Feb 8th, 10:00 AM - 11:15 AM

Courageous Conversations in Counseling about Race

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**Session Title** | Courageous Conversations in Counseling about Race
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**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:

1. Explore the cultural humility trend in the field
2. Discuss how cultural and racial issues arise in the counseling relationship
3. Identify the difficulties in addressing cultural and racial differences

**Session Abstract** | The United States (U.S.) is known as the “melting pot” and 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
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.