

BH 208 : MULTICULTURAL ISSUES FOR HELPERS

Transcript title

Multicultural Issues for Help

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Recommended preparation

BH 101 and WR 121Z.

Course Description

Presents the foundations for developing the skills, sensitivities and humility needed to practice as culturally aware counselors. Explores issues and trends related to diversity which influence counseling relationships, process, and treatment outcomes. Encourages students to engage in self-exploration around their own cultural identities and their responses to issues of diversity including bias, oppression, discrimination and the role of privilege.

Course learning outcomes

1. Describe the ways in which individual identities worldviews, values, and biases are shaped by multiple cultural influences.
2. Identify and explain the intersectionalities of one's own and others' cultural identities.
3. Show awareness of one's own cultural identities and biases and how these factors influence their helping practice.
4. Explain racism, prejudice, oppression, and privilege and the effects of these factors on oneself, clients and the client-counselor relationship.

Content outline

1. Diversity in Mental Health Practice
2. Multicultural Competencies: Knowledge, Skills and Attitudes
3. Identities as Status
4. Racism, Prejudice, and White Privilege
5. Socioeconomic Class
6. Gender
7. Sexuality
8. Disability
9. Spirituality

Required materials

Textbooks.

General education/Related instruction lists

- Human Relations
- Social Science
- Cultural Literacy