



A Culturally Competent Approach to Working With Mixed-Race Clients (Client 2)

Counseling session

Material Projectable

Root helps clients uncover how their racial, ethnic, and cultural identity has shaped their self perception. Her culturally competent approach allows clients to think about themselves racially and culturally and how they can integrate this understanding into their present life experiences. Root works with a 19-year-old male client with a Puerto Rican mother and a Sicilian father. He strongly identifies with the Puerto Rican culture and language that his mother's family brings into his life, but because of his father's death when he was young, he has decided he would like to better understand Sicilian culture. Root helps him consider ways he can become more competent in Sicilian culture so that he can plan a path that feels comfortable and that integrates both sides of his ethnic, racial, and cultural background

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