

Embracing & Integrating Cultural Strengths & Differences in Substance Use Treatment Services

Pre-Training Activity

PLEASE COMPLETE PRIOR TO TRAINING

Taking the Implicit Associations Test (IAT)

Activity takes approximately 10 -12 minutes

Instructions:

1. Go to this website: <https://implicit.harvard.edu/implicit/aboutus.html>
2. At the very top of the page, to the left – select “Take A Test.”



Project Implicit

Log In

Take a Test

About Us

Learn More

Technical Issues

Contact Us

Donate

3. After reading the “Preliminary Information” and should you wish to continue select, at the bottom of the page, “I wish to proceed.”

I am aware of the possibility of encountering interpretations of my IAT test performance with which I may not agree. Knowing this, **I wish to proceed**

4. A list of Implicit Association Tests (IAT) on various topics will appear, and you can choose to take whichever one you find interesting. **Note: You only have to take one.**
 - a. Suggested tests would include:

Race IAT

Skin-tone IAT

Gender-Career IAT

5. Print out the results page and bring it to the training. You can also save the results page as a pdf or screenshot and have it available at the time of the training session.
6. We will discuss the activity as a group.

Information for Activity During Training

You will be asked to take a few moments and on a piece of paper or a Word Doc on your computer answer the questions related to each of the 3 categories below.

Values Activity – Step 1



Identify the time when you were happiest

- What were you doing?
- Were you with other people? Who?
- What other factors contributed to your happiness?

Identify the times when you were most fulfilled and satisfied

- What need or desire was fulfilled?
- How and why did the experience give your life meaning?
- What other factors contributed to your feelings of fulfillment?

Identify the time when you were most proud

- What about that time made you feel proud?
- Did other people share your pride? Who?
- What other factors contributed to your feelings of pride?

Slide Credit: UCLA Integrate Substance Abuse Programs

https://www.mindtools.com/pages/article/newTED_85.htm

53

The grid provided on the next page can be a starting point in identifying your top 5 values.

Values Activity – Step 2

A. Determine your top values

Write down words to describe your values as expressed in the questions above. The Cultural Humility PreTraining handout may help

B. Prioritize your top values

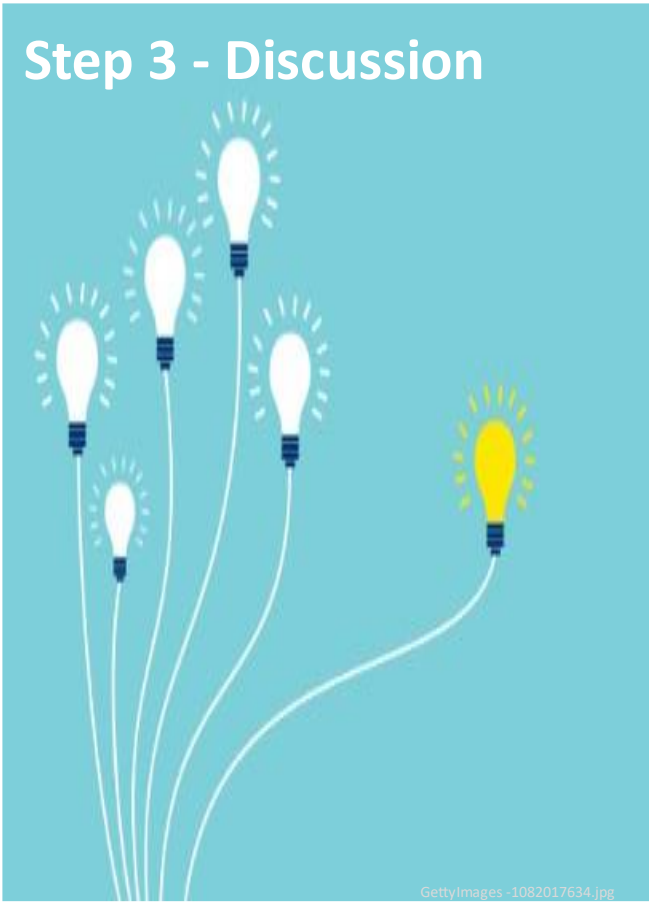
Rank order your values 15 with 1 being the most important to you

Acceptance	Contribution	Freedom	Integrity	Openness	Self-Control
Accuracy	Compassion	Friends	Intimacy	Order	Self-Esteem
Achievement	Cooperation	Fun	Joy	Passion	Self-Knowledge
Adventure	Courtesy	Generosity	Justice	Pleasure	Service
Attractiveness	Creativity	Growth	Knowledge	Popularity	Sexuality
Authority	Dependability	Health	Leisure	Power	Simplicity
Autonomy	Duty	Helpfulness	Love	Purpose	Solitude
Authenticity	Ecology	Honesty	Loving	Rationality	Spirituality
Beauty	Excitement	Hope	Mastery	Realism	Stability
Benevolence	Faithfulness	Humility	Mindfulness	Responsibility	Tolerance
Caring	Fame	Humor	Moderation	Risk	Tradition
Challenge	Family	Independence	Monogamy	Romance	Virtue
Change	Fitness	Industry	Non-conformist	Safety	Wealth
Commitment	Flexibility	Inner Peace	Nurturance	Self-Acceptance	World Peace

54

Slide Credit: UCLA Integrate Substance Abuse Programs https://www.mindtools.com/pages/article/newTED_85.htm

Step 3 - Discussion



- A. Thinking about your organization, what are the top 2 values of your organization?
- B. What similarities and differences do you notice between your personal values and your organization's values?

Slide Credit: UCLA Integrate Substance Abuse Programs

55

We look forward to seeing everyone!

If you have any questions or trouble logging onto **WebEx**, please **email** us at sapc.cst@ph.lacounty.gov