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CO 730 Advanced Issues in Cross-Cultural Counseling

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**ADVANCED CROSS-CULTURAL COUNSELING
CO 730**

Prof: Tapiwa N. Mucherera, Ph.D.

Office: Stanger Hall 408

Class Time: January 26-30, 2004

Class Times (8:30-Noon, 1:10pm –4:30pm)

I Course Description

The purpose of this course is to help students to develop a counseling ministry that will be sensitive and helpful to various cultural groups. Counseling, whether it be in the USA or overseas, requires a basic understanding not only of how various ethnic groups live life but also one's own possible stereotypes, which may hinder effectiveness in the counseling process. This course, is an attempt to integrate material scripturally, experientially, psychologically and theologically. In addition, the course will examine issues of racism, differences in religio-cultural values and world-views, verbal and non-verbal communication and other factors that effect the processes of counseling. Lectures, guest speakers, videos, role plays, group discussions and a cross-cultural inventory (books and articles) will be used to present techniques and approaches in working in a cross-cultural context.

II Course Objectives

1. General: To develop or enhance (1) a knowledge and understanding of the major issues surrounding multi-cultural counseling, and
 - (2) enhance the ability of the counselor to be able to see beyond the presenting problem, build rapport, and counsel effectively those of a different ethnic background.
2. Educational: (1) Develop a competence in understanding the historical, sociological, familial and societal influences placed upon each ethnic or minority group
 - (2) To understand the various theories concerning each ethnic group's attitudes towards society and counseling
 - (3) To gain an understanding of one's own possible prejudices or stereotypes towards certain ethnic populations and develop a plan in dealing with them and
 - (4) To develop a biblical framework for race relations which will in turn effect cross-cultural counseling.

III Performance Objectives:

- A Cognitively:** (1) To articulate the different issues a counselor faces in forming a therapeutic alliance with different clients of a different ethnic origin
- (2) To explain the different approaches to bring about an effective counseling relationship with clients of a different ethnic background

(3) To identify the salient features of North American majority Caucasian culture and how it varies from those around it

(4) To understand the major subcultures within North American life

(5) To recognize the ramifications of poverty, urban life, and racism on emotional functioning

(6) To be able to apply effective counseling strategies with peoples from non-western worlds and,

(7) To self evaluate on personal knowledge about cross-cultural issues and then work on those areas that require change.

B Affectively: (1) To develop a greater appreciation for cultures that see the world in a different framework than I do

(2) To develop a greater appreciation concerning the struggles ethnic minorities face in living in North America

(3) To learn about other cultures (non-western) outside of North America and celebrate our commonalities and differences and know we are all one in Christ

(4) To learn that Christ is not against culture but meets people within their culture and transforms them

IV Course Assignments

Course Assignments

1. A.

Role Plays and Group Presentations

Role Plays (will be presented in class on the day you are assigned): The class will be divided into groups of 3 or 4 depending on the size of the class. Your particular group will function as an ethnic family unit. Someone will play the role of counselor. Others will play members of the family unit and must show adequate knowledge from readings and interviews, of their awareness of the particular ethnic role they are role-playing. The role-play will be **video taped**. Twenty-five (**25 minutes**) will be allocated for the role-play. I expect you to practice outside of class at times agreeable to your group. Feedback (**20mins**) from peers and the instructor will follow soon after your role-play.

Group Presentation

The group will identify a family or an ethnic minority person(s), (same ethnic origins) from a cultural background with which the students in the group are not familiar. (If there is an ethnic minority in your group you cannot study that particular individual's culture). In this class, we are studying cultures that are non-western or those of ethnic minorities (which excludes all Caucasian, Western or Euro cultures). The students should seek to be learners, especially in regards to *family structures* and *traditions*, which would impact the counseling process. As a group you will have **30 minutes** to present your findings based on *research and interviews* about: the *ethnic group's history in brief, experiences of oppression, family values systems, cultural world-view, religious beliefs, influence of colonization and Christianity; and stereotypes held by others about that particular group*. The students' presentation is an integration of both the personal findings (interviews) and **outside written sources (research)** in support or contrary to your findings based on the interviews. There will be **15 mins** of Q&A and feedback from the class following your presentation. **The presentations and role play 40%**

A research paper of 25-30 pages (I will not read more than 30 for **DMin Students**, and **18-20 pages for Masters students**, no more that 20 pages for Masters). This is a research paper, so I expect you to cite current articles (credible internet and journal articles searches in addition to books). The paper focuses and addresses:

- a). how counseling will vary with a chosen ethnic minority group (do not chose people considered Western or Caucasians) because of cultural variations and world-views. If the research paper is with a group from non-western context, one must give a brief historical background to how issues of the traditional culture and traditional religious beliefs of the group being studied, colonization and Christianity affect how one provides counseling today. From the North American context, one must address how racism and poverty continue to play a large part in counseling with ethnic minorities;
- b). give examples, - issues the counselor should be attuned to, such as stereotypes, prejudices, race relations, oppression, poverty, verbal/non-verbal communication in providing counseling with the particular ethnic group chosen for the paper;
- c). the question why North American Caucasian or Western theories and approaches in general are not always appropriate and relevant for ethnic minorities in counseling, particularly with the ethnic group you have chosen;
- d). the paper covers the question how you integrate spirituality in counseling with the specific group you chose; and (from a Biblical perspective) what mandates there are in providing counseling to those of different culture from our own.
- e). Finally, summarize some of the things that you have discovered about yourself

in terms of strengths and the areas of improvement you need to work on in your engaging in counseling cross-culturally.

NB: You cannot write this paper on the ethnic minority group you presented or role played. If you are from outside the USA, you cannot choose ethnic minorities from the continent, which you come. Ethnic minorities in the class cannot write on counseling Caucasians or your own ethnic group. Basically, you cannot write on ethnic groups of European heritage (Euro-Americans, Europeans, Caucasian-Canadians, etc. or your own or those from your continent). **Grade 40 %.** **The paper is March 26th, 2004.**

1. **Class participation and attendance are expected or there will be a penalty on your final grade due to lack of participation and missing classes.**
2. **You are to submit 2 book-summary-reflections, (6–7 pages DMin students) and (4-5 pages Masters Students) for Mucherera and Dwairy's books. The book summary reflections are to be typed double-spaced. (Due Feb 2, 2004). The summaries are 20%**

Readings: *Required*

Dwairy, Marwan Adeeb, Cross-cultural Counseling: the Arab-Palestinian case, New York: Haworth Press, 1998

Pedersen, Paul et al. Counseling Across Cultures. California: Sage Publications, 2001

Sue and Sue, Counseling the Culturally Diverse New York: John Wiley & Sons, 2002.

Mucherera, Tapiwa N. Pastoral Care From a Third World Perspective: A Pastoral Theology of Care from an Urban Contemporary Shona in Zimbabwe New York: Peter Lang, 2001

Recommended.

Augsburger, David, Pastoral Counseling Across Cultures Philadelphia: Westminster Press, 1986

Atkinson, D. R., Counseling American Minorities. Iowa: Wm. C. Brown Publishers, 1989.

Boyd-Franklin N., Black Families in Therapy: A multisystems approach. New York: The Guilford Press, 1989.

Ivey Allen, et al. Counseling & Psychotherapy: A multicultural perspective

Pederson Paul and Ivey Allen Culture-Centered Counseling & Interviewing Skills

Sue Wind Derald, Multicultural Counseling competencies: Individual & Organizational

Development

- van Beek, Aart M., Cross-cultural Counseling (Creative Pastoral Care and Counseling series), Minneapolis: Fortress Press, 1996.
- Watkins-Ali Carroll. Survival and Liberation Kansas: Chalice Press, 1999.
- Wicks R, Pastoral Counseling in the Global Church: Voices from the field. New York: Orbis Books Maryknoll, 1993.

Further Readings

- Lartey E, The Church and Healing: Echos from Africa. New York: Peter Lang, 1994
- Moyo Ambrose, Zimbabwe: The risk of Incarnation (Gospel and Cultures pamphlets) Geneva: World Council of Churches, 1996.
- Ivey Allen, et al. Counseling & Psychotherapy: A multicultural perspective
- Pederson Paul and Ivey Allen Culture-Centered Counseling & Interviewing Skills
- Sue Wind Derald, Multicultural Counseling competencies: Individual & Organizational Development
- van Beek, Aart M., Cross-cultural Counseling (Creative Pastoral Care and Counseling series), Minneapolis: Fortress Press, 1996.
- Watkins-Ali Carroll. Survival and Liberation Kansas: Chalice Press, 1999.

Journals:

The following journals contain articles that address cross-cultural issues in counseling and will be useful for finding articles for assignment A. Most of the articles are accessible through (EBSCO CD-ROM) on the Asbury Theological Seminary library computers.

- Adolescence
- Counseling and Values
- Counseling Psychology
- Counselling Psychology Quarterly
- Cross Currents
- Family Journal
- Family Relations
- Interpretation: A Journal of Bible and Theology
- Journal of American Indian Education
- Journal of Black Psychology
- Journal of Counseling and Development
- Journal of Counseling Psychology
- Journal of Cross-cultural Psychology
- Journal of Marital and Family Therapy
- Journal of Mental Health Counseling

Journal of Multicultural Counseling and Development
Journal of Multicultural Social work
Multicultural Teaching
Pastoral Psychology
Women and Therapy
Class Schedule

Jan 26, Monday

Morning

Introduction to Advanced issues
Basic Counseling Skills

Basic issues in cross-cultural counseling

Read Counseling the Culturally Diverse Chapter 1, 2 & 3
Counseling Across Cultures Introduction vii-xvii

Afternoon

Barriers to Effective Multicultural Counseling

Read Counseling the Culturally Diverse Chapters 4 & 5

Jan 27 Tuesday

Morning

Cross-cultural Family Counseling and Therapy

Read Counseling the Culturally Diverse Chapters 6

Afternoon

Minority Racial and Identity development

Read Counseling the Culturally Diverse Chapter 8

Jan 28 Wednesday

Morning

White Racial Identity Development

Read Counseling the Culturally Diverse Chapter 9 (8:45- 10:30)

Values & Ethics – Counseling Gays & Lesbians (10:45-Noon)

Read Counseling the Culturally Diverse Chapter 10 and 16

Counseling Across Cultures Chapter 3

Jan 28 Wednesday

Afternoon-

Non-Western and Indigenous Methods of healing – (1:15 –2:45pm)
Counseling the Culturally Diverse (CCD) Chapter 7

Group Presentation & Role play -Read Mucherera Pastoral Care from a Third World Perspective. Chap 1-6. (3:00-4:30pm)

Jan 29, Thursday

Morning

Counseling African-Americans (8:45 –10:15am)

*(Group Presentation and **Role play** - Read Sue & Sue (CCD) Chapter 11*

Counseling American Indians / Alaskan Natives (10:30 –12noon)

*Group Presentation and **Role Play**- Read Sue & Sue (CCD) Chapter 12.*
Also Counseling Across Cultures Chapter 8

Jan 29, Thursday

Afternoon

Counseling Asian Americans. (1:15-2:45)

*(Group Presentation and **Role play** - Read Sue & Sue (CCD) Chapter 13)*
Also Counseling Across Cultures Chapter 6

Counseling in Latin America/ Hispanic Americans 3:00 –4:30pm)

Read Sue & Sue (CCD) Chapter 14

*(Group Presentation and **Role play** - Read Wicks & Estadt: Pastoral Counseling in a Global Church (pp. 3 - 27) (Check with the DMin Office)*
Also Counseling American Minorities pp. 255-267 (DMin Office)

Jan 30 , Friday

Morning

Counseling Arab-Palestinians (8:45-10:15am)

(Group Presentation and Role Play- Read Dwairy (Cross-cultural Counseling) (10:30-12Noon)

Note: Professor reserves the right to adjust the syllabus.