

Final Exam Project

You will work in teams of 2 or 3 to create a mock video showing the skillful management of a racial, ethnic, and/or cultural issues in therapy. Include captions, make sure audio quality is good, and make sure all faces can be seen. You will also turn in a synthesis paper describing what you did and why, drawing from readings discussed in class and any other applicable literature.

Grading:

- 50% points of your grade will be based on how well you illustrate and manage the issue shown in the video.
- 10% points will be based on the quality of the video.
- 40% points will be based on your paper, with an emphasis on how well you can integrate the class material into the paper. (You may turn in a group paper, if you wish).

The choices of scenarios are attached here. Each group should choose a different scenario, if possible. Upload the video to Husky CT or provide a link where it can be viewed. Also upload the paper to Husky CT as well, using APA format, 1.5 spacing.

Choose a Scenario

Scenario 1:

The client tells his therapist: "I try my best to hide my feelings as I walk the halls and sidewalks of UConn, but deep down feel like I, as a Black male, do not belong in the U.S.; I am a man in a foreign land. As a result, I feel out-of-place standing for the national anthem at sporting events or graduations because I just don't feel that the America referenced in that song is MY story; I feel the land of the free is some far away land because it seems to be socially acceptable for people who look like me to be subservient in this America."

Scenario 2:

The therapist is an ethnic minority, bisexual female student therapist. She was deeply affected by increased media highlighting lethal shootings of unarmed Black men and women, as well as the recent event when the police were called on two Black men at a Philadelphia Starbucks. She is treating an LGBTQ White client who has recently given voice to negative racial stereotypes in session, though none about members of the Black community. Prior disclosure and open discussion of both belonging to sexual minority groups has occurred in session and was meaningful to the client. The therapist feels uncertain how to proceed or if it is her place to speak up in therapy about the racial stereotypes.

Scenario 3:

The client is a 36-year old low-income woman of color struggling with distress and depression over fertility problems. She has been trying to conceive for about two years and has not had

any luck. She currently has five children however she does not feel that her family is complete. She came from a single parent household but she was always surrounded by other family members (uncles, aunts, cousins etc.), so she wants to provide the same “big family” experience for her children. She does not have enough money to try in vitro. She comes in upset today because her case manager at WIC said it was irresponsible for her to have more children. She is usually seen alone, but her partner came with her to session this time.

Scenario 4:

The client is a White-Mexican female, in therapy with a White female therapist, who presented with depressive symptoms around problems within romantic relationships. She grew up speaking Spanish as her first language but is fluent in English as well. The client feels that the shading of her skin is not light enough and that she is "too Mexican looking." She stated that as a child she had been blond, and that in Mexico she was called La Gringa. She had dated both Hispanic and White men and perceived them as always abandoning her for "tall, blond, Anglo women." While examining these issues she made several derogatory references to the Gringos. The client expressed frustration, and said that she sometimes feel like two different people who do not communicate with each other – her “Mexican side” and her “Anglo side.”