

Counselor Self-Assessment

1. What experiences of your own cultural history influence your work as a mental health professional?
2. To what extent does cultural sensitivity influence the consciousness of your work as a mental health professional in the following areas:
 - (a) Assessment and diagnostics
 - (b) Treatment planning and implementation
 - (c) Support system development
 - (d) Outcome assessment
 - (e) After care support
 - (f) Community outreach and advocacy
3. List examples of your observations of the interaction between cultural diversities and mental health symptoms. How often, rarely-moderately-frequently, does your professional practice include such observations?
4. Have you considered client experiences of oppression and marginalization impacting your client's health status? Please provide examples:
5. Discuss the extent to which your clients consciously connect their experiences of emotional/mental distress and experiences of their surrounding culture. How are these connections expressed?
6. To what extent do your clients report experiences of oppression and marginalization as factors impacting their mental health?
7. To what extent do the extended family and community support players associate cultural dynamics with the mental health status of your clients?
8. To what extent do extended family and community support players observe oppression and marginalization at work in the disease/recovery status of your clients?
9. To what extent do you perceive community/organizational demonstration of awareness and inclusion of diversity beyond what is legislated? Are these relevant to the clients you serve? Please provide examples.
10. What role do you observe mental health professionals serving, or that you believe ought to be served, in advancing community level change in support of mental health and oppressions and marginalization?

11. Beyond traditional mental health focuses, to what components of community and social structure do you believe mental health professionals can contribute wisdom and understanding regarding oppression and marginalization? In what ways?