

**Activity: "Walking In Two Worlds" – A Self and Client Perspective Role Reflection**

**Duration: 45–60 minutes**

**Format: Individual reflection + small group discussion**

**Materials:**

- Scenario handouts (or projected)
- Reflection worksheet (provided)
- Pens/paper or laptops
- Whiteboard or digital board

**Purpose:** This activity helps students deepen self-awareness, practice perspective-taking, and explore how personal identity and worldview can influence a helping relationship.

**Instructions:**

**Step 1: Present a Scenario (5 minutes)**

Share a short, realistic client scenario. For example:

*"You are working with a 21-year-old client who recently immigrated from Syria. They express hesitancy about mental health treatment, citing spiritual beliefs and concern about family judgment. They also seem uncomfortable when discussing personal emotions with someone they don't know."*

**Step 2: Two-Part Reflection (15–20 minutes)**

Have students complete a two-part worksheet.

**Part A: Self-Awareness**

- What personal values, cultural beliefs, or life experiences might shape *your* response to this client?
- What assumptions or biases might you hold—consciously or unconsciously—about their worldview or choices?
- How might your professional role or identity affect the power dynamic in this relationship?

**Part B: Patient Worldview**

- How might this client's worldview (cultural, spiritual, social) shape their understanding of help, healing, and trust?
- What cultural or systemic barriers might be influencing their perspective?
- How can you adapt your approach to align with their values and context?

**Step 3: Small Group Discussion (15–20 minutes)**

In groups of 3–4, invite students to share insights (not personal stories). Guide them with these prompts:

- What was challenging to reflect on?
- How did your assumptions shift as you stepped into the client's perspective?
- What strategies could promote a more culturally responsive and equitable relationship?

**Step 4: Debrief with the Whole Class (10–15 minutes)**

Lead a brief discussion highlighting key takeaways. Ask:

- How does your self-awareness enhance ethical care?
- What did you learn about cultural humility and patient worldview?
- How can reflective practices like this shape your professional growth?