

Self-Assessment: Culturally Inclusive & Responsive Trauma & Addiction Treatment

Instructions: Use this tool to evaluate both clinician self-awareness and treatment application of cultural sensitivity in trauma and addiction care.

Key Reflection Questions:

- ☐ Do I incorporate clients' cultural values and traditions into treatment planning?
- ☐ Have I examined implicit biases that may affect my therapeutic approach?
- ☐ Do I consider historical and systemic factors impacting client trust in treatment?
- ☐ Do I use inclusive language and avoid assumptions about identity, gender, or lived experiences?
- ☐ Have I undergone training in culturally responsive care, including understanding systemic barriers to treatment?
- ☐ Do I assess barriers to treatment (e.g., language, stigma, accessibility, financial constraints)?
- ☐ Do I incorporate traditional healing practices or community-based interventions when culturally appropriate?
- ☐ Do I encourage clients to express their cultural identity in a way that feels safe and supported?
- ☐ Am I aware of my own biases and how they may impact client engagement and treatment planning?
- ☐ Do I adapt relapse prevention strategies to account for cultural differences in coping mechanisms?

Scoring & Recommendations:

- 0-2 YES Responses: Consider training in cultural competence, increasing inclusive practices, and seeking mentorship from culturally informed colleagues.
- 3-5 YES Responses: Moderate awareness; look for opportunities to expand knowledge by attending workshops, engaging with diverse communities, and reviewing best practices.
- 6+ YES Responses: Strong cultural responsiveness; continue refining best practices and serve as a mentor or advocate for culturally responsive treatment approaches.

Next Steps:

- ☐ Engage in cultural competency workshops to expand knowledge and application in practice.
- ☐ Collaborate with community leaders and culturally specific recovery programs to provide more inclusive resources for clients.
- ☐ Ensure language access services and diverse treatment approaches are integrated into care settings.
- ☐ Develop individualized strategies for cultural inclusion in treatment plans that align with the client's identity and values.
- ☐ Advocate for policy changes in treatment programs to enhance cultural responsiveness and accessibility.