

Counseling 747
Cultures and Counseling
Spring 2009

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Meeting Time: Thursdays; 4:00-6:30pm

Required Text:

Sue, D.W., & Sue, S. (2008). *Counseling the culturally diverse: Theory and practice* (5th Ed.). New York: Wiley and Sons.

Additional Readings to be assigned

Course Description

This course examines the influence of culture in human development and in counseling relationships. The areas of awareness, knowledge, and skills in the context of racial, ethnic, and cultural diversity will be explored in-depth.

Course Objectives

1. Students will develop an awareness of cultural dynamics, values, and biases and how these issues affect culturally diverse groups.
2. Students will develop an understanding and appreciation for the differences of others which includes attitudes, values, backgrounds, and experiences.
3. Students will gain an understanding of the socio-cultural concerns in the cognitive, affective, and behavioral development of culturally diverse groups.
4. Students will acquire specific knowledge and information about culturally diverse groups.
5. Students will examine current counseling theory, investigate relevant intervention strategies, techniques, and skills derived from the study of the dynamics of culturally diverse groups.
6. Students will develop culturally relevant counseling skills and interventions.

Course Assignments

Assigned Readings. It is expected that assigned readings will be completed prior to class on a weekly basis. Readings will serve as a substantive portion of class discussions.

Class Participation. Regular attendance and active involvement in classroom activities contributes not only to your own learning, but your peers, and the overall success of this course. Participation in discussions, exercises, presentations, and other activities will contribute to your final grade in the course.

Personal Cultural Analysis. A paper analyzing your cultural background will be completed. Additional information will be provided to complete the assignment.

Reaction Papers. Four reaction papers will be required. Reaction papers should be reflective and critical analyses. Reaction papers should not be summaries of what has been read or viewed. Papers should be approximately two to three pages in length.

Multicultural Immersion Experience. You will participate/investigate an activity or other experience of your choosing which involves persons from a cultural background different than your own. Experience/ Activities should be approved in advance. A brief paper highlighting related cultural or diversity issues is also required for this assignment.

Diversity Training Project and Paper. This project researches, develops, and implements a multicultural counseling topic or issue. The project should focus on an identified work or counseling setting where the project can be implemented. A brief presentation on completed training projects will be given during the last two class meetings. This assignment can be completed individually or with a classmate.

Course Evaluation

Class Participation	10 points
Personal Cultural Analysis	15 points
Reaction Papers (4)	20 points
Cultural Immersion Experience	20 points
Diversity Training Project	<u>35 points</u>
Total	100 points

Course Outline

<u>Date</u>	<u>Topic</u>	<u>Assignment</u>
January 15	Course Overview	
January 22	Defining Relevant Concepts Cultural Awareness	Sue and Sue Chaps. 2-4 Reaction Paper # 1
January 29	Dimensions of Worldview	Chaps. 5, 12
February 5	Cultural Identity Development Video: Blue-Eyed	Chaps. 1, 11 Personal Cultural Analysis
February 12	Cultural Identity Development	Chap 10 Reaction Paper # 2
February 19	Counseling African-Americans	Chap 14
February 26	Counseling American Indians Counseling Asian Americans	Chaps. 15-16 Reaction Paper #3
March 5	Spring Break	
March 12	Counseling Hispanic/ Latino Americans	Chap. 17 Cultural Immersion Experience
March 19	OPEN	
March 26	System Interventions and Strategies	TBD
April 9	Multicultural Skills	Chaps. 6-7
April 9	Multicultural Skills	Chap.8 Reaction Paper #4
April 16	Diversity Project Presentations	
April 23	Diversity Project Presentations	Diversity Project and Paper

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Personal Cultural Analysis

Each person is a product of the dynamics of his or her own cultural background. In addition, past learning and experiences shape our present attitudes, behaviors, and values.

Do an analysis of your own cultural background within the context of the following questions:

- Discuss the range of “cultural dynamics” in relation to your own background.
- What generation in the United States do you represent? Are you and your siblings the first of your family to be born in this country? Were you born in another country?
- What is the immigration history of your family? Patterns of migration within the U.S. From outside the U.S. Reasons or causes?
- Does your immediate family or extended family practice ethnic or cultural customs that you or they value or identify with? For example: foods, celebrations, traditions, social behaviors, manners, beliefs. What customs do you prize the most? Do you or your relatives speak your ethnic group language?
- Describe religion and spirituality in your family.
- To what extent do you regularly interact with members of other ethnic groups? Professionally? Socially? Do you worship with members of another ethnic group?
- How did you come to understand that racism existed? What did you learn from this experience?
- What was your parents’ main advice to you about people from other ethnic or culturally diverse groups?
- How would your parents or family respond to the following situations?
 - Invitation home (for the holiday) to an ethnically/culturally diverse individual
 - Interracial dating and/or marriage
- As a counseling professional, how do you think your cultural background and attitudes will help you in working with culturally diverse clients?
- How will your background help/hinder your work with culturally diverse clients?

Diversity Training Project

The Diversity Training Project focuses on developing an appropriate workshop, presentation, or professional development (training) activity related to a culturally diverse population (e.g. racial/ethnic, religious, or sexual minority) or multicultural counseling issue. The training project should be relevant to a particular counseling or work setting (e.g. community, school), and have direct implications for increased cultural awareness and sensitivity. The project can be developed for implementation directly with the identified population or as a training activity for counselors or other helping professionals.

A brief paper (8-10 pages) on which the training project is based will include:

a) literature review focusing on the identified population or issue, b) discussion of the intended setting with intended implications, and c) information on the session(s) for the project including the goals, activities, and evaluation. The literature review should be a minimum of 4-5 pages and should include several sources (not including the text).

The presentation of the training project (last class meeting) is designed to provide an overview of the project and to highlight a specific activity or session. The presentations will be approximately 10 minutes in length. Each person or group is asked to provide a handout that provides detailed information about the workshop or a session in the training activity. The specific information to be included is listed below.

Title:

Description of the Diversity Training Project:

Identified Population and Setting:

Outline of Specific Activity:

- a) **Objective**
- b) **Goal(s)**
- c) **Activity**
- d) **Evaluation**

