

Week 5 Discussion: Reflection on Cultural Perspective (Replies Included)

Reflection Question:

Much of our culture comes from what we learn as children. However, culture continues to influence our norms throughout our lives. Reflect on the learning that you had as a child and your lived experience.

- Think of a change in your cultural perspective that is different now from when you were a child.
- What influenced you to change your thinking?
- How can you use this information in clinical practice?

Hello,

Think of a change in your cultural perspective that is different now from when you were a child.

In my culture, education is strongly emphasized as an essential tool for success. Over the years, education has changed some of our traditional perspectives on specific issues. For example, our attitude about the problems of mental health has changed. In the past, people with mental problems were discriminated against, especially by most members of the community. Furthermore, they were sometimes not treated fairly while in the hospital. In some instances, nurses chained and locked people with mental illnesses in rooms without the permission of a doctor. However, the perspective on psychological issues is slowly changing and becoming more acceptable. Members of our community have recognized that mental problems require support if the sick are to recover fully. For a long time, African Americans have been known to hold beliefs