

MIDD Behavioral Health Equity Training – Part 2 | June 23, 2022

Activity: Implicit Bias Questions

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Intro: This activity is about exploring. You don't need to judge yourself or others. This is simply about looking and seeing what ideas or examples emerge. Being open to looking is the most important. If you don't find anything, you can move on to the next question

1. Reflect on instances when I have encountered implicit/unintentional bias – either bias I have witnessed, perpetuated, or been the target of. How did I respond? What types of interventions have worked for me in the past? What hasn't worked?
2. When was the last time I noticed a prejudice in myself (automatic or considered)?
3. Do I only find a certain type of person attractive?
4. What is an environment I find myself most comfortable in? Who else is there?
5. What is a time I felt uncomfortable with someone's sexual orientation or sexual practices?
6. When I picture a doctor in my head, do they look and sound like me (i.e. same race, gender, accent, etc.)?
7. When was the last time I remember letting something slide that could be racist/prejudice?
8. What was the last gender stereotype I witnessed but didn't mention?
9. When did I last get uncomfortable or feel like a didn't fit in because I was a minority in some way?
10. When was the last time I welcomed a person different from myself into an activity, event, or space?
11. When am I tokenized? Did I notice when it happened? Do I accept or enjoy it? Do I challenge it?