

Multicultural Counseling

Group Contract: fall, Winter, Spring 2005-2006

Faculty: Dr. Mukti Khanna Office: Lab II Room 3266

Phone: 867-6752

Khannam@evergreen.edu

Mondays – 9-3 p.m. Sem 2 E3109, 1-3 p.m. Sem II E3107

Tuesdays 9-noon Sem 2 E 3109 noon – 4 p.m. Sem 2 C 4107

Wed. 9- noon Sem 2 E 3109, Lab I and Lab II fishbowls

The program will have an extra day during the quarter and not meet on Week 10. Time will be allocated for field research on your multicultural autobiography in December.

“One person sitting, walking, eating and breathing as a free person can make an impact on the whole environment around him.”

Thich Nhat Hanh

We live in challenging times during the current United Nations International Decade of Nonviolence. Our daily lives are highly affected by the growing interdependency of our ways of thinking, our beliefs, our cultures, our economic and political system. The worldwide impact of recent events has demonstrated our profound interconnectedness. The Chinese symbol for “crisis” means danger and opportunity. The current crisis has within it both the potential for annihilation and the transformative co-creation of a “culture of peace and nonviolence” as the United Nations decade urges.

During this year, we will look into Multicultural Counseling from theory, practice and application. Practice and mastery of counseling skills and developing one’s presence as a counselor will develop throughout the yearlong program. Expressive arts therapy practice and experience will be integrated in the program throughout the year. Students will design and facilitate expressive arts laboratories in the winter – spring that incorporate music, drama, stories and healing practices from their own cultural traditions. Theoretical foundations of counseling will be integrated into the program including personality theory, abnormal psychology, methods of inquiry, multicultural psychology and professional ethics. We will begin our inquiry into personality theory, counseling skills, expressive arts and multicultural psychology this fall.

Questions to be explored include:

How can the practice of deep listening create balance and self actualization?

What will happen if we as a learning community fulfill our evolutionary potential

To be of service to humanity at this time of crisis and transformation?

What is the relationship between inner evolution, personal presence and social transformation?

How can we go beyond words for peace building?

What cultural and healing practices can transform the cultural story that is contributing to intergenerational cycles of trauma and violence?
And many more cocreated by the learning community

Learning goals:

Learning goals for the fall include developing a theoretical and applied understanding of personality theory, multicultural psychology, counseling skills and expressive arts therapies. Students will deepen their understanding of psychological theory and practice from developmental, biological, cultural, emotional and social contextual perspectives. Students will begin to understand the impact of hierarchical, linear and nonlinear worldviews on the development of self, “isms”, and cultural competence. Students will explore theoretical and experiential work with expressive arts therapies for working with multicultural populations.

Counseling skills practice will occur in the program and through co-counseling partners that will engage in videotaped practice labs. Weekly videotaped practice with cocounseling partners will begin Week 3. Videotaped material provides a powerful learning tool for reflection, synthesis and mastery of skill based learning. It is important to have your tape reviewed and cued up for supervision during the program.

An integral component of the program will be participation in field internships. This will require a 15-hour a week commitment during the winter and spring quarters. We are fortunate that the Puget Sound area offers a rich variety of resources for us. You will interview at an internship site, begin training at the site if required and formalize your internship contract for the winter.

We will be reading many different perspectives and cases in multicultural psychology. In the field of multicultural psychology, an essential skill is the ability to enter another person and culture’s worldview and understand this from their experience:

If it is possible genuinely to meet and discover each other as persons, actually to empathize with and understand both the cultural beliefs and political views of each other – then I think the obscured future may be penetrated with some clear rays of light that we may realistically hope for a better world.

Carl Rogers (1902-1987)

Time Commitment:

This is a year long program and you are expected to commit to the duration of the program – fall, winter, spring. The program is designed as the equivalent of a standard 16-credit class load. Completing the reading, internship search and assignments outside of class including the time the program is meeting may be the equivalent of up to 40 hours a week. Please contact me if you have extenuating circumstances in which you need to be away from the program. Full participation means regular attendance in all parts of the program.

Credit:

This is a full time 16 credit program, If you do all the work and come to all of the classes, you are likely to receive 16 credits. If you don't do all the work or miss classes (Without clearing extenuating circumstances), you may receive less than 16 credits.

Portfolio:

Keep track of all of your work both in class and out of class. Written work can be kept in a notebook or binder. Expressive arts therapy work also needs to be kept. Don't throw anything away until the year is over. Plan to keep building your portfolio week by week as you create assignments.

Please check class list serve for handouts and information. To subscribe logon to your TESC account and send a post with the following on the address line:

Join-multicultural@lists.evergreen.edu

I look forward to creating an inclusive learning community with each of you!

** If you have special needs regarding disabilities, please contact Access Services 867-6348 and keep faculty informed of your needs prior to test and assignment deadlines.

Mornings will start with mindfulness practices from :

The Fine Arts of Relaxation and Concentration Levey and Levey

The Healing Promise of Qi Jahnke (optional)

Monday morning

Personality Theory

Personality and Personal Growth Fadiman and Frager (F and F)

Psychopathology of Everyday life Freud

Monday afternoon

Counseling Skills

Peer Counseling: Skills, Perspectives and Ethics D"Andrea and Salovey

Counseling and Therapy Skills Martin

Tuesday Morning

Multicultural Psychology and Personality Readings

Finding Our Way - Wheatley

Privilege, Power and Difference Johnson

Kitchen Table Wisdom Remen

Mythologies Hollis

Culture and Life

Overcoming Unintentional Racism in Counseling and Therapy

Native American Post Colonial Psychology

Integrating Traditional Healing into Counseling and Psychotherapy

** You will need 3 videotapes for the course of the program to work with ***

** The bookstore will send back all books left on the shelf shortly after the middle of the quarter. Make sure you purchase texts you will be buying on campus by this time.

Assignments:

In class and out of class assignments

Seminar preparation: mindmap with central thesis and 3 conceptual questions

Based on reading (turn in thesis and 3 questions- 2 copies each week)

Expressive arts journal - need a minimum of 2 dated entrees per week starting week 2

Seminar Facilitation

Counseling Videotape

2 integrative assessments - Week 5 and 10

Completed internship contract and liability waiver

Personality writing assignment

Relaxation Practice Chapter Write up and Implementation

Multicultural autobiographical writing assignment

Participation in Compassionate Listening retreat or option of doing another 8 hour counseling training in the community and writing a 3 page summary of this

Co -Counseling Journal

Self Evaluation

Initial Weekly Schedule

** Dates and assignments on this syllabus may change according to the needs of our learning community. Being actively involved in the program will keep you informed of any changes. The syllabus is a **guide** to our learning process and may be adapted during the course of the quarter, based on the evolution of our learning community.

Week One Sept. 26- 30

Monday - Introduction, Overview of the Program, Beginning the Journey

Please read and study media loan handout

Covenants, Personality Theory and overview, Earth Charter

Counseling structure

Grounding and Attending Skills, Salovey pg. 3- 21

Tuesday – Morning – Centering, - Levey – 1- 15

Announcement of Crisis Clinic training opportunity

Assign Seminar Facilitation and Freud readings, Counseling triads Personality

Websites assigned Class contact list generated

Wheatley readings and World Café process (www.theworldcafe.com)

Person centered principles and expressive arts therapy – Rogers, Ch. 1 - 3

Wed. – No class this week up

Week Two Oct. 3- 7

Monday – Centering – Levey 15-28, 47-52

Fadiman and Frager – Ch. 2, - Freud jigsaw groups on Psychopathology of Everyday Life

1 pm – Guest – Wendy Freeman – Graduate School overview

Open Questions Salovey pg. 21- 26, Martin –Ch. 5

Tuesday – Privilege, Power and Difference - Bring mindmap, turn in thesis Statement and 3 conceptual questions – 2 copies

Guest : Holly Colbert

Introduction to Theatre of the Oppressed

Rogers Ch. 4

Wed. Sem 2 E 3109 – Video proficiency training

Week Three Oct. 10- 14

Monday – Fadiman and Frager – Ch. 3 – Anna Freud

Paraphrasing – Salovey pg. 26-29, Martin Ch. 3

Tuesday - Internship contract workshop

Kitchen Table Wisdom pg. 1- 153 – Mindmap and questions

Expressive Arts Integration

Rogers Ch. 5

Wed. – Co-Counseling Triads

Week Four – Oct. 17- 21

Monday – Fadiman and Frager – Ch. 4 – Jung

Working with Feelings , Salovey –pg. 29- 36, Martin Ch. 6

Tuesday - Mythologems – Mindmap and Questions

Crisis Clinic introduction

Expressive Arts Integration - ** Bring Collage Images**

– Rogers Ch. 8

** Turn in co-counseling journal

Wed. – Co- counseling Triads

Week Five Oct. 24-28

Monday – Fadiman and Frager – Ch. 8 Erikson

Personality Story Assignment handed out

Summary – Salovey pg. 37- 42, Martin Ch. 2

Tuesday – *Culture and Identity*– pg. 1- 93 Mindmaps and questions

Multicultural Autobiography assignment distributed

Expressive Arts – Deep Time

Wed. – Co –counseling Triads

Graduate School Fair in Longhouse Education and Cultural Center noon - 4

Week Six Oct. 31-Nov. 4

Monday -Personality Story Due

Fadiman and Frager – Ch. 7- Psychology of Women

Evocative Empathy – Ch. 1, 8, 9

Tuesday – Overcoming Unintentional Racism in Counseling and Therapy pg. 1- 81

Color of Fear – Expressive Arts - Cops in the Head

Rogers Ch. 9

Wed. – Co-counseling triads

Week Seven Nov. 7- 11

Monday Fadiman and Frager Ch. 11 - 12– Skinner and Cognitive Psych.

Confrontation - Salovey pg. 75-78

Martin, Ch. 4

Tuesday – Native American Post Colonial Psychology pg. 1- 84, Mindmap and Questions

Expressive Arts Integration – Rogers Ch. 10

Terry Tafoya interview

** Turn in co-counseling journal

Wed- Co-counseling triads

Week Eight - Nov. 14- 16

Monday Fadiman and Frager – Ch. 14 – Rogers

Depression – Salovey = pg. 105-114, Martin Ch. 10

**Turn in Relaxation Chapter write-up

Tuesday – Integrating Traditional Healing into Counseling and Psychotherapy pg. 1- 112

Expressive Arts Integration – Rogers Ch. 11

Hand out Expressive Arts

Facilitation Guidelines for Winter – Spring

Internship Contracts turned in for Winter

Wed. – Co-counseling triads

Week Nine Nov. 28- Dec. 2

Integration

Monday – In Class Writing

Crisis Counseling – Salovey pg. 91-105, 129- 130 Martin Ch. 12,

Tuesday Sharing of Portfolios

Self – Eval critique

Potluck lunch

Turn in drafts of self-eval by 4 p.m. on Tuesday

Wed. Cocounseling Triads – Meeting with exiting students