

### Content for chapter readings

I like how the authors defined and provided examples of prejudice and discrimination. This is important because as a provider who services hundreds of people yearly and must be an advocate for all, it is important that one understands their own prejudices. This chapter highlighted the importance of self-awareness, and process and breakdown the root of the issue. The topic on Stereotyping and multiculturalism is a big thing in America. Most people have been programmed to think a certain way about a particular ethnicity. I try to disassociate the stereotypes when I meet people, sometimes the stereotype will come to my mind first, but then I get to know the person as an individual and allow myself to learn them and their experience. Becoming a student and a listener of someone's life is the approach I always try to take when interacting with clients. All the chapter readings were very insightful about one's awareness and learning how to effectively approach and illustrate the theories being taught. There are so many things to think about when it comes to a group and a lot of preparation as well. Preparing for a group goes as far as reaching out to community resources if needed. This requires the person running the group to be familiar with the community. Additionally, when it spoke about diverse groups and understanding that diversity in the groups matter, and how it can affect others in the group. The leader must make the conscience decision to be prepared, anticipate, and problem solve. After reading the chapter it comes down to research being very important, being sensitive to the individual(s) and having empathy. I liked the reading where the author touched on feelings aren't black and white, and you do not have to be the same race as someone to effectively help them. You need your skill set and kindness.

### Views on theory

I think insight I gained from the theory was helpful and applicable to me as an individual. Some things I already knew and practice. It also made me look within myself. I like that their approach is very individualized to the person and learning to help strip down everything that makes up the person and look at them as a human, along with understanding who they are because of things that make them up. It is about being sensitive, educated, competent, and aware.

### Implement in my practice.

I most definitely will implement this into my practice. I think it is necessary for this to be used in my practice. It makes you more effective along with being able to provide a service to address the client's needs effectively and with care. Diversity covers many things, and this chapter broke down many layers of diversity and how it can look, other than race. The examples and insight it gave for people from different sexual orientations, ethnicity, and biases are necessary to take on as tool to use when running my groups.