



Building Professional Excellence- Part 4
Session 3: Identity, Trauma, Culture and History: Understanding the Dynamics of Counseling African Americans (Part 2) - Skills and Strategies

Webinar Follow-up Question and Answer Session with Dr. Robert A. Horne.

1. Question from Daniel Burrell

Any comments on treating black veterans?

Answer

This question is too broad to be addressed with any type of specificity. One would need to address which component one would like to address (i.e., PTSD, depression, suicide, stress related to deployment/multiple deployments, impact on the family, racism in the military, etc

2. Question from Elaine Song

I'm one of those 1.5 Asian Americans who grew up identifying with African American hip hop/R&B culture/music/food, etc. However it's always a challenge as to what part of my "self" do I show an African American client at least in the beginning stages. I understand that it's important to create this therapeutic alliance (as with all clients!) but just as the client also may have a cool pose, so does the counselor! (Sorry, didn't really ask a question more so a comment).

Answer

While this is not a question, I suggest you be your authentic professional self. As such, present yourself as a professional counselor who is knowledgeable and appreciative of your client's culture. Then disclose your personal experiences and interest as it fits the counseling session. Ultimately use it as asset to connect with client and demonstrate you may share some of their same interests. However, be careful you do not presume because someone is African American that they identify with hip hop/R&B, all aspects of African America culture/music/food, etc.

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