

Questions from the Stylistic Counseling Model

McFadden & Jencius (2011)

Cultural-Historical

Cultural Traditions.

- a. What are key traditions within your culture?
- b. How easy/difficult has it been for you to assimilate the varying cultures you encounter daily?
- c. Are there cultural traditions you have that are not supported in your own environment?
- d. Are there any cultural traditions within your family steered away from? If so, how has that impacted your family?
- e. Are there any cultural traditions that conflict with the majority culture?

Ethnic and Racial Discrimination:

- a. How has ethnic or racial discrimination affected the client?
- b. What are the client's experiences with ethnic and racial discrimination?

Leaders and Heroes.

- a. Who inspires you?
- b. Could you name one or more persons from your culture that have inspired or motivated you?

Language Patterns:

- a. How do native language patterns affect the client's interactions with others in their culture and those outside their culture?
- b. Are there language pattern differences within your culture that are a barrier?
- c. How does the client's multilingual nature reinforce identity (cultural, racial, ethnic, etc)?
- d. How do your language patterns define your culture?
- e. In your family unit, have there been language barriers and how have they been overcome?

Dynamics of Oppression:

- a. How specifically has your culture's history of oppression affected your daily life?
- b. What oppressive factors have you, personally, encountered?

Family Patterns:

- a. How do the client's family patterns mirror/differ from my own?

Mono-Cultural Membership:

- a. To what extent do you view yourself within a mono-cultural framework?

Value Systems:

- a. What values were passed on to you through your family?
- b. Which has the client kept and which have they discarded?
- c. Whom does the client learn values from?
- d. What values do they believe that they will pass on?

Historical Movements:

- a. Are there any historical events (past and contemporary) that have influenced the client's worldview?

Psycho-Social

Social Forces:

- a. What types of social forces have impacted your identity?
- b. How societal perceptions of your culture have either enabled or disabled your success or failure?
- c. What social forces have shaped you the most in relation to you overall identity?

Self-Development:

- a. How has your client's self-development been impacted by their culture?

Self-Inspection:

- a. To what extent has the client engaged in self-inspection?
- b. What aspects of your personality define who you are?

Psychological Security:

- a. From what elements in your life do you derive security?
- b. To what extent does your client feel a sense of security internally and externally?
- c. What, if any, coping strategies has your culture taught you?

Perception of Others:

- a. How does the way you perceive the social groups you belong affect the way you perceive others?
- b. How does your perception of others affect your interaction with persons from other cultures?
- c. What experiences have influenced your perception of others?

Ethnic/Racial Identity:

- a. How do you align yourself with your ethnic identity?
- b. Do you positively or negatively identify with your race or ethnicity?

Human Dignity:

- a. Has the client ever had any dehumanizing experience?
- b. How does your client define human dignity?

Personality Formation:

- a. How do different systems that the client participates in impact their personality formation?

Mind Building:

- a. What are the client's methods of personal cognitive development?
- b. Is there an environment where the client can engage in personal educational development?

Scientific/Ideological

Individual Goals:

- a. Do you have an understanding of the client's individual goals?
- b. How do you identify and set goals for yourself?

Politics:

- a. What political factors have impacted your life directly?
- b. What impact has the government had on your family or as an individual in society?

Media Influences:

- a. What role do the media play in how others view your culture?
- b. How has the media influenced your cultural identity and what modes of media have made this influence?
- c. How have media influences shaped the client's views of his or her own culture?
- d. What images do popular media portray the client's culture/ethnicity?
- e. How has the media affected the way your culture is viewed?
- f. What are some ways the media can promote your culture's success?

Meaningful Alternatives:

- a. What meaningful alternatives are available that meets your cultural needs?
- b. What impacts your decision making when faced with life choices?
- c. What meaningful alternatives have developed to overcome negative external factors?

Economic Potency:

- a. What are the economic barriers affecting the client?

Relevant Programs:

- a. What are some programs that could be developed in your community that would educate others about different cultures?
- b. Which programs would your client find most effective or meaningful?

Institutional Goals:

- a. How do the institutions in your environment correspond with your cultural identity?
- b. How do institutional goals affect the way in which your client is expected to function?

Ethnic/Racial identity:

- a. What are the ways in which the client explores their own racial cultural identity?
- b. Are there allies that they can rely on for their own positive ethnic/racial identity development?

Psychological Security:

- a. How does the client manage his or her own sense of psychological security?
- b. Are there particular cultural needs for client's psychological security development?