

Cultural Assessment Tool

Adapted from Nickerson, M. (Ed.). (2017) *Cultural competence and healing culturally based trauma with EMDR therapy: Innovative strategies and protocols*. New York, NY: Springer.

The following adapted assessment may serve as a guide or reference point for conducting a cultural assessment.

Domains to assess:

- Age
- Place of residence (what neighborhood or area of town)
- Ethnicity / Race / Ancestral background
- Family role & status (married, widowed, single parent, parent of a vet, etc)
- Sex
- Gender identity
- Sexual Orientation
- Religious or Faith Background (past & present)
- Political views and beliefs
- Social group
- Hobbies & interests
- Level of Education
- Intellectual ability/disability
- Occupation or Career
- Socio Economic Status
- Immigration Status & Citizenship (past & present)
- Physical ability/disability
- Physical appearance
- Health status and medical considerations (past & present)
- Mental health status/diagnosis (past & present)

1. Did you ever feel different because of any aspect of your culture/identity? When did you start noticing that? What were the messages you received around that difference?
2. Have you ever taken steps to hide any aspect of your culture/identity? Who did you hide from? Are you still hiding aspects of your identity?
3. Was there a transition to accepting any aspects of your identity? Are there sacrifices you have made or anticipate will be necessary to make concerning your culture/identity?
4. Have you ever been misjudged, misunderstood, held back, harmed, or physically assaulted because of any aspect of your culture/identity? If so, was action taken to validate, rectify, or repair what happened?
5. Have any of your immediate or extended family experienced misjudgment or discrimination because of their culture/identity? If so, was action taken to validate, rectify, or repair what happened?

6. Have you ever felt significant affirmation and belonging because of your culture/identity? With whom did you experience that with? What affirmative messages do you carry about your culture/identity?
7. What skills or strengths do you feel you have (or would like to develop) particularly with regards to others who differ in their cultures/identities and systems that currently/historically oppress and discriminate against any aspect of your culture/identity?
8. Do you have any role models, mentors, or significant support systems regarding your culture/identity? What skills or strengths do you admire in them that you have (or would like to) develop in yourself?
9. Do you have any questions or concerns about my (the therapist's) culture/identity?
10. Do you have questions or concerns about how differences or similarities with my (the therapist's) culture/identity may impact your comfort, safety, and the effectiveness of your treatment?