

# Multicultural Counseling and Therapy

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Department of Psychology

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**The individual develops within families and groups in a cultural framework.**

## Course Objectives:

1. Present an overview of the field of multicultural counseling and therapy (MCT).
2. Give special attention to issues of individual, group, and family counseling with individuals from varying cultural backgrounds.
3. Examine one's own cultural heritage and how this heritage might play itself out counseling practice.
4. The central focus for this course will be ethnic/racial diversity, although we will pay attention to gender, sexual preference, and other multicultural issues as they relate to issues of diversity.
5. Use the Internet and WWW to keep current on issues. Please try to contact [Clarinet Minority Newsgroup](#) weekly to see what is occurring among multicultural groups around the world. Each week we will be discovering what the Net and WWW have to offer counseling and therapy, particularly from a multicultural perspective.

## Calendar

Jan. 16: Introduction

Jan. 23: MCT: A New Theory

Jan. 30: Community Genogram

Feb. 6: Developmental Counseling and Therapy

Feb. 13: Psychotherapy as Liberation

Feb. 20: Cultural Identity Theory

Feb. 27: MCT & Community Action

Mar. 5: Counseling Native American Indians

Mar. 12: The Interface of Culture and Gender

Mar. 19: Counseling African-Americans

Mar. 26: Spring Recess

Apr. 2: Counseling Native Hawaiians

Apr. 9: Counseling Asians and Asian-Americans

Apr. 16: Counseling Latina/o's

Apr. 23: Counseling Hawaiian Diversity

Apr. 30 Cross-Cultural Psychopathology

## Course Method:

1. Lecture/discussion, some experiential practice, and video for first half, seminar format second half with continuation of videos.
2. Communication during the week following the presentation by Email. Each student is expected to log on, make comments on the course, share new ideas, bounce information from subscriber lists to class members.
3. Homework assignments may be Emailed directly or handed in on hard copy.
4. Presentations by class members on specific cultural/ethnic groups during the term.

**Texts:**

-Paniagua, F. (1994) *Assessing and Treating Culturally Diverse Clients*. Thousand Oaks, Ca: Sage.

-Paniagua is a risk taker. He describes specifics of treatment for African-Americans, Latina/o's, Asians and Asian-Americans, and Native American Indians. His work can serve as a challenging model for us this term as we seek to become more concrete on aspects of multicultural theory and practice.

-Ponterotto, J., Casas, M., Suzuki, L., Alexander, C. (Eds.) (1995) *Handbook of Multicultural Counseling*. Thousand Oaks, Ca: Sage.

This is currently the standard of the field of Multicultural Counseling and Therapy. We will be using this book extensively and it is strongly recommended, although it will also be on reserve in the UH Library

-Ivey, A., Ivey, M., Simek-Morgan, L. (1997, In press) *Counseling and Psychotherapy: A Multicultural Perspective*. (4th Edition) Boston: Allyn & Bacon.

We will be working with photocopied selections from this forthcoming book and some selections from the 3rd Edition. Focus here will be on two chapters by Harold Cheatham, Paul Pedersen, Sandra Rigazio-DiGilio, D.W. Sue, and the three book authors on the current status of Multicultural Counseling and Therapy. In addition, specific clinical practice sections will be shared.

**-The Internet**

We will be surfing multicultural lists, discussion groups, and information. Each of us needs to share with others their central Web and keep us up to date on each site we select. My Web site is [Kernow](#), referred to in English as Cornwall.

**Course assignments:**

A take-home examination will be distributed after the first half of the course. This will focus on your construction of the concepts presented in this course and afford you with an opportunity to integrate the many diverse concepts presented.

In addition, you will be part of a group studying a special population and presenting that information to class.

Homework: Practice assignments for role-playing utilizing multicultural techniques will be required. These are criterion-based and you will have the opportunity to repeat them until you feel some degree of counseling/clinical mastery.

A Complex Syllabus Subject to Change: There is a lot of information here. I find that the more information I present, the more confusion that may occur among students. Watch for errors or confusing statements. I will revise the Syllabus based on student feedback during the term.