



COUN 522.401: COUNSELING DIVERSE POPULATIONS Spring 2015

Instructor: Yesim Saatci, Ph.D

Semester: Spring 2015

Office Hours: Dr. Saatci's office is at Bin 229A

Tuesdays: 3:00pm-4:30pm. In MPLX (Counseling Department's Office)

Wednesdays: 5:20pm.-7:20pm. In CHEC Bldg.

Fridays: 1:00pm-2:30pm. In Commerce (Bin 229A)
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COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings:

Required Text: Sue, D.W. & Sue, D. (2013). *Counseling the culturally diverse: Theory and practice*. (6th ed.). NY: John Wiley & Sons ISBN: 978-1-118-02202-3

** Additional required readings and materials will be given.

Course Description:

COUN 522: *Counseling Diverse Populations*. Three- semester-hours.

Emphasis on developing knowledge, skills, and attitudes for more effective counseling with persons different from the counselor regarding characteristics such as culture, race, gender, sexual orientation, physical disability, and religious preference. Substantial attention is given to developing awareness of one's own values, attitudes, and beliefs as they relate to counseling in a diverse society. Provides an understanding of how diverse values and mores, interaction patterns, social conditions, and trends related to cultural and ethnic diversity affect counseling.

GENERAL COURSE INFORMATION

This course is a required course for all master's degree options. It appears on all plans leading to licensure as a professional counselor and certification as a school counselor in Texas. The course provides an understanding of the cultural context of relationships, issues and trends in a multicultural and diverse society related to such factors as culture, ethnicity, nationality, age, gender, sexual orientation, mental and physical characteristics, education, family values, religious and spiritual values, socioeconomic status and unique characteristics of individuals, couples, families, ethnic groups and communities.



Student Learning Outcomes

Students will demonstrate awareness and knowledge of:

1. multicultural and pluralistic trends, including characteristics and concerns between and within diverse groups nationally and internationally;
2. attitudes, beliefs, understandings, and acculturative experiences, including specific experiential learning activities designed to foster students' understanding of self and culturally diverse clients;
3. theories of multicultural counseling, theories of identity development, and social justice;
4. individual, couple, family, group, and community strategies for working with and advocating for diverse populations, including multicultural competencies;
5. counselors' roles in developing cultural self-awareness, promoting social justice, advocacy and conflict resolution, and other culturally supported behaviors that promote optimal wellness and growth of the human spirit, mind, or body; and
6. counselors' roles in eliminating biases, prejudices, and processes of intentional and unintentional oppression and discrimination.

TOPICAL OUTLINE OF CONTENT

Includes, but is not limited to, the following:

- I. Historical contexts of culture:
 - A. The world in a cultural context
 - B. Immigration through U.S. history
 - C. Prejudice and oppression against various minorities and diverse groups
 - D. World views of diverse groups
 - E. Melting pot versus salad bowl philosophies
 - F. Diverse groups in economic, political, and sociocultural contexts
 - G. Emic versus etic views
- II. Multicultural and pluralistic trends, Multicultural and racial identity development and views on acculturation:
 - A. Multiculturalism as a fourth force in counseling
 - B. Multiculturalism in the context of human development
 - C. Characteristics and concerns of diverse groups
 - D. Contemporary views on prejudice and diversity
 - E. Research on prejudice and cultural sensitivity
 - F. Attitudes toward multiculturalism
 - G. Social Justice as the fifth force in counseling



III. Various types of diversity in counseling contexts

- A. counselor attitudes toward various diverse groups
- B. counselor values as they relate to diversity
- C. ethics and diversity
- D. matching models of multicultural counseling
- E. world-view structures for counseling diverse groups
- F. counseling from multicultural development models
- G. counseling with specific diverse populations

TEXES COMPETENCIES THAT RELATE TO THIS COURSE (TEXES is the state examination required for school counselor certification.)

Competency 002 (Student Diversity)

The school counselor understands human diversity and applies this knowledge to ensure that the developmental guidance and counseling program is responsive to all students.

Competency 003 (Factors affecting Students)

The school counselor understands factors that may affect students' development and school achievement and applies this knowledge to promote students' ability to achieve their potential.

Competency 005 (Developmental Guidance Program)

The school counselor knows how to provide a comprehensive developmental guidance program that promotes all students' personal growth and development.

Competency 008 (Collaboration with Families)

The school counselor knows how to communicate effectively with families and establish collaborative relationships that enhance work with students.

Competency 010 (Professionalism)

The school counselor understands and complies with ethical, legal, and professional standards relevant to the profession.

SELECTED BIBLIOGRAPHY

Includes, but is not limited to, the following:

- Arredondo, P., Toporek, R., Brown, S.P., Jones, J., Locke, D.C., Sanchez, J., & Stadler, H. (1996). Operationalization of the multicultural counseling competencies. *Journal of Multicultural Counseling and Development, 24*, 42-78
- McGoldrick, M., Giordano, J., & Garcia-Preto, N. (Eds.). (2005). *Ethnicity and family therapy* (3rd ed.). NY: Guilford Press.
- Ridley, C.R. (2005). *Overcoming unintentional racism in counseling and therapy: A practitioner's guide to intentional intervention* (2nd ed.). Thousand Oaks, CA: Sage.



Robinson, T.L., & Howard-Hamilton, M.F. (2000). *The convergence of race, ethnicity, and gender: Multiple identities in counseling*. Upper Saddle River, NJ: Merrill. Vontress, C.E., Johnson, J.A., & Epp, L.R. (1999). *Cross-cultural counseling: A casebook*. Alexandria, VA: American Counseling Association.

COURSE REQUIREMENTS

Instructional Methods/Activities/Assignments

Instructional Methods: Lecture, discussion, experiential activities and assignments.

Participation/Attendance (15 points): Attendance in all sessions is critical. Regular attendance, arriving to class on time, and reading the materials before class are expected. You are encouraged to **actively** participate in and out of class. You will have many opportunities to contribute to the total learning experience through attendance, small and large group discussions of the course material, your reactions to it and assigned activities. You cannot have more than **two** absences or doctor's note is necessary.

Student Learning Outcome #2

Personal Assessment Paper (25 points): The purpose of this paper is to summarize the insights you have gained about yourself through the various structured self-exploration activities and class discussions. These activities and discussions are designed to stimulate introspection and increase self-awareness. **Guidelines for this paper are included in the syllabus on p. 11.**

a) Journal Article Analysis or b) Multicultural Interviews (36 points):

If the student prefers to do:

a) "Journal Article Analysis" Assignment (36 points): The student will write **three journal article analysis** at **12 points each** through the semester. The student will be able to develop a more in-depth knowledge of one cultural subgroup through library research and journal article analysis.

Instructions: Research **3 professional journal articles** addressing issues related to counseling the *subgroup* you have chosen to study. For *each* article: Maximum length of the paper is **three-page, double spaced**. When the cover page is included, it's a four-page paper. The student will be able to write in APA style and then briefly summarize the article, give your reactions to the journal article, and indicate whether you would recommend this article or not and why. Articles older than 15 years will not be accepted. Articles must be from at least three different journals. **See p. 6 for more information ****



b) “Multicultural Interviews” Assignment (36 points): The student will be able to conduct **three interviews** focusing on a cultural/racial/ethnic group of their choice that is different from their own or based on the availability of the interviewees to them at **12 points each** through the semester.

There will be two questions asked to the interviewees: (1) How is the wedding ceremony done in your culture?; (2) Could you please elaborate on the funeral ceremonies held in your culture based on your experience?

Maximum length of the paper is **three-page, double spaced**. When the cover page is included it's four-page paper. **See p. 6 for more information ****

Midterm Exam (50 points): There will be a midterm exam in the form of a multiple choice test that includes *25 questions*. In this exam, you will demonstrate knowledge and application of key concepts; for example: essential concepts such as racial/cultural identity, privilege and discrimination, and cultural biases, as well as application of this knowledge.

Student Learning Outcomes #1, #3, #4, and #5

Cultural Event Paper (20 points): Given the subcultural group you have chosen, you will attend one cultural immersion event in which you will be minority. This is not an “anthropology” assignment. Rather, it is an opportunity to experience being a cultural outsider. You will write up your experiences, feelings, reflections or reactions in a 2-3 page paper. The emphasis of the paper is on your personal reactions to the experience and your possible internal dialogues. **See p. 6 for more information ****

Cultural Event Presentation (14 points): Additionally, the student will be able to present this paper and his/her reflections in class as well.

Student Learning Outcomes #1, #2, and #6

Final Paper (90 points): In this paper you will demonstrate your ability to apply knowledge of key multicultural counseling concepts. You will demonstrate knowledge gained during the semester, grounding your thoughts in the course readings and class discussions, citing the literature in APA style. You will conclude the paper with discussion of your reactions to the research, with self-assessment of your growth during the semester. **Guidelines for this paper are included in the syllabus on p. 12.**



**** Additional Information for Journal Article Analysis or Multicultural Interviews and Cultural Event Assignments:** *Both these assignments will focus on a cultural subgroup you have chosen for more in-depth study.* You will choose a subcultural group to focus on throughout the semester. This group must be any ethnic or racial minority group *different from your own*, chosen from the following:

Hispanic American
Asian American
Native American
African American
Latino/a American
Jewish American
Muslim American
LGBT population
People with disabilities
People living in poverty
Older Adults
Women
Multiracial/multiethnic

If you are interested in a racial or ethnic minority subcultural group *and* gays and lesbians, older adults, women, people living in poverty, or persons with disabilities there are two ways to focus your inquiry.

- 1). Emphasize your chosen racial or ethnic minority group and include some additional, more specialized knowledge:
e.g. mainly focus on Native Americans; as part of your inquiry, look into concerns for Native American gays and/or lesbians.
- 2). Give equal weight to your chosen racial or ethnic minority group and gays and lesbians, the elderly, women, people living in poverty, or persons with disabilities.
e.g. Focus on Asian American women, Native American women, etc.
e.g. Focus on Hispanic American elders, Asian American elders, etc.

TECHNOLOGY REQUIREMENTS

This class requires students to be able to access and use the library databases.

ACCESS AND NAVIGATION

This face-to-face class does not require access to eCollege.



COMMUNICATION AND SUPPORT

Preferred method for contacting the instructor is [e-mail: Yesim.Saatci@tamuc.edu](mailto:Yesim.Saatci@tamuc.edu). In most instances you will receive a reply within 24 hours. If you are in need of support, please email and/or make an appointment to meet with me during office hours. Be sure to email in advance if you will miss class or will be late to class.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures:

Attendance: The student is expected to attend class regularly. University guidelines regarding attendance policy will be followed. Maximum **two** absences are allowed.

Required Papers/Late Papers: Papers are due on the dates noted in the syllabus. All papers are due at the beginning of the class period. Late papers will have 10% deduction from the final score.

Papers should be typed, with a one-inch margin on all sides. All assignments *should be double-spaced*. Use APA writing style and format throughout the papers including to cite all references. Please correct typos and grammar mistakes. Use non-sexist language. Put your name and title of paper on a separate APA style cover page with Running head.

University Specific Procedures:

Student Conduct:

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).

Students with Disabilities:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:



Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library- Room 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
E-mail: StudentDisabilityServices@tamuc.edu

CONDUCT AND ACADEMIC HONESTY

"All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See Student's Guide Handbook, Policies and Procedures, Conduct) "Graduate students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all their scholastic work." (See Section A13.12, Academic Honesty, A&M-Commerce Procedures.)

UNIVERSITY CLOSING DUE TO WEATHER

Check <http://www.tamuc.edu/> regarding class cancellations. Also, KETR radio on 88.9 FM and television channels 4, 5, and 8 (channel 7 for Tyler & Longview Area).

GRADING

Attendance	6%	15 points
Cultural Event Paper	14	20
Presentation of the Cultural Event		14
Personal Assessment Paper	10	25
Journal Articles/Interviews (3)	14	36 (12 points each)
Midterm Exam/Test	20	50
Final Paper	36	90
	100 %	250 points

A = 225-250

B = 200-224

C = 175-199

D/F = 150-174 and below



COUN 522 Section 401-COURSE OUTLINE/CALENDAR

1/20: **Course Introduction and Overview**

Assignment/Activity: Values clarification exercises, Multicultural Questionnaire

Discrimination and Oppression: The Process of "Othering"

Readings: Sue & Sue, Chapter 1

1/27 **The Superordinate Nature of Multicultural Counseling; Multicultural Competence for Minority Group Counselors; Politics of Counseling: Social Justice**

Readings: Sue & Sue, Chapters 2, 3 & 4

Activity: Library research to begin working on Journal Article Analysis Assignment

2/3 **Systemic Oppression and Worldview; Microaggressions**

Readings: Sue & Sue, Chapters 5 & 6

Assignment: JOURNAL ARTICLE SUMMARIES DUE

2/10 **Barriers to Multicultural Counseling; Culturally Appropriate Intervention Strategies**

Readings: Sue & Sue, Chapters 7 & 8

** on reserve:

Pedersen, P. (1987). Ten frequent assumptions of cultural bias in counseling. *Journal of Multicultural Counseling and Development*, 15, 16-24.

Assignment: PERSONAL ASSESSMENT PAPER DUE

2/17 **Racial/Cultural Identity Development**

Readings: Sue & Sue, Chapters 11 & 12

**on reserve:

McIntosh, P.(1 995).White privilege and male privilege: A personal account of coming to see correspondences through work in Women's Studies. In M.L. Andersen & P.H. Collins (Eds.), *Race, class and gender: An anthology* (pp.76-87). Belmont, CA: Wadsworth.

Croteau, J.M. (1999). One struggle through individualism: Toward an antiracist white racial Identity. *Journal of Counseling & Development*, 77, 30-32.

D'Andrea, M. (1999). The evolution and transformation of a white racist: A personal narrative. *Journal of Counseling & Development*, 77, 38-42.

2/24 **Multiracial/ethnic Identity Development; Counseling LGBT Individuals**

Readings: Sue & Sue, Chapters 18 & 22

** on reserve or additional readings:

Fukuyama, M.A. (1999). Personal narrative: Growing up biracial. *Journal of Counseling & Development, 77*, 12-14.

Williams, C.B. (1999). Claiming a biracial identity: Resisting social constructions of race and culture. *Journal of Counseling & Development, 77*, 32-35.

Hermann, M. A., & Herlihy, B. R. (2006). Legal and ethical implications of refusing to counsel homosexual clients. *Journal of Counseling and Development, 84*, 414-418.

3/3 Counseling African Americans; Counseling American Indians and Alaskan Natives

Readings: Sue & Sue, Chapters 14 & 15

3/10 Chapter -Counseling Asian Americans; Counseling Latinos

3/17 Test Review

Readings: Sue & Sue, Chapters 16 & 17

Assignment: LAST DATE FOR CULTURAL EVENT PAPER TO BE TURNED IN

3/24 MIDTERM/TEST

3/31 Chapters 19 & 20

4/7 Presentations of Cultural Event paper

4/14 Presentations of Cultural Event paper

4/21 Chapters 21 & 23

4/28 Chapters 24 & 25

5/5 Assignment: Final Paper Due

Wrapping Up:

Explain more about your Cultural Event experiences in this course?

What you've learned this semester?

How this class/professor affected you?



PERSONAL ASSESSMENT PAPER (25 points): Objective: To identify and explore personal attitudes, values, and behaviors that can impede or enhance the cross-cultural helping relationship.

In the first two weeks of class you have had the opportunity to explore some of your own beliefs, thoughts, and attitudes through discussions, introspection, and readings. In **3-5 pages**, write your reaction to these stimuli with respect to insights you have gained about yourself.

Address at least three of the following questions in your paper:

1. What have I discovered about myself as I examine my own personal values, beliefs, and attitudes that can influence my ability to help a culturally diverse client?
2. What do I need to explore and develop in myself in order to increase my sensitivity to and/or awareness of cross-cultural issues?
3. What stops me from confronting some very difficult issues about prejudice, racism, and stereotypes?
4. Where and how did I learn my bias?
5. What strengths do I have that may be of value in a helping relationship with someone from a different culture?

To *guide your thinking* as you prepare to answer the *above* questions, you might consider such issues as:

What is my motivation for studying this subject?

1. What experiences in my life have influenced my feelings about cross-cultural issues?
2. What do I feel about my own ethnic identity?
3. How do I describe my value orientation?
4. What biases, positive or negative, do I hold regarding certain groups of people?
5. How flexible am I to experiences, values, and worldviews of individuals who are different from me?



FINAL PAPER: MULTICULTURAL PAPER (90 points): Objective: To teach the Master's level graduate students more about the other cultures and thus helping them to understand, accept, include, and counsel others who are different from them. They are the counselors-in-training who are still personally growing, improving, overcoming their biases and developing a sense of global unity under a humanistic perspective, by using a non-discriminatory, equal, fair, legal and ethical approach while embracing diversity and those who are traditionally/culturally not similar to them.

The student will be able to write **10-page-paper** on their selected topic related to "multicultural counseling" and include their reactions/reflections. The students will be able to research from **10 different resources/references** such as journal articles, books, websites etc. citing all of them in APA style. Cover page (with a Running head) is considered separate from the 10-page. The references used need to be current and up-to-date but should not be older than 15 years.

See p. 6 for more information **