

ADDRESSING Identities

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| Definitions and how you identify | About this identity... | Reflection and application questions |
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| <p>Age and generational influences</p> <p><u>Definition:</u> A length of time that a person has lived. How living during certain time periods (eras) might influence identity and experiences.</p> <p>◆ How do you identify? _____</p> | <p>1) ___ Historically experienced <u>more privilege</u> or power Examples: Adult or ___ Historically experienced <u>more barriers</u> or stigma Examples: Children, Adolescent, Older Adult, Elder</p> <p>2) ___ Visible ___ Hidden ___ Concealable</p> <p>3) A source of ___ Strength ___ Stress ___ Both or ___ Neither</p> <p>4) How much do you think about this identity? ___ (1=never, 5=very often)</p> | <p>1) Does this identity impact your mood or mental health? ___ (1=not at all, 5=completely). If so, in what ways does this identity affect your mental health?</p> <p>2) Does this identity interact with other identities, causing more or less stress? If so, how?</p> <p>3) Considering this aspect of your identity, what is one action you could take going forward to positively influence your treatment/functioning/mood?</p> |
| <p>Disability status and/or physical health status</p> <p><u>Definition:</u> Functioning and/or impairment that may be physical, developmental, cognitive, intellectual etc. Results in restrictions, limitations and/or modifications in one's ability to participate in day-to-day activities.</p> <p>◆ How do you identify? _____</p> | <p>1) ___ Historically experienced <u>more privilege</u> or power Examples: Able-bodied, physically healthy or ___ Historically experienced <u>more barriers</u> or stigma Examples: Intellectual Disabilities, Autism Spectrum Disorder, Cerebral Palsy, Diabetes, Dementia, Multiple Sclerosis, Breast Cancer, Chronic Pain, Traumatic Brain Injury, HIV, Amputation, etc.</p> <p>2) ___ Visible ___ Hidden ___ Concealable</p> <p>3) ___ Fluid ___ Changing ___ Stable</p> <p>4) A source of ___ Strength ___ Stress ___ Both or ___ Neither</p> <p>5) How much do you think about this identity? ___ (1=never, 5=very often)</p> | <p>1) Does this identity impact your mood or mental health? ___ (1=not at all, 5=completely). If so, in what ways does this identity affect your mental health?</p> <p>2) Does this identity interact with other identities, causing more or less stress? If so, how?</p> <p>3) Considering this aspect of your identity, what is one action you could take going forward to positively influence your treatment/functioning/mood?</p> |

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| <p>Diagnosis status (psychological/psychiatric)</p> <p><u>Definition:</u> Presence or absence (or past history) of mental health problems.</p> <p>◆ How do you identify? _____</p> | <p>1) ___ Historically experienced <u>more privilege</u> or power Examples: Absence or assumption of absence of mental health problems. Society's definition of "good mental health." or ___ Historically experienced <u>more barriers</u> or stigma Examples: Bipolar, Depression, Anxiety, OCD, Schizophrenia, Severe Emotion Dysregulation, ADHD, Borderline Personality Disorder, PTSD, Substance Use Disorders, etc.</p> <p>2) ___ Visible ___ Hidden ___ Concealable</p> <p>3) ___ Fluid ___ Changing ___ Stable</p> <p>4) A source of ___ Strength ___ Stress ___ Both or ___ Neither</p> <p>5) How much do you think about this identity? ____ (1=never, 5=very often)</p> | <p>1) Does this identity impact your mood or mental health? ____ (1=not at all, 5=completely). If so, in what ways does this identity affect your mental health?</p> <p>2) Does this identity interact with other identities, causing more or less stress? If so, how?</p> <p>3) Considering this aspect of your identity, what is one action you could take going forward to positively influence your treatment/functioning/mood?</p> |
| <p>Religion and spirituality</p> <p><u>Definition:</u> <i>Religion</i> = Institutionalized or culture-bound forms of relating to the sacred.</p> <p><i>Spirituality</i> = Any way of relating to that which is regarded as sacred. May or may not be linked to established institutions and/or traditional conceptualizations of the sacred.</p> <p>◆ How do you identify? _____</p> | <p>1) ___ Historically experienced <u>more privilege</u> or power Examples: Christianity or historically Christian values or ___ Historically experienced <u>more barriers</u> or stigma Examples: Judaism, Agnostic, Islam, Hinduism, Buddhism, Atheist, etc.</p> <p>2) ___ Visible ___ Hidden ___ Concealable</p> <p>4) A source of ___ Strength ___ Stress ___ Both or ___ Neither</p> <p>5) How much do you think about this identity? ____ (1=never, 5=very often)</p> | <p>1) Does this identity impact your mood or mental health? ____ (1=not at all, 5=completely). If so, in what ways does this identity affect your mental health?</p> <p>2) Does this identity interact with other identities, causing more or less stress? If so, how?</p> <p>3) Considering this aspect of your identity, what is one action you could take going forward to positively influence your treatment/functioning/mood?</p> |

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| <p>Ethnicity and race</p> <p><u>Definition:</u> <i>Ethnicity</i> = A type of culture most often related to shared heritage from a geographical location that develops from within groups. May incorporate one ethnicity or multiple ethnicities.</p> <p>◆ How do you identify? _____</p> <p><i>Race</i> = Categorizes people into socially constructed groups based on external characteristics including skin color, facial features, and hair texture.</p> <p>◆ How do you identify? _____</p> | <p>1a) Ethnicity <input type="checkbox"/> Historically experienced <u>more privilege</u> or power Examples: European-American <input type="checkbox"/> Historically experienced <u>more barriers</u> or stigma Examples: Chinese, Chinese American, Cuban, Syrian, Syrian American, Wampanoag, Filipino, Japanese, Nepali-Bhutanese, Somali Canadian, African, African American, etc.</p> <p>1b) Race <input type="checkbox"/> Historically experienced <u>more privilege</u> or power Examples: White <input type="checkbox"/> Historically experienced <u>more barriers</u> or stigma Examples: Asian, Black, Latino/a, Multiracial, Middle East and North African (MENA), etc.</p> <p>2) <input type="checkbox"/> Visible <input type="checkbox"/> Hidden <input type="checkbox"/> Concealable</p> <p>3) <input type="checkbox"/> Fluid <input type="checkbox"/> Changing <input type="checkbox"/> Stable</p> <p>4) A source of <input type="checkbox"/> Strength <input type="checkbox"/> Stress <input type="checkbox"/> Both or <input type="checkbox"/> Neither</p> <p>5) How much do you think about this identity? ____ (1=never, 5=very often)</p> | <p>1) Does this identity impact your mood or mental health? ____ (1=not at all, 5=completely). If so, in what ways does this identity affect your mental health?</p> <p>2) Does this identity interact with other identities, causing more or less stress? If so, how?</p> <p>3) Considering this aspect of your identity, what is one action you could take going forward to positively influence your treatment/functioning/mood?</p> |
| <p>Sexuality</p> <p><u>Definition:</u> Sexual or romantic attraction to persons of ____ gender(s).</p> <p>◆ How do you identify? _____</p> | <p>1) <input type="checkbox"/> Historically experienced <u>more privilege</u> or power Examples: Straight, heterosexual or <input type="checkbox"/> Historically experienced <u>more barriers</u> or stigma Examples: Gay, Lesbian, Bisexual, Pansexual, Asexual, Queer, etc.</p> <p>2) <input type="checkbox"/> Visible <input type="checkbox"/> Hidden <input type="checkbox"/> Concealable</p> <p>3) <input type="checkbox"/> Fluid <input type="checkbox"/> Changing <input type="checkbox"/> Stable</p> <p>4) A source of <input type="checkbox"/> Strength <input type="checkbox"/> Stress <input type="checkbox"/> Both or <input type="checkbox"/> Neither</p> <p>5) How much do you think about this identity? ____ (1=never, 5=very often)</p> | <p>1) Does this identity impact your mood or mental health? ____ (1=not at all, 5=completely). If so, in what ways does this identity affect your mental health?</p> <p>2) Does this identity interact with other identities, causing more or less stress? If so, how?</p> <p>3) Considering this aspect of your identity, what is one action you could take going forward to positively influence your treatment/functioning/mood?</p> |

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| <p>Socioeconomic Status (SES)</p> <p><u>Definition:</u> Social standing or class often measured as a combination of education, income, financial access/security, and occupation.</p> <p>How do you identify? _____</p> | <p>1) ___ Historically experienced <u>more privilege</u> or power Examples: Wealthy, upper middle class, highly educated</p> <p>or</p> <p>___ Historically experienced <u>more barriers</u> or stigma Examples: Lower status because of class, education, occupation, income, or location. Working poor, poverty, low income, etc.</p> <p>2) ___ Visible ___ Hidden ___ Concealable</p> <p>3) ___ Fluid ___ Changing ___ Stable</p> <p>4) A source of ___ Strength ___ Stress ___ Both or ___ Neither</p> <p>5) How much do you think about this identity? ____ (1=never, 5=very often)</p> | <p>1) Does this identity impact your mood or mental health? ____ (1=not at all, 5=completely). If so, in what ways does this identity affect your mental health?</p> <p>2) Does this identity interact with other identities, causing more or less stress? If so, how?</p> <p>3) Considering this aspect of your identity, what is one action you could take going forward to positively influence your treatment/functioning/mood?</p> |
| <p>Immigration status and/or Indigenous heritage</p> <p><u>Definition:</u> <i>Indigenous heritage</i> = Belonging to a group that was colonized or misplaced</p> <p>◆ How do you identify? _____</p> <p><i>Immigration status</i> = When you or your family moved to this country</p> <p>◆ How do you identify? _____</p> | <p>1a) <i>Immigration Status</i> ___ Historically experienced <u>more privilege</u> or power Examples: Family did not recently immigrate to the country, perceived as "American" ___ Historically experienced <u>more barriers</u> or stigma Examples: Family recently immigrated to U.S.; perceived as coming from somewhere else</p> <p>1b) <i>Indigenous Heritage</i> ___ Historically experienced <u>more privilege</u> or power Examples: Historically or current colonizing culture, European American, etc. ___ Historically experienced <u>more barriers</u> or stigma Examples: American Indian, Native Alaskan, Native Hawaiians, First Peoples, Aboriginal, etc.</p> <p>2) ___ Visible ___ Hidden ___ Concealable</p> <p>3) A source of ___ Strength ___ Stress ___ Both or ___ Neither</p> <p>4) How much do you think about this identity? ____ (1=never, 5=very often)</p> | <p>1) Does this identity impact your mood or mental health? ____ (1=not at all, 5=completely). If so, in what ways does this identity affect your mental health?</p> <p>2) Does this identity interact with other identities, causing more or less stress? If so, how?</p> <p>3) Considering this aspect of your identity, what is one action you could take going forward to positively influence your treatment/functioning/mood?</p> |

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| <p>Nationality and Citizenship</p> <p><u>Definition:</u> The place in the world where someone was born and/or legal status where they currently reside</p> <p>◆ How do you identify? _____</p> | <p>1) ___ Historically experienced <u>more privilege</u> or power Examples: US American, Citizen, Documented immigrant or ___ Historically experienced <u>more barriers</u> or stigma Examples: Undocumented immigrant, Refugee, Asylum Seeker, International Student, etc.</p> <p>2) ___ Visible ___ Hidden ___ Concealable</p> <p>3) A source of ___ Strength ___ Stress ___ Both or ___ Neither</p> <p>4) How much do you think about this identity? ___ (1=never, 5=very often)</p> | <p>1) Does this identity impact your mood or mental health? ___ (1=not at all, 5=completely). If so, in what ways does this identity affect your mental health?</p> <p>2) Does this identity interact with other identities, causing more or less stress? If so, how?</p> <p>3) Considering this aspect of your identity, what is one action you could take going forward to positively influence your treatment/functioning/mood?</p> |
| <p>Gender, gender expression, and sex assigned at birth</p> <p><u>Definition:</u> <i>Sex assigned at birth:</i> The sex you were labeled at birth (usually Male or Female) based on physical characteristics and chromosomes. Sometimes people's current gender identity does not match what they were assigned at birth.</p> <p>◆ How do you identify? _____</p> <p><i>Gender:</i> A range of biological and socially constructed characteristics pertaining to, and typically differentiating between "masculinity" and "femininity."</p> <p>◆ How do you identify? _____</p> | <p>1a) Sex assigned at birth: ___ Historically experienced <u>more privilege</u> or power Examples: Cisgender, when your sex assigned at birth and current gender match ___ Historically experienced <u>more barriers</u> or stigma Examples: Transgender, Intersex, or other identities not matching birth assignment, etc.</p> <p>1b) Gender: ___ Historically experienced <u>more privilege</u> or power Examples: Male ___ Historically experienced <u>more barriers</u> or stigma Examples: Female, Gender Queer, Gender Non-Conforming, etc.</p> <p>2) ___ Visible ___ Hidden ___ Concealable</p> <p>3) ___ Fluid ___ Changing ___ Stable</p> <p>4) A source of ___ Strength ___ Stress ___ Both or ___ Neither</p> <p>5) How much do you think about this identity? ___ (1=never, 5=very often)</p> | <p>1) Does this identity impact your mood or mental health? ___ (1=not at all, 5=completely). If so, in what ways does this identity affect your mental health?</p> <p>2) Does this identity interact with other identities, causing more or less stress? If so, how?</p> <p>3) Considering this aspect of your identity, what is one action you could take going forward to positively influence your treatment/functioning/mood?</p> |

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Published References

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