

Meaningfully Engaging Multiracial Individuals, Couples, & Families in Therapy

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WAMFT 2017 Spring Conference
March 18, 2017

My Story

What brings you here today?

- What interests you about multiracial people and families?
- What knowledge do you hope to gain?
- What do you hope to learn about yourself today?

Learning Objectives

- To increase your own self-awareness about the topic of race and racial identity
- To define what it means to be mixed race, multiracial, and interracial
- To help you understand the unique elements of multiracial identity development in childhood, adolescence, and adulthood
- To help you identify possible unique clinical issues for multiracial individuals, couples, and families
- To help you effectively reach out to and incorporate these lived experiences in your clinical work

Introduction

Terminology

Critical Self-Awareness and Exploration

Interactive Activity

Race

- Race is a social construction founded on the economic and social climate of slavery in the United States that classifies people based on biological characteristics such as skin color, hair, and facial features.
 - Race is not rooted in biology.
 - Race is subjective BUT subjective does not mean not real.
 - There is greater variability within racial populations than between them.
 - Although a social construction, because it has become a part of our identity, race matters personally for many people.

(Tatum, 1997)

Ethnicity

- Ethnicity is influenced by skin color and the dimensions of a person's culture, which may include traditions, language, religious expression, nationality, history, ancestry, and values.
 - Race can contribute to ethnicity, but ethnicity is not limited by one's race.
 - The synthesis of biology, ancestry, and cultural factors.
 - A sense of commonality transmitted across generations

(McGoldrick & Garcia Preto, 1984)

Culture

- Culture is associated with a racial or ethnic group as well as with gender, religion, economic status, nationality, physical capacity or handicap, or affectional or sexual orientation." (Corey et al., 2006).
- Many factors contribute to culture:
 - Customs, traditions, celebrations, rituals
 - Heritage, history, legacies
 - Identity, affiliation, sense of "belonging"
 - Development, trajectory
 - Affected by power, privilege, and bias

Ethical Codes

Critical Self-Awareness & Exploration

- “When counselors learn about their own culture, they are moving in the direction of acquiring multicultural competence. If a counselor accepts this challenge and engages in self-exploration, then learning about the race, cultures, and experiences of clients becomes a manageable process instead of an overwhelming and threatening one.”

(Corey et al., 2006)

Critical Self-Awareness & Exploration

- Racial [cultural] awareness means acknowledging that race exists,
- That race [culture] shapes reality in inequitable and unjust ways, and
- Understanding that colorblind attitudes deny the reality of the lived experiences for racial and ethnic minority individuals.
- Racial sensitivity means understanding of the existence of race and racism and how they shape reality.
- Those who are racially [culturally] sensitive can translate the awareness into action.
- Knowing how to relate in racially [culturally] meaningful ways, compassionately, and respectfully.

(Laszloffy & Hardy, 2000, pp. 36-37)

Critical Self-Awareness & Exploration

- Hardy and Lazloffy (2000) suggest the following strategies for developing racial [cultural] self-awareness and sensitivity
 - Read books, magazines, journal articles, and/or watch movies that address the experiences of racial [cultural] groups other than one's own or targeted to audiences of color.
 - Attend or participate in cross-racial or cross-cultural events and remain physically and emotionally present, nonreactive, and empathic.
 - Understanding one's self as a racial [cultural] being.
 - Internal commitment and determination to challenge racism in general.

(Laszloffy & Hardy, 2000, p. 40)

Talking About Race in Therapy

- Race is not real, but racism is.
- Race [culture] matters.
- We need to talk about race [culture].
- We need to be brave.
- We need to be ready to be uncomfortable.

Critical Self-Awareness & Exploration

- How do I define myself racially [culturally]?
- When did I first become aware of race/skin color [culture] in general, and mine in particular?
- What messages did I learn about race/skin color [culture] based on that first experience?
- What direct and indirect messages did I receive about race/skin color [culture] from my family and friends throughout my childhood? Adulthood?
- How did the messages I received about race/skin color [culture] affect how I thought and felt about myself racially? Others?

(See Laszloffy & Hardy, 2000, p. 41 for more)

Critical Self-Awareness & Exploration

- **Questions for exploration specific to the multiracial population:**
- How do I feel when I see a member of my racial [cultural] group romantically involved or married interracially?
- How has the focus of American culture on Black-White mixing resulted in pathologizing Black-White multiracial, but also caused us to ignore other multiracial populations?
- How does my own identity mask the existing racial, ethnic, or cultural diversity in my family?

(Borrowed from Jackson & Kelly, 2011)

Multiracial in America

Race and Culture in America

“America is fundamentally different than most other cultures... America was not homegrown but born out of the arrival of different peoples on an already populated continent...We can’t understand America without first understanding it as a cross section of cultures.”

(Chideya, 1999, pp. 3-4)

What is Race in American History?

- Indigenous or Native peoples
- Hispanic or Latino were “almost white”
- Previously “almost black” now “almost white” ethnic groups
 - Chinese
 - Japanese
- Previously “nonwhite” now “white” ethnic groups
 - Irish
 - Italians
 - Eastern European Jews
 - Polish
- Virtual disappearance of boundaries among white ethnic groups

(Lee & Bean, 2004)

Race in America

Who is Multiracial or Multiethnic?

- Most people in the United States are multiethnic (Polish-German-Irish; a mixture of tribal ancestries, Black-White, Japanese-White, etc.) and are increasingly multicultural.

Terms

- **Biracial:** A person whose parents are from two different socially designated racial groups.
- **Interracial:** A term used to describe a relationship between people from two more socially designated racial groups.
- **Mixed:** A person whose parents belong to different racial or ethnic groups. (See also multiracial/multiethnic)
- **Monoracial:** A person who comes from or claims a single race heritage.
- **Multiple Heritage:** Acknowledges the intersectionality and multiple dimensions of identity, including race and culture, that influence worldview and lived experiences.
- **Multiracial/Multiethnic:** Inclusive or umbrella term to refer to people across all racial mixes who are of two or more racial heritages.
- **Transracial:** A term used to describe movement across racial boundaries. More commonly used to describe adoption across racial lines.

(Root, 1996; 2002)

U.S. Census More than one Category

Who is Multiracial?

According to the United States Census, they are individuals who select more than one of the following categories:

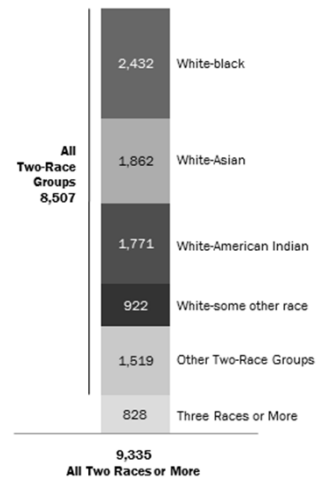
- White
- Black or African American
- American Indian or Alaskan Native
- Asian
- Native Hawaiian or Pacific Islander
- Some other race

Note: Hispanic is not considered a racial category in the U.S. Census, however, many Hispanics consider being Hispanic part of their racial background.

(PEW Research Center, 2015)

Census Data Say There Are 9.3 Million U.S. Multiracial Adults and Children

In thousands



Note: Two-race groups shown are the four largest ones. American Indian category includes Alaska Natives. Totals calculated before rounding. All subgroups include Hispanics.

Source: Pew Research Center analysis of the 2013 American Community Survey (1% IPUMS)

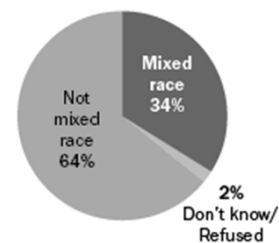
PEW RESEARCH CENTER

Mixed Race Identities among U.S. Hispanics

- 1/3 of Hispanics in the U.S. say they identify as "mixed race".
- Mixed race background is tied to Latin America's colonial history.
- *Mestizo* means mixed in Spanish and usually means white European and an indigenous background.
- *Mulato* in Spanish refers to mixed-race ancestry and refers to European and black African roots.

A Third of Hispanics Identify as Mixed Race

Do you consider yourself to be mixed race, that is, belonging to more than one racial group, such as mestizo or mulatto?



Source: Pew Research Center 2014 National Survey of Latinos, Sept. 11-Oct. 9, 2014 (N=1,520 Hispanic adults)

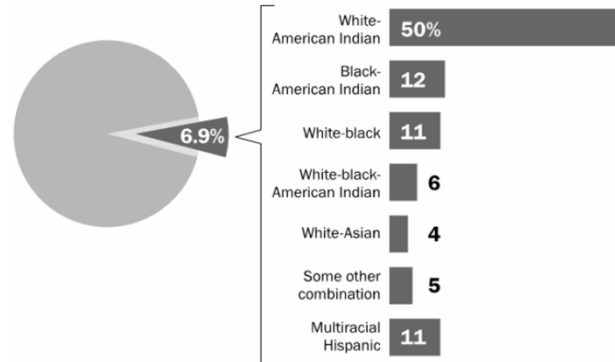
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(Gonzalez-Barrera, 2015)

The Size of the Multiracial Population in the U.S.

According to the PEW research study, multiracial is based on races of self, parents, and/or grandparents.

When races of parents and grandparents are considered, the total number of multiracials equals 6.9% of the U.S. population.



Pew Research Study, 2015, p. 10

Multiracial Population in Wisconsin

- In the 2010 Census, 87.6% of people in WI selected White
- 1.8% of people in WI selected more than one racial category on the U.S. Census
- In Dane County, 4.8% of people selected more than one racial category
- Consider that these numbers do not include multiethnic White
- Conclusively, there are mixed race individuals, and multiethnic, multiracial couples and families for whom you may provide therapy

(U.S. Census, 2010)

Interracial, Interethnic Couples

Terms

Historical Context

Clinical Considerations

Couple Terms

- Interracial
- Intercultural
- Interethnic
- Intermarried
- Heterogamy
- "...domestic partnerships comprised of partners from different ethnic, racial, religious, or national backgrounds."

(Bystydzienski, 2011. p. 1)

Historical Context of Intermarriage

- The 1960 Census recorded 148,000 interracial marriages
- 1965 changes in immigration laws increased numbers of Asian persons in the U.S.
- Anti-miscegenation laws abolished in 1967 *Loving v. Virginia*
- The number of interracial marriages recorded in the 1970 Census doubled from 1960
- By 1980, the number tripled over the 1970 figures
- Continued upward growth pattern in the 1990s and 2000s

(All data here refers to heterosexual marriages)

(PEW Research, 20_; Root, 2001)

Intermarriage in the United States Today

- What we know:
 - Interracial, interethnic, and intercultural opposite-sex marriage has significantly increased in the past 50 years
- White ethnic groups intermarry at such high rates, only 1/5th of Whites have a spouse with an identical ethnic background
- Approximately 1 in 10 or 9.5% of opposite-sex marriages are between spouses of different races
- Jews have the lowest rate of intermarriage
- Anglo-Irish have the highest rates of intermarriage

(Lee & Bean, 2004; McGoldrick & Preto Garcia, 1984)

Intermarriage in the United States Today

- Interracial marriage among Blacks is relatively uncommon, about 1/10th, and least common for Black women
- Black-White interracial marriage is most common between Black men and White women
- Intermarriage is most common among Asian and Latino immigrant groups, and most often with White partners
- 27.2% of Asians intermarry with individuals of another racial group
- 28.4% of Latinos intermarry with individuals of another racial group

(Lee & Bean, 2004; Root, 2001)

Interracial/Interethnic Coupling in the United States

- Approximately 20.6% or 1 in 5 same-sex couples partner interracial or interethnically
- Approximately 18.3% of opposite-sex unmarried couples have partners of a different race
- Today, a total of 15.1% of all new marriages are interracial or interethnic
- Approximately 70% of interracial couples involve 1 White partner and 1 ethnic or racial minority partner

(U.S. census, 2010)

Interracial/Interethnic Coupling in Wisconsin

According to the 2010 U.S. Census:

- Between 5-9% of opposite sex marriages
- Between 10-14% opposite-sex and same-sex unmarried couples
- Again, this does not account for White interethnic coupling and marriages

Lifecycle of Interethnic/Interracial Coupling

- Meeting and Dating
- Love and Commitment
- Introduction to the family of origin
- Commitment/marriage
- Establishing roles, rules, rituals
- Becoming parents, parenting
- Raising mixed race or interethnic children

(Root, 2001)

Interracial/Interethnic Couples

- Both members of couple come into the relationship with differing personal and social experiences to be negotiated including:
 - Personality
 - Sex/gender differences
 - Ethnicity
 - Race
 - Class
 - Religion
 - Nationality
- Differing cultural values related to:
 - Extended family members
 - Child rearing
 - Individualism vs. collectivism
 - Passionate love vs. companionate love
 - Gender roles
 - Emotional expression
 - Communication

(Bystydzienski, 2011; Shibusawa, 2008; McGoldrick & Garcia Preto, 1984)

Interracial Couples: Possible Challenges

- Rejection from family, friends, society
- Racial or ethnic discrimination or prejudice
- Problems arising at lifecycle transitions (cohabitation, marriage, birth, death, etc.)
- The greater the cultural differences between partners, the greater chance for difficulties in the relationship
- Grapple with differently shaped cultural norms
- Celebration of holidays, childrearing, identity issues, contrasting emotional expression
- Isolation or alienation from family of origin, friends, community, etc.

(Crohn, 1998; Giordano & McGoldrick, 2005)

The Role of the Therapist

- An intercultural mediator, clarifying the meaning of behaviors
- Promoting the value of differences and compromising
- Working with the couple to each understand their values

(Giordano & McGoldrick, 2005)

Possible Topics to Explore in Therapy

- The extent of the difference in values between the cultural groups involved.
- The difference in the degree of acculturation of each partner.
- Religious differences.
- Experiences of isolation from racial groups.
- Sex role and how cultural characteristics influence each partner.
- Socioeconomic differences.
- The couple's context and community.
- The degree of resolution of the partnership with FOO.

(McGoldrick & Garcia Preto, 1984)

Couple Vignette

Therapy: Developing a Couple Identity

- Personal cultural identity, whether conscious or unconscious, often comes to the forefront when confronted with differences in a partner
- Questions arise such as:
 - Do I hold onto my own identity more closely?
 - Do I assimilate into the culture of my partner?
 - Do we each hold onto our cultures as important and separate?
 - Do we create our own version of culture drawing from each?

(Bystydzienski, 2011)

Therapy: Developing a Couple Identity

- Purposeful engagement with and discussion about race, racial awareness, and race-related experiences.
- Help partners to develop an awareness of their own racial perspectives, their partner's, their racial group's, and their partner's racial group
- Reconciling historically opposing racial histories, racial, and cultural differences, overtly acknowledging the differences between the White and non-White experiences
- Work with the couple to decide which spaces (family, social, etc.) support the couple together and how they will manage those that do not support both or one of the partners

(Csizmadia, Leslie, & Nazarian, 2015)

Therapy: Healthy Couple Identity

- A Relational identity:
 - Two individuals in a committed partnership
 - Constructed actively
 - Influenced by each individual and each individual's social environment
 - Allows for multiple group affiliations and some fluidity
 - Negotiated and reinvented across varying social circumstances and life cycle stages
 - "hybrid" or "borderland identities"

(Bystydzienski, 2011)

Working with Couples in Therapy

- Each member of the couple exploring their own individual identity
- Couple cultural (and religious values) clarification; talking about culture
- Creating a “We”, a co-constructed narrative of the relationship that transcends difference (friendship, common ground, similar goals)
- Build your own shared family culture that includes each individual’s culture and the shared couple’s culture

(Berlin & Cannon, 2013; Crohn, 1998; Seshadri & Knudson-Martin, 2013)

Relational Strategies for working with Couples

- An Ecological Perspective from the *JMFT* article “How couples manage interracial and intercultural differences: Implications for clinical practice”.
- Seshadri and Knudson-Martin offer a clinical guide to relational strategies for working with interracial and intercultural couples utilizing an Ecological perspective.
- Microsystem: The Couple creating “We”
- Mesosystem: Friends and Family—“We and Us”
- Exosystem: Community—“We and Them”
- Macrosystem: Society—“We and the World”
- Chronosystem: Time—“We and Life”

(Seshardi & Knudson-Martin, 2013)

Relational Strategies for working with Couples

- Working with the Microsystem: Creating a “We” as a couple
 - Have the couple explore similarities between their cultural beliefs and values.
 - Explore the ways the couple show commitment and loyalty to each other.
 - Explore/establish relationship goals as couple.
- Framing differences between partners
 - Have couples determine if one person’s race or culture is more important.
 - Explore the ways they find the racial or cultural differences attractive.
 - Explore how the couple attempts to learn about each others race or culture.
- Emotional support for each other
 - Explore how each partner acknowledges or provides support regarding issues of culture and discrimination.
 - Explore what cultural adjustments each partner has made to connect with or support their partner.

(Seshardi & Knudson-Martin, 2013, p. 54)
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Culturegram

- *Mixed Blessings: A guide to multicultural and multiethnic relationships*
- By Rhoda Berlin, MS, LMFT & Harriet Cannon, MC, LMHC, LMFT
- Encourages couples to think about their family beliefs, values, and traditions.
- Helps to uncover patterns and legacies.

See handout.

Multiracials, Identity, & Families

Historical Context

Multiracial Identity Development

The Role of Parents and Families

Historical Context of Multiracials

- Increase in multiracial population since the 1970s
- Approximately 9 million or 3% of individuals identified with more than one racial category
- Median age = 19
- 46% under the age of 18
- The increase raises questions about multiracial identity development

(PEW Research Center, 2015)

Terms for Multiracial Identity

- Hapa: Asian or Pacific Islander and European
- Mexipino: Mexican and Filipino
- Blasian: Black and Asian
- Blaxican: Black and Mexican
- Eurasian: European and Asian
- Creole: European and African race
- Afro-Latino/a: Black and Latinx
- Any others...?

Identity Development

- Identity development is a major life task for all individuals
- Typically described as happening in stages
- Initially explored in adolescence (ages 10-18)
- More solidified during emerging adulthood (ages 18-29)
- Racial or ethnic identity is a sub-category of overall identity development for non-white individuals

(Arnett, 2014; Erikson, 1968; Tatum, 1997)

Racial or Ethnic Identity Development

- Racial or ethnic identity is a sub-category of overall identity development for non-White individuals
- Interactive and reflexive process with family and society
- Awareness of race and racial group membership fostered first by parents
- Influenced by: class, culture, gender, parental biological characteristics, and individual physical features
- It is not static nor limited by societal constraints

(Hughes et al., 2006; Rockquemore & Laszloffy, 2005)

Multiracial Identity Development

- A person whose biological parents are from two or more distinct racial or ethnic heritages
- Unique and complex because of the bringing together of two/multiple heritages
- Mixed individuals cannot be lumped into one group
- There are myriad mixed race combinations

Multiracial Identity Development

- Multiple factors influence the forming of multiracial identity:
 - Race
 - Ethnicity
 - Culture
 - Family
 - Social and historical contexts

Multiracial Identity Development

- Multiracial identity is complex and not captured with linear models
- Mixed race persons contend with all parts of their racial heritage at all times
- Mixed race identity is not static rather it is fluid
- There is “not a single, clear path of racial identification but [rather] a set of racial identity options”
- Influenced by the interconnected aspects of the individual (phenotype, self-esteem), their relationships (family, peers), and environmental factors (community, politics)

(Jackson, 2010; Rockquemore & Brunsma, 2002; Root, 1990; Roth, 2005, p. 36)

Multiracial Families

- Theoretically racial socialization starts at home.
- Parents may not realize the importance of their involvement in their children's multiracial identity development process.
- Parents must understand that the racial experience of their child is/will be unique (and may vary across their children).
- The more parents talk with their children, the better.
- Talk about the population of mixed people out in the world.
- Teach kids about mixed history including their own family history—this shows up in different families in different ways.

It is best for parents and caregivers to...

- Talk with children about race and identity
- Decide *together* how much conversation about race and racial identity is necessary
- Discuss issues of race and racial identity openly, not just when children bring it up
- Prepare children for racial discrimination

It is best for parents and caregivers to...

- Be open to questions from their children about their multiple heritages.
- Understand that development happens most healthily when kids are given all of the information about all of their heritages.
- Let children define their own identity.
- Be receptive to your child's process of moving back and forth among multiple identities: fluidity.
- Not get uncomfortable with children going with different identities at different times and/or with different groups.

Healthy Multiracial Identity Development

- When parents intentionally communicate with their multiracial children about their race, ethnicity, and culture, it promotes:
 - Positive racial identity development
 - Healthy well-being
 - Higher self-esteem
 - Increased feelings of efficacy
 - Personal and family pride

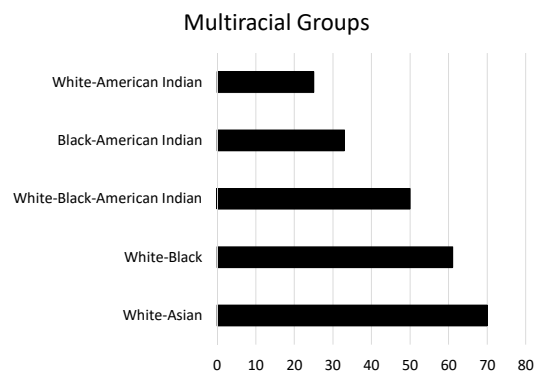
Healthy Multiracial Identity Development

- There is no single or direct path of multiracial identification
- Rather there is a set of a racial identity options
- Multiracial identity is fluid
- Mixed race persons contend with all parts of their racial identity at all times
- There are great variations among multiracial individuals and the way they choose to identify themselves

Multiracial Identity

- 4 in 10 or 39% of mixed race individuals identify as mixed race or multiracial
- 61% of mixed race individuals say they do not consider themselves to be multiracial...
 - Because they look like one race
 - Because they were raised as one race
 - Because they closely identify with one race
 - Because they never knew a family member or ancestor who was a different race

% of adults with a background of two or more races who consider themselves multiracial



(Pew Research Study, 2015, p. 12)

Healthy Multiracial Identity Development

- Identity development is a personal process—no one should tell you who you are
- Allowing individuals the right and the space to *Self* identify is critical for healthy development
- Individuals need space to be organic in their definition of *self* at home, at school, in their friendship groups, in their community...

The Importance of Community

- Where children are raised can have an impact on their racial identity development.
- Engaging with a multicultural community has a profound impact on children's positive identity development.
- Supportive friends outside of family make a difference for *BOTH* parents and children.
- Relationships with other multiracial and multicultural families provide encouragement and support.
 - Family of choice
 - Supportive multiracial organizations
 - Social action groups

Considerations for Therapy

Possible Clinical Issues
Microaggressions
Role of the therapist

Goals for Therapy
Relational Narrative Approach
Cultural Genogram

Possible Identity Development Issues

- Monoracial parents cannot rely on their shared experience of racial identity with their child
- Parents may have different or unresolved ideologies about race or how to communicate about race
- Parent may encourage monoracial identity or discourage multiracial identity
- Parents may deemphasize race or take a colorblind approach

(Rockquemore & Laszloffy, 2005)

Possible Clinical Issues for Multiracial Individuals

- Social stigmatization
- Forced racial categorization
- Internalization of negative social messages regarding race
- Tension between sides of the family or extended family rejection
- Lack of parental support or parental understanding
- Lack of role models
- Difficulty finding same race peers or peer group
- Racism, prejudice, and microaggressions

Possible Clinical Issues for Multiracial Individuals

- Racial **discrimination** is a risk factor for the health and well-being of racial minorities.
- Racial **microaggressions** are defined by Sue et al. (2007) as “brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative slights and insults toward people of color (p. 271).”

Microaggressions

- Microaggressions specific to multiracial people include:
 - Exclusion or isolation
 - Exoticization and objectification
 - Assumption of monoracial or mistaken identity
 - Denial of multiracial reality
 - Pathologizing of identity and experiences
- Microaggressions within the family
 - Isolation within the family
 - Favoritism within the family
 - Questioning of authenticity
 - Denial of multiracial identity
 - Not learning about family heritage(s) or culture(s)

(Nadal et al., 2013)

Role of the Therapist

When working with individuals and families...

- Be curious about a person's racial identity; do not assume
- Be informed about possible challenges faced by this population
- Do not assume that the biracial or multiracial experience is problematic for the individual
- Encourage your clients to tell you their story or their experience about what it means to them to be biracial or multiracial

Role of the Therapist

- How to make your therapy space more welcoming:
 - Use images in advertising, décor, and other materials that represent multiracial and multicultural families
 - Have dolls, toys, art, and craft supplies of various shades
 - Have books, stories, and worksheets with representations of multiple types of individuals and families
 - Use psycho educational handouts and other materials addressing and representing the multiracial experience

Goals for Family Therapy

- Freeing children from racial loyalty binds
- Psychoeducation for parents about the importance of direct communication about race, racism, preparation for bias, etc.
- Increasing open family communication about racial and cultural heritages
- Establishing a multiracial individual and family identity
- Exploring/psychoeducation re: fluid, ecological models of multiracial identity development
- Helping multiracial individuals and families develop a resistance to identity fragmentation and resisting racism and prejudice

(Laszloffy, 2008; Stone, 2009; Tsui, 2015)

A Relational Narrative Approach

- Empower multiracial individuals and families to access the strengths of their rich multicultural experiences.
- Nine phases or strategies for therapy:
 1. Inviting clients to tell their stories
 2. Externalizing the problem
 3. Probing for unique outcomes or subjugated stories
 4. Expressing curiosity
 5. Reauthoring one's life
 6. Expanding the therapeutic conversation
 7. Telling the new story to an audience that bears witness
 8. Strengthening self-validation
 9. Developing strategies for resistance

(Rockquomore & Laszloffy, 2003; White & Epston, 1990)

Vignette

A Relational Narrative Approach

1. Invite the client(s) to situate their problem within their familial and social context.
2. Help clients to externalize the problem so client(s) realizes the problem is not intrinsic but separate from them.
3. Assess for unique outcomes to highlight client(s) strengths and personal resources as well as the client's positive experiences being multiracial or multiethnic.
4. Being curious allows the therapist to help the client(s) deconstruct the dominant discourse.

A Relational Narrative Approach

5. Reauthoring one's life is the step in which the client builds on their subjugated story to create a more complete story of their life.
6. Expanding the narrative to incorporate relationships such as family members, close friends, and/or significant others.
7. Clients share their newly authored story representing their preferred way of being.

Cultural Genogram

- In addition to the traditional genogram content, a cultural genogram:
- Considers cultural context inclusive of environment and cultural influences
- Considers mingling of traditions, values, religious beliefs, worldviews, thinking, and patterns of social interaction
- Considers oppression, racism, harsh social conditions
- Considers sources of resilience, strength, and intergenerational interdependence

Cultural Genogram

- May include:
 - Parental lines
 - Immigration history
 - Acculturation levels
 - Language
 - Location(s)
 - Sex roles
 - Spiritual or religious influences
 - Political or historical influences
- Family traditions
- Family roles
- Extended family networks
- Health history
- Education and career

(Lim & Nakamoto, 2008; McCullough-Chavis & Waites, 2004)

Cultural Genogram Example

Summary & Concluding Remarks

Questions?

- Discussion.

Bill of Rights *for* **People of Mixed Heritage**

- I** **HAVE THE RIGHT...**
 Not to justify my existence in this world.
 Not to keep the races separate within me.
 Not to justify my ethnic legitimacy.
 Not to be responsible for people's discomfort with
 my physical or ethnic ambiguity.
- I** **HAVE THE RIGHT...**
 To identify myself differently than strangers
 expect me to identify.
 To identify myself differently than how my parents
 identify me.
 To identify myself differently than my brothers and
 sisters.
 To identify myself differently in different
 situations.
- I** **HAVE THE RIGHT...**
 To create a vocabulary to communicate about
 being multiracial or multiethnic.
 To change my identity over my lifetime--and more
 than once.
 To have loyalties and identification with more
 than one group of people.
 To freely choose whom I befriend and love.

© Maria P. P. Root, Ph.D., 1993, 1994

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