

# Counseling Diverse Populations

COU 610-001

Fall 2007

Saturday 9:00 – 11:45

INSTRUCTOR: Dr. Jacqueline Smith, Ed.D., LPCC

Email Address: [smithjac@nku.edu](mailto:smithjac@nku.edu)

OFFICE LOCATION: BEP Room 203F

HOURS: By Appointment

MAILBOX LOCATION: BEP Room 203

TELEPHONE: Office: 572-6149

Secretary: 572-5604

**COURSE DESCRIPTION:** The purpose of this course is to provide an understanding of the cultural context of the counseling relationship; to examine issues and concerns related to such factors as culture, ethnicity, age gender, sexual orientation, religious and spiritual values, socioeconomic status and various unique characteristics

**LEARNING OBJECTIVES:** Students will be able to:

- 1) Develop cultural self-awareness and an appreciation of their cultural heritage and development (CACREP II. K.2.b.,d.)
- 2) Recognize their own worldview, biases, stereotypes, and prejudices and understand how those variables influence counseling with diverse clients (CACREP II. K.2.b.,d.)
- 3) Increase their understanding of the values, beliefs, and behaviors among and between people of different social, cultural, and racial groups (CACREP II.K.2.a.,e.)
- 4) Recognize and explain the processes of intentional and unintentional oppression and discrimination and their detriment to human growth and development (CACREP II.K.2.a.,e.)
- 5) Analyze and explain how social, political, legal, economic, and educational factors jointly affect racial and ethnic groups in the United States. (CACREP II.K.2.f.)
- 6) Demonstrate effective interpersonal skills and counseling strategies for working with diverse populations and ethnic groups (CACREP II. K.2.c.)
- 7) Identify the legal and ethical implications within multicultural counseling (CACREP II.K.2.f.)

**REQUIRED TEXT:**

Schmidt, John J. (2005). Social and Cultural Foundations of Counseling and Human Services: Multiple Influences on Self-Concept Development. Allyn & Bacon.

Lee, C. C.. (2006). Multicultural Issues in Counseling: New Approaches to Diversity, 3<sup>rd</sup> ed. Alexandria, VA: ACA.

## COURSE REQUIREMENTS:

All requirements must be met in order to receive a passing grade in this course. In addition, all work submitted must reflect the student's own individual work. Any academic dishonesty such as cheating or plagiarism will result in either a failing grade in the course, a failing grade on the assignment, or other stipulations, which are up to the instructor based on the nature of the case.

The work you will do in this course is subject to the Student Honor Code. The Honor Code is a commitment to the highest degree of ethical integrity in academic conduct, a commitment that, individually and collectively, the students of Northern Kentucky University will not lie, cheat, or plagiarize to gain an academic advantage over fellow students or avoid academic requirements. Students are to avoid any form of academic dishonesty including, but not limited to, plagiarism (defined as the knowing use, without approval, of published materials, expressions, or works of another with intent to represent the material as one's own), alteration of records, substitution of another's work representing it as the student's own, and knowingly assisting another student in engaging in any such activity. A copy of the Code may be found in the NKU Student Handbook and at the Dean of Students' page on the NKU website at <http://www.nku.edu/~deanstudents/>.

Students with disabilities who require accommodations (academic adjustments, auxiliary aids or services) for this course must register with the Disability Services Office. Please contact the Disability Service Office immediately in the University Center, Suite 320 or call 859-572-6373 for more information. Verification of your disability is required in the Disability Services Office for you to receive reasonable academic accommodations. Visit the Disability Services website at [www.nku.edu/~disability/](http://www.nku.edu/~disability/).

**Professional Behavior:** Students are expected to adhere to the highest standards of ethical and professional behavior. Students are expected to cooperate with one another and with the instructor, to contribute to group discussions and projects, and to represent their own work fairly and honestly. It is also essential that during any staff observations or campus visits that the student conduct themselves in a manner which reflects positively on the student and NKU. Students are expected to adhere to professional behavior as outlined in the ACA and ASCA Code of Ethics and will be accountable to the Counseling program (see Student Handbook).

**Attendance:** Attendance is a very important part of this course because there WILL be material presented in class that will not be found in your textbook and in-class activities that cannot be completed outside of class. In the event of an absence, students will be responsible for arranging to get any assignments, picking up any handouts, and/or getting class notes from a classmate. As a courtesy to your classmates, PLEASE MUTE OR TURN OFF ALL ELECTRONIC COMMUNICATION DEVICES DURING CLASS. If you absolutely *must* take a call, please leave the classroom.

**METHODS OF INSTRUCTION:** Blackboard will be the primary medium for course communication, posting of assignments, and access to supplemental readings. Instruction will be through lecture, experiential exercises, and small group interaction. Additional readings, Blackboard discussions, and video presentations also may

supplement class materials. Assessment will be through weekly reaction papers, individual and group projects, and exams.

**Readings:** Students will be expected to read and seek to understand the main points of the readings assigned for each class, and participate actively, thoughtfully, and with respectful consideration for other students. Reading assignments may not directly parallel the lecture and exercises of the class. You will, however, be expected to read the texts as assigned each week. On occasion, there may well be discrepancies between the content of the class discussion and the material presented in the texts. You are, however, expected to read the texts as assigned each week and apply evaluative, critical analysis. **Objective: 2; 3; 4; 5; 6; 7**

**Reaction papers.** Reaction papers will be written at the conclusion of each class describing your integration of the readings, experiential exercise & and classroom discussions. The purpose is for continued self-assessment and demonstration of critical thinking on the subject matter. The papers also allow you the chance to reflect upon and explore some personal concerns, questions, and issues that may arise during the course. Reaction papers should not be used as class critiques or to judge classmates. Points will be assigned based on the depth of thoughtfulness. THERE ARE NO MAKE-UPS FOR REACTION PAPERS. **Objective: 1; 2; 4; 5**

**Group Presentation Project:** To recognize the intercultural and intracultural values and behaviors of specific cultural, social, and/or racial groups and the legal and ethical implications within multicultural counseling, students will be given an ethical/counseling dilemma and must determine how to resolve the issue for two specific ethnic/racial/cultural groups of people. Each group will demonstrate their strategies/treatment plan through role-play. A Powerpoint presentation will also be given to discuss the breadth and depth of, as well as the similarities and differences between cultural factors that influence clients within their assigned groups. Further instructions will be given in class. **Objective: 3; 6; 7**

**Personal Interview Project:** One of the better ways to learn about the life experiences of others is by interviewing them. This project will give you an opportunity to find out about another cultural group. Therefore, during the course of the semester students will interview an individual of an ethnic group different from their own. The interview should be 60-90 minutes in length. Further instructions will be given in class and found on the handout (located on Blackboard). Your paper should be written according to the APA style of the *Publication Manual of the American Psychological Association, 5<sup>th</sup> ed.* **Objective: 2; 3; 4; 6**

**Immersion Activity:** In an effort to gain an awareness and appreciation of experience of minority status, students will attend a 2-hour event that is culture-specific and different from their culture. Afterward, students will write up their experiences by answering the questions found on the handout (located on Blackboard). Be prepared to discuss your experience in small groups. **Objective: 2; 3; 4; 6**

**On-line Assignments:** All assignments posted on Blackboard will be due by midnight on the day of class. Students will be expected to read and react to selected articles. Papers should be at least 2 pages in length. The articles will focus on controversial diversity issues within our society. **Objective: 3; 5; 7**



October 13	<b>MIDTERM EXAM</b> <b>Objective: 3; 4; 5; 6</b> <b>Interview due; Discussions of interviews Objective: 1</b>		
October 20	Ability, Attractiveness, Aging, and Self-Image <b>Experiential exercise: Objective: 1; 2; 4;</b>	Chapter 7	
October 27	Religion, Spirituality, and Self-Concept Development <b>Experiential exercise: Objective: 1; 2; 4;</b>	Chapter 8	
November 3	Social Class and Economic Considerations <b>Experiential exercise: Objective: 1; 2; 4;</b>	Chapter 9	
November 10	Counseling and Cultural Diversity <b>Objective: 2; 5; 6</b> Ethical and Legal Issues <b>Objective: 2; 6; 7</b> <b>IMMERSION ACTIVITY DUE</b>	Chapter 10 Chapter 11	Chapter 24
November 17	<b>Online assignment due by noon</b> <b>Objective: 3; 4; 5</b>		
November 24	<b>THANKSGIVING HOLIDAY</b>		
December 1	Research Issues and Future Considerations for Counseling Diverse Populations <b>Objective: 2; 6; 7</b> • Post-Assessment <b>Objective: 1</b> • Group Presentations <b>Objective: 3; 6;</b> •	Chapter 12	
December 8	<b>FINAL EXAM</b> <b>Objective: 3; 4; 5; 6; 7</b>		

\* When necessary, changes may be made to assignments, requirements, schedule, or methods of grading to meet the needs/demands of the class as deemed necessary by the instructor. Students will be informed in writing of any changes and the reason for such changes.