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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

Final

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 religio-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 17<sup>th</sup>, 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**

each) of Mucherera; and Dwairy's book. For Mucherera's book the summary reflection is due April 8, 2004; and Dwairy's is due May 13<sup>th</sup>, 2004.  
**Book Summaries                      20%**

**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 Diverse New York: John Wiley & Sons, 2002.

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 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.**