PSY510 – Social and Cultural Foundations of Counseling

Spring 2011

Instructor: Fred L. Hall, MS, MPH, LPC, NCC, ACS

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Office Hours: By appointment

Course Credit: 3 Hours

Schedule: Mondays 6:00 PM to 9:00 PM

Required Course Book:
Multicultural Counseling Competence: A Systems Approach, 1st Edition by Hays and Erford

Course Description:
The course will examine the impact of cultural diversity among races, ethnic groups, genders, and social classes on personality, value systems and the counseling relationship with an understanding of societal changes and trends, human roles in societal subgroups, social mores, and differing lifestyles, gender equity, and individual adjustment. It will help students examine their own attitudes, behaviors, perceptions, and biases to developing culturally aware approaches to teaching, counseling, and/or administration.

Course Objectives:

1. Acknowledge his or her cultural values and be aware of how cultural/ethnic biases may affect culturally diverse groups.

2. Explore the impact of socio-cultural factors upon the cognitive, affective, and behavioral development of culturally diverse groups.

3. Gain knowledge and information concerning specific ethnic and non-ethnic minority populations.

4. Review counseling theory and strategies and examine ethical issues as they relate to the cultural dynamics of various groups. This will include an examination of how these skills may be effectively implemented in agency, school and/or college counseling settings.
Methods of Instruction: The course will be taught using lecture, discussion, experiential activities, peer learning, multimedia, web resources, handouts, and supplemental materials.

Course Requirements/Assignments:

- Personal Journal Entries (10 each - 100 pts total)
- Diversity Interview Project (100 pts)
- Exams (2) (100 pts each)
- Small Group Work (25 each – 100 pts total)
- Community Field Work (100 pts)

Grading:

A (97-100)
A- (94-96)
B+ (91-93)
B (88-90)
B- (86-87)
C+ (83-85)
C (80-82)
C- (78-79)
D+ (75-77)
D (72-74)
D- (70-71)
F (Below 70)

Attendance Policy:
Regular attendance is expected and required. Excessive absences (more than 3 class meetings) will result in the loss of points equal to one letter grade per absence. If serious illness or an emergency prevents a student from attending any class, please notify the instructor before the class begins. It is the responsibility of the student to obtain any materials handed out or presented during the missed class from a classmate.

Class Participation:
Students are expected to actively participate in all components of the class and will be evaluated on the quality and quantity of discussion. Each student is expected to read all of the assigned materials in advance for each class and have prepared comments and questions for class discussion. Contributions should reflect knowledge of the reading assignments or other sources.

Evaluation of Written Work and Assignments:
All written work must conform to American Psychological Association (APA) style. If a student does not have a copy of the APA manual, one should be purchased, or the copy available in the curriculum center should be used. Students may use one of the many APA style websites available online.
Students will be evaluated on how well they represent their thoughts on paper, craftsmanship in writing, and organization of all written work. All written work, including essay responses, will be evaluated based on grammar, spelling, word usage, punctuation, subject-verb agreement, possessive vs. plural, typographical errors, etc. Errors of these kinds will result in point deduction from the grade.

All assignments are due as scheduled regardless of attendance, unless prior arrangements are made with the instructor. No credit will be given for late work, except as prearranged with the instructor. All submitted work not returned prior to the end of the course, will be available for students to collect one week after grades are posted. Any work not collected by the first full week of the next semester or term will be shredded.

**Course Outline:**

Week 1:
The Culturally Competent Counselor (Feb 1)
Lecture, Multicultural Exercises

Week 2:
Cultural Identity Development (Feb 8)
Lecture, Autobiography, Development of Multicultural Survey
*Group Discussion Assignment Due

Week 3:
Social Justice Counseling (Feb 15)
Lecture, Multimedia, Peer Learning

Week 4:
Racism and White Privilege (Feb 22)
Lecture, Small Groups,
*Selection of a person/ethnic group to interview
*Group Discussion Assignment Due

Week 5:
Gender and Sexism (Mar 1)
Lecture, Multimedia, Peer Learning

Week 6:
Sexual Orientation and Heterosexism (Mar 8)
Lecture, Small Groups, Multimedia
* Group Discussion Assignment Due
* Midterm Exam
Week 7:
Spring Break (Mar 15-21)

Week 8:
Social Class and Classism (Mar 22)
Lecture, Small Groups
*Group Discussion Assignment Due

Week 9:
Disability, Ableism, and Ageism (Mar 29)
Lecture, Peer Learning

Week 10:
Individuals and Families of African Descent
Individuals and Families of Arab Descent (Apr 5)
*Community Field Site Activity

Week 11:
Individuals and Families of Asian Descent
Individuals and Families of Latin Descent
Individuals and Families of Native Descent
Individuals and Families of European Descent (Apr 12)
Lecture, Peer Learning

Week 12:
Spiritual Diversity
Multicultural Conceptualization (Apr 19)
Lecture, Peer Learning

Week 13:
*Diversity Interview Project Due and Presentations (Apr 26)

Week 14:
*Final Exam, Course Evaluation, and Wrap Up (May 3)
Course Requirements:

1. **Personal Journal:** You are to maintain a personal journal for this class. Each entry is worth 10 points. Entries are to be made weekly and to be emailed to the instructor by Friday afternoon at 5:00 p.m. Journals are to reflect your earnest attempt to explore issues relevant to multicultural counseling in its various forms (theoretical, sociopolitical, practice issues) and make personal sense out of them. Entries are to include reactions to class experiences, assigned readings, newspaper and journal articles; as well as descriptions and reflections on experiences (personal and professional) that you have had that relate to the course topics. Journals will be graded based on thoughtfulness, substance, and level of analysis.

2. **Diversity Interview Project:** Interview one individual from a different cultural group (worth 100 points). This project consist of conducting one interview with an individual who is not from your cultural/ethnic group, and use the information from the interview to articulate your understanding of similarities and differences in their worldview and the similarities and difference between the worldview of your interviewee and yourself. This will be expressed in the form of a paper. The paper should be typed, double spaced and no more than 5 – 7 pages (excluding cover page). Use APA format.

3. **Exams:** There will be two exams (worth 100 points each) It will consist of questions derived from class and the reading. It will be in the form of true and false questions, multiple choice, matching, or essay.

4. **Group Discussion/ Reflection/Critique:** Discussion questions, activities and reading assignments, group discussions: Participation will include reading, participating in assignments, or examining a cultural topic and discussing its implications. This will be formalized by a group effort and written in report form during class.