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The Intersection between Race, Ethnicity, and Identity Formation: Implications for Counseling Multiracial Clients

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The Intersection between Race, Ethnicity, and Identity Formation: Implications for Counseling Multiracial Clients

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- What is your interest in this presentation topic?
- I identify as multiracial
- I am an advocate for this population
- I just want to know more about working with this population
- Other

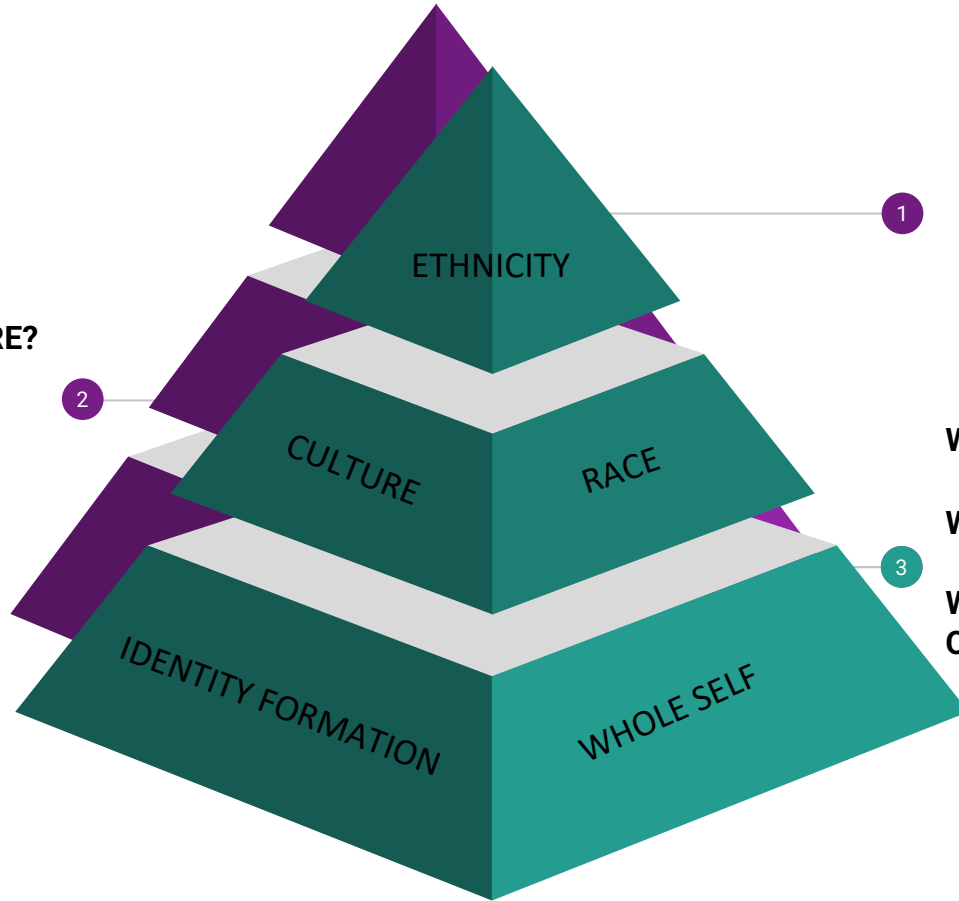
Learning Objectives

Learning Outcome 1: Participants will understand the lived experiences of multiracial individuals whose parents are from two or more minority statuses.

Learning Outcome 2: Participants will be able to explore the determinants of racial and ethnic self-identities and the potential consequences of adopting one of these labels on an individual's self-esteem and perceptions of discrimination.

Learning Outcome 3: Participants will understand the counseling and educational implications of working with multiracial clients.

WHAT IS CULTURE?



1

PHYSICAL APPEARANCE.

2

WHAT AM I?

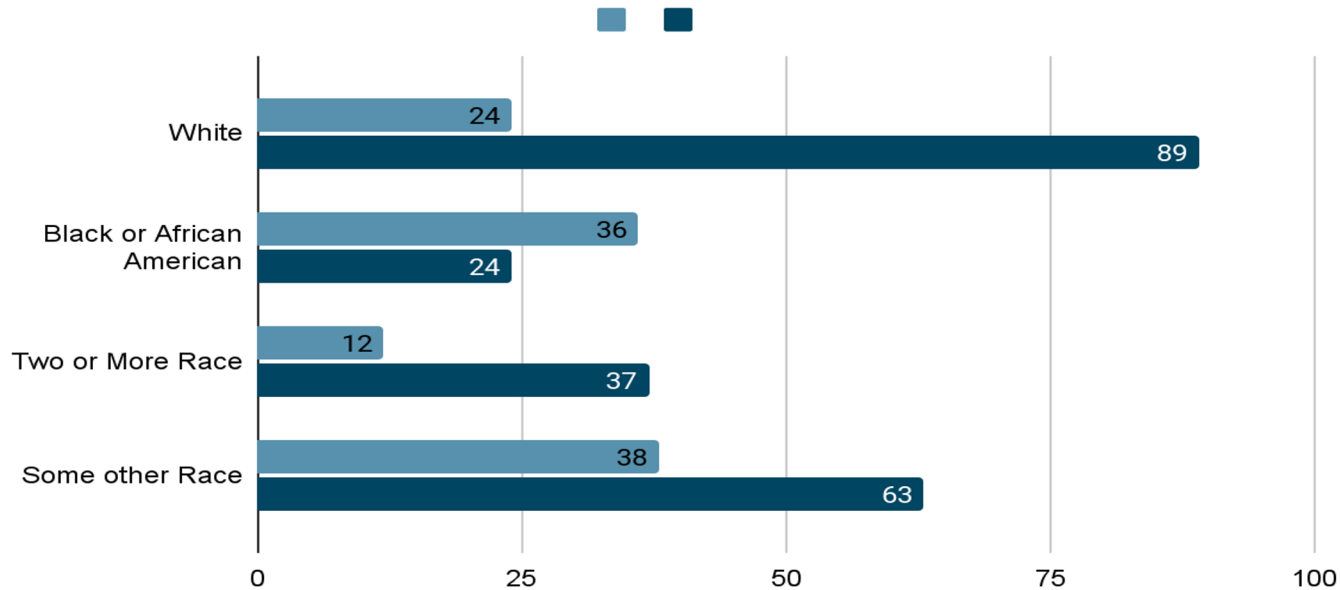
WHO AM I?

3

WHAT IS IT COMPOSED OF?

Multiracial Populations

Increase in Multiracial Population



Terminology

Intersectionality



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graph TD; A[Intersectionality] --> B[Multiracial]; B --> C[Race]; C --> D[Ethnicity]; D --> E[Identity Formation]
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Multiracial

Race

Ethnicity

Identity Formation

Common Issues Faced by Multiracial Clients When Seeking a Counselor

- Clients who identify as multiracial are often ignored, neglected, and considered nonexistent in educational materials media portrayals and psychological literature (Bailey,2013)
- Racial/ Ethnic Ambiguity
 - Who are you?
 - The One Drop Rule
- The Marginal Syndrome, or Existing between the Margins
- Racial Match

(Sue et al., 2019)

Contextual Racial Presentation

- Referred to in previous literature and research as “passing vs. presenting”
- Biracial people may contextually present because their membership in multiple racial groups grants them a choice in their identity.
- As a result, many biracial individuals experience a dynamic racial identity, changing their identification across time.

Sanchez, Shih, & Wilton, 2014; Shih & Sanchez, 2005). Lou, Lalonde, & Wilson, 2011; Sanchez & Garcia, 2009; Sanchez, Shih, & Garcia, 2009; Wilton, Sanchez, & Garcia, 2013).

Racial Microaggressions

You have to choose

Implies, you're not being authentic

Mixed-race people are so beautiful

Features are exotic and can be sexually objectified

You want to be "black" "white"

You're not allowed to act your heritage

You have not experienced discrimination because you're mixed

Experiences are not valid

Parent is assumed to be nanny

You don't look like your parents

Racial Microaggressions in Everyday Life



Racial Microaggressions in Everyday Life



Multiracial Competencies

Based on CACREP Common Core

Human Growth & Development

Culturally Competent Counselors will: Understand that multiracial individuals may identify in different ways based on their connection to and knowledge and understanding about their identity (e.g. biracial, multiracial, multi-ethnic, multiple heritage, interracial, monoracial)

Social and Cultural Diversity

Culturally Competent Counselors will: Understand the ways in which oppression, prejudice and discrimination impact a [person's identity. Understand that the multiracial population continues to be a hidden population that is often excluded from many discussions of racial and ethnic issues

Group Work

Culturally Competent Counselors will: Be aware that general group theories have not been normed on the multiracial population

(Alvarado et al, 2015)

Multiracial Competencies

Based on CACREP Common Core

Career Development

Culturally Competent Counselors will: Understand the way multiracial individuals are racially and ethnically viewed by co-workers may affect work satisfaction and comfort in their environment

Research and Program Evaluation

Culturally Competent Counselors will: Refrain from comparing multiracial individuals to individuals of monoracial status

Professional Orientation and Ethical Practice

Culturally Competent Counselors will: Understand that the ACA Ethics Code and related standards (e.g., cultural competence, nonmaleficence, integrity, justice) guide counseling work with multiracial individuals and communities

Themes & Strategies

Theme 1: The Influence of Environment & Context

Theme 2: Multiracial Identity Development As a Process That is NOT Linear

Theme 3: Ascribed Identity v Self-Definition

Theme 4: The Richness of Multiple Heritages

Therapeutic Practices

- Inclusion of Contextual factors
- Wright's (1991) Four-Front Approach
- Cognitive Mapping
- Solution-Focused Techniques
- Narrative Therapy Techniques
- Function from a strengths-based perspective

Case Study

- Seira is a 15-year-old biracial female whose presenting concern is depression. Seira attributes her low mood to the social problems she has encountered in her interpersonal relationships. Seira reports that she is currently struggling with accepting her identity. Seira's mother identifies as White, and her father identifies as African American.

- While in session, Seira states to you, "I identify as African American because that's what I look like." Though identity was not the original reason for therapy, it became apparent that it is a problem, and Seira would need to work on it because it is impacting her mood and psychosocial functioning.

- Using the information provided, identify a Multiracial Identity Model that you can use to help Seira gain an understanding of her identity.

- What therapeutic techniques and interventions could you use with Seira

- What recommendation would you make for the client?

Questions



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