



## **Building Professional Excellence- Part 4**

### **Session 5: Developing Cultural Humility Through Immersion Experiences**

#### **Webinar Follow-up Question and Answer Session with Julie Smith**

##### **Question from Allen Vosburg**

I use Native American music to be self-aware and I also use it as therapy healing in session. Can the music ever be used too much?

##### **Answer from Presenter**

Music helps us get into our bodies and to feel, so I don't believe it can be used too much. I think balance should be the key when incorporating music in to sessions.

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##### **Question from Peter Chirinos**

Please share your thoughts about 'cultural appropriation' as a form of racism vs learning/experiencing another's culture.

##### **Answer from Presenter**

I believe when cultural immersion experiences are done with integrity and individuals share themselves from a place of their Spirit, it's more of an exchange of learning vs. cultural appropriation. When there is an exchange in learning from one another in a humble way, there is a lack of systemic power/racism.

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##### **Question from Maria Averza**

I am an LPC and LCAS. I was born in USA, but my mother is from Argentina and most family are of Italian descent. I work at an outpatient agency and work with Mexican hispanics as well as Americans. Do you think I could work with Cherokee clients? Would people of the Eastern Band of Cherokee Indians be willing to have me as a counselor, even if I do not have Indian blood but know about minorities through hispanics?

##### **Answer from Presenter**

Yes, I believe you absolutely can! Many times, it isn't about having the same ethnicity, it's about the cultural humility that is brought into the session by the counselor.

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##### **Question from Courtney Koch**

What questions should be incorporated to assess cultural identity and values in marginalized and underserved populations? As a white, cisgender female, I find it hard to find consistent ways to assess cultural identity. Are there any tools or questions you might recommend?

##### **Answer from Presenter**



I don't have any specific tools I use; however I do know one that is commonly used with Native American clients. Dr. John Gonzalez of Bemidji State University created the Native Identity Scale (NIS), which was adapted from an African American identity scale.

I suggest asking them what is important to them. I would tell the client up front that you will both be learning from each other and that you would first like to hear about how they connect with their cultural and what values are important to them. These questions should give you a good place to start.

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**Question from Allen Vosburg**

Are the many nations alike in their desire for the same need of counseling and acceptance of all help?

**Answer from Presenter**

There are over 500 federally recognized tribes in the United States, and all are different. Each nation has its one set of protocols, needs, and strengths. Just like our clients, they all fall somewhere on a continuum. Several tribes are now incorporating their local healing ceremonies into behavioral health plans, which I have found to be very beneficial.

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