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National Cross-Cultural Counseling and  
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Feb 8th, 10:00 AM - 11:15 AM

### Courageous Conversations in Counseling about Race

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## Cultural Humility Proposal

Session Title	Courageous Conversations in Counseling about Race
Session Synopsis	This content session is a courageous conversation for counselors, counselor educators, site supervisors, and graduate students. How can we be comfortable having uncomfortable conversations about race and culture? This content session explores the topic of cultural humility in the counseling relationship, including an introduction to the courageous conversations protocol.
Session Objectives	This discussion-based content session has the following program learning goals:  <ol style="list-style-type: none"> <li>1. Explore the cultural humility trend in the field</li> <li>2. Discuss how cultural and racial issues arise in the counseling relationship</li> <li>3. Identify the difficulties in addressing cultural and racial differences</li> </ol>
Session Abstract	The United States (U.S.) is known as the “melting pot” and is characterized by diversity (Matthews, Barden, & Sherrell, 2018). While the U.S. is culturally diverse, it is not culturally equal. Racial tensions have escalated recently, and psychologically harmful microaggressions are experienced by minorities across a multitude of settings, on a daily basis (Davis, DeBlaere, Brubaker, Owen, Jordan, Hook & Van Tongeren, 2015). Counselors must demonstrate cultural humility in order to be effective counselors in relationships where worldviews and values will inevitably clash (Davis, et al, 2015, Hook, Watkins, Davis, Own, Van Tongren, & Ramos, 2016). Being culturally humble is a “lifelong commitment to self-evaluation and self-critique, to redressing the power imbalances... and to developing mutually beneficial and nonpaternalistic clinical and advocacy partnerships with communities” (Tervalon & Murray-Garcia, 1998, p. 117). Counselors should promote diversity and celebrate differences, but more importantly counselors should be advocates and a force for social justice. How to best prepare counselors to be cultural aware, competent, and humble is a matter of great concern (Prosek& Michel, 2016; Celinska, & Swazo, 2015; Malott, Paone, Maddux, Rothman, 2010). The courageous conversations movement suggests an open dialogue is a great first step to addressing difficult topics (Mallot, et. al, 2010; Singleton & Hays, 2008).
VCA Category	Social and Cultural Foundations
Preferred length	1 hr (you can choose up to 4-6 hours)
Target Audience	General interest (for all groups)
Type of Presentation	Panel Presentation
Qualify for Ethics	No
Lead Presenter	Dr. Arleezah Marrah
Lead presenter bio:	Dr. Marrah has specialized in counseling and trauma. Dr. Marrah has presented research on racial trauma and research mentorship for

	<p>Black women in doctoral programs. Her teaching and research interests include the areas of racial trauma, racial minorities' experiences in higher education, standardized testing, academic self-efficacy, and play therapy.</p>
References	<p>Davis, D.E., DeBlare, C., Brubaker, K., Owen, J., Jordan, T.A., Hook, J.N., &amp; Van Tongeren, D.R. (2016). Microaggressions and perceptions of cultural humility in counseling. <i>Journal of Counseling and Development</i>, 94, 483-493.</p> <p>Day-Vines, N. L., Ammah, B. B., Steen, S., &amp; Arnold, K. M. (2018). Getting Comfortable with Discomfort: Preparing Counselor Trainees to Broach Racial, Ethnic, and Cultural Factors with Clients during Counseling. <i>International Journal for the Advancement of Counselling</i>, 40(2), 89-104.</p> <p>Goforth, A. N. (2016). A cultural humility model of school psychology training and practice. In <i>Trainer's Forum</i>, 34, No. 1, pp. 3-24).</p> <p>Hooks, J.N., Watkins, C.E., Davis, D.E., Own, J., Van Tongeren, D., Ramos, M.J. (2016). Cultural humility in psychotherapy supervision. <i>American Journal of Psychotherapy</i>, 70(2), 149-166.</p> <p>Singleton, G.E. &amp; Hays, C.A. (n.d.). <i>Beginning courageous conversations about race</i>.</p> <p>Sue, D. W., &amp; Sue, D. (2012). <i>Counseling the culturally diverse: Theory and practice</i>. John Wiley &amp; Sons.</p> <p>Tervalon, M., &amp; Murray-Garcia, J. (1998). Cultural humility versus cultural competence: A critical distinction in defining physician training outcomes in multicultural education. <i>Journal of Health Care for the Poor and Underserved</i>, 9(2), 117-125.</p> <p>Young, G. (2003). Dealing with difficult classroom dialogue. In P. Bronstein &amp; K. Quina (Eds.), <i>Teaching gender and multicultural awareness: Resources for the psychology classroom</i>.(pp. 347-360): American Psychological Association.</p>