

# Bias Reduction Checklist

Purpose: Encourage clinicians to examine personal biases in treatment approaches.

## Step 1: Identifying Potential Biases: Check all that apply to self-reflection.

- ☐ I tend to make assumptions about clients based on appearance.
- ☐ I am more likely to take substance use concerns seriously in certain populations.
- ☐ I unconsciously categorize clients as “high-risk” or “low-risk” based on stereotypes.
- ☐ I assume that certain clients are more likely to recover than others.
- ☐ I provide more detailed explanations or treatment plans to some clients over others.

What steps can you take to minimize bias?

## Step 2: Strategies for Reducing Bias:

- ☐ Engaging in cultural competence training
- ☐ Using standardized screening tools instead of assumptions
- ☐ Actively challenging my own beliefs and stereotypes
- ☐ Seeking feedback from colleagues on my clinical decision-making

What is one bias I recently caught myself making?

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What step can I take to ensure fair and equal treatment for all clients?

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## Next Steps for Continuous Improvement:

- ☐ Ongoing training
- ☐ Peer discussions on bias reduction
- ☐ Using objective assessment tools