**Multicultural Orientation External Rating Form**

**Jesse Owen & Karen Tao**

**Please rate the therapist in the video based on how comfortable the therapist appears in discussing/addressing cultural dynamics or topics with the client. It is important to know that there are no right or wrong answers here. Rather, therapists are human and they have a range of emotions and reactions. We are trying to get a sense of how the therapist was with the client in this session. In some cases therapists may be uncomfortable and avoid discussions; whereas in other cases, they may be very comfort and navigate the conversation with ease (and likely a range between these extremes). It is also important to note that there may be no salient culturally related dialogue in the session. In these situations, we ask for you to just indicate that in the space below.**

**Question I. Please list the cultural themes that emerged within the session.**

**Question II. Overall, how comfortable did therapist appear to you in the session as it relates to dialogue around the client’s cultural identity or cultural issues?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree****(1)** | **Mildly Disagree****(2)** | **Neutral****(3)** | **Mildly Agree****(4)** | **Strongly Agree****(5)** |
| 1. Comfortable | 1 | 2 | 3 | 4 | 5 |
| 2. Awkward | 1 | 2 | 3 | 4 | 5 |
| 3. Tense | 1 | 2 | 3 | 4 | 5 |
| 4. Nervous  | 1 | 2 | 3 | 4 | 5 |
| 5. Confident | 1 | 2 | 3 | 4 | 5 |
| 6. Uneasy | 1 | 2 | 3 | 4 | 5 |
| 7. Relaxed | 1 | 2 | 3 | 4 | 5 |
| 8. Calm | 1 | 2 | 3 | 4 | 5 |
| 9. Edgy | 1 | 2 | 3 | 4 | 5 |
| 10. Genuine | 1 | 2 | 3 | 4 | 5 |

**Question III.**

**In this next section, we would like for you to rate the therapist based on the following items. These items reflect therapist’s cultural humility. As above, it is important to keep in mind the interactions specific to cultural issues in session (as opposed to general interactions). As a reminder, cultural humility is an other oriented mind-frame that is open to explore and understand the other’s worldview and a mind frame that does not assume superiority or expertise. However, this stance does not mean that the therapist is completely deferent to the client’s view, but rather invites the dialogue (two person philosophy).**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Regarding the client’s cultural background, the therapist….** | **Strongly Disagree****(1)** | **Mildly Disagree****(2)** | **Neutral****(3)** | **Mildly Agree****(4)** | **Strongly Agree****(5)** |
| 1. Is respectful. | 1 | 2 | 3 | 4 | 5 |
| 2. Is open to explore. | 1 | 2 | 3 | 4 | 5 |
| 3. Assumes he/she already knows a lot.  | 1 | 2 | 3 | 4 | 5 |
| 4. Is considerate. | 1 | 2 | 3 | 4 | 5 |
| 5. Is genuinely interested in learning more. | 1 | 2 | 3 | 4 | 5 |
| 6. Acts superior.  | 1 | 2 | 3 | 4 | 5 |
| 7. Is open to seeing things from the client’s perspective. | 1 | 2 | 3 | 4 | 5 |
| 8. Makes assumptions about the client.  | 1 | 2 | 3 | 4 | 5 |
| 9. Is open-minded. | 1 | 2 | 3 | 4 | 5 |
| 10. Is a know-it-all.  | 1 | 2 | 3 | 4 | 5 |
| 11. The therapist seems to assume more understanding than the therapist actually does.  | 1 | 2 | 3 | 4 | 5 |
| 12. Asks questions when the therapist is uncertain. | 1 | 2 | 3 | 4 | 5 |

**Question IV.**

**Please rate the degree to which the therapist in the video addressed (e.g., responded to or elicited) cultural issues within the session. In many cases, there are times where clients and therapists have the opportunity to discuss certain cultural issues more in depth (e.g., a client could mention in passing that their distress has shaken their faith in God, or that they feel empowered via a local social justice group around gay rights). These opportunities come and go. Sometimes they are important and other times, they are not. Please rate the following items regarding these cultural opportunities.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree****(1)** | **Mildly Disagree****(2)** | **Neutral****(3)** | **Mildly Agree****(4)** | **Strongly Agree****(5)** |
| 1. The therapist encouraged the client to discuss the client’s cultural background more. | 1 | 2 | 3 | 4 | 5 |
| 2. The therapist discussed the client’s cultural background in a way that seemed to worked. | 1 | 2 | 3 | 4 | 5 |
| 3. The therapist avoided topics related to the client’s cultural background. | 1 | 2 | 3 | 4 | 5 |
| 4. There were many chances to have deeper discussions about the client’s cultural background that never happened. | 1 | 2 | 3 | 4 | 5 |
| 5. The therapist missed opportunities to discuss the client’s cultural background. | 1 | 2 | 3 | 4 | 5 |

**Question V.**

**The last section asks for you to rate the degree to which you believe the client was reserved in discussing cultural topics in session. This section is not intended to place blame on the client for disclosing or not regarding their cultural identities. Rather, another way to understand therapists’ multiculturally orientation is to understand the climate they establish in session. Thus, a client who does not feel like therapy is a safe place to discuss their culture are likely to appear more reserved on these issues.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Regarding the client’s cultural background,**  | **Strongly Disagree****(1)** | **Mildly Disagree****(2)** | **Neutral****(3)** | **Mildly Agree****(4)** | **Strongly Agree****(5)** |
| 1. The client seemed to tone down the way he/she/they expressed their culture in front of the therapist | 1 | 2 | 3 | 4 | 5 |
| 2. The client appeared to hid parts of his/her/their culture from the therapist | 1 | 2 | 3 | 4 | 5 |
| 3. The client dodged questions from the therapist about culture | 1 | 2 | 3 | 4 | 5 |
| 4. The client did not feel comfortable brining up topics related to the client’s cultural background. | 1 | 2 | 3 | 4 | 5 |
| 5. The client did not talk about parts of the client’s cultural identity. | 1 | 2 | 3 | 4 | 5 |