

**Nova Southeastern University  
Center for Psychological Studies**

**Course Outline**

<b>Course # &amp; Title:</b>	PSY 632 Social and Cultural Foundations of Counseling		
<b>Credit Hours:</b>	3		
<b>Location/Section:</b>	Miami/MI2		
<b>Dates:</b>	May 2, 3, 4, 2008 May 16, 17, 18/2008		
<b>Class Meeting Times:</b>	Fridays	6:00 PM	---10:00 PM
	Saturdays	8:30 AM	---6:00 PM
	Sundays	8:30 AM	–5:30 PM
<b>Instructor:</b>	Betty Ann Badger, Ed.d. 561-434-4145 Badgerba@nova.edu		

**Required Text:**

“Book of Readings,” (2<sup>nd</sup> Edition). An anthology of relevant material selected and organized by instructor. The site coordinator will sell this book; cost is \$25.00. Check to NSU.

**Supplemental Materials:**

- a. Summaries and criticisms of articles from “Book of Readings”.
- b. Video tapes.

**Course Description:**

This course addresses cultural diversity and its implications for counseling. It considers the psychological impact of factors such as sex, race, ethnicity and culture, religious preference, socioeconomic status, sexual orientation, and physical disability. It explores common stereotypes and out-group prejudices and how to overcome them in counseling. Finally, it reviews counseling issues and strategies for diverse clients.

**Course Objectives:**

1. Become knowledgeable about the multicultural explosion in the US and its significance for mental health counseling.
2. Increase students' awareness of the complexity of culture-related issues in counseling.
3. Become aware of cultural bias toward clients from diverse racial and ethnic backgrounds, age, gender, and alternative lifestyles.
4. Identify students' personal values, assumptions, and priorities regarding culture and understand their own biases and ethnocentrism.
5. Be introduced to issues of mental health and psychotherapy from a cultural perspective.
6. Become familiar with multicultural theories and the effective use of multicultural counseling and other interventions with diverse populations.
7. Become aware of culturally appropriate assessment methods.
8. Become aware of the ethical standards that guide the provision of multicultural counseling.

**Description of Written Assignments:**

- a. Summary and critique of four journal articles: From Book of Readings, write a three-page comparison of the positions of Pedersen, Patterson, Weinrach, and Speight.
- b. Original paper: a two-page paper in which you identify six terms from the "language of diversity" which have impacted your thinking.
- c. Course project: a five-page paper on an ethnic or sociocultural population. Document your review of literature with a minimum of 3 published sources; use author-year format. Paper must include factual information about the population; examples of the social stressors on this population; and your own self-assessment of yourself as a counselor for this population. Do not use internet material other than complete articles with bibliographical information included.
- d. Mid-term exam: an objective-type exam covering the ethnic populations, ideological controversies, and related material from Book of Readings.

## Reading Assignments and Course Agenda

### Prior to May 2:

Students will have read Book of Readings with emphasis on major ethnic populations and ideological controversies in counselor training.

### Friday, May 2:

Overview of course; multicultural explosion.

### Saturday, May 3:

Language of diversity; major ethnic groups; related videos.

### Sunday, May 4:

Workshop on diversity-sensitive counseling; mid-term exam (see above)

### Prior to May 16:

Students will have read Book of Readings with emphasis on sociocultural populations.

### Friday, May 16:

Laws and ethics relevant to diversity-sensitive counseling; sociocultural populations.

### Saturday, May 17:

Major sociocultural populations; related videos.

### Sunday, May 18:

Workshop on diversity-sensitive counseling for sociocultural minority populations; final quiz covering all material related to these populations; all papers due.

### Grading Criteria:

Summary and critique of four journal articles	10%
Original paper on language of diversity	15%
Mid-term exam	20%
Final exam	25%
Course project	30%

## Bibliography

Atkinson, D. R., Morton, G., and Sue, D. W. (1983). *Counseling American Minorities: a Cross-Cultural Perspective*. Wm. C. Brown: New York.

Cose, Ellis (1993). *The Rage of a Privileged Class*. New York: Harper Collins.

Deal, T. P., and Swisher, L. (Eds.) (1990). *The Elderly: Opposing Viewpoints*. San Diego: Greenhaven Press.

Douglas, C. (1990). *Counseling Same-Sex Couples*. New York: W. W. Norton.

Hetherington, C. and Orzek, A. (1989). "Career Counseling and Life Planning with Lesbian Women". *Journal of Counseling and Development*, 68, 52-55.

Humes, Charles; Syzmanski, Edna M.; Hohenshil, Thomas . (1989). "Roles of Counseling in Enabling Persons with Disabilities"; *Journal of Counseling and Development*, 68, 145-148.

Myers, Linda J. (1990). "Understanding Family Violence: An Afrocentric Analysis Based on Optimal Theory." In Ruiz, Dorothy (Ed.) *Handbook of Mental Health and Mental Disorder Among Black Americans*. Greenwood Press: New York.

Pool, Robert. (1993). *Evidence for Homosexuality Gene*. *Science*. Vo. 261.

Spector, Rachel. (1991). *Cultural Diversity in Health and Illness*. Norwalk, Ct.: Appleton and Lange.

Weinrach, S. G. and Thomas, Kenneth. (1998). *Diversity-Sensitive Counseling Today: a Postmodern Clash of Values*. *Journal of Counseling and Development*. Vol. 76, 30-36