



GRAND CANYON  
UNIVERSITY™

# CNL-509 | Counseling the Culturally Diverse Topics & Objectives

## COURSE DESCRIPTION

This course provides a broad understanding of issues and trends in a multicultural and diverse society. Studies in this area include the following: attitudes and behaviors based on such factors as age, race, religious preference, physical disability, sexual orientation, ethnicity and culture, family patterns, gender, socioeconomic status and intellectual ability; individual, family, group, and community strategies for working with diverse populations; theories of multicultural counseling and identity development; multicultural competencies; and issues such as substance use disorders. Students examine a variety of cultural populations, exploring issues and trends that are associated with each population. Cultural considerations for immigrants, refugees, and undocumented citizens are also addressed.

## CREDITS

3

## PREREQUISITES

None

## CO-REQUISITES

None

### **Topic 1: Becoming a Therapist Competent in Social and Cultural Diversity**

#### ***Objectives:***

- 1.1: Explain why it is important for therapists to maintain a career-long exploration of social and cultural diversity issues. [CACREP 2.F.2.a, 2.F.2.b, 2.F.2.c]

1.2:

Examine the differences in social and cultural perceptions and values of members within the same ethnic group. [CACREP 2.F.2.a]

- 1.3: Examine multicultural issues and trends in counseling. [CACREP 2.F.2.d, 2.F.2.e]

## **Topic 1: Becoming a Counselor Competent in Social and Cultural Diversity**

### ***Objectives:***

- 1.1: Analyze why it is important for counselors to maintain a career-long exploration of social and cultural diversity issues. [CACREP 2.F.2.a, 2.F.2.b, 2.F.2.c]
- 1.2: Describe the differences in social and cultural perceptions and values of members within the same ethnic group. [CACREP 2.F.2.a]
- 1.3: Analyze multicultural issues and trends in counseling. [CACREP 2.F.2.d, 2.F.2.e]

## **Topic 2: Cultural Paradigms**

### ***Objectives:***

- 2.1: Explain how a client's cultural and spiritual beliefs can affect their worldview and response to the therapeutic process. [CACREP 2.F.2.g]
- 2.2: Explain why people of all races and cultures should be evaluated on individual behavior and not on their ancestry. [CACREP 2.F.2.a, 2.F.2.b, 2.F.2.c, 2.F.2.d]
- 2.3: Discuss why it is important for counselors to understand racial and cultural differences. [CACREP 2.F.2.c, 2.F.2.h]
- 2.3: Analyze why it is important for counselors to understand racial and cultural differences. [CACREP 2.F.2.c, 2.F.2.h]

- 2.4: Explain how a counselor's cultural and spiritual beliefs can affect their worldview and response to the therapeutic process. [CACREP 2.F.2.g]
- 2.4: Analyze how a counselor's cultural and spiritual beliefs can affect their worldview and response to the therapeutic process. [CACREP 2.F.2.g]

### **Topic 3: Competent Self-Awareness**

#### ***Objectives:***

- 3.1: Discuss how barriers, prejudices, and discrimination in society can affect a counselor. [CACREP 2.F.2.h]
- 3.1: Evaluate how barriers, prejudices, and discrimination in society can affect a counselor. [CACREP 2.F.2.h]
- 3.2: Analyze the impact of heritages, attitudes, beliefs, understanding, and acculturated experiences on an individual's view of others. [CACREP 2.F.2.d]

### **Topic 4: Deferential Communication**

#### ***Objectives:***

- 4.1: Analyze verbal and nonverbal communication style differences across ethnic groups and any potential issues. [CACREP 2.F.2.a, 2.F.2.d]
- 4.2: Analyze assessment tools used for gathering data about a client's cultural history, beliefs, and lifestyle. [CACREP 2.F.2.b, 2.F.7.b]

### **Topic 4: Respectful Communication**

#### ***Objectives:***

- 4.1:

Analyze verbal and nonverbal communication style differences across ethnic groups and any potential issues. [CACREP 2.F.2.a, 2.F.2.d]

- 4.2: Analyze assessment tools used for gathering data about a client's cultural history, beliefs, and lifestyle. [CACREP 2.F.2.b, 2.F.7.b]
- 4.3: Analyze components of your family and life such as race, ethnicity, religion, spiritual heritage, gender, sexual orientation, disabilities, socioeconomic status, traditions, and family heritage. [CACREP 2.F.2.b, 2.F.2.c, 2.F.2.d]
- 4.4: Apply self-awareness of your past to how you view clients as a counselor in training. [CACREP 2.F.2.c, 2.F.2.d, 2.F.2.h]

## **Topic 5: Social and Cultural Competency**

### ***Objectives:***

- 5.1: Evaluate life experiences, cultural heritage, family systems, and historical background of different racial/ethnic groups. [CACREP 2.F.a, 2.F.c, 2.F.d]
- 5.1: Evaluate life experiences, cultural heritage, family systems, and historical background of different racial/ethnic groups. [CACREP 2.F.2.a, 2.F.2.c, 2.F.2.d]
- 5.2: Identify critical information needed to work with clients of differing ethnicities and differing social cultures. [CACREP 2.F.2.b, 2.F.2.c, 2.F.2.d]
- 5.2: Identify critical information needed to work with clients of differing ethnicities and differing social cultures. [CACREP 2.F.b, 2.F.c, 2.F.d]
- 5.3: Describe cultural issues and trends specific to population groups nationally and internationally. [CACREP 2.F.2.a, 2.F.c]
- 5.3: Describe cultural issues and trends specific to population groups nationally and internationally. [CACREP 2.F.2.a, 2.F.2.c]

## **Topic 6: Psychology and Culture**

### ***Objectives:***

- 6.1: Discuss how culture affects personality formation, psychological difficulties, and help-seeking behaviors of diverse clients. [CACREP 2.F.d, 2.F.2.f, 2.F.g]
- 6.1: Discuss how culture impacts personality formation, psychological difficulties, and help-seeking behaviors of diverse clients. [CACREP 2.F.2.d, 2.F.2.f, 2.F.2.g]
- 6.2: Analyze sources of bias and underlying reasons for different treatment methods for ethnic groups. [CACREP 2.F.2.d, 2.F.2.h]
- 6.2: Examine sources of bias and underlying reasons for different treatment methods for ethnic groups. [CACREP 2.F.d, 2.F.h]

## **Topic 7: Cultural Bias Research**

### ***Objectives:***

- 7.1: Examine relevant research regarding mental health issues and culturally appropriate interventions. [CACREP 2.F.2.b, 2.F.8.i]
- 7.1: Identify relevant psychology and counseling research regarding mental health issues and culturally appropriate interventions. [CACREP 2.F.2.b, 2.F.8.i]
- 7.2: Evaluate current trends in cultural research. [CACREP 2.F.2.b, 2.F.8.i]
- 7.2: Evaluate current trends' potential bias in psychology and counseling cultural research. [CACREP 2.F.2.b, 2.F.8.i]
- 7.3: Describe cultural considerations for immigrants, refugees, and undocumented immigrants. [CACREP 2.F.c]
- 7.3:

Describe cultural considerations for immigrants, refugees, and undocumented immigrants. [CACREP 2.F.2.c]

## **Topic 8: Value of Assessment and Testing Instruments**

### ***Objectives:***

- 8.1: Describe how cultural differences can influence the accuracy and value of assessment and testing instruments for diverse client populations. [CACREP 2.F.7.h]
- 8.1: Describe how cultural differences can influence the accuracy and value of assessment and testing instruments of persons from minority client populations. [CACREP 2.F.7.h]
- 8.2: Articulate the appropriate use of assessment and testing instruments for culturally diverse client populations. [CACREP 2.F.7.h]
- 8.2: Demonstrate the appropriate use of assessment and testing instruments for cultural minority client populations. [CACREP 2.F.7.h]

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