

Clinical Work with Diverse Populations

CPSY 550

Fall 2008

Instructor: Mary M. Clare, Ph.D.

This course is an opportunity.

It is an opportunity to investigate notions of human diversity and clinical service delivery alongside questions of culture, mind, and self. What is human diversity and how has it come to be so influential in the lives of human beings? What does it mean to provide service as a counselor, therapist or school psychologist? How can that service be culturally relevant? What are the ways of knowing at the core of each of the concepts linked with delivering or receiving service? What is the source of those ways of knowing? What is the relevance of this sort of inquiry to lives of service professionals?

At the center of all of these questions are two that appear most fundamental to any human endeavor.

Who are you?
What do you want?

This course is based on the understanding that these questions must be fully engaged by any person wishing to be of service.

That basis means this class will offer the possibility of dropping out of the usual singular focus on mind and into the heart of inquiry. This shift can allow investigation of the fundamental truths that underlie all diversity, all service, all culture, and every other idea the mind generates. While there will be discussion of techniques, reviews of scholarship and research, and other appearances of academic classes, this course cuts to the essence of our work as counselors, school psychologists and marriage & family therapists. It takes the invitation presented by the immediate conditions of human diversity across race, ethnicity, gender, sexual orientation, socio-economic class, physical and mental ability, language, religion, geography, and any other distinction that might mediate human experience. This invitation is to see how honestly we may be of support – how the roles in which we appear in this life may be carried out with compassion, humility, and service.

Assignments:

- Engage the questions of the course with full attention and sincerity.
- Attend class meetings, group meetings, and any cultural events outside of class with your whole self.
- Tell the truth without blame or judgment.
- Pay attention to what has heart and meaning – refuse distraction into what is unnecessary (drama).
- Stay open but unattached to particular outcomes.

MOODLE—Most of the class material and assignment descriptions will be on line and accessible through the Moodle system (www.moodle.lclark.edu). The password for your access to this information is *a ver* (one of the sayings I picked up from my Mexican ‘aunties’ when I lived briefly in Michoican). More on Moodle in the first class.

Readings—Note the required readings listed below (and in Moodle). Additional readings will be completed for each class. That is, twice during the term, you will seek out, read and summarize readings supplementing the topic listed on the syllabus (see **M-Summaries** in schedule below). The articles you read will focus on techniques and/or diversity categories other than race/ethnicity (i.e., to balance with the required texts that focus primarily on racial/ethnic considerations).

You will submit citation information, an article summary (in your words) and, when possible, a link to the article itself on Moodle by Sunday night of the week for which you have responsibility. The rest of the class will be responsible for reading the summaries and one of the available articles by class time on Wednesday.

In general, the readings for each class meeting provide a common conceptual ground for all participants in the class. Your capacity for participation in this course will depend in large part on your preparation for each class session.

Group Inquiry—In the first class meeting, you will be assigned to an inquiry group. This group will be an anchor point for a significant part of your experience in this class.

Dialogue Journal—Following each class you will write something (on paper) to reflect your experience with the readings, discussions, and activities of this course. During class meetings, you will give your journal to another class participant for her or his written response. This dialogue simulates peer supervision and provides another opportunity for you to articulate and refine the insights you have related to the material and inquiry of this class. No part of your grade will be based on the content of these journals, but the presence or absence of entries and responses will be noted.

Direct Experience—Over the next two weeks, you will engage in at least two substantive social interactions outside of your apparent (and any other familiar) cultural affiliation(s). Informal reports of these experiences may be shared in class. You’ll submit a one page summary to me describing your experience and its relevance to you as a mental health service provider.

Project—Together with your group, you will determine what project you will complete (either individually or collaboratively). This project must meet the following criteria:

- It will involve substantive and probing inquiry into any area of relevance to counseling, therapy or school psychological services with diverse populations. We will discuss possibilities in the first class.
- It will be of demonstrable use to the authors.
- It will be presented to the class in some form that includes oral description of the project (its story) and what was learned from the experience.

Discussion of ideas will begin in the first class and, by the end of that class you will have come to agreement, with your group's consultation, on the nature of your project. In group meetings during and outside of class projects will be reviewed by group members to identify any gaps in the work and to aid with revision.

Paper—In the weeks following the last formal class you will prepare a paper answering the question “So What?” with reference to the experience and inquiry you have completed during the term. Essentially the question asks: What difference does this investigation make to your work as a practitioner? This paper may be an essay or a more formally structured (e.g. APA style) position statement. Whatever the format, your 5-7 pages of prose will contain

- A brief statement of what you see/know now that you didn't see/know before.
- Description of the experience, readings, discussions that led to this (these) new or revised understanding(s),
- The practical significance of this (these) new or revised understanding(s) to your professional practice (i.e., What does this look like in action through/by you?)
- And lastly, What next? What do you see as your next edges for development in the area of practice that best responds to the interests, concerns and well being of people across the range of human diversity?

Using Moodle, your inquiry group members will review your paper in support of revision at least once before final submission. The paper will be due via Moodle or e-mail (clare@lclark.edu) by **10a.m. December 9**. It may, of course, be submitted earlier.

Texts:

Required

Xing & Gonzales-Berry (Eds.). *Indigenous People and Racialized Ethnic Minorities in Oregon*

Harold Napoleon. *Yuuyaraq: The Way of Human Being*

Recommended

Sue & Sue. *Counseling the Culturally Diverse: Theory and Practice, 5th Edition*

Evaluation: Written self-evaluations will be submitted after the last class session and, at the latest, with the submission of the final paper. These evaluations will contain specific observations of the extent to which you participated in and gained from the class. E.g.,

- participation and engagement as a community member (see the five principled assignments listed at the top of the **Assignment** section),
- ideas developed based on this participation alongside related discussions and activities in and out of class, and
- ability to indicate what has been learned.

Your self-evaluation along with your credit/no credit status for each of the assignments outlined above will lead to the final grade:

- A - full credit on each assignment (CREDIT), self-evaluation and evaluation by instructor reflecting full participation engagement with the course curriculum and class community.
- B - full or partial credit* on each assignment (CREDIT, PARTIAL CREDIT), self-evaluation and/or evaluation by instructor reflecting substantive, but not full participation with the course curriculum and class community.
- C - partial credit on more than half of the assignments, self-evaluation and/or evaluation by instructor reflecting adequate, but not substantive or full participation with the course curriculum and class community.
- D - partial credit on more than half of the assignments, missing assignments, self-evaluation and/or evaluation by instructor reflecting adequate, but not substantive or full participation with the course curriculum and class community.
- F - course failure relative to criteria outlined above.

*For assignments receiving PARTIAL CREDIT, rewrites may be submitted within three days of your receiving my evaluation on the paper.

Attendance Policy: Class attendance is one of the most critical features of this course. Being here, and bringing your openness and attention will matter every time we meet.

Stated more formally...

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed at the by the instructor. More than one missed

class session (3.25 hours in the case of a three-credit hour class; 2.25 hours for a two-credit class; 1.25 hour for a one-credit class) constitutes failure to complete the class. In extreme hardship situations, and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or for the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines must be met.

Course Description from Graduate School Catalogue:

The development of counseling techniques for working **with** clients who are diverse in culture, gender, age, sexual orientation, or physical or mental ability. Focus is on helping students become capable therapists in varied environments, including becoming aware of their own beliefs, biases, and prejudices.

Related Authorizations: Successful completion of this course is necessary for fulfillment of degree requirements for any of the specialty areas in the Counseling Psychology Department. This course is also necessary for gaining access to licensure as a professional counselor, as a school psychologist, or as a marriage & family therapist.

**Schedule
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DATE	TOPIC AND ASSIGNMENTS DUE	READING
Sept 3	Clinical Work with Diverse Populations What is the source of this discussion? Who are we as we bring ourselves to these questions?	‘Black Holes’ APA/ACA Ethics and Guidelines
Sept 10	Media Context What is the impact of media on: Identity? Relationships across diverse groups? The therapeutic process? Your own learning?	MSummaries ‘Trolls’ Xing 1, 9 media in tx
Sept 17	Inventory of multicultural knowledge MODERNISM/POST-MODERNISM What do ‘we’ know? (who is/are the ‘we’?) What are we learning now? What are next edges of learning?	MSummaries ‘Iraqi Women’ Clare (in press) next edges

Sept 24	Foundations of diversity: MODERNISM/POST-MODERNISM Bodies, landscape and history DIALOGUE JOURNALS	MSummaries 'Italy' Napoleon Xing 9 trauma
Oct 1	Identity Development SPIRAL DYNAMICS DIALOGUE JOURNALS	MSummaries 'NewCountry' Xing 10, 12 identity
Oct 8	The political and the personal: STRONG OBJECTIVITY Family, language and economic class DIALOGUE JOURNALS	MSummaries 'Dwyer' Xing 7, 8 abuse/poverty
Oct 15	Shared oppressions: STRONG OBJECTIVITY Gender and age DIALOGUE JOURNALS	MSummaries 'Fathers' 'Moms' Xing 2, 6 gender/age
Oct 22	Religion and spirituality TERROR MANAGEMENT THEORY DIALOGUE JOURNALS	MSummaries 'Tolerance' Xing 3, 11 Spiritual count.
Oct 29	Community/ies: TERROR MANAGEMENT THEORY Within and between DIALOGUE JOURNALS	MSummaries 'Texas' Xing 4, 13 Comm. interv.
Nov 5	Global community: SPIRAL DYNAMICS Multiracial realities DIALOGUE JOURNALS	MSummaries 'Latin Africans' Xing 5 Why global?
Nov 12	Culturally responsive counseling: Multiple roles, singular lives What does competence look like? DIALOGUE JOURNALS PROJECT REVIEWS	MSummaries 'MLearner' Sue & Sue competent tx

Nov 19

Cross-cultural competence
DIALOGUE JOURNALS
REPORTS OF DIRECT EXPERIENCE
PROJECT PRESENTATIONS

Nov 22
9a.m. – 4 p.m.

Cross-cultural competence
DIALOGUE JOURNALS
REPORTS OF DIRECT EXPERIENCE
PROJECT PRESENTATIONS