**Cultures and Existentialism Psychotherapy DB 4**

Cultures that a provider may be most exposed to in East Tennessee would possibly be African American and Latino. The African American culture involves anyone who may have descended from Africa, Jamaica, Haiti, and South America (Understanding Different Cultures, n.d.). Latino culture will include descendants from Mexico, Spain, Cuba, Puerto Rico, Central and South America (Understanding Different Cultures, n.d.). Wheeler (2022) states that “relationships and culture shape not only our psychology but our biology” (p.21).

African Americans and Latino Americans have many similarities. Love of family, respect of elders, spiritual, pride, and they each face racism in this country every day (Understanding Different Cultures, n.d.). Differences will be that African Americans have learned that they should not trust people in healthcare from the lack of care and history of medical experimentation on black soldiers (Odhiambo et al., 2019). Latinos fear Americans because they face possible deportation due to lack of proper paperwork, living in rural areas where assistance is not available for education or healthcare (Ackert et al., 2019). Latinos have a concern for being portrayed as “crazy” if they seek mental health care (Ralat et al., 2017).

Corey (2021) states that “existentialists can be criticized on the grounds that they are excessively individualistic and ignore the social factors that cause human problems” (p. 154). Appealing to minorities on a different level will need to be engaged as they may feel their circumstances are beyond their control and accept that they are never going to be allowed to get ahead (Corey, 2021). A good existential therapist does not try to separate a client from their culture during discussions and will realize culture is the life that was learned as normal for them (Corey, 2021). As therapists it is our duty to “assist clients in critically evaluating the source of their values and making a choice rather than uncritically accepting the values of their culture and family” (Corey, p.154, 2021). As therapists we need to be educated on cultures but not forget that clients are individuals, and their family values may not be linked to culture as much as it is to the personality of the leader of the family. “Existential therapists believe we are all capable of self-awareness” (Corey, p. 157, 2021).

My goal as a therapist is to help clients realize their purpose in life and that is what existential therapists are meant to do (Wheeler, 2022). People need to feel that they have a reason to get up each day and go out into the world. Social injustice is a big project, and it is too much for one person but all I am is one person. All I can do is treat each person, regardless of race, color, or gender, with respect and a true caring attitude. Encourage people to focus and meditate on the parts of life that are to be celebrated each day (Wheeler, 2022). Each client will have different personalities and values. Existentialists are meant to be flexible and open to beliefs and thoughts (Wheeler, 2022). There is no one right way to practice this type of therapy with people from different cultures (Wheeler, 2022). The key to existentialism is to be present, listen, and help the client develop trust (Wheeler, 2022). To help different cultures such as African American and Latinos, it is our duty to meet them where they are and fight for their rights to receive adequate and substantial healthcare on any level.

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