

CULTURAL SENSITIVITY SKILLS PRACTICE

Name:

Date:

Practice goals for this week:

1. Improve your comfort and confidence in having conversations with families about differences in culture and identity.
2. Increase your comfort and confidence in talking about underlying values, goals, and barriers that culture and/or family of origin might influence.

Use the questions below to plan for your practice and then the questions on the back to record your observations. Feel free to share your observations with your supervisor.

PLAN HOW YOU WILL PRACTICE

1. Identify a family on your caseload with whom you have a difference of opinion on an issue related to child development, parenting, family roles, getting help, etc. How might cultural or identity differences impact this difference of opinion?

2. Identify a family on your caseload who seems reluctant to try certain behaviors that you have recommended or would recommend (e.g., a different parenting style, getting help, etc.). What cultural values, beliefs, or attitudes might, in part, influence this reluctance?

For your practice this coming week, choose one of the families or issues you describe above and have a conversation with the family about it. Use OARS to have the conversation sensitively.