Improving Cultural Competence, Part 2 - Core Competencies

1) Who introduced the phrase "Multicultural counseling competencies" in 1992?
   a) Sue et al.
   b) Lawrence et al.
   c) Cook et al.
   d) Dalzell et al.

2) Which is mentioned as the first step toward becoming a culturally competent counselor?
   a) Continuing education
   b) Multicultural experience
   c) Cultural awareness
   d) Cultural dissonance

3) In which stage of the R/CID model would a person be in if she tends to recognize racism as a societal illness by which all can be victimized?
   a) Introspection
   b) Integrative Awareness
   c) Resistance and Immersion
   d) Conformity

4) In which stage of the WRID model would a person be in if he begins to redefine what it means to be a White American and to be a racial and cultural being?
   a) Introspection
   b) Integrative Awareness
   c) Resistance and Immersion
   d) Conformity

5) The term _____ refers to a set of assumptions that guide how one sees, things about experiences and interprets the world?
   a) Schema
   b) Worldview
   c) Filter
   d) Cosmology

6) Counselors contend with a worldview that is often invisible, but still powerful – the _____ worldview.
   a) Professional
   b) Institutional
   c) Clinical
   d) Collective
7) In the RESPECT mnemonic, to reinforce culturally responsive attitudes and behaviors, the "P" stands for
   a) Partner
   b) Persuade
   c) Power
   d) Personhood

8) The assumption that a person from the same cultural group, race or ethnic heritage will intrinsically understand a client from a similar background is operating out of which two common myths?
   a) The cousin myth and the myth of sameness
   b) Myth of sameness and the myth that familiarity equals competence
   c) The myth that familiarity equals competence and the neighborhood myth
   d) The neighborhood myth and the cousin myth

9) Counselors should not make assumptions about clients' race, ethnic heritage, or culture based on appearance, accents, behavior, or language.
   a) True
   b) False

10) "Understanding the client's experiences of racism, stereotyping, and discrimination" is which attitude and behavior of culturally competent counselors?
    a) Sensitivity
    b) Commitment to equality
    c) Humility
    d) Flexibility

11) It is recommended that counselors and clinical supervisors
    a) Address clients informally to establish rapport
    b) Use counseling jargon to help the client relax
    c) Educate how traditional practices interferes with assimilation
    d) None of the above

12) Srivastava (2007) states that it is essential to understand cultural norms regarding _____ for specific cultural groups.
    a) Touch
    b) Self-disclosure
    c) Humor
    d) Eye-contact