

## 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 pm Sem II E 3109  
Tuesday 9-12 Sem II E 3109 1-4 SemII C 4107

*"What makes a community? What binds it together? For some it is faith. For others it is the defense of an idea, such as democracy or the fight against poverty. Some communities are homogeneous, others multicultural. Some are small as schools and villages; others as large as continents. What binds us into an international community? In the broadest sense there is a shared vision of a better world for all people. Together, we are stronger."*

*- Kofi Annan- UN Secretary General*

### **the Preamble of the Ecovillage Designer Education Curriculum:**

We live in challenging times during the current United Nations International Decade of Nonviolence. This quarter we will be working with Nonviolent Communication as part of the Season for Nonviolence, inaugurated by Arun and Sunandha Gandhi, from January 30 to April 4 ( the death anniversaries of Mahatma Gandhi and Martin Luther King).

#### Learning goals:

Learning goals for the winter include developing a theoretical and applied understanding of personality theory, multicultural psychology , research methods and abnormal psychology. Students will deepen their understanding psychological theory and practice from developmental , biological, cultural, emotional and social contextual perspectives. Students will continue to explore theoretical and experiential work with expressive arts therapies for working with multicultural populations. Students will co-facilitate one expressive arts therapy session during either the winter or spring quarters and continue facilitating selected seminars.

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 on Monday afternoon. You will need to reserve a video camera for this work each Monday . 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. Please keep a weekly field journal of your internship experiences, observing confidentiality . You need to have a minimum of one dated entrée per week, observing confidentiality of the identity of your clients.

#### Time Commitment:

The program is designed as the equivalent of a standard 16 credit class load. Completing the reading, internship 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. If you miss more than 3 classes during the quarter or fail to turn in more than 2 pieces of the assigned work, you may lose full credit for the program.

#### Portfolio:

Keep track of all of your work both in class and out of class. I will request to see your cumulative work again to prepare for evaluation conferences. 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.

I look forward to cocreating an inclusive learning community with each of you! Please contact me if you have special needs regarding disabilities.

#### Monday mornings:

Centering – Levey and Jahnke

Internship check in

Personality theory and Abnormal Psychology

#### Monday Afternoons:

Counseling Skills: Levey, Martin, Rosenberg

#### Tuesday Morning:

Centering : Levey and Jahnke

Research Methods – Pyrczak

Multicultural Readings

#### Tuesday afternoon:

Expressive Arts Integration - Rogers

The Creative Connection Rogers

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

Counseling and Therapy Skills Martin

Nonviolent Communication Rosenberg

Books:

The Creative Connection Rogers

Evaluating Research in Academic Journals Pyrczak

Counseling and Therapy Skills Martin

Nonviolent Communication Rosenberg

Counseling and Therapy Skills Martin

Understanding Abnormal Behavior Sue, Sue and Sue

Peace Begins Here Thich Nhat Hanh

Culture and Disability Stone

Overcoming Unintentional Racism in Counseling and Therapy Ridley

Native American Post Colonial Psychology Duran

Kitchen Table Wisdom Remen

Integrating Traditional Healing Into Counseling and Psychotherapy Moodley and West

Fine Arts of Relaxation Levey

Healing Power of Qi Jahnke

Culture and Identity Thomas and Scharzbaum

\*\* 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

3 conceptual questions and mindmap for Tuesday morning readings

Research Methods assignments

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

Seminar Facilitation

Internship Journal and Weekly Time Log

Counseling Videotapes

Counseling Quizzes

2 integrative assessments

Relaxation Skills Assignment

Participation in Design Team for Day of Presence or Love in

Action – write up your work for your portfolio

Winter - Spring Assignment - Each student will complete a final paper -10 page paper on their internship site, creating a literature review of information about related clinical sites, settings and populations, how it relates to what you learned at your local site and needs of this population. The paper and findings will be presented to the program in Power Point presentations at the end of the Spring Quarter.

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 Jan. 9 - 13**

Monday Overview of Quarter and Organization

Personality theory - F and F – Ch. 15 – Maslow  
Bring a cultural story from your multicultural autobiography  
Mandalas for intention

Tuesday – Centering

Research ch. 1  
Kitchen Table Wisdom pg. 154- 333  
Mindmaps, conceptual questions and thesis  
Afternoon – Depression Salovey – 105 – 114  
Martin, Ch. 10  
Day of Presence and Love in Action Design Teams

Wed- Friday each week - internship - You must have your contract and liability waiver turned in prior to starting your internship!

### **Week Two January 16- 17**

Monday – Martin Luther King Day –

Social Worker Advocacy Day State Capital

Tuesday – Centering

Research Ch. 2 – Homework for Ch. 1 - B. pg. 13 and  
Ch. 2 B. – pg. 24 – bring articles also (Pyrszak)  
Native American Post Colonial Psychology pg. 86- 208  
Mindmap, questions and thesis  
Depression Quiz  
Internship Check in  
Expressive Arts Integration

### **Week Three January 23- 27**

Monday – Centering

Internship Check-in  
Personality Theory – Yoga and Hindu Tradition – F and F – Ch. 16

Afternoon Suicide Counseling Salovey -pg. 114 – 130, pg. 371- 390, Martin,  
Ch.11  
Supervision and Triads

Tuesday - Centering –

Research – Ch. 3 – Homework, Ch. 3 – B. pg. 36 - Pyrzak

Integrating Traditional Healing into Counseling and Psychotherapy pg. 112-268  
Mindmaps, Thesis and Questions  
Afternoon – Expressive Arts Integration

**Week Four January 30- Feb. 3**

Monday – Centering

Internship Check – in

Personality Theory – Zen and the Buddhist Tradition F and F Ch. 17

Afternoon: Suicide Quiz

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

Martin Ch. 15 and 16

*Turn in Internship journal*

Tuesday -Centering

Research – Ch. 4 Homework – Ch. 4 b. Pg. 49 - Pyrczak

Peace Begins Here

Mindmaps, Questions and Thesis

Afternoon – Expressive Arts Integration

\*\* Turn in internship and cocounseling journals

\*\*Season for Nonviolence begins - January 30 - Death Anniversary  
of Mahatma Gandhi

**Lunar New Year Celebration – Feb. 3 and 4 with Chungliang Al Huang – Friday –  
Movement Workshop, Saturday – Community Celebration**

**Week Five February 6-10**

Monday - Assessment and Integration - Counseling and Theory,

Suicide Quiz

*Turn in Cocounseling journal*

Tuesday - Centering

Research Ch. 5, Homework B. – pg. 58 Pyrczak

Integrating Traditional Healing into Counseling and Psychotherapy pg. 270- 325

No mindmaps because of previous days assessment work,

Do bring 3 conceptual questions

Expressive Arts Integration – Finalizing Day of Presence

**February 9- 10 Day of Presence, Day of Absence** - Campus wide dialogues and  
events on diversity issues

**Week Six February 13- 17**

Monday - Centering

Personality Theory – Sufism and the Islamic Tradition – Ch. 18

Afternoon – NVC-Rosenberg –Ch. 1-2

Tuesday – Centering

Research Ch. 6 B. – Homework – pg. 73 - Pyrczak

Cultures and Identity : Religion – Pg. 177 – 237

Expressive Arts Integration = Student Facilitated

**Week Seven February 20- 24**

Monday Campus Holiday - President's Day

Tuesday - Centering

Research ch. 7 B. – Homework – pg. 82, Pyrczak

Overcoming Unintentional Racism in Counseling and Psychotherapy pg. 83- 153

Afternoon – NVC – Ch. 3 – Observations / Rainbow of Desire – Theater of the Oppressed

**Week Eight -February 27- March 3**

Monday – Centering

Abnormal Behavior – Ch. 1, 3, 4 – Sue, Sue And Sue

Afternoon –

NVC – ch. 4 – Feelings , Rogers ch. 6 – Bring colored pencils and pastels, using expressive arts in counseling

Supervision

Tuesday – Centering

Research Ch. 8 B. – Homework – pg. 97 Pyrczak

Culture and Disability pg. 1 – 114

Mindmaps, Questions and Thesis

Expressive arts Integration - Student Facilitated

**\*\* Start writing up spring internship contract with field supervisor\*\***

*Turn in Relaxation Chapter Write Up*

**Week Nine March 6- 10**

Monday = Centering

Abnormal Behavior – Ch. 5 Anxiety Disorders, Sue, Sue and Sue

NVC – Ch. 5- Needs, Rogers, Ch. 7 – Bring colored pencils

And pastels – using expressive arts in counseling

Tuesday = Centering

Research Ch. 9 Homework B. pg. 109 Pyrczak

Culture and Disability pg. 115- 225

*Turn in internship journal and cocounseling journal*

**Internship contracts for spring quarter turned in**  
Expressive Arts Integration – Student Facilitated

**Week Ten - March 13 = 17**

Monday – Centering  
In Class Writing  
Nvc –Ch. 6- Requests

Tuesday – Centering –  
Integration and Portfolios  
Expressive Arts Integration in afternoon

Thursday – email draft of self eval to faculty by noon

**Week Eleven - March 20- 24**

Evaluation conferences

\*\* I look forward to cocreating a meaningful learning environment with each of you!  
Please let me know if you need to meet to discuss any aspects of the program or your internship.