Working Effectively with Black/African American Community

1.) LEARN ABOUT THE COMMUNITY
Find out what is within normal limits of the Black/AA community. Intentionally seek research, materials, and images that are positive or strength-based.

2.) LEARN ABOUT YOURSELF
Project Implicit offers the RACE IAT (among others) that may reveal racial preferences you may not know about.

3.) UNDERSTAND YOUR CLIENT
Do they even identify within the Black/AA community? What are their cultural values and beliefs?

4.) CREATE AN ENVIRONMENT THAT ALLOWS THE CLIENT TO BE THEMSELVES
Validation, confront any dissimilarities, address any elephants in the room. Seek consultation, supervision and therapy if necessary.

5.) UTILIZE THE TOOLS AVAILABLE
- WWW.RACIALEQUITYTOOL.ORG
- Cultural Formulation Interview (CFI) [APA]
- African American Acculturation Scale-Revised (Klonoff and Landrine 2000)
- CrossRacial Identity Scale [Warell et al. 2001]
- Multidimensional Inventory of Black Identity [MBI; Sellers et al. 1997]
- Implicit Associations Test - Race (Project Implicit)
- Others

Compiled by Tiffany White, EdD, LMFT
tcw69945@mail.fresnostate.edu