

PLO Artifact # 5 Reflection

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SPP6570: Capstone

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November 13, 2024

PLO #5: Develop culturally responsive consulting strategies based upon the relationships, issues, and trends within a multicultural society. Artifacts: COUN 6150 Cultural Self Exercise & SPP 6115: Sports in Society: Malice at the Palace Critical Review

Introduction

For PLO 5, I selected two artifacts to represent the development of my multicultural awareness and culturally responsive practice. The first artifact, the Cultural Self Exercise from COUN 6150, required me to examine my own cultural identity, socialization, values, biases, and worldview as they relate to my emerging identity as a helping professional. The second artifact, the Malice at the Palace Documentary film critical review, is cultural analysis of racialized events in professional sports to identify the systemic inequities and power dynamics that shape public perception and media portrayal. Together, these artifacts reflect my understanding of the importance of intrapersonal and systemic levels of multicultural competence. One artifact focuses on my own positionality, while the other demonstrates my ability to analyze broader cultural forces that influence sport environments. It is important to choose artifacts that demonstrate my understanding and commitment to identifying how culture, race, identity, and power intersect in sport psychology. These both show the foundation of the cultural responsiveness guiding my consulting work.

Theoretical Foundations

At the time I completed these artifacts, my understanding of multicultural theory and culturally responsive professional practice was still emerging. The Cultural Self Exercise introduced me to frameworks such as the ADDRESSING model, identity exploration, and the importance of acknowledging personal biases and assumptions. Until these artifacts, my personal knowledge of my cultural self was more shallow than necessary. I could describe my identity and

how it impacted my role in the world, but not yet critically examine how my identity impacted my interactions with athletes. Through my education in SPP, I developed a deeper understanding of multicultural counseling theories, including ecological systems theory, intersectionality, cultural humility, and the ethical expectations for culturally competent care outlined by professional organizations such as APA and AASP. I firmly believe, as these artifacts demonstrate, that sport is inseparable from culture, rather it is a reflection of historical inequities and global power structures. Performance environments are shaped by cultural norms, and it is critical as practitioners in the field we remain advocates for multicultural awareness. The Malice at the Palace analysis forced me to confront my own biases, examine the intentional use of language to dehumanize black athletes, and the role sports play in maintaining cultural norms that benefit those in power.

Artifact Significance and Insights

There are many layers of multicultural competence. The Cultural Self Exercise helped me recognize my values, lived experiences, and social identity which influence the assumptions I carry into consulting relationships. It increased my awareness of my privilege and positionality which shape rapport, communication style, and the way I interpret an athlete's behavior. The exercise asked me to explore different worldviews from other perspectives- particularly those of athletes I will eventually serve. I learned the importance of cultural humility, ongoing self reflection, and a willingness to adapt my approach. The Malice at the Palace analysis artifact helped me recognize the cultural narratives and stereotypes that intentionally shape perceptions of athletes, especially within high visibility moments where race and power collide. Through this process, I began to understand how systemic inequities and cultural narratives are designed to

influence athlete wellbeing, public judgment, and the psychological stressors athletes face. I gained insight into multicultural dynamics at various levels of sport

Strengths, Weaknesses, and Challenges

Both artifacts demonstrate meaningful strengths. They show a willingness to critically examine my own identity, recognize potential biases, and explore the role of systemic racism within sport. They also demonstrate the foundation of my reflective capacity, which is essential for ethical and culturally responsive practice. At the same time, these artifacts reveal areas where I still have blind spots. My understanding of cultural issues was from my lived experience and I had not yet examined how society, culture, and sport intersect. A revision might include a more sophisticated integration of multicultural frameworks, a clearer articulation of how cultural identity influences the consultant athlete relationship, and a more explicit connection to ethical guidelines for culturally competent service delivery. I would include a section on social justice and more questions about why I don't hear AASP discussing these issues.

Future Directions

My understanding of cultural identity development, power structures, and multicultural counseling skills will continue to develop. I will use what I have learned in this artifact to impact consulting situations and develop interventions that are informed by culture, context, and the athlete's lived experience. As a future mental performance consultant, my work will continue to be shaped by the principles of cultural humility, respect, and flexibility. PLO 5 remains central to my professional identity because athletes' cannot be separated from the cultural systems in which they live and perform.

Conclusion

These two artifacts highlight my development as a culturally responsive practitioner. I have a greater understanding of the role of identity, cultural context, and systemic inequities within sport and how these reflect culture.. These artifacts laid the groundwork for deeper, more insightful practice, theory application, and self reflection. As I move forward in my training and professional practice, these artifacts serve as a guide for navigating social inequalities.. I understand that cultural responsiveness requires ongoing reflection, awareness, and learning, and that effective consulting must always honor the cultural realities that shape each athlete's experience.

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