**AUBURN UNIVERSITY**

**SYLLABUS**

**1. Course Number:** COUN 7330

**Course Title:** Counseling Diverse Populations

**Credit Hours:** 3 Semester hours (Lecture 3)

**Prerequisites:** None

**Course Instructor:**  Amanda Evans, PhD, LPC, NCC

**Semester/Year:** Fall 2013

**2. Date Syllabus Prepared:**

August, 2006; revised August 2007, revised Fall 2008, revised Summer 2009; July 2011;

August 2012; August 2013.

**3. Text**(s):

Sue, D & Sue D, (2007). *Counseling the Culturally Diverse: Theory and Practice* (6th

Ed.). Wiley, NY.

**4. Course Description:**  This course focuses on content addressing 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 including all of the following objectives:

**5.** **Student Learning Outcomes:**

a)      Multicultural and pluralistic trends, including characteristics and concernsbetween and within diverse groups nationally and internationally (CACREP.II.K.2.a.)

b)      Attitudes, beliefs, understandings, and acculturative experiences, including specific experiential learning activities; (CACREP.II.K.2.b.)

c)     Individual, couple, family, group, and community strategies for working with diverse populations and ethnic groups; (CACREP.II.K.2.c)

d)     Counselors’ roles in social justice, advocacy and conflict resolution, cultural self-awareness, the nature of biases, prejudices, processes of intentional and unintentional oppression and discrimination, and other culturally supported behaviors that are detrimental to the growth of the human spirit, mind, or body; (CACREP.II.K.2.d)

e)      Theories of multicultural counseling, theories of identity development, and multicultural competencies; (CACREP.II.K.2.e.)

f)       Ethical and legal considerations; (CACREP.II.K.2.f.)

g)      Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients and; (CACREP.II.K.2.g.)

h)      The role of racial, ethnic, and cultural heritage, nationality, socioeconomic status, family structure, gender, sexual orientation, religious, and spiritual beliefs, occupation, and physical and mental status, and equity issues in community counseling; (CACREP.CC.A.5.)

**6. Course Content Outline**

|  |  |  |
| --- | --- | --- |
| Date | Topic | Assigned Reading |
| 8/22 Week 1 | Introduction to the Course | **Bring 5 Items That Represent You.**  Sue & Sue Ch: 1 |
| 8/29 Week 2 | Nature of Multicultural Counseling  *The Color of Fear* | Sue & Sue Ch: 2 & 3  Ortiz (1999)  Williams (1999)  **Advocacy 1 Reflection Due.** |
| 9/5 Week 3 | Social Justice and Systemic Oppression  Values, Bias, Spiritual Identity | Sue & Sue Ch: 4 & 5  Balkin (2009)  Schlosser (2003)  **Reflective Journal Due** |
| 9/12 Week 4 | Barriers to Multicultural Counseling  Racial/Cultural Identity  Cultural Assessment | Sue & Sue Ch: 7, 11 & 13  Arrendondo (1999)\*\*  Cross Cultural and Multicultural Competencies\*\*  APA Guidelines Multicultural Training, Research… ++  Waters (2010)  **Reflective Journal Due** |
| 9/19 Week 5 | White Racial Identity Development  European/White Americans | Sue & Sue Ch: 12  Brandberry (1999)  McIntosh (1990)  **Reflective Journal Due** |
| 9/26 Week 6 | African/Black Americans  Culturally Appropriate Interventions | Sue & Sue Ch: 14 & 8  Smith (2007)  Jackson (1999)  **Reflective Journal Due** |
| 10/3 Week 7 | American Indians and Alaskan Natives  Evidence-based Practice | Sue & Sue Ch: 15 & 9  Thomason (1991)  Day-Vines (2007)  **Reflective Journal Due** |
| 10/10 Week 8 | Asian Americans and Pacific Islanders  Non-Western Indigenous Methods of Healing | Sue & Sue Ch: 16 & 10  Zhou (2009)  **Reflective Journal Due** |
| 10/17 Week 9 | Hispanic/Latino Americans | Sue & Sue Ch: 17  Altarriba (1998)  **Reflective Journal Due** |
| 10/24 Week 10 | LGBT | Sue & Sue Ch: 23  ALBGTIC Competencies\*\*  APA Guidelines LGBT++  **Reflective Journal Due** |
| 10/31 Week 11 | Arab-Americans and Muslim Americans | Chapter 19  Aprahamian (2011)  Jenkins (2012)  **Reflective Journal Due**  **Bibliotherapy Paper Due** |
| 11/7 Week 12 | Individual with Disabilities | Sue & Sue Ch: 26  Smart (2006)  APA Guidelines People w/ Disabilities ++  **Reflective Journal Due**  **Advocacy Project Paper Due.** |
| 11/14 Week 13 | Counseling and Poverty  *The Culture of Poverty*  *EcoPsychology* | Sue & Sue Ch: 25  Dakin (2008)  Howard (2000)  Oskamp (2000)  **Reflective Journal Due** |
| 11/21 Week 14 | ***No Class*** | **Advocacy #2 Reflection Due** |
| 12/5 Week 15 | Multi-racial Descent | Sue & Sue Ch: 18  Davis (2010)  Rockquemore (2003)  **Journal Summary Paper Due** |

**++ - readings for counseling/clinical psychology students.**

**\*\* - readings for clinical mental health and school counseling students.**

**7. Assignments/Projects:**

**A. Bibliotherapy Project:**

(100pts) – Students are expected to read and prepare a reflection based on a culturally diverse book. For this assignment, students will select and read a text whereby the main character represents a different racial and/or sexual background than the reader. Please do not select a biography of a famous individual (i.e., Condoleezza Rice, President Barack Obama, Ellen DeGeneres, et cetera). The main character can be either a fictional or actual person. Please consult with me if you are unsure if a particular text is consistent with this request.

Upon completion of the reading, students are to write a 10 page, APA (12pt font, 1” margins, headings, title page), with abstract, based on the story.

**Be sure to include** in your paper the following information:

a) A brief synopsis of the text (1 to 1 ½ pages);

b) Any counseling related insights you obtained from reading this text (be sure to cite class readings or empirically supported articles here);

c) Pretend that you are the main character’s counselor/psychologist and identify specific and relevant multicultural considerations and interventions that could be used when working with this client. Be sure to use current literature (ex. text, articles) to support your assertions.

**B. Group Presentation, Best Practices Handout and Discussion Questions:**

(100pts) – Each student group will examine the scholarly literature related to counseling an assigned social/cultural group. All groups will prepare a 60-minute presentation (including class discussion). Incorporating this information, please address:

**A:** A brief history of the specific population (keep this specific to the United States from 1913-2013).

**B:** Present two thought-provoking questions related to the weekly assigned readings.

**C:** Write a comprehensive client conceptualization. Each scenario should include client demographic information (e.g., age, sex, ethnicity, relationship status, etc.), presenting issue, and relevant social, cultural, family or other history important for understanding the client(s) and the presenting issue(s).

**D:** Present a demonstration via any media format (commercial, magazine, newspaper, television show, internet, movie, etc.) where your population is portrayed in a positive or negative manner.

**E:** Finally, examine the recent scholarly literature related to counseling with your chosen social/cultural group and prepare a “best practices” outline or bulleted summary (1-2 pages, including references) to distribute to class members.

**C. Advocacy Project:**

(200 pts) – Students are required to participate in an advocacy project that is meaningful to them. For this assignment, students must volunteer a minimum of eight hours participating in an advocacy project and/or social justice initiative. This project can be a student-developed project (i.e., food drive) or volunteer work with an already established organization (i.e., YWLP).

**Prior to completing the eight hours of volunteer work, students are to contact this professor and communicate their advocacy/social justice initiative. Students must obtain written approval by this professor via email before initiating the advocacy project. Upon completion of this exercise, students must submit a signed document from a supervisor/employer of the volunteer site to confirm the advocacy project was completed.**

For this assignment, there are three written components requested. All three of these documents should be single-spaced.

**Advocacy #1 Reflection (50 pts)**

In a single-spaced 1½ to 2-page document, please respond to all of the following questions (please use headers to separate each question).

* In your opinion, what are the social, political, economic, and cultural factors that may impact individuals from marginalized populations?
* What external barriers have you experienced that may impact your development as

an agent of advocacy/social justice in the helping profession (i.e., oppression,

privilege)?

**Advocacy Project Paper (100 pts)**

In a single-spaced 3 ½ to 4-page document, please respond to all of the following questions (please use headers to separate each question).

* Describe your advocacy project and express your personal reaction(s) to this project (2 pages).
* Explain the strengths and resources the marginalized population that you selected possess or have available to them (1 page).
* What is your opinion that individuals from marginalized populations might

internalize oppression and begin to believe that they are the problem (1 page)?

**Advocacy #2 Reflection (50 pts)**

In a single-spaced 1½ to 2-page document, please respond to all of the following questions (please use headers to separate each question).

* What skills would you like to learn to help you incorporate advocacy into your

professional identity?

* Based on your personal experience, please provide a strategy for graduate

students/helping professionals to consider when working with this population (ex.

How could obstacles be addressed? What resources are needed?).

**D. Reflective Journals:**

(65 pts; 5pts each) – You will be asked to write reflective journals entries every week, beginning next week. Entries should be double-spaced, 12pt font, Times New Roman – ½ page - minimum in length. In your journal you should process your personal reactions, thoughts, feelings, and insights into issues raised in class discussions, assignments, and readings. At times you will be asked specific questions to guide your reflections, but most often you will be free to structure your reflections as you see fit. **The weekly journal should be emailed to the instructor no later than 5 p.m. two days before class.** You will receive a maximum of 5 points for each completed journal entry, based on the quality and depth of your reflections. Late journals will not be accepted. Please save copies of all journal entries, as these will not be returned in hard copy. All journal reflections will remain confidential, although some content expressed in the journals may anonymously be included into class discussion.

**E. Summary Journal:**

(50 pts.) – At the end of the semester, write a summary (4-5 pages, double spaced) of your reflections throughout the semester. Focus particularly on any changes in understanding yourself (e.g., identity and worldview) and others, and conclude with a self-appraisal of your strengths and limitations in counseling persons socially/culturally different from you, considering the areas of knowledge, awareness, and skills.

**F. Extra Credit:**

(20 pts) – Students can earn extra credit in this class by assisting the classroom in scheduling speakers. As an experiential activity, speakers that represent the various populations we will discuss this semester are invited to the class to talk for approximately one hour. These presentations are not prepared speeches, but rather a personal discussion on what it is like for this individual to reside in Alabama and potential counseling considerations. Extra credit will be offered on a first come, first scheduled basis.

**8. Rubric and Grading Scale:** All assignments must be completed to earn a final grade. Grades will be based upon total point accumulation in the course:

|  |  |
| --- | --- |
| Bibliotherapy Project | 100 |
| Group Presentation, Practices, Questions | 100 |
| Advocacy Project | 200 |
| Reflective Journals | 55 |
| Journal Summary | 50 |
| **Total** | **505** |

**Grading Scale**

|  |  |
| --- | --- |
| A = 100-94% | C+ = 79-75% |
| A-= 93-90% | C = 74-70% |
| B+=89-87% | D = 69-60% |
| B = 86-84% | F = 59 - 0% |
| B- = 83-80% |  |

***All late assignments will receive a 5% grade reduction per day.***

1. **Class Policy Statements:**
   1. Attendance: Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence. If you miss a class session, please note that you will not receive credit for in-class activities and discussions; thereby your overall grade with be lowered **5** points for each absence.
   2. Excused Absences: Students are granted excused absences from class for the following reasons: illness or the student or serious illness of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have excused absences from class for any other reason must contact the instructor in advance or the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall notification occur more than once a week after the absence. Appropriate documentation for all excused absences is required. Please see the *Student EPolicy Handbook* at [www.auburn.edu/studentpolicies](https://cas.auburn.edu/owa/redir.aspx?C=ef2eb0b81d90495098a27dc4053361aa&URL=http%3a%2f%2fwww.auburn.edu%2fstudentpolicies) for more information on excused absences.
   3. Make-Up Policy: Arrangement to make up a missed major exam (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be limited must be initiated by the student within one week of the end of the period of the excused absence(s). Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.
   4. Academic Honesty: All portions of the Auburn University student academic honesty code (Title XII) found in the *Student EPolicy Handbook* will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.
   5. Disability Accommodations: Students who need special accommodations should make an appointment to discuss the “Accommodation Memo” during office hours as soon as possible. If you do not have an Accommodation Memo, [*Office of Accessibility*at https://fp.auburn.edu/disability/](http://www.auburn.edu/academic/disabilities/) at 1228 Haley Center, 844-2096 (V/TT).Telephone: (334)844-2096 (Voice T/O).
   6. Course Contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, and addendum to your syllabus and/or course assignments will replace the original materials.
   7. Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:

Engage in responsible and ethical professional practices

Contribute to collaborative learning communities

Demonstrate a commitment to diversity

Model and nurture intellectual vitality

1. **Justification for Graduate Credit:**

This course includes advanced content on pedagogical methods in counselor education. This includes content as specified by the Council for the Accreditation of Counseling and Related Programs (CACREP, 2009). All academic content approved by CACREP is for advanced Masters and/or Doctoral graduate study. This includes rigorous evaluation standards of students completing the student learning outcomes specified in this syllabus.

**References**

**\***Please note, the expectation is that students will read all of the assigned readings for this class; however, if a particular article or reading is distressing to the reader I ask that the student make the best decision for themselves as to whether continue with the reading. Please feel free to contact me [amt0004@auburn.edu](mailto:amt0004@auburn.edu) at anytime throughout the course to process class content.

Week 2:

Ortiz, S.O. (1999). You’d never know how racist I was, if you met me on the street. *Journal of*

*Counseling and Development, 77*, 9-12.

Williams, C.B. (1999). Claiming a biracial identity: Resisting social constructions of race and

culture. *Journal of Counseling and Development, 77*, 32-35

Week 3:

Balkin, R.S., Schlosser, L.Z., & Heller-Levitt, D. (2009). Religious identity and cultural

diversity: Exploring the relationships between religious identity, sexism, homophobia,

and multicultural competence. *Journal of Counseling and Development,* 87, 420-427.

Schlosser, L. (2003). Christian privilege: Breaking a sacred taboo. *Journal of Multicultural*

*Counseling and Development,* 31, 44-51.

Week 4:

Arredondo, (1999). Multicultural counseling competencies as tools to address oppression and

racism. Journal *of Counseling and Development, 77, 102-108*.

Arrendondo, P., Toporek, M.S., Brown, S., Jones, J., Locke, D.C., Sanchez, J., & Stadler, H.

(1996). *Operationalization of the multicultural counseling competencies.* AMCD:

Alexandria, VA.

Association for Multicultural Counseling and Development. (1991). *Cross cultural competencies*

*and objectives.* Alexandria, VA: Author.

Waters, E. (2010). The americanization of mental illness. *New York Times,* 40-45.

Week 5:

Brandyberry, L.J. (1999). Pain and perseverance: Perspectives from an ally. *Journal of*

*Counseling and Development, 77*, 7-9.

McIntosh, P. (1990). White privilege: Unpacking the invisible knapsack. *Independent School,*

49.

Week 6

Jackson, R. L. II. (1999). “Mommy there’s a n at the door.” *Journal of Counseling and*

*Development, 77*, 4-6.

Smith, J.R., & Wermeling, L. (2007). Counseling preferences of african american women.

*Adultspan: Theory, Research & Practice.* 6, 4-12.

Week 7

Day-Vines, N.L., Wood, S.M., Grothaus, T., Craigen, L., Holman, A., Dotson-Blake, K., &

Douglass, M.J. (2007). Broaching the subject of race, ethnicity, and culture during the

counseling process. *Journal of Counseling & Development,* 85, 401-409.

Thomason, T. (1991). Counseling native americans: An introduction for non-native american

counselors. *Journal of Counseling & Development,* 69, 321-328.

Week 8

Zhou, Z., & Siu, C.R. (2009). Promoting cultural competencies in counseling asian american

children and adolescents. *Psychology in the Schools,* 46(*3*), 290-298.

Week 9

Altarriba, J. & Bauer, L. M. (1998). Counseling the Hispanic client: Cuban Americans, Mexican

Americans, and Puerto Ricans. *Journal of Counseling and Development, 76,* 389-396.

Week 10

Association of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling. (2009).

*Competencies for counseling with transgender clients.* Alexandria, VA: Author.

APA Guidelines for Psychotherapy with LGBT Clients

http://www.apa.org/pi/lgbt/resources/guidelines.aspx

Week 11

Aprahamian, M., Kaplan, D.M., Windham, A.M., Sutter, J.A., & Visser, J. (2011). The

relationship between acculturation and mental health of arab americans. *Journal of*

*Mental Health Counseling,* 33, 80-92.

Jenkins, W.J., Ruppel, S.E., Kizer, J.B., Yehl, J.L., & Griffin, J.L. (2012). An examination of

post 9-11 attitudes toward arab americans. *North American Journal of Psychology,* 14,

177-84.

Week 13

Smart, J.F., & Smart, D.W. (2006). Models of disability: Implications for the counseling

profession. *Journal of Counseling & Development,* 84, 29-40.

APA Enhancing your Interaction with People with Disabilities.

http://www.apa.org/pi/disability/resources/publications/enhancing.aspx

Week 13

Dakin, J. & Wampler, R. (2008). Money doesn’t buy happiness, but it helps: Marital satisfaction,

psychological distress, and demographic differences between low and middle income

clinic couples. *The American Journal of Family Therapy,* 36, 300-311.

Howard, G. S. (2000). Adapting human lifestyles for the 21st century. *American Psychologist,*

*55,* 509-515

Oskamp, S. (2000). Psychological contributions to achieving an ecologically sustainable future

for humanity. *Journal of Special Issues,* 56(*3*), 373-390.

Week 15

Davis, S.E. (2010). The oneness of humankind: Healing racism. *Reclaiming children & youth.*

18, 44-47.

Rockquemore, K.A., & Laszloffy, T.A. (2003). Multiple realities: A relational narrative

approach in therapy with black-white mixed race clients. *Family Relations.*