

Qualitative

Exploring the experiences of Master's level counseling students who self-identify as having experienced social classism during their counselor training program, specifically prior, during, or after Practicum/Internship

Social Classism Eligibility Questionnaire

Contact Veronica M. Wazer at
SocClassResearch@outlook.com

Quantitative

Exploring who our students are with respect to their socioeconomic backgrounds and current socioeconomic status, as well as their experiences with classism and class privilege

Exploring how programs are structured to look for practices that inadvertently reward class privilege or reinforce classist assumptions

Principal Investigators: Jennifer Greene-Rooks, Jessica Taylor, Lucy Parker-Barnes

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The Counseling Student Census

- Set to launch in January/February 2022
- 3 sources of data:
 - **Currently enrolled Master's-level students (81 items)**
 - **Currently enrolled Doctoral-level students (84 items)**
 - **Program Directors of CACREP-accredited programs (similar to CACREP Vital Stats survey)**
- Program directors who agree to participate will be asked to complete a survey about their program offerings **AND** forward a link to the student survey to their currently enrolled students. Thus, students who respond to the survey will be from programs that have provided data about their program structure.
- No personally identifiable information OR program identifiable information will be collected.

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Census Recruitment

- We will be soliciting participating programs through announcements on the CESNET listserv and our website beginning in January/February 2022
- Individuals identified as Program Directors of CACREP-accredited programs on the CACREP website may separately receive an email solicitation for participation

BE ON THE LOOKOUT!!!!

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Resources

- Our emails:
efmcsm@colupmi.virginia.edu
and parisbo@seagannon.edu
- Our website:
<https://classprivilegeinclass.com/mailer/>
- Link to Counselor Education
Classism related presentation:
<https://ivill.com/ACES2/Classi%20Pr%20Privilege.pptx>
- Related Sources (Next Slide)

**The Privilege in Our Pedagogy:
Classism and Class Privilege in
Counselor Education**

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