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**Summary**

The “Them and Us” video discussed the ways in which we categorize people according to their characteristics. We group those with whom we share characteristics as “us” and those who are different as “them.” We place people into characteristic groups and use generalizations to judge behaviors, which can lead to prejudice and discrimination.

**Reflection**

The video was very insightful and explained differences clearly and concisely. I appreciated that the video explained how categorizing people is a natural part of human existence and is not a negative thing to do. We often are told “not to see color” or to pretend like differences do not exist, but categorizing people is how we make sense of the world and ourselves. It is not wrong to recognize differences and learn about people who do not fall into our “us” category. I appreciated how the video encouraged getting to know people on a personal level who are not a part of our primary culture. This is a great way to embrace differences and develop healthier categories for people. When we associate differences with negative emotions or inferiority, prejudice and discrimination arise. It is expected to feel some level of animosity towards behaviors that we do not understand, but we must learn to move beyond these feelings and embrace differences. I thought the example of sports teams was a great way to show how we can use our natural tendency to fight against different groups in a harmless way. Sports allow people to let out their instinctual desire for tribal affiliation and war in a way that is mostly harmless.

**Application**

This video was a great reminder that we need to be aware of our own internal biases and viewpoints. We must learn to identify areas where we view people as “them” and push beyond that categorical barrier. In group counseling, clinicians use categorization to make generalizations about people who have experienced trauma. We group people by shared experiences and treat them according to our expectations for people who have certain characteristics or experiences. We must also remember that each person is an individual and may have different responses to similar stimuli. We also must not allow our internal biases to inhibit the effective treatment of individuals within the group. As necessary, we may also moderate bias among group members and encourage members to get to know others in the group as individuals rather than members of a specific community or race.