



## A Culturally Competent Approach to Working With Mixed-Race Clients (Client 3)

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 middle-aged woman who identifies herself ethnically as African American but who comes from a mixed-race family. Root's culturally competent therapeutic approach allows the client to express her thoughts and feelings about her past experiences and the prejudice she experienced in both White and Black cultures. The client describes her path toward self acceptance and how this along with her education has contributed to her strong sense of identity and her desire to help others achieve this

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