



# **Being White in the Helping Professions: Developing Effective Intercultural Awareness**

*Judy Ryde*

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# Being White in the Helping Professions: Developing Effective Intercultural Awareness

*Judy Ryde*

## **Being White in the Helping Professions: Developing Effective Intercultural Awareness** Judy Ryde

In this reflective yet practical book, the author challenges white helping professionals to recognize their own cultural identity and the impact it has when practising in a multicultural environment. Judy Ryde reveals how white people have implicit and explicit advantages and privileges that often go unnoticed by them. She suggests that in order to work effectively in a multicultural setting, this privilege needs to be fully acknowledged and confronted. She explores whether it is possible to talk about a white identity, addresses uncomfortable feelings such as guilt or shame, and offers advice on how to implement white awareness training within an organization. Ryde offers a model for 'white awareness' in a diverse society and provides concrete examples from her own experience. This book is essential reading for students and practitioners in the helping professions, including social workers, psychotherapists, psychologists, counsellors, healthcare workers, occupational therapists and alternative health practitioners.

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