



### Syllabus

## ED 6318: Counseling in a Multicultural Society Clinical Mental Health Sul Ross State University Fall 2024

### Instructor:

Meara McMains, M.A., LPC, RYT, NCC, PhD Candidate  
College of Education and Professional Studies

**E-Mail:** meara.mcmains@sulross.edu

**Emergency Phone:** 210-818-9524 (cell); you're welcome to call/text me. (Please identify your name and course when texting.)

**Office Location:** Education, MAB 309, Virtual

**Office Hours:** Mondays 8-9am

Tuesdays-Thursdays 7-10am

Or by appointment

### **CATALOG COURSE DESCRIPTION:**

Designed to help students develop knowledge, skills, and attitudes needed to provide effective counseling in a multicultural and pluralistic society. Issues addressed include awareness of one's own worldview and that of others; racism, stereotyping, and discrimination; and demographic, community, and family characteristics of various minority groups.

### **REQUIRED TEXTS:**

All the required course materials for your classes are being delivered through Sully Shelf, the campus-wide course materials program. Your student account will be charged automatically, and you will not need to make a separate purchase.

- For this course we will be using a physical (print) book. You will receive an email confirming your materials are ready for pickup. Upon receipt of the email, please bring your Student ID to the online order pickup area at the campus store to pick up your print course materials. **Note:** If you drop this course on, or before, the last day of the DROP/ADD period (check the academic calendar [here](#)), when you return your physical course material to the campus store, your account will be refunded.

If you have any questions about Sully Shelf or the charge to your student account, please contact the campus store by phone at (432) 837-8194 or via email at [sullyshelf@follett.com](mailto:sullyshelf@follett.com).

Paul B. Pedersen, Walter J. Lonner, Juris G. Draguns, Joseph E. Trimble, and Maria R.

Scharrón-del Río *Counseling Across Cultures: 7<sup>th</sup> edition*, Thousand Oaks, CA: SAGE  
ISBN: 978-1-4522-1752-9

American Psychological Association (2020). The publication manual of the American Psychological Association. Seventh Edition. Washington, D.C. American Psychological Association. ISBN: 978-1-4338-3217-8

**All Students will also be required to purchase a DNA test online.** There are several testing sites available online – Please be aware that your final paper will require information from your testing results. Also be aware that the results of your tests will typically require 6-8 week turn around for results.

### CACREP REQUIREMENTS FOR CLINICAL MENTAL HEALTH COUNSELING

	CACREP Standard	Activity	SLOs
II.F.2.a.	Multicultural and pluralistic characteristics within and among diverse groups nationally and internationally	Chapters 5-9; Chapter 14-18  Reading and Discussion Questions	1, 3
II.F.2.b.	Theories and models of multicultural counseling, cultural identity development, and social justice and advocacy	Chapters 1-4; Reading and Discussion Questions	1, 3
II.F.2.c.	Multicultural counseling competencies	Article Read & Summarize (Ratts, Singh, Nassar-McMillan, Buntler, & McCullough, 2015)	1, 3
II.F.2.d.	The impact of heritage, attitudes, beliefs, understandings, and acculturative experiences on an individual's views of others	Cultural/DNA Analysis Paper	1, 3
II.F.2.e.	The effects of power and privilege for counselors and clients	Reading and Summarize Article (Hays, Dean, & Chang, 2007)	1, 3
II.F.2.f.	Help-seeking behaviors of diverse clients	Chapter 19-21 Reading and	1, 3

		Discussion Questions	
II.F.2.g.	The impact of spiritual beliefs on clients' and counselors' worldviews	Chapter 22 Reading and Discussion Questions	1, 3
II.F.2.h.	Strategies for identifying and eliminating barriers, prejudices, and processes of intentional and unintentional oppression and discrimination	Reading & Summarize (Ratts & Hutchinson, 2009)	1, 2, 3
	<b>Standards for Clinical Mental Health Counseling (CMHC) track</b>	<b>Activity</b>	<b>SLOs</b>
V.2.j	Cultural factors relevant to clinical mental health counseling.	Cultural/DNA Analysis Paper;	1, 3

### **COURSE OBJECTIVES:**

- Compare and contrast various identity development models
- Differentiate between various multicultural theories in counseling
- Identify various multicultural issues for different populations
- Enrich each student's understanding of his/her own identity
- Encourage each student to evaluate his/her own view of diversity
- Discuss ethical issues in multicultural counseling

### **Goals of the course:**

1. To review essential topics presented by authors with specialized expertise about those topics;
2. To articulate the generic relevance of multicultural counseling for each and every counseling relationship;
3. To demonstrate the applications of multicultural counseling skills to others

### **STUDENT LEARNING OUTCOMES:**

The student will be able to:

1. Demonstrate their ability to apply within guidance and counseling, their knowledge of human development, diversity, and factors that affect client's ability to achieve their potential
2. Demonstrate their ability to plan, implement, and evaluate a developmental counseling program, this program will incorporate assessment, as well as individual and group counseling services utilizing appropriate theoretical frameworks, techniques, and interventions to address personal, interpersonal/social, and educational needs.
3. Demonstrate the ability to communicate and collaborate effectively with others in diverse settings, including the community in order to facilitate client success, and will demonstrate

the ability to apply ethical, legal, and professional standards.

### **COUNSELOR EDUCATION MARKETABLE SKILLS:**

1. Graduates will demonstrate oral and written communication skills to apply in careers related to mental and behavioral health including school counseling.
2. Graduates will demonstrate knowledge of ethics, social justice issues, and multicultural concerns to apply in careers related to mental and behavioral health including school counseling.
3. Graduates will demonstrate knowledge of human growth development throughout the lifespan to apply in careers related to mental and behavioral health including school counseling.

### **DISTANT LEARNING STATEMENT:**

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, such as online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

### **ACADEMIC INTEGRITY:**

Students in this class are required to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be timely, prepared, and focused. Meaningful, respectful, and pertinent online participation is also expected.

Examples of academic dishonesty include but are not limited to: submitting work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation.

### **SAFE ASSIGN:**

The Safe Assignment Tool is an advanced plagiarism prevention system deeply integrated with the Blackboard Learning Management System. SafeAssignment compares student papers submitted to Blackboard against an enormous wide range of sources and provides instructors with detailed Originality Reports. Because of SafeAssignment's flexibility, this product is an effective plagiarism prevention system that helps instructors to raise student awareness about plagiarism and to educate students about the ways to avoid plagiarism. You can check your similarity report and make corrections if needed. With your similarity report, you will note highlighted areas that have similarity noted between your paper and another source. You will click on the tab within the colored square to see the percentage of the similarity. Percentages above 10% must be corrected. It does not matter if the source that is being noted for similarity is not the same source that you used. The system is telling you what you have written is too

similar to another source and you need to make corrections. You may need to change up some of the wording or order of information to make it your information. More than three or four words in a row that are identical to the originating author can be detected. You can submit your paper as many times as you would like. This system is designed to assist students with increasing awareness of plagiarism. Typically, plagiarism is an accidental occurrence and occurs when students do not realize their writing is overly similar to another source.

### **ADA (Americans with Disabilities Act)**

#### **SRSU DISABILITY SERVICES:**

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunity for full participation in programs, services, and activities. Students seeking disability services need to contact the Disability Services Coordinator located in the University Center Room 211. The mailing address is P.O. Box C-171, Sul Ross State University, Alpine, TX 79832. Telephone: 432-837-8178; Fax: 432-837-8724.

**PARTICIPATION POLICY:** Since ED 6344 is an online course, participation will be evaluated in Blackboard online discussions. It is the student's responsibility to check the Discussion Board and Sul Ross email DAILY for the duration of the course. In order for you to remain enrolled in ED 6344, you must reply to the Blackboard Discussion Board "Online Participation Policy" forum by the deadline posted on the Due Dates listing contained in this syllabus. It is policy at Sul Ross State University that if a student is enrolled in an online course and fails to stay active for a period of 3 weeks, fails to submit assignments, and/or does not reply to emails from the instructor, he/she will receive a final grade of "F." You may access the "Online Participation Policy" forum by entering Blackboard, then selecting Discussion Board. Please follow the directions regarding your required response.

#### **COURSE REQUIREMENTS:**

All assignments, discussion posts, and exams are due Sundays at 11:59pm the week they are assigned.

**If you need extra time on an assignment, please communicate with me via email BEFORE the assignment is due.**

**Writing Style.** APA writing format is required. All written assignments including discussion board must be typed using one-inch margins, 12-point type, and double line spacing; have all pages starting with the title page numbered; include a running head and be edited for spelling, punctuation, and grammar. **Papers with multiple errors and/or high (over 10%) similarity report (SafeAssign) will receive a reduction in grade.**

### **Cultural Community Engagement Project**

For this assignment you will be asked to engage in an activity associated with a multicultural community (examples: a Jewish celebration, attending a Muslim Mosque or Black church,

something to do with the Asian or Buddhist culture/ community, etc. etc.) that you do not typically engage with. This can include attending a multicultural community event, spiritual or faith-based activity, volunteering for a community organization, or anything else where cross-cultural experiences would occur. You will write a 5-7 page reflection on the experience and include the following sections in your paper. You must have approval before it will be accepted, so please email me.

**Historical context of the community:** In this section, you will briefly discuss the pertinent historical issues encountered by the community in which you are engaging with for the activity. This can include a myriad of socio-political issues and you are asked to be broad in your discussion.

**Multicultural issues in the counseling context:** In this section, you will discuss the multicultural implications experienced by this community in the context of counseling. This includes issues that counselors should be aware of when working with the community. Discuss how the issues impact the counseling experience for this community and what the counseling profession is doing to move towards social justice and advocacy work.

**Description of the event and its purpose:** Discuss the event you attended and gather information around the purpose of the event. Is the event a celebration? Meant to raise awareness? What do the organizers hope to achieve by holding the event?

**Your experience at the event:** Discuss your experience at the event and what you observed during your attendance. Discuss how the community members interacted with the attendees outside of the community. Explore what you observed about the

**Reflect on how the event influenced your counselor identity:** As a counselor-in-training, discuss how your experience at the event influenced you as a counselor. Did you learn something you didn't know before? How will you incorporate this experience into your work as a counselor?

This paper must be in APA format 7th edition, 5-7 pages. Please use scholarly resources from the Sul Ross library. A rubric will be used to score this assignment. Due in Module Eight.

### **Cultural / DNA Analysis Paper. Summary of DNA/ Ancestry Analysis**

You will be asked to complete a DNA/Ancestry Analysis Kit. You can purchase one of these kits from AncestryDNA, MyHeritage, FamilyTree DNA, 23and Me, LivingDNA, or any other company of your choice. **Be aware that the results take 6-8 weeks to receive, so please plan accordingly.** The purpose of this assignment is to explore and integrate information related to your cultural heritage with issues related to becoming a sensitive multicultural counselor.

The assignment is divided into three parts:

1. Personal cultural experience
2. DNA Report results
3. Cultural heritage identified VS DNA Analysis
4. Development as a sensitive multicultural counselor

Specific questions are provided below to stimulate your thinking across a range of cultural factors. Respond to each of the questions as appropriate.

**Section 3, does have specific questions that you need to address, these questions are**

**not optional.** (Remember, sometimes the fact that something is **not** valued is as meaningful as the fact that something **is** assigned value). Include additional information as needed to **complete a picture of your family heritage and personal cultural experience.**

At the close of this section, I will address confidentiality and privacy. This paper should be a minimum of **10 pages** in length, excluding the title page and reference section.

### **Personal cultural experience:**

In this section, address family and community values that have been part of your personal experience. Family should be addressed in the context of your extended family and include persons who assumed a familiar role in your development. Family would include your current “family” as well as your family of origin. Respond to each of the following questions as appropriate and include additional information as needed to complete a picture of your personal cultural experience.

- In what way has the information discussed in the first section carried forward to influence your personal cultural experience?
- What specific values were held by your family of origin and community (e.g. religion, education, work, food, or family)?
- How were your family values similar to and different from those of the rest of the community? What types of rituals or ceremonies were important to your family?
- What types of personalities and communication can you identify? How was conflict handled?
- What views were held about diversity?
- How did diversity issues of gender, nationality, race, sexuality, disability, or religion impact your family?
- How has “privilege,” or the lack of it, eased life or made it more difficult for your family?
- Did the family move to different locations or remain in the same community throughout your development?
- Under what circumstances did moving occur?
- How did living in different communities influence your cultural experience?
- How is your current “family” culture similar to or different from your family of origin?
- How has change in the social and cultural nature of society at large influenced your cultural experience?

**DNA Result Summary** In this section, please discuss the following:

- DNA/Ancestry Results.
- Breakdown of Results
- Brief History of Results
- Personal Reaction to Results

### **Cultural heritage identified vs DNA Analysis:**

In this section address you will address information in two parts:

1) Address information you are able to obtain about your ancestors passed on by word of mouth or family documents. (Note that I am NOT asking for a genealogy here, although you may use that to provide structure for presenting your information).

Questions to be considered are as follows;

- What nationalities are you able to identify?
- What type of work was done?
- What forms of artistic expression were important?

- Were there specific values you can identify (e.g. religion, education, work, food, or family)?
- Were traditional rites or ceremonies important to your ancestors?
- What types of personalities and communication styles can you identify?
- What views were held about diversity?
- In what ways were your ancestors impacted by diversity--gender, nationality, race, or religion?
- Were they native to this country or immigrants from another country?
- Under what circumstances did immigration occur?
- Did the family live in a community in this country with the same nationality (e.g. German community)? How did acculturation occur?
- How was the native language treated by the family?
- Did the family move to different locations or remain in the same community across generations?
- Under what circumstances did moving occur?
- How did the social and cultural nature of society at the time influence your ancestors?

2) Address information from your DNA results.

- Identify areas of the DNA results that seem to support the information obtained from ancestors.
- Identify areas that might challenge this information.
- Identify the most surprising results. Identify what areas that may clarify inherit ideas of who you are that you might have had.
- What Ethnicity are you drawn to the most and will you most likely research going forward? What ideas, theories and concepts presented in your textbook now apply to you?

**Becoming a Sensitive Multicultural Counselor:**

Use this section to examine your personal cultural experience within the context of becoming a sensitive and competent multicultural counselor. Respond to each of the following questions and include additional information as needed.

- How has your decision to become a counselor influenced your views toward cultural diversity?
- How would you describe your cultural identity development at the current time using information from your text and the DNA results?
- How will your communication values and skills impact your role as a competent multicultural counselor?
- Considering the nature of your cultural experience, describe five strengths you will bring to multicultural counseling.
- Within the same context, describe five weaknesses you currently have which could prevent you from being a sensitive multicultural counselor.
- Describe five attitudinal and five knowledge goals for yourself that, if met, would help you develop as a competent multicultural counselor.

**NOTE:** I recognize that some of you may find information requested in this paper to be sensitive in nature. Therefore, the paper will be kept confidential and will be read only by myself. It is assumed that information believed to be private to the family will not be included in the paper. While the DNA analysis is intended to enlighten you, the analysis information may not be well received by members of your family. So please use the information carefully.

This paper is to be in APA format. 12 point Times New Roman Font, double spaced, with one inch margins, and title page. Please any references you use (including your DNA



analysis.)

If your paper is not in APA format, you will receive an automatic failing grade, then, it will be returned to you for correction and resubmission. Due in Module Sixteen

**Exams.** There will be a total of 5 exams

Read the textbook assignments and **study** the material **PRIOR** to participation.

**EVALUATION/GRADING POLICY:**

Cultural Experience Reflection	15%
Discussion Board	25%
Cultural /DNA analysis paper	30%
5 Exams	30%

Course Grades:

A 91%-100%

B 81 %- 90%

C 71%- 80%

F Below 70%

**NOTE:** Graduate students must maintain a 3.0 GPA to remain in good standing.

**SCHEDULE/DUE DATES:**

<b>Course Schedule</b>
<b>All assignments are due the Sunday at 11:59pm.</b>
<b>Introductions and Online Policy Statement (found in Discussion Board) – Due 8/28</b>
<b>Module One – Due 9/1</b>
Chapter 1 – Effectiveness through Empathy Chapter 2 – Encounters in Multicultural Context Chapter 1 & 2 - Discussion Board Posting and Responses Begin working on the Comprehensive Exam Study Guide
<b>Module Two – Due 9/8</b>
Chapter 3 – Assessments of Persons Chapter 4 – Multicultural Counseling Foundations Chapters 3 & 4 - Discussion Board Posting and Responses Continue working on the Comprehensive Exam Study Guide Begin working on the Cultural Community Engagement Project <b>Exam #1 chapters 1 - 4</b>
<b>Module Three – Due 9/15</b>
Chapter 5 – North American Indigenous People Chapter 6 - Counseling Asian Americans Chapters 5 and 6-Discussion Board Posting and Responses Continue working on the Comprehensive Exam Study Guide

Continue working on the Cultural Community Engagement

Read: Hays, D. G., Dean, J. K., & Chang, C. Y. (2007). Addressing privilege and oppression in counselor training and practice: A qualitative analysis. *Journal of Counseling & Development*, 85(3), 317–324. (PDF on course site)

#### **Module Four – Due 9/22**

Chapter 7 – Black African Ancestry

Chapter 8 – Latino/Latina

Chapters 7 and 8 -Discussion Board Posting and Responses

Continue working on the Comprehensive Exam Study Guide

Continue working on the Cultural Community Engagement

#### **Module Five – Due 9/29**

Chapter 9 – Counseling Arab and Muslim Clients

Chapter 9 - Discussion Board Posting and Responses

Continue working on the Comprehensive Exam Study Guide

Continue working on the Cultural Community Engagement

**Exam #2 chapters 5 - 9**

#### **Module Six – Due 10/6**

Chapter 10 - Gender

Chapter 11 –Counseling the Marginalized

Chapters 10 and 11 - Discussion Board Posting and Responses

Continue working on the Comprehensive Exam Study Guide

Continue working on the Cultural Community Engagement

Read and Summarize Ratts, M. J., & Hutchins, A. M. (2009). ACA Advocacy Competencies: Social Justice Advocacy at the Client/Student Level. *Journal of Counseling & Development*, 87(3), 269–275

#### **Module Seven – Due 10/13**

Chapter 12 – Counseling in School

Chapter 13 – People with Marginalized Sexual Identities

Chapter 12 - Discussion Board Posting and Responses

Continue working on the Comprehensive Exam Study Guide

Continue working on the Cultural Community Engagement

**Exam #3 chapters 10 - 13**

#### **Module Eight – Due 10/20**

Chapter 14 – International Students

Chapter 15 - Counseling Immigrants and Refugees

Chapter 14 and 15 -Discussion Board Posting and Responses

Cultural Community Engagement Project Due

#### **Module Nine – Due 10/27**

Chapter 16 – Survivors of Disaster

Chapter 17 – Counseling in Context of Poverty

Chapters 16 and 17 -Discussion Board Posting and Responses

Continue working on the Comprehensive Exam Study Guide

**Module Ten – Due 11/3**

Chapter 18 – Ecology of Acculturation  
 Chapter 18 - Discussion Board Posting and Responses  
 Continue working on the Comprehensive Exam Study Guide  
**Exam #4 chapters 14 -18**

**Module Eleven – Due 11/10**

Chapter 19 – Health Psychology  
 Chapter 20 – Well Being and health  
 Chapters 19 and 20 - Discussion Board Posting and Responses  
 Continue working on the Comprehensive Exam Study Guide

Read and Summarize M. J., Singh, A. A., Nassar-McMillan, S., Butler, S. K., & McCullough, J. R. (2016). Multicultural and Social Justice Counseling Competencies: Guidelines for the Counseling Profession. *Journal of Multicultural Counseling and Development*, 44(1), 28–48. (PDF on course site).

**Module Twelve – Due 11/17**

Chapter 21 – Family Counseling  
 Chapter 22 – Religion and Spirituality  
 Chapter 21 and 22 – Discussion Board Posting and Responses  
 Continue working on the Comprehensive Exam Study Guide

**Module Thirteen – Due 11/24**

Chapter 23 – Drug and Alcohol Abuse  
 Chapter 24 – Group Dynamics  
 Chapter 23 and 24 -Discussion Board Posting and Responses  
 Continue working on the Comprehensive Exam Study Guide

**Module Fourteen Due 12/1**

**Exam # 5 chapters 19 - 24**  
 Work on the Cultural/DNA Analysis paper  
 Continue working on the Comprehensive Exam Study Guide

**Module Fifteen - 12/8**

**Cultural/DNA Analysis paper due at midnight.**  
**Comprehensive Exam Study questions due**

**WRITING RUBRIC FOR ALL WRITTEN ASSIGNMENTS AND DISCUSSIONS:**

<b>Sub-skill</b>	<b>Beginning 1</b>	<b>Basic 2</b>	<b>Proficient 3</b>	<b>Advanced 4</b>	<b>Exceptional 5</b>	<b>Score</b>
<b>Integration of Knowledge</b>	The paper did not incorporate knowledge from the literature or class in relevant and meaningful ways	The paper somewhat incorporated knowledge from the literature in relevant and meaningful ways	The paper incorporated knowledge from the literature in relevant and meaningful ways	The paper effectively incorporated knowledge from the literature in relevant and meaningful ways	The paper very effectively incorporated knowledge from the literature in relevant and meaningful ways	
<b>Organization and Presentation</b>	The paper lacked topic sentences, transitions from one topic to another, relevant connections among topics, and a seamless flow	The paper occasionally included topic sentences, transitions from one topic to another, relevant connections among topics, and a	The paper consistently included topic sentences, transitions from one topic to another, relevant connections among topics, and a	The paper consistently and effectively employed topic sentences, transitions from one topic to another, relevant connections among topics, and a	The paper uniformly and very effectively employed topic sentences, transitions from one topic to another, relevant connections among topics, and a	

<b>Sub-skill</b>	<b>Beginning</b> <b>1</b>	<b>Basic</b> <b>2</b>	<b>Proficient</b> <b>3</b>	<b>Advanced</b> <b>4</b>	<b>Exceptional</b> <b>5</b>	<b>Score</b>
		seamless flow	seamless flow	seamless flow	seamless flow	
<b>Focus</b>	The paper's topic lacked focus and a clear direction	The paper's topic had occasional focus, direction, and purpose	The paper's topic had focus and clarity of direction and purpose	The paper's topic had effective focus and clarity of direction and purpose	The paper's topic had very effective focus and clarity of direction and purpose	
<b>Level of Coverage</b>	The paper lacked depth, elaboration, and relevant material	The paper occasionally included depth, elaboration, and relevant material	The paper included depth, elaboration, and relevant material	The paper effectively included depth, elaboration, and relevant material	The paper very effectively included depth, elaboration, and relevant material	
<b>Grammar/ Spelling</b>	The paper contained numerous errors of grammar and spelling	The paper contained some errors of grammar and spelling	The paper contained very few errors of grammar and spelling	The paper contained only one or two errors of grammar and spelling	The paper contained no errors of grammar and spelling	
<b>References and Sources</b>	The paper did not include content from peer reviewed journal articles and/or scholarly books/book chapters and instead cited web site material of questionable veracity	The paper included content from a few peer reviewed journal articles and scholarly books/book chapters and instead included material from web sites of questionable credibility	The paper included content from peer reviewed journal articles and scholarly books/book chapters and only included material from credible web sites	The paper effectively included content from peer reviewed journal articles and scholarly books/book chapters and only included material from credible web sites	The paper very effectively included content from peer reviewed journal articles or scholarly books/book chapters and only included material from credible web sites	
<b>APA Style</b>	The paper did not use APA style	The paper was partly based on APA style	The paper was mostly based on APA style	The paper was based on APA style with only a	The paper was completely and accurately	

