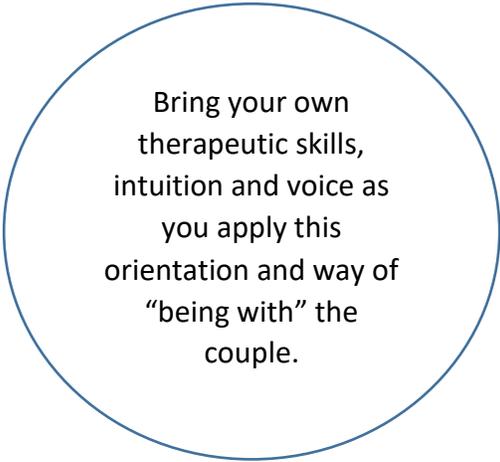


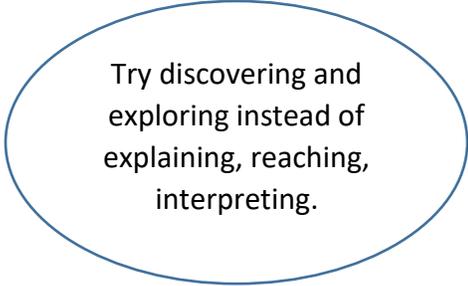
## 1 - Role Play Practice – Nuts and Bolts

### Create Language that reflects non-judgmental empathy

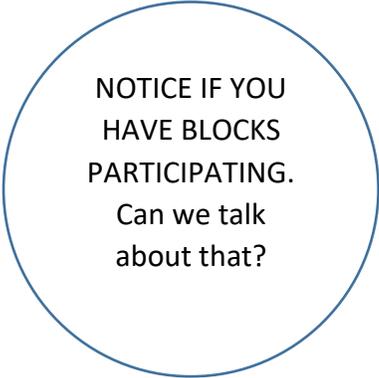
1. EACH PERSON write down an empathic comment that responds to client's statements about herself and race. *(Make an attempt to say something that captures the essence of her story... with some emotional empathy.)* Then share with the group.
2. EACH PERSON write another comment about her emotional experience that invites her to talk about the emotion with the most significance. Then share with group.



Bring your own  
therapeutic skills,  
intuition and voice as  
you apply this  
orientation and way of  
"being with" the  
couple.



Try discovering and  
exploring instead of  
explaining, reaching,  
interpreting.



NOTICE IF YOU  
HAVE BLOCKS  
PARTICIPATING.  
Can we talk  
about that?

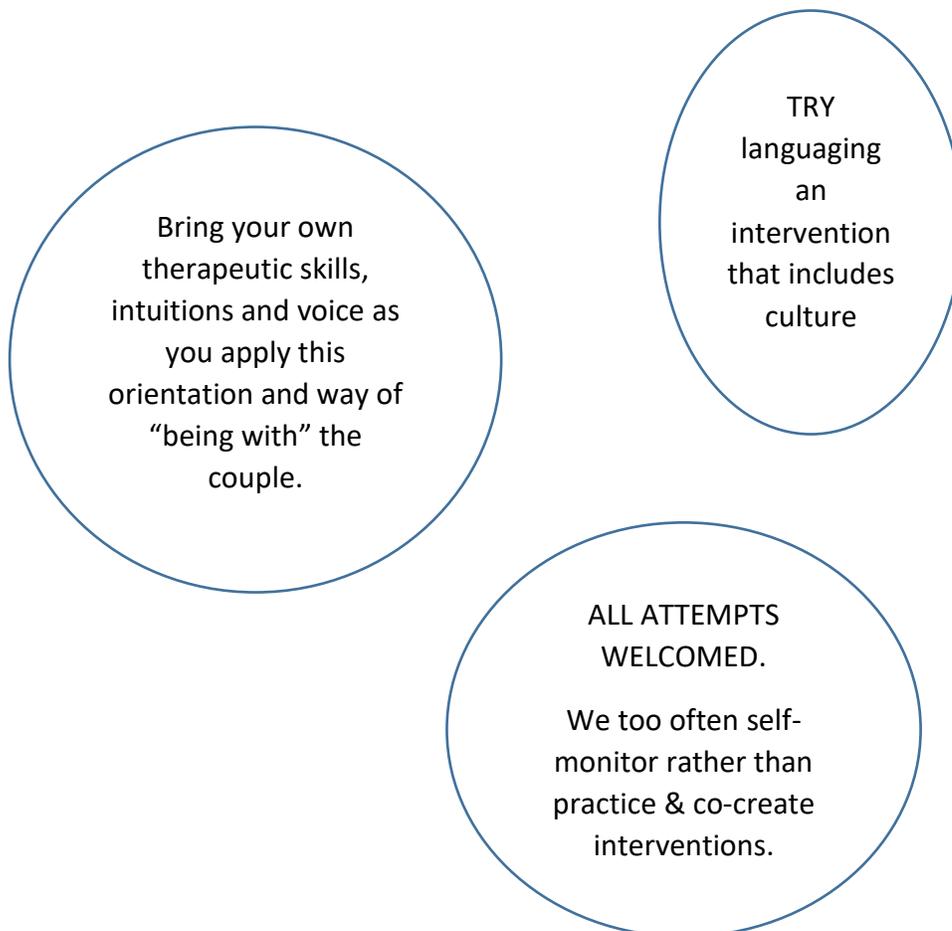
## Chat Practice # 2 – Nuts and Bolts

### Create Language

Use Empathic Reflections responding to clients comments about race.

1. What can we say to her about developing herself as a Black woman?  
WRITE DOWN AND TELL GROUP.
2. Can link her personal struggle to the struggle of other Black women (currently or historically):
  - To be treated fairly
  - To her social worth
  - To be seen

WRITE DOWN, TELL GROUP



### 3 - Chat Practice – Nuts and Bolts

#### Validation

1. Use validation to respond to client's comments about race. Write down a validation statement and share with group (any statement of client that stands out).
2. Then add couple's emotional experience with race-matters as a feature of validating.  
Write and share.

TRY SAYING  
SOMETHING  
instead of  
explaining, teaching  
or interpreting

Bring your own  
therapeutic skills,  
intuitions and voice as  
you think about the  
issues here.

ALL ATTEMPTS  
WELCOMED.  
  
We so often self-  
monitor rather than  
practice or play with  
race discussions.