

Good example of essay on cultural sensitivity of the native americans during inte...

[Sociology](#), [Communication](#)



\n[[toc title="Table of Contents"](#)]\n

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1. [Key Points of the Article](#) \n \t
2. [Article in relation to Cultural Sensitivity in Communication](#) \n \t
3. [Conclusion](#) \n \t
4. [References:](#) \n

\n[/toc]\n \n

Native Americans are among the cultural groups that express cultural sensitivity in terms of communicating with other cultural groups within the society. These indigenous groups have their own way of dealing or communicating with other cultural groups. In interpersonal interaction, they start building the relationship: “ knowing a person, developing trust, and respect for the individual that fits well with Western interpersonal approaches” (Gray & Rose, 2012, p. 82). However, there is no approach that exists, which may determine the efficacy of using this method with the indigenous populations. This may be solved with the use of evidence-based research, which focuses on the cultural barriers that usually take place during intercultural communication. Therapy treatment can only be effective, if and only if, the barriers of cultural sensitivity would be treated efficiently, so that there is effective communication between the counselor and the members of the cultural group.

Key Points of the Article

In the article that Jacqueline Gray and WanmndiWi Rose (2012) wrote, entitled “ Cultural Adaptation for Therapy with American Indians and Alaska Natives”, they focused on applying evidence-based research on the treatment of Native Americans. In the article, Gray & Rose (2012) aimed at the following issues with respect to the provision of treatment:

Because the Native Americans are said to be acculturated, they may have experienced no cultural identity over their years, and would rely mainly on their teachers and counselors to guide them in their personal journey. This would affect the clients during treatment, especially since cultural assimilation may have led them to experience historical trauma, as an effect of the relocation policies signed during the late 1880s (Gray & Rose, 2012, p. 83).

A long way back, this process required the Native Americans to change their dress, customs, religion, language, as well as their philosophy, with the dispossession of their belongings and biological warfare to worsen the situation. There was a disruption of their culture, as their lands were taken away, together with the effects of relocation, termination, and other modern influences. As Gray & Rose (2012) concluded, “ The culture was not passed on from the elders to the children” (p. 83), which largely affected their traditional values and the way they communicate with other cultural groups. Still, there are different traditional values found in different groups of Native Americans (e. g., American Indian, Alaska Natives), and it has affected their customs and the way they deal with others. These had to be taken into account when devising a strategy for the adaptation of therapy treatment.

Article in relation to Cultural Sensitivity in Communication

There are a number of ways in which a successful therapy treatment to the Native Americans may be implemented, especially when taking into account their customs, values, and their religion. In order to demonstrate cultural sensitivity to the said tribes, it would be best to apply the strategy that Gray & Rose (2012) mentioned in their article: “ begin with the relationship, knowing a person, developing trust, and respect for the individual” (p. 82). More so, it is likewise best to remember that “ generosity, ownership, focus on the present, and courtesy are also indigenous values” (Gray & Rose, 2012, p. 84). In addition, stinginess or greed is to be discouraged, as well as materialism and possession. Native Americans do not mind the custom of “ saving, putting away for the future, amassing large quantities of food or possessions, or financial security” (Gray & Rose, 2012, p. 84). It is their belief that “ the future will take care of itself” (Gray & Rose, 2012, p. 84), and so the therapists should only dwell with the immediate needs of the present. If this is the case, then the treatment should only center on things of the present, and make sure that it takes into account things of the spirit, instead of things connected to materialism and the physical aspects of life.

When giving the therapy treatment in healthcare, it should be emphasized that the Native Americans are to be treated with generosity, respect, courtesy, hospitality, and politeness toward others. This means the speaker should prevent eye contact with the audience, as this act appears to be disrespectful to them. They should also speak slowly, softly, and in a deliberate manner, with more stress given to the emotion rather than the content of the information. Since the Native Americans are usually reserved

when they hear about the history of their predecessors, it would be best not to mention them, except the positive things that may be reflected over the past decades or centuries. According to Gray & Rose (2012), “ most Native Americans are comfortable with silence” (p. 84), and they value respect for the elders, instead of focusing more on the value of youth. In all these, there is a best way to communicate with the Native Americans by being sensitive with their feelings, their culture and upbringing, as well as the history of their tribes for the previous decades.

Conclusion

Intercultural communication, according to Dr. Rona Halualani (2014), is “ a nexus of multiple disciplines, fields, contexts, sectors, societies, and perspectives” (p. 14). Thus, it encompasses a lot more than relational episodes, more than communication behaviors and dialectics. For this, intercultural dialogue should comprise “ open and respectful exchange or interaction between individuals, groups and organizations with different cultural backgrounds or world views” (Council of Europe, 2008, p. 10). This means taking into account their respective customs, religion, and identity, to communicate with them effectively, in spite of cultural sensitivity. Only then can a therapy treatment be specifically effective, for there abides a one-to-one relation between the counselor and those of the given tribes.

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