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CO 730 Advanced Issues in Cross-Cultural Counseling

Tapiwa N. Mucherera

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ADVANCED ISSUES IN CROSS-CULTURAL COUNSELING

CO 730

Instructor: Tapiwa N. Mucherera, Ph.D.  Office: Stanger Hall 409
Office hours: by appointment   Semester: Spring 2005
Pre-requisite: PC510 or CO601   Time: T/Thurs 1:00-2:15pm

I  Course Description
The purpose of this course is to help students to develop a counseling ministry, which 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 religious-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

A. 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.

B. 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 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 Experiential: Students will seek to develop a relationship over the whole semester with someone from another culture (e.g. International students at Asbury college or Seminary. Another option is to choose your practicum setting if it is with a cross-cultural population). Partly, the experience of engaging in the cross-cultural experience is the one you will draw on in writing the first paper due at midterm.

V Course Assignments

A. **Your group has the full 1hr 15 mins of class, so use it wisely – Let me know ahead of time if you need to use my computer for your presentation.**

B. 1. **Role Plays (will be presented in class on Tuesdays):** The class will be divided into groups of 4 or 5 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 playing. The role-play will be video taped, and you will hand in the video-tape of your role-play at least two (2hrs) before class to Sujatha Pichamuthu at X2100 at the VIS center. Twenty (20 minutes) will be allocated for the role-play. There will be (15 minutes) of feedback at the end of your role-play. I expect you to practice outside of class at times agreeable to your group.

2. Group Presentation on a particular Ethnic minority group (will be presented on Tuesdays).

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 25 minutes to present your findings based on research and/or interviews about the ethnic group’s history in brief: a) location or origins, traditional family values systems, cultural world-view, religious beliefs; b) experiences of oppression, influence of colonization and Christianity; and c) stereotypes/prejudices generally held by others about the particular group. The students’ presentation is 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 minutes for Q/A session at the end of your group presentation. The role-play will be presented first and the presentation will be last on the same day.

The presentations and role play 35%

A research paper of 18-20 pages double spaced (I will not read more than 20 pages, so limit your papers to a maximum of 20 pages), addressing and/or presenting:

a). a brief historical background of ethnic group’s: a) location or origins, traditional family values systems, cultural world-view, religious beliefs; b) experiences of oppression, influence of colonization and Christianity; (Please do not choose people considered Western or Caucasians). (5pgs)

b). address 1) how the ethnic minority group continues to experience inequality and give some examples of stereotypes, prejudices, racism, oppression, language (verbal and non-verbal) barriers in providing counseling with the particular ethnic group chosen for the paper; 2a) how the counseling relationship is affected by the
level of counselee’s racial identity development; and 2b) the effects of the
counselor’s lack of awareness of issues (e.g. forced assimilation, poverty, family
values, etc,) pertinent to counseling those of different culture; (8pgs)

c). the question why North American Caucasian or Western theories and
approaches in general are not always appropriate and relevant for some ethnic
minorities in counseling, particularly with the ethnic group you have chosen; and
provide two theories or approaches (if adjusted) you believe would be most
appropriate for the group and why; (3pgs)

d). the paper covers the question how you integrate spirituality in counseling with
the specific group you chose (also read Counseling Across Cultures p.78-80, 273-
287, 291-292). From your research, state the importance of spirituality for this
ethnic minority group and what traditional religious beliefs and Christian values
that could easily be integrated into a counseling relationship; and (from a Biblical
perspective) what mandates are there in providing counseling to those of different
culture from one’s own? (3pgs)

e). Finally, summarize some of the things that you have discovered about yourself
in terms of strengths and/or areas of development you need to work on, in your
engaging others in counseling cross-culturally. (1pg)

**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 of origin).

30 %. The paper is due May 17th, 2004.

VII Class participation and attendance are expected a point will be taken off for
each class missed and due to lack of participation. 5 %

VIII Role play & presentation, are done on Tuesdays - 35%

You are to hand in 5 summary-reflections (2 –2 ½ pages each) from any of the
10 chapters assigned from Sue & Sue; and/or other assigned texts. These
summaries are due the day each of the chapter is discussed in class. One
page of your summary-reflection is a summarization of the chapter and
another page is a reflection on the material, which may include personal
experiences of the issues discussed or how you find this material helpful or
not helpful in your future work as a counselor. 10%

You are also to submit 2, book-summary reflections (double spaced 5 pages
Readings: Required


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.


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.


Further Readings
Lartey E, The Church and Healing: Echos from Africa. New York: Peter Lang, 1994


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

Week 1 
Feb 8 & 10
Introduction to Advanced issues
Counseling Skills

Basic issues in cross-cultural counseling

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

Week 2 
Feb 15 & 17

Barriers to Effective Multicultural Counseling

Read Counseling the Culturally Diverse Chapters 4 & 5
Week 3
Feb 22 & 24
*Cross-cultural Family Counseling and Therapy*
Read *Counseling the Culturally Diverse* Chapters 6

Week 4
March 1 & 3
*Minority Racial and Identity development*
Read *Counseling the Culturally Diverse* Chapter 8
Also *Counseling Across Cultures* Chapter 4

Week 5
March 8 & 10
*White Racial Identity Development*
Read *Counseling the Culturally Diverse* Chapter 9

Week 6
March 15 & 17
*Values & Ethics – Counseling Gays & Lesbians*
Read *Counseling the Culturally Diverse* Chapter 10 and 16
*Counseling Across Cultures* Chapter 1

Week 7
March 22 & 24 Reading Week

Week 8
March 29 & 31
*Non-Western and Indigenous Methods of healing*
Also *Counseling the Culturally Diverse (CCD)* Chapter 7

Week 9
April 5 & 7
*Counseling in Africa*
*Role Play* - Read Mucherera *Pastoral Care from a Third World Perspective*, Chapter 1-4

*Read* Mucherera *Pastoral Care from a Third World Perspective*, Chapter 5-6

Week 10
April 12 & 14
*Counseling African-Americans*
*(Role play)* - Read Sue & Sue (CCD) Chapter 11

Week 11
April 19 & 21
*Counseling American Indians and Alaskan Natives*
*Role Play* - Read Sue & Sue (CCD) Chapter 12.
Also *Counseling Across Cultures* Chapter 3
Week 12  April 26 & April 28

Counseling Asian-Americans
(Role play - Read Sue & Sue (CCD) Chapter 13)
Also Counseling Across Cultures Chapter 5

Week 13  May 3 & 5
Counseling in Latin America Counseling/ Hispanic Americans
Read Sue & Sue (CCD) Chapter 14
(Role play - Read Wicks & Estadt: Pastoral Counseling in a Global Church (pp. 3 - 27)
Also Counseling American Minorities pp. 255-267
(The readings from Wicks & Estadt will be handed out in class)

Week 14  May 10 & 12
Counseling Arab-Palestinians
(Role play- Read Dwairy (Cross-cultural Counseling)

Week 15  May 16- 20 B Finals Week

Professor reserves the right to adjust the syllabus.