

ADDRESSING framework

The ADDRESSING framework can help you remember some of the key social identities to consider when getting to know someone's cultural identity.



Consider this mnemonic a starting point. Other social factors to understand can include educational level, food insecurity, housing, and communication and language. What other factors can you think of?

Source:

Hays, P. A. (2022). *Addressing Cultural Complexities in Counseling and Clinical Practice: An Intersectional Approach (4th edition)*. Washington DC: American Psychological Association.