

COU 610: Counseling Diverse P (Best way to reach me)

Office Hours: By appointment.

Course Description and Content Area:

This course addresses the influence of culture on the counseling process. This course is designed to evaluate societal trends, human roles, subgroups, diversity lifestyle, and communication patterns. The course also emphasizes the examination of and institutional prejudice, bias, oppression, and discrimination as well as psychosocial factors in multicultural counseling and identity development. Students will develop and increase personal awareness of cultural issues and professional multicultural counseling competencies as well as gain insight into one's own assumptions, values, beliefs, and expectations about self and others as a means of working more effectively with diverse populations.

Instructional Methods:

This course will utilize a mixture of lecture, discussion, interactive/multimedia learning, written reading, and experiential learning.

Required Materials:

Choudhuri, D. D., Santiago-Rivera, A., & Garrett, M. (2012). Counseling & diversity. Belmont, CA: Wadsworth. ISBN: 9780-618-470365

Kennedy, R. (2002).

4. Cultural Immersion Experience: Students will engage in an activity intended to help them gain an awareness and appreciation of the lived experience of someone different from themselves. More information will be provided in class and on Canvas: see COU 610 Immersion protocol and rubric **See course schedule for due date.**

NOTE: Assignments turned in late may not be accepted for credit. Assignments are due by the date indicated on the syllabus. Though highly unlikely, assignments may be accepted at the instructor's discretion with accompanying documentation of extenuating circumstances. Please communicate with the instructor if you believe an assignment will be late.

Confidentiality and Ethics

In this course, you are entering into an experience that involves considerable self and reflection. In the course of discussion, it is possible for a student colleague to say something personally important and confidential. It is your responsibility to maintain confidentiality of your peers as well as others who may participate as guest speakers, interviewees, etc.

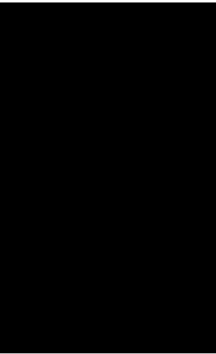
Because personal information may be shared during class sessions, it is understood that all students will adhere to an ethical policy of confidentiality. What is shared by others in class is not



Tentative Course Schedule

Additional Readings May Be Assigned and Will Be Posted to Canvas by the Instructor

| Date | Topics | Readings Due | Assignments Due |
|------|--------------------------------|--------------|-----------------|
| 7/13 | Course Introduction | | |
| 7/15 | Multiculturalism in Counseling | | |



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| Journal | = 10.0 Hours |
| Self-Assessment | = 25.0 Hours |
| Immersion Experience | = 30.0 Hours |
| <hr/> | |
| | Total |
| = 142.5 Hours | |

Knowledge and Skill Outcomes:

Professional identity– CACREP section II

G.2. Social and Cultural Diversity

- multicultural and pluralistic trends, including characteristics and concerns within and among diverse groups nationally and internationally;
- attitudes, beliefs, understandings, and acculturative experiences, including specific experiential learning activities designed to foster students' understanding of self and culturally diverse clients;
- theories of multicultural counseling, identity development, and social justice;
- individual, couple, family, group, and community strategies for working with and advocating for diverse populations, including multicultural competencies;
- counselors' roles in developing cultural awareness, promoting cultural social justice, advocacy and conflict resolution, and other culturally supported behaviors that promote optimal wellness and growth of the human spirit, mind, or body; and
- counselors' roles in eliminating biases, prejudices, and processes of intentional and unintentional oppression and discrimination.

G.3. Human Growth and Development

- theories and models of individual, cultural, couple, family, and community resilience.

Clinical/Mental Health – CACREP Section III (Diversity And Advocacy):

E. Knowledge

- Understands how living in a multicultural society affects clients who are seeking clinical mental health counseling
- Understands the effects of racism, discrimination, sexism, power, privilege, and oppression on one's own life and career and those of the client.
- Understands current literature that outlines theories, approaches, strategies, and techniques shown to be effective when working with specific populations of clients with mental and emotional disorders.
- Understands effective strategies to support client advocacy and influence public policy and government relations on local, state, and national levels to enhance equity, increase funding, and promote programs that affect the practice of clinical mental health counseling.
- Understands the implications of conceptual models of human development and the impact of social and cultural factors on human development.

D. Skills and Practices

1. Demonstrates self-awareness, sensitivity to others, and the skills needed to relate to diverse individuals, groups, and classrooms.

3. Designs and implements prevention and intervention plans related to the effects of (a) atypical growth and development, (b) health and wellness, (c) language, (d) ability level, .6 (nd)10c) le9ty8-2.6 (es se)gttil)(gdf0

Course Evaluation