

## Appendix G: Sociocultural Attuned

### Culturally Attuned Practice Paper

The text on sociocultural attuned practice, [\*Socioculturally Attuned Family Therapy: Guidelines for Equitable Theory and Practice\*](#) by McDowell, Knudson-Martin, & Bermudez (2018), is one of the required readings in your first semester HDFS 7600 course. In the first semester, students were required to provide a “critique of the Model’s Sociocultural Attunement” within two to four paragraphs. The book informed your response to questions/prompts. In the spring and summer of the first year in the program, you will be required to dig a little deeper and develop your culturally attuned practice paper. You must score 70% on the final paper to be accepted to enter the internship and begin your placement. You will use the readings to develop the following ideas:

- A. McDowell et al. (2018) define sociocultural as “the interconnections of societal systems, culture, and power. This includes not only shared meanings that define culture but the dynamic interplay between systems that privilege some over others, resulting in uneven influence and opportunities based on social class, gender, race, ethnicity, language, sexual orientation, age, national of origin, abilities, and looks (p. 5).” With this in mind, describe (a) your sociocultural experience and (b) how it influences your work with clients.
- B. Describe how your therapeutic focus represents a sociocultural attuned practice. Address congruence between your therapeutic focus and the six guidelines developed to help therapists position their work in a sociocultural attuned posture:
  - i. Attune to context and power
  - ii. Name injustice
  - iii. Value what is minimized
  - iv. Intervene in power dynamics
  - v. Envision just alternatives
  - vi. Transform to make the imagined a reality
- C. How do you see and understand the process of your personal and professional development as a sociocultural-attuned therapist?

The foundation of this paper needs to be theoretically connected to cultural awareness and cross-cultural competence. You will write about how you adapt to create meaningful connections, meet therapeutic goals, connect with the clients’ humanity, and become competent in the clients’ cultural lens. This document will help form your self-evaluation of the culture within the therapy room. You will integrate an understanding of

sensitivity to power, privilege, oppression, and health equity without being a martyr, self-condemning, self-flagellating, or attacking, condemning, or demeaning other ideologies and beliefs.

### Sociocultural Experiences and Impacts on Clients

<b>Sociocultural Experience (SE) and impact on clients</b>			
<p>Marriage and Family Therapists understand that individuals and families exist in the context of and are intricately connected to larger sociopolitical systems. Attunement to clients’ sociocultural experiences is foundational to good practice. In this section, you will discuss how self-of-the-therapist reflections represent a sociocultural attuned practice that consistently addresses societal context, diversity, and power.</p>			
<b>Masterful (4- 5 points)</b>	<b>Skilled (3.5 – 3.9 points)</b>	<b>Developing (2.5 - 3.4) points)</b>	<b>Underperform (0 – 2.4 points)</b>
1. Identified and integrated key SE lived experiences and how they influence client work.	1. Identified some key SE lived experiences and how they influence client work but did not integrate.	1. Identified general SE lived experiences and shared somewhat how they influence client work.	1. The SE live experiences were either too general or lacked specificity in describing how they influenced client work.
2. Excellent description of how the theoretical focus represents a SAP practice mindset congruent with the six SAP* guidelines.	2. Clearly describe how the theoretical focus represents a SAP practice mindset congruent with the six SAP guidelines.	2. Somewhat unclear description of how the theoretical focus represents an SAP congruent with the six SAP guidelines.	2. Unclear description of how the theoretical focus represents an SAP congruent with the six SAP guidelines. The clinician might not understand the key concepts.
3. Excellent description of the personal development as an SAT	3. Clear description of the personal development as an SAT	3. Somewhat unclear description of the personal development as an SAT	3. Unclear description of the personal development as an SAT
4. Excellent outline of the professional actions to develop a SAP. Provided a feasible action plan	4. Good outline of the professional actions to develop a SAP. Provided some actionable goals	4. The outline of the professional actions needed to develop a SAP is somewhat unclear. Limited action items	4. Unclear outline of the professional actions to develop a SAP. Provided some actionable goals

\* SAP = Sociocultural Attuned Practice.

### Sociocultural Attunement Scoring

Inadequate	Emerging	Almost Meets Expectations	Meets Expectations	Surpasses Expectations	Outstanding
<7	8-9	9.5 - 10	14.0 – 15.5	16 – 18	18.5 - 20
70% required to attend Placement		<b>Total:</b> /20			

Please remember the following information when writing your paper.

<b>Does</b>	<b>Don't</b>
Place your self-identified culture to others as you act therapeutically.	Do not list which religious, political, or cultural beliefs you find distasteful.
Provide objective examples representing your cultural identity related to therapeutic connections with different identities, beliefs, and worldviews.	Do not attack others' thinking and beliefs as inferior, substandard, and trivial.
Use theory related to awareness, connection, acceptance, cultural competence, and cross-cultural theory.	Don't use stereotypes, culturally ethnocentric, or demeaning language.
Use a framework of intercultural sensitivity	Don't create a lens of superiority
Relationships are based on four principles: Respect, understanding, acceptance, and appreciation. <a href="#"><u>Mahatma Gandhi</u></a>	
Our greatest ability as humans is not to change the world, but to change ourselves <a href="#"><u>Mahatma Gandhi</u></a>	