

Between the World and US*:
Race Still Matters



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Conflict of Interest Disclosure

I have no conflicts and nothing to disclose

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Cultural diversity

- ☞ With increasing racial and ethnic diversity in our nation, there is also a growing multiracial population (Jones & Bullock, 2012).
- ☞ Cultural diversity and the rising emphasis on evidence-based practice within the field of psychology have sparked dialogues regarding cultural competence among mental health professionals.
- ☞ Given the complexity of multiculturalism, it is beneficial to understand cultural competency as a process rather than an end product. From this perspective, competency involves more than gaining factual knowledge — it also includes our ongoing attitudes toward both our clients and ourselves. (Waters & Asbill, 2013)

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Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted. It would create a feeling that is extremely uncomfortable, called cognitive dissonance. And because it is so important to protect the core belief, they will rationalize, ignore and even deny anything that doesn't fit in with the core belief.

- Frantz Fanon

- Fanon's Concept of Cognitive Dissonance -

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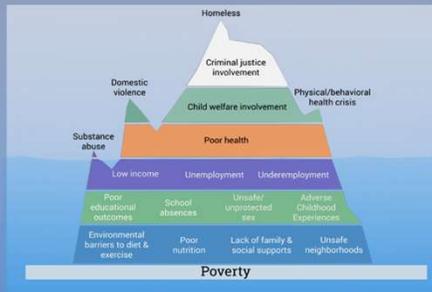
Expecting marginalized peoples to disregard their own emotions to calmly educate you is the epitome of entitlement.

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g "The study of white privilege begins to take on an image of domination without agents."
(Leonardo 2004: 138)

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The reality of the "Iceberg"



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Implicit Bias: What are implicit and explicit stereotypes?

↳ Stereotypes are the belief that most members of a group have some characteristic. Some examples of stereotypes are the belief that women are nurturing or the belief that police officers like donuts. An explicit stereotype is the kind that you deliberately think about and report. An implicit stereotype is one that is relatively inaccessible to conscious awareness and/or control. Even if you say that men and women are equally good at math, it is possible that you associate math more strongly with men without being actively aware of it. In this case we would say that you have an implicit math + men stereotype.

↳ <https://implicit.harvard.edu/implicit/faqs.html>

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Cultural Competency vs. Cultural Humility



Cultural Humility

↳ Cultural Humility is the attitude and practice of working with clients at the micro, mezzo, and macro levels with a presence of humility while learning, communicating, offering help, and making decisions in professional practice and settings.

↳ <http://www.socialworkers.org/practice/NASWStandards/culturalCompetence/Content%20for%20Draft%20CC%20Standards%20and%20Indicators%2015-3.pdf>

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Cultural Humility ...

↳ Cultural humility incorporates a **lifelong commitment to self-evaluation and self-critique, to redressing the power imbalances in the patient-physician dynamic, and to developing mutually beneficial and non paternalistic clinical and advocacy partnerships with communities on behalf of individuals and defined populations**

(Tervalon & Murray-Garcia 1998, p.117)

<http://www.socialworkers.org/practice/NASWStandards/culturalCompetence/Content%20for%20Draft%20CC%20Standards%20and%20Indicators%2015-3.pdf>

Resource List (compiled by A.Craigwell,2019)

- ↳ "How to Get Away with Murder", ABC Television drama Season 4, Episode 13 – Annalise Keating portrayed by actress Viola Davis, presents the case of Lahey v Commonwealth of Pennsylvania before the US Supreme Court;
- ↳ "It Didn't Start With You: How Inherited Family Trauma Shapes Who We Are," Mark Wolynn, July 2016;
- ↳ Post Traumatic Slave Syndrome, by Joy DeGruy, Ph.D.;
- ↳ "The way an impala jumps influences its unborn child," Tsonga people in Chibuto, Mozambique;
- ↳ "Thinking Across Generations: Unique Contributions of Maternal Early Life and Prenatal Stress to Infant Physiology", co-authored by Sara Gray, Ph.D., et. al.;
- ↳ "What Are the Transgenerational Consequences of Maternal Childhood Adversity and Maternal Stress During Pregnancy?", James Leckman, MD, Ph.D., commenting on Gray, et al's article;
- ↳ "Police killings and their spillover effects on the mental health of b[B]lack Americans: a populationbased, quasi-experimental study", Jacob Bor, Athendrar S. Venkataramani, David R Williams, Alexander C Tsai, Lancet, June 2018;
- ↳ "Living With Neighborhood Violence May Shape Teens' Brains", by Darby Saxbe, Ph.D., The Conversation, June, 2018;
- ↳ "How Indirect Violence Gets Under a Child's Skin – and Into the Brain", by Rod McCullom, UnDark, August, 2018;
- ↳ "How Knowledge about Different Cultures is shaking the foundations of psychology", Nicholas Geeraert, The Conversation, March 2018;
- ↳ "The Weirdest People in the World?", Joseph Henrich, Steven Heine and Ara Norenzayan, Behavioral and Brain Sciences, 2010, • "Nutritional Medicine as Mainstream in Psychiatry", Jerome Sarris and Alan C. Logan, et al, Lancet, 2015

Shift your perspective ...
Become kaleidoscopic



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