

# Cultural Identities Provider Guide

## overview

The information provided below is a guide to help your client complete this worksheet. It is encouraged to also complete the worksheet for yourself. This way, you can serve as a model by sharing your own responses and have more dialogue around these topics. People may struggle in picking their cultural identities; it is important to act as a model by picking and sharing your own identities.

## discussing culture

- Ask the client to provide a personal description of culture.
- Present the client with a definition of culture. You may use the definition of culture provided below or provide your own **personalized definition of culture**. “A unique meaning and information system shared, by a group and transmitted across generations, that allows the group to meet basic needs of survival, pursue happiness, and well-being, and derive meaning from life” (Matsumoto & Juang, 2013).
- Reflect on the definition. Does the client agree with how culture is defined? How is the client’s definition of culture similar to the one you provided? How is it different?

## identifying identity

- Present the cultural identities wheel. Review each identity, providing a brief description and example of each.
- Acknowledge that the included identities are just a few examples and not an exhaustive list.
- Have the client identify three cultural groups/identities using those listed or not listed on the wheel.

Cultural Identity Wheel



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## feelings emotions

- Have the client identify feelings/emotions associated with losing the second listed cultural identity.
- Use resources such as an emotions chart to provide the client with some examples and guide them towards using emotion words.
- Although negative feelings such as sadness and loss are common, some clients may experience positive feelings such as joy or relief.
- Encourage the client to reflect on these feelings, identifying the emotional importance associated with each cultural identity.

## privileges obstacles

- Introduce concepts of privileges and obstacles. What are they? How are they related to cultural identity?
- Provide the client with examples of how cultural identities may act as privileges and/or obstacles.
- *Refer to the provided adolescent and mother samples or use your own personal examples.*
- People may struggle with identifying how their cultural identities act as privileges and/or obstacles; it may be helpful to share how your own identities have acted as privileges/obstacles in your life.

## mental health wellness

- Address the concept of mental health wellness. What is it? How might the client picture mental health wellness in the context of their own life?
- Provide the client with some examples of how cultural identities may push or pull individuals away from mental health wellness. Use the examples provided below, or use your own.
- *Refer to the provided adolescent and mother samples or use your own personal examples.*