

1. What does CAM say about "microaggressions"? What is your position on this issue?
 1. Microaggression can go both ways as stated in the book it can either be deemed an act of aggression or an accident. However, in most cases microaggression is linked to the idea of bias and prejudice. In instance, I don't quite agree with the idea that microaggression should be viewed as an aggression in either point of view. At some point there is the idea that the person speaking might not think that his words are harmful and thus the interpretation is determined to the other person. In CBT, microaggression is a way to help patients understand their emotional turmoil. CBT has been found to be very successful which is why in this instance I believe microaggression should be used.