

## **The B.I.O.M.E. Checklist: Are You Creating a Safe and Liberatory Space for Your Clients?**

This checklist is designed to help you reflect on your practice and assess the extent to which you are creating a safe and liberatory space for your clients, particularly those from marginalized communities. Use this checklist as a guide for ongoing self-reflection and professional development.

**Instructions:** For each item, consider your current practice and check the box that best reflects your level of engagement.

### **B - Bravery:** Are you demonstrating courage in your work?

- ☐ I actively engage in critical self-reflection to examine my own biases and assumptions.
- ☐ I am willing to challenge dominant narratives and power structures in the therapeutic setting.
- ☐ I am comfortable discussing difficult topics such as oppression, discrimination, and trauma.
- ☐ I am willing to take risks and step outside of my comfort zone to better serve my clients.
- ☐ I actively seek out opportunities to learn and grow in my understanding of social justice issues.

### **I - Intensity/Intimacy:** Are you fostering deep connection and authenticity?

- ☐ I create a space where clients feel seen, heard, and understood.
- ☐ I am present and engaged with my clients' experiences, even when they are challenging.
- ☐ I am willing to share my own vulnerability and humanity in appropriate ways.
- ☐ I prioritize building a strong therapeutic relationship based on trust and mutual respect.
- ☐ I am attuned to my clients' emotional needs and respond with empathy and compassion.

### **O - Openness:** Are you cultivating transparency and receptivity?

- ☐ I am open to feedback from my clients and willing to adjust my approach as needed.
- ☐ I am transparent about my theoretical orientation and therapeutic process.
- ☐ I acknowledge my limitations and seek consultation when necessary.
- ☐ I am receptive to different perspectives and ways of knowing.
- ☐ I create a space where clients feel safe to express their full selves without judgment.

### **M – Micro-liberatory Movements:** Are you empowering clients to challenge oppression?

- ☐ I help clients to identify and challenge internalized oppression.
- ☐ I support clients in developing strategies for resisting systemic harm in their daily
- ☐ I encourage clients to connect with their cultural heritage and sources of strength.
- ☐ I empower clients to advocate for themselves and their communities.

- ☐ I celebrate clients' acts of resistance and resilience.

**E - Epistemic Embracing:** Are you valuing diverse ways of knowing?

- ☐ I actively seek to understand my clients' cultural backgrounds and belief systems.
- ☐ I validate my clients' experiences and perspectives, even when they differ from my own.
- ☐ I am aware of the limitations of Western-centric therapeutic models.
- ☐ I incorporate culturally relevant interventions and approaches into my practice.
- ☐ I center my clients' expertise and lived experiences in the therapeutic process.

**Reflection Questions:**

- What areas of the B.I.O.M.E. framework do you feel most confident in embodying?
- What areas of the B.I.O.M.E. framework do you feel you need to develop further?
- What specific actions can you take to strengthen your embodiment of the B.I.O.M.E. framework in your practice?
- What support do you need to continue growing in your ability to create safe and liberatory spaces for your clients?

**Disclaimer:** This checklist is intended as a tool for self-reflection and is not a substitute for ongoing training and consultation.