

SELF REFLECTIVE NOTE TAKING

Prompts

To dismantle racism and implicit biases within the therapeutic setting

Dynamics of the Therapeutic Setting:

1. What identities do I hold that may impact the client-therapist relationship?

Some examples of identities include gender, sexual orientation, race, religion, ability, age, socioeconomic status, education level, immigrant status

2. What impact might the perceived power dynamic have on the client-therapist relationship?

a. How might I address this dynamic in order to create a more comfortable and safe environment?

Understanding Identity:

1. What preconceived notions or assumptions did I, or do I make about my client?

a. How might these assumptions have been formed?

2. Have I taken the time to learn about my clients cultural differences?

a. If I **haven't**, why haven't I? How might learning about my clients cultural background and identity be beneficial to our sessions?

b. If I **have**, what did I learn? How might this new information be beneficial to our sessions?

3. What is my own cultural background? How might my culture relate to my client and my clients experience?

4. How might our cultural differences impact the therapeutic relationship?

5. Am I taking into account my clients identities when developing a treatment plan and/ or treating past traumas?

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Understanding My Own Thoughts and Behaviors:

1. What behaviors do I exhibit when I engage in conversations about privilege, discrimination, and oppression that may derail the conversation?

Some examples include: diverting focus from the issue or concern your client is trying to address, invalidating/ dismissing their concerns, inserting too much of your own experience into the conversation, responding sympathetically rather than empathetically

a. Are these behaviors verbal, physical, internalized, or externalized?

2. Do any particular thoughts or emotions arise within myself when conversations about privilege, discrimination, and oppression are raised?

a. What are these feelings? Can I label them?

b. How do these feelings present themselves within my mind and body?

c. Do I become defensive or avoidant when these topics are discussed? Why might I feel this way?

Taking Accountability:

1. Did I hold myself accountable for anything harmful that I may have said or done within our session?

2. If I am just recognizing something harmful that I may have said or done, what can I do to address this in a future session?

3. What steps am I going to take to hold myself accountable now, and in future sessions?

4. Is there any way that I can be more proactive in holding myself accountable for my harmful actions, words, and behaviors?
