

**Innovations in Counseling: Working with Minority Populations (Part 9-Session 1)  
Culturally Responsive Services for Youth, Young Adults, and Families in  
Underserved Communities**

Webinar Follow-up Question and Answer Session With  
Masica Jordan-Alston, EdD, LCPC, CPRS

**Question from T. Merchan:**

Can you recommend any books that focus on multicultural counseling?

**Answer from Presenter**

Any books from Dr. Nichols would be a valuable resource.

Here is a presentation he did on the

[Dichotomous Logic and The Philosophical Aspects of Cultural Difference](#)

I have my students watch this presentation each semester and they are always blown away.

[ASK 365 Journal – by Dr. Masica Jordan](#)

**Question from J. Butler and B. Deloatch:**

What are things we can do as graduate students to gain more education of providing culturally responsive care to families? (We focus a lot on the individual but less so on family counseling with a culturally responsive lens).

**Answer from Presenter**

First, I suggest using a different approach than what most textbooks teach students in multicultural counseling courses.... instead, of studying “groups” and applying “group norms” to family systems address each family system as a set of individuals and always start by interviewing the family to understand the family dynamics. There is certainly value in understanding and appreciating the history of trauma (slavery, the Holocaust, etc.) and other historical events for certain groups. However, some textbooks describe different ethnic families with dynamics that may have commonality in some households within that ethnicity, but not all and when applied to all can be damaging and offensive.

That said, always start using an interview and culturally responsive approach like the JPR ASK model discussed in the presentation.

In addition, to the previous response there are other learning activities that counselors can engage in to continue to develop cultural responsiveness. In addition to webinars, here are several learning opportunities that include hands-on activities that support counselor identity and development and their growth in culturally responsiveness:

- One that I have each of my classes do that promotes unity and helps cultures connect is called. *The Roots Reveal* event. Many times because of the color of our skin we assume we are more different

than we are the same, this event includes discovery lessons, DNA association activities, roots package and other learning activities. For more information and for scheduling email [GrindAVL@gmail.com](mailto:GrindAVL@gmail.com)

- You can register for the Culturally Aligned (CAP) Conference presented by Jordan Peer Recovery - <https://jprcap2021.eventbrite.com>

**Question from M. Thergood:**

How can I help the underserved when I don't work with that population?

**Answer from Presenter**

Beyond working directly with the population, you can consider doing any of the following (these are just a few):

- Contributing to peer reviewed journals and other publications for others in the field who need additional training once you have developed competency in those areas.
- In addition to professional publications, positing white papers, using social media and other platforms to raise awareness regarding issues impacting the population.
- Using your voting power to support agendas that provide support and reformation to things that hinder the population.