Multicultural Counseling - Responding with Cultural Humility Empathy and Advocacy 1st edition Summers Test Bank

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CHAPTER 2

Liberation Counseling as a Framework: Offering Anti-Oppressive Counseling

1. True or False. Liberation counseling is a framework for understanding and addressing oppression amongst individuals and groups. It is an approach that supports historical memory and crucial reflection.

   Answer: True. The liberation approach to psychology aims to actively understand the psychology of oppressed and disadvantaged communities by addressing the oppressive sociopolitical construct in which they exist. Liberation counseling places emphasis on client recollection, cultural capital, and means to restore marginalized people's power and voices. The approach is to help foster the strengths and virtues to promote healing and wellness.

2. What is cultural privilege?

   a. It is a cultural status, such as racial identity
   b. Privilege exists when one group has something of value that is denied to others simply because of their group membership
   c. Advantages that someone receives by being born into a specific group, such as the White race
   *d. All of the above

   Answer: d. Privilege is an advantage that is available to a particular person or group. For example, belonging to the White race is a privilege because folks in the White group are afforded benefits, prestige, and respect that are not afforded to some Black individuals. It is also important to note that privilege is not only limited to one's racial identity but rather can be found because of one's position.

3. What is intersectionality?

   a. It is the intersection where you will find the traffic light
   *b. It is a framework for understanding how one's identities connect to allow for a comprehensive conceptualization of who the person is
   c. It means that persons are the same

   Answer. b. Kimberly Crenshaw coined the term intersectionality. She defines this concept as, intersectionality is a lens through which you can see where power comes and collides, where it interlocks and intersects. It is not simply that there is a race problem here, a gender problem here, and a class or LBGTQ problem there. Many times that framework erases what happens to people who are subject to all of these things.

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4. True or False. Oppression is prolonged cruel or unjust treatment or control.

   Answer. True. Oppression happens when a person exercises their power or influence in a way that is abusive, unjust, unfair, cruel, or in any way controlling. Many oppressed individuals experience mental health concerns as a result of the internalization of their oppressed experiences.

5. True or False. An effective application of liberation counseling is for counselors to understand that racism exists, and they must acknowledge their own biases and assumptions. They are also attuned to clients' internalized oppression where clients impose Eurocentric ideals over themselves and other marginalized people.

   Answer: True. Counselors must be willing to be introspective to understand their contribution to injustices and inequality.

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