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CO 730 Advanced Issues in Cross-Cultural Counseling

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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 2003

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.

1. **Role Plays (will be presented in class on Thursdays):** 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 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.** Thirty (30 minutes) will be allocated for the role-play. I expect you to practice outside

of class at times agreeable to the group. Feedback from peers and the instructor will follow soon after your role-play from the video.

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 structure* and *traditions*, which would impact the counseling process. As a group you will have **40 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.

The presentations and role play 30%

A research paper of 18-20 pages (I will not read more than 20 pages, so limit your papers to a maximum of 20 pages), which 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).

30 %. The paper is May 16th, 2002.

VII **Class participation and attendance are expected or there will be a penalty on your final grade due to lack of participation and missing classes.**

VIII **Take Home Exam - 20 %**

Role play & presentation 30%

You are to hand in a 1 page summary of each chapter assigned (10 chapters out of the chapters assigned to read) from Sue & Sue. You are also to submit a two-page summary reflection of Mucherera or Dwairy's book. For Sue & Sue, the summaries are due the day each of the chapter is discussed in class. For Mucherera's book the summary reflection is due April 2, 2003; and Dwairy's is due May 15th, 2003.

Book Summaries 25%

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 Different New York: John Wiley & Sons, 1999.

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.

Fukuyama, M., & Sevig Todd D., Integrating Spirituality into Multicultural Counseling. London: Thousand Oaks, 1999.

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.

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 11 & 13

Introduction to Advanced issues
Counseling Skills

Basic issues in cross-cultural counseling

Read Counseling the culturally different Chapter 2

Counseling Across Cultures Introduction vii-xvii

Week 2

Feb 18 & 20

Barriers to Effective Multicultural Counseling

Read Counseling the Culturally Different Chapters 3 & 4

Week 3

Feb 25 & 27

Cross-cultural Family Counseling and Therapy

Read Counseling the Culturally Different Chapters 5

Week 4

March 4 & 6

Racial and Identity development

Read Counseling the Culturally Different Chapter 6

Week 5

March 11 & 13

White Racial Identity Development

Read Counseling the Culturally Different Chapter 7

Week 6

March 18 & 20

Values & Ethics – Counseling Gays & Lesbians

Read Counseling the Culturally Different Chapter 8 and 15

Counseling Across Cultures Chapter 3

Week 7

March 25 & 27

Non-Western and Indigenous Methods of healing

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

Also Counseling the Culturally Different (CCD) Chapter 9

Week 8

April 1 & 2

Counseling in Africa

(Role play - Read Mucherera Pastoral Care from a Third World Perspective, Chapter 1-4

Week 9

Reading Week April 7-11

Week 10

April 15 & 17

Counseling Asian-Americans

(Role play - Read Sue & Sue (CCD) *Chapter 12)*

Also Counseling Across Cultures Chapter 6

Week 11

April 22 & 24

Counseling in Latin America Counseling/ Hispanic Americans

Read Sue & Sue (CCD) *Chapter 14*

(The readings for Latin Americans are all on reserve)

(Role play - Read Wicks & Estadt: Pastoral Counseling in a Global Church (pp. 3 - 27)

Also Counseling American Minorities pp. 255-267

Week 12

April 29 / May 1

Counseling African-Americans

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

Week 13

May 6 & 8

Counseling American Indians and Alaskan Natives

Role Play- Read Sue & Sue (CCD) *Chapter 13.*

Also Counseling Across Cultures Chapter 8

Week 14

May 13 & 15

Counseling Arab-Palestinians

Read Dwairy (Cross-cultural Counseling)

Week 15

May 19- 23 B Finals Week