

Part 1:

Complete the culturagram assessment on someone you know: a friend, family member, or peer from school. Remember to include all the questions. Complete them in paragraph form and write the highlights in the boxes on the diagram.

Part 2:

Select any 1 area that seems to be the most relevant in this individual's life and/or that appears to have an influence on their behavior or functioning. (e.g. health beliefs.) Then search the literature for two peer reviewed articles on the topic. The articles should provide information on 1) this practice, belief, experience, status. 2) Prevalence among certain cultures (race or ethnic groups.) 3) How this has an influence on the individual and family. Please answer the following questions. The paper should be three, double spaced, typed pages with reference page. APA format required.

- 1) Describe this practice, belief, experience, status in detail as it is described by the author.
- 2) Is this more prevalent among certain cultures (racial or ethnic groups.)
- 3) What are some of the ways that it has an influence on the individual or family? (support, stress, identity)
- 4) How does help you to better understand the individual or family assessed.

WHAT IS A CULTURAGRAM?

A culturagram is an essential tool for social workers to use when assessing client's cultural backgrounds. It gives the social worker an opportunity to understand their culture on an individual basis rather than generalizing them to the cultural group. It was developed to be used as a family assessment tool to help social workers and others understand families from different cultural backgrounds. It helps to understand that culture is such a broad concept and is different for everyone, even within the same cultural groups. The culturagram works from a strengths-based perspective. It is meant for the family and social worker to see the client's unique culture and empower them.

It can be used on any population, but works best with immigrant families.

WHAT DOES IT CONSIST OF?

According to Dr. Elaine Congress, the creator of the culturagram, it consists of a diagram including the following elements:

- Reason for Relocation
- Legal Status
- Time in Community
- Language Spoken at Home and in the Community
- Health Beliefs
- Impact of Trauma and Crisis Events
- Contact with Cultural and Religious Institutions Holidays, Food, and Clothing
- Oppression, Discrimination, Bias, and Racism
- Values about Education and Work
- Values about Family - structure, power, myths, and rules

THE ASSESSMENT

Number 1: Reason for Relocation

- Important to find out why they came here
- It helps to understand their personal situations better
- Need to ask if they are able to go home

Number 2: Legal Status

- Use caution when asking about this because it can scare clients away
- Many families can have multiple legal statuses among members
- It can cause tension in the family
- Limits access to services if not a legal resident

Number 3: Time in Community

- Some members of the family may have been here for a longer time period
- This can make a difference in acculturation

Number 4: Languages Spoken at Home and in the Community

- Important to find out if they speak the same language at home and in the community
- Helps find out the role of the children
- Can cause language barriers within the home
- Conflict can arise within a household due to language

Number 6: Impact of Trauma and Crisis Event

- Is there any pre-migration trauma?
- What has the assimilation process been like thus far?
- Is there any developmental crisis in adolescence?
- Any accidents, violence, death, illness?

Number 7: Contact with Cultural and Religious Institutions Holidays, Food, and Clothing

- What are the religious values?
- Are there any food or clothing items specific to the culture?
- Is the clothing suitable for the weather conditions?

Number 8: Oppression, Discrimination, Bias, and Racism

- It is important not to generalize cultures here
- Get to know the biases that the client has
- Understand what the client has been through

Number 9: Values about Education and Work

- Work and education are typically valued very highly
- Want the children to have a better life than the parents
- Understand that the client's previous education may not be valid in the U.S.

CULTURAGRAM - 2007

