COUNSELORS' CREATIVE RESPONSES IN ADDRESSING AND ERADICATING SOCIAL INJUSTICE IN TRAUMATIC TIMES

All that is necessary for evil to triumph, is for good [people] to do nothing.

Edmund Burke
If you've ever contemplated revenge, beware of where your thoughts might lead....

Understand how passion makes you strong, but know also when it renders you weak.

What act of wickedness would you inflict on someone merely because you did not get your way?

Before you embrace vengeance, remove yourself from your selfish interior life. Go outside and walk and observe and learn from the world.

There is artistry and solace in everything and everyone.

Let them feed you.

Learn to harness your passions, your appetites.

...consider how you might perfect the art of living.

-- Jacqueline Deval (Reckless Appetites)

PRIVILEGED

HAVING SPECIAL RIGHTS, ADVANTAGES, OR IMMUNITIES.

1. Belonging to a class that enjoys special privileges; favored; the privileged few.
2. Entitled to or exercising a privilege.

But look what's stuck right in the middle

"VILE"

Extremely unpleasant; morally bad; wicked

WHAT EVERY PARENT WANTS

My Parent's Hopes and Dreams

* For their children
* For the world

Because in reality, not too far in their distant past and prior to when my sisters and I were born, they had to overcome major barriers
DEVELOPING SELF-CONCEPT
Belief in one’s self should be subordinate only to belief in one’s people and in a higher order that regulates all of us. One must develop a reasoned humbleness about one’s own powers because it is clear to the knower that something else is working in this universe. Therefore, faith in one’s self is not egocentric psychology but is only an extension of one’s willingness to accept and seek growth.

SELF-AWARENESS
• Self-awareness is encouraged by accessing information and by developing a self-trusting yet critically questioning stance toward how we perceive and evaluate events, occasions, experiences, and objects of attention in our lives

(McGarr & Axelsson, 1999)
CULTURE

There are many kinds or levels of culture and subcultures that influence thought, feeling, and behaviors. Cultures and subcultures may be considered models or designs for living life. Culture, for us, is powerfully influential as we choose our behaviors to address the task of living. Quite simply, we must relate with and respond to our environment (people, places, things, and beliefs) to most effectively negotiate life’s challenges. It is our interactions with other people, both similar and dissimilar to us, that reinforce and/or encourage or discourage our awareness and understanding and help us develop our skills of living in this world.

(McGrath & Axelson, 1999)

SUBCULTURES

- Counselors need to know and subscribe to the following:
  - Being aware of one’s own beliefs, attitudes, and biases, and being sensitive to how these influence one’s work with clients from other cultures
  - Developing an appreciation for diverse cultures
  - Being sensitive to your limitations/competence level
  - Seeking supervision when necessary & making appropriate referrals

THE CLIENT’S CULTURE

- Human service professionals are expected to assist clients in searching for and reaching desired goals. This task becomes increasingly challenging when clients’ experiences and expectations differ from those of helpers. In order to begin where the client is, to appreciate the client holistically, one needs to know about the influence of the client’s culture

(McGrath & Axelson, 1999)
COMPETENT CONNECTION

- The Competencies are guidelines that complement, not supersede, the values and standards espoused in the ACA Code of Ethics (2014). Consistent with the ACA Code of Ethics, the comprehensive framework provides evidence-based best practices for integrating multiculturalism and social justice successfully into counselor education curricula, effective supervision, proficient practice, and relevant research that impacts the communities that we serve.

KNOWLEDGE

- Understanding the healing traditions and values of their client’s culture
- Be aware of different cultures views on mental health, chemical dependency, counseling, adjustment, and helping
- Matching therapeutic approaches to the needs and backgrounds of clients
- Developing sensitivity to institutional barriers and prejudices that impinge on clients from different cultures
SELF-KNOWLEDGE

SELF-KNOWLEDGE MEANS A GUT AND AN INTELLECTUAL UNDERSTANDING OF ONE’S SELF IN CONNECTION TO OTHER PEOPLES, CULTURES, AND RACES. SELF-KNOWLEDGE, IF IT IS WORKING, MEANS SELF-LOVE

(Madhusudan, 1990)

SKILLS

• BE FLEXIBLE IN UTILIZING APPROACHES
• COMMUNICATE EFFECTIVELY WITH CLIENTS BY USING APPROPRIATE LANGUAGE AND NONVERBAL BEHAVIORS
• BE FAMILIAR WITH REFERRAL SOURCES, AGENCIES, AND PROGRAMS THAT ARE APPROPRIATE FOR CLIENTS (YOU CAN’T HELP EVERYBODY)
• DON’T BE FAKE!!!!!!
ROLES SOCIAL ACTIVISTS PLAY:

(a) Citizen
- Social activists must be perceived by others as responsible members of society who seek the common good.

(b) Rebel
- Social activists know when to speak up when injustice violates core societal values.

(c) Change Agent
- Social activists actively collaborate with others to educate and change institutional barriers.

(d) Reformer
- Social activists work to get multicultural and social justice ideas and concepts institutionalized into policy and laws.

*Each role equally important at varying points of social change!*

(Moore, McMahon, Feagin & Form, 2011)

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**BREAK THE CHAINS THAT BIND!**

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**I DON’T KNOW WHAT YOU WILL BE DOING IT FOR...I AM DOING IT FOR SUMMER JOY!**
TIME IS OF THE ESSENCE:
NO TIME TO PLAY!

WORTH THE FIGHT!
- Sacrifice
- Unity
- Morality
- Meritism
- Equity
- Respect