

**MULTICULTURAL COUNSELING:  
ISSUES FOR INDIVIDUALS AND FAMILIES**

CPCE 5810-002

Counseling Psychology and Counselor Education  
University of Colorado at Denver  
Spring 2001

COURSE INSTRUCTOR: Jeff King, Ph.D.

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Course Objective: To develop and/or enhance knowledge and understanding of the various issues involved in working with diverse groups. Ethical standards involving multi-cultural and pluralistic trends, attitudes, and behavior based on factors of diversity, and various intervention strategies with diverse populations will be stressed.

The class will cover the following domains: race and culture; age; gender; sexual orientation; socioeconomic status; and physically challenged. A systems approach will be the framework for viewing the unique dynamics for each of these areas.

Also, the class will seek to develop a greater level of competence in understanding the historical, sociological, familial, and societal influences placed upon each ethnic or minority group. To recognize the strengths and weaknesses of therapeutic models, and to develop a higher level of awareness for one's own ethnicity and prejudices.

**REQUIRED READINGS:**

Article Packet: Available at Alpha Graphics 1140 S. Colorado Blvd. (303-691-0626) (southeast corner of Mississippi & Colorado) NOTE: They are not open on weekends!

**SCHEDULE**

**Week 1 (01/22) Introduction**

Class overview; class exercise

**Week 2 (01/29) World View/Ethics**

Class Exercise - Personal World View Video: Mindwalk

"Guidelines for Providers of psychological services to ethnic, linguistic, and culturally diverse populations" American Psychological Association.

Torrey, E. F. (1986). Witchdoctors and Psychiatrists, Harper Collins, Chapters 1 & 2.

Ibrahim, F. A. (1985). "Effective Cross-Cultural Counseling and Psychotherapy: A Framework," The Counseling Psychologist, 13, 4, 625-638.

### **Week 3 (02/05) Impact of world view - Racism**

Class Exercise - What I was taught growing up

Video: "In the White Man's Image"

Smedley, A. (1993). Antecedents of the racial worldview. *Race in North America: Origin and evolution of a worldview*, pp. 41-71.

Smedley, A. (1993). The rise of science: Sixteenth-to-eighteenth century classifications of human diversity. *Race in North America: Origin and evolution of a worldview*, pp. 152-170.

### **Week 4 (02/12) Racism**

Video: "The Color of Fear"

Yamato, J. (1992). "Something about the Subject Makes it Hard to Name," in *Race, Class, & Gender in the United States: An Integrated Study*, P. S.

Rothenberg (Ed.), Chapter 8.

Fairchild, H. (1997). On Whiteness. *Focus*, 11, (1), 11.

Porter, N. (1997). Racism 101. *Focus*, 11,(1), 11-12.

Keller, M. M. (1997). When I Explored the Psychology of Racism. *Focus*, 11,(1), 18.

### **Week 5 (02/19) Racial Identity/Acculturation**

Sue, D. W., & Sue, D. (1999). Racial and cultural identity development: Therapeutic implications, Chapter 6, *Counseling the culturally different, Theory and Practice*, John Wiley & Sons: New York.

Sue, D. W., & Sue, D. (1999). White racial identity development: Therapeutic implications, Chapter 7, *Counseling the culturally different, Theory and Practice*, John Wiley & Sons: New York.

McIntosh, P. (1988). "White privilege and male privilege: A personal account of coming to see correspondences through work in women's studies", Wellesley Center for Research on Women, Working Paper No. 189. Wellesley, MA: Wellesley College Press.

### **Week 6 (02/26) Cost of Oppression/Oppression and identity**

Pinderhughes, E. (1989) Understanding power, Chap. 6, in *Understanding race, ethnicity, and power: The key to efficacy in clinical practice*. Free Press: New York.

Miller, J.B. (1986). Domination-subordination. In, *Toward a new psychology of women*. Boston: Beacon Press.

Russell, K.K. (1987). Growing up with privilege and prejudice. *New York Times Magazine*, 136, 69-74.

Katz, J (1985). "The Sociopolitical Nature of Counseling" *J., The Counseling Psychologist*, 13, 4, 615-624.

### **Week 7 (03/05) Ethnicity and Families**

McGoldrick, M., Giordano, J., & Pearce, J.K. (Eds.). (1996). Ethnicity and family therapy: Overview, In, *Ethnicity and family therapy*, 2nd Ed.). New York: Guilford.

Chao, C.M. (1992). The inner heart: Therapy with Southeast Asian families. In Vargas, L.A. & Koss, Chioldo, J.D. (Eds.). Working with culture: Psychotherapeutic interventions with ethnic minority children and adolescents. San Francisco, CA: Jossey-Bass.

**Week 8 (03/12) Asian Americans (Guest Speaker)**

MID-TERM PAPER DUE!!!!!!!!!!!!!!!!!!!!

Shu-Fang Dien, D. (1982). "A Chinese perspective on Kohlberg's theory of moral development", *Developmental Review*, 2, 331-341.

Kitano, H. H. L., & Maki, M. T. (1999). Continuity, change, and diversity: Counseling Asian Americans. In, P. B. Pedersen, J. G. Draguns, W. J. Lonner, & J. E. Trimble (Eds.), *Counseling across cultures*, 4th Edition, pp. 73-107. Thousand Oaks, CA: Sage.

Murase, T. (1982). Sunao: A central value in Japanese psychotherapy, In, G. M. White, & Marsella, A. J. (Eds.), *Cultural conceptions of mental health and therapy*, pp. 317-329. Zubaal Books: Cleveland, OH.

----- (03/19) SPRING BREAK ENJOY!!!! -----

**Week 9 (03/26) Latino/Latina Americans (Guest Speaker)**

Casas, J. M., & Vasquez, M. J. T. (1996). Counseling the Hispanic: A guiding framework for a diverse population. In, P. B. Pedersen, J. G. Draguns, W. J. Lonner, & J. E. Trimble (Eds.), *Counseling across cultures*, 4th Edition, pp. 73-107. Thousand Oaks, CA: Sage.

**Week 10 (04/02) Gender; Physically Disabled (Guest Speaker)**

Hansen, L.S., & Gama, E.M.P. (1996). Gender issues in multicultural counseling. In P.B. Pedersen, J.G. Draguns, W.J. Lonner, & J.E. Trimble (Eds.), *Counseling across cultures*, pp. 73-107. Thousand Oaks, CA: Sage.

Bartky, S. L., Okin, S. M., & Mansbridge, J. (1994). "Focault, femininity, and the modernization of patriarchal power" (Eds.), *Feminism*, Vol. 1, pp. 383-402.

Sue, D. W., & Sue, D. (1999). Counseling and therapy with specific populations. *Counseling the culturally different, Theory and Practice*, John Wiley & Sons: New York, pp. 311-325.

**Week 11 (04/09) Sexual Orientation (Guest Speaker)**

Garnets, L. & Kimmel, D. (1991). Lesbian and gay male dimensions in the psychological study of human diversity. In Goodchilds, J.D. (Ed.). *Psychological perspectives on human diversity in America*. Washington, DC: APA.

Jennings, K. (1994). American dreams. In Singer, B.L. (Ed.). *Growing up gay/growing up lesbian*. New York: New Press.

**Week 12 (04/16) American Indians**

Sage, G. P. (1997). Counseling American Indian adults. In, C. Lee (Ed.) *Multicultural issues in counseling: New approaches to diversity*, 2nd Edition. pp. 34-52.

Voss, R. W., Douville, V., Little Soldier, A., & Twiss, G. (1999). Tribal and shamanic-based social work practice: A Lakota perspective. *Social Work*, 44 (3), 228-241.

**Week 13 (04/23) African Americans (Guest Speaker)**

Frame, M. W., & Williams, C. B. (1996). Counseling African Americans: Integrating spirituality in therapy. *Counseling and Values*, 41, 16-28.

Root, M. P. P. (1995). Resolving "other" status: Identity development of biracial individuals. *The culture and psychology reader*, Goldberger, N. R. & Veroff, J. B. (Eds.), pp. 575-593.

**Week 14 (04/30) Cultural competence/Assessment across cultures/Closing**

Tafoya, T. & Wirth, D. (1992). Training for cultural competence: Vow NOT to repeat old mistakes. Handout from: Emerging perspectives: Drug and alcohol interventions with people of color, University of Denver, April, 1992.

Lonner, W. J. (1985). "Issues in testing and assessment in cross-cultural counseling", *The Counseling Psychologist*, 13, 4.

Rogoff & Chavajay, "What's become of research on the cultural basis of cognitive development?" *American Psychologist*, 50,10, 859-877.

**GRADING AND ASSIGNMENTS:**

Each session there is due a 1-page reaction paper in which you will: (a) for each article write in one or two sentences what the main points were, and (b) discuss your personal reactions to the readings and to the previous class discussion, topic, film, or speaker. These papers, combined, will count as 30% of your total grade.

Attendance is important and two sessions missed will lower you one letter grade. Personal class participation will count for 10% of your grade.

A mid term paper of 5 pages will focus on a personal study of your family's historical ethnic background. You may use McGoldrick's *Ethnicity and Family Therapy* in reference to your own cultural background, or similar books or articles, as well as contact relatives, etc. and will count as 10% of your grade.

A final paper will count as 50% of your grade. This paper will focus on your integration of cross-cultural issues into a topic of your own choosing. The paper will be minimally 10 pages and not more than 12 pages (excluding references), and must include citations and references. Five outside-of-class references must be included. This paper must be done according to professional guidelines (e.g., APA Standard Guidelines). This paper will be graded according to both content and style. Misspelling, grammatical errors, format errors, failure to meet the 10-page minimum or exceeding the 12-page maximum, and failure to list all references will be taken into account, and five errors will lower your grade one-half a letter grade. Eight or more errors will lower your grade a full letter grade.

Bonus points: Overall class participation. If the class invests itself in the process of learning by asking questions, sharing comments, suggesting ideas, etc. bonus points (1/2 grade point) will be given to each class member.