

## NRF Questions for Cultural Integration:

### Step 1:

#### Part A – Stress Recovery

- a) What target non-dominant variables are at play for the family? For the provider? What does this mean about what is normative for this family? How is it similar or different from the provider? How does this get accounted for?
- b) Where, when and how does this family approach sleep and waking? What are the cultural factors?
- c) How does this family (or dyad) get to “green” together? How might green appear differently in different cultural groups? How do parents and provider get to green? Consider the Feeling Wheel – Peaceful, Powerful, Joyful – aspects of green? Sad – Blue; Mad – Red; Scared - Combo

#### Part B – Stress responses

- a) How might my cultural background and Isms impact my understanding of this dyad’s (families) stress responses? Given my dominant identities in relationship to this family, what modern ism behaviors am I at risk for?
- b) What are possible stress responses for this family (dyad) at each of the four levels? (adaptive stress responses: sad – blue; mad –red; scared – combo)?
- c) What are the possible stress responses at the systemic and cultural levels?
- d) What conscious application of Heart, Hand, Head I might practice or alternatives advocate for (systemic/cultural)

#### Part C – Toxic Stress Patterns

- a) What are the institutional and cultural barriers that create and/or support these patterns?
- b) What are toxic stress patterns at the personal and interpersonal levels? (i.e. Chronically in blue or combo/oversleeping; Going into stress responses too quickly and too frequently)
- c) What are possible survival behaviors that I notice? How do I assess when these have become internalized oppression?
- d) What alternative behaviors are possible?

### Step 2: Levels of Engagement

- a) How might culture influence levels of engagement? Consider such factors as rate of engagement, speed of serve and return patterns, tone, volume, patterns of non-verbal communication, facial expression, teasing, use of humor
- b) How comfortable am I asking about what cultural messages parents carry with respect to raising their children?
- c) What comes up for me as I experience dissonance between what I have been taught to see as “normal” and what I am experiencing with this dyad? (Discuss in terms of the zones).
- d) What do I do to get back to green as I am in this situation?
- e) What is my relationship with the care giver in terms of engagement? Am I noticing any of my own modern isms or internalized oppression occurring?
- f) What ego states are being stimulated as I work with this family? (How do ways of relating HHH connect with the ego state model?) Where do I feel successful? Where do I feel challenged?