

Objective: To hear the unspoken self-talk that culturally different clients are thinking but not verbalizing.

TIME REQUIRED About an hour

RISK LEVEL High

PARTICIPANTS NEEDED Any number of participants, plus a facilitator

PROCEDURE Please take the following steps:

1. Instruct students to review the brief transcript excerpts in Exhibit 3.16 and write in what they believe an anticounselor and a procounselor might say in the blanks provided. You may choose to have students role-play the scripted dialogue in a training session. The anticounselor articulates the negative thoughts the person might be thinking but not saying about what is going on, such as a "devil" making things go wrong. The procounselor articulates the positive thoughts the person might be thinking but not saying about what is going on, such as an "angel" making things go right.
2. When all the students have written in the responses of an anticounselor and procounselor for the transcript segment, compare the different responses.
3. Choose small groups of three to four students to work together to discuss what a procounselor and anticounselor would say.
4. When the students have finished discussing their responses, move to the next transcript segment and repeat the process.

Note. From *Hidden Messages in Culture-Centered Counseling: A Triad Training Model* (pp. 165–177), by P. B. Pedersen, 2000, Thousand Oaks, CA: Sage. Copyright 2000 by Sage. Adapted with permission.

Transcript 1

The first dialogue is transcribed from an interview between a White male counselor and a Black female client discussing relationship problems the client is having at the university.

Identity

Client: OK, my problem is that I don't seem to be able to trust the White people here on campus. Being a Black person, I seem to have sort of a problem with this sort of thing, and I don't know what to do about it and somebody recommended you. Said that you were a good counselor, so I decided to come and get some help from you.

Counselor: Do you have any problems relating to the Black students on campus?

Client: No, not really. You know, there are people everywhere. Some you don't like, some you do like.

Anticounselor:

Procounselor:

Relationship

Counselor: How do you feel in terms of our relationship now? You came here, and we have been talking for about 2 to 3 minutes. How do you feel about the way we've been talking?

Client: Well, you haven't helped me, for one thing. I mean you just . . .

Anticounselor:

Procounselor:

Comfort Evaluation

Counselor: Do you feel uncomfortable with me?

Client: Um, not now, not yet.

Counselor: I um . . . I, ah, . . . *(pause)* I don't feel any discomfort with you at all.

Client: Oh, well, 'cuz I'm a friendly person, I suppose. *(laughs)*

Anticounselor:

Procounselor:

Counselor's Culture

Counselor: Are you getting a little uncomfortable? . . . Perhaps because I'm White? In sharing some of these things with me?

Client: Um . . . Not really, and it's like I said, you know, I try to be pretty open-minded about what I'm talking about. But the thing I want to know is, can you really understand where I'm coming from? What kind of things I'm really dealing with?

Anticounselor:

Procounselor:

(continued)

DEBRIEFING

Have students review the statements they made as a procounselor or as an anticounselor in dyads or small groups. Direct them to pay attention to how their responses were similar to or different from those of others in the group. Consider the following questions in a group discussion:

1. Were the statements of the anticounselor and procounselor accurate? Why or why not?
2. How might the counselor respond on hearing the anticounselor or procounselor statements?

Transcript 2

The second dialogue is transcribed from an interview between a White male counselor and a Latin American female client discussing relationship problems the client is having at the university.

Identity

Client: Yeah, they treat me like dirt, that's it, you know? And I feel divided inside. Like they don't care for me as a whole person.

Counselor: U— . . . You said divided. What is the division?

Client: The division is that they just want sex. They don't want to see me as a whole person.

Anticounselor:

Procounselor:

Relationship

Counselor: Could you tell me what you would rather have from them? How you would like a man to treat you when you go out with him?

Client: Well, it's just that, especially the first time . . . for some time . . .

Counselor: Um— . . .

Client: I like to get to know the person in a different way.

Anticounselor:

Procounselor:

Comfort Level

Counselor: OK, I better ask you another question then. How comfortable are you with me? Should . . . maybe I'm not the right person to work with you . . . because I'm an American man.

Client: So far you're OK because you are far enough . . .

Anticounselor:

Procounselor:

Counselor's Culture

Client: Yeah, you see this thing, these things for me are very intense for me right now because I just came. I've been here for only about a month.

Counselor: Would you feel better if I got back behind the desk and we sort of had that between us?

Client: No, then you remind me of my father.

Anticounselor:

Procounselor:

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3. How might the client respond on hearing the anticounselor or procounselor statements?
4. How might it be useful for multicultural counselors to monitor the anticounselor and procounselor messages in a client's internal dialogue?
5. Can you listen to the dialogue among the procounselor, anticounselor, client, and your own internal dialogue at the same time?

INSIGHT

The culturally different client will not verbalize everything he or she is thinking in a counseling interview.