**Course description (general description)**

**Course title: Multicultural Counseling and Psychotherapy**

**Course code: PSYM21-MO-INTV-101**

**Head of the course: Borsfay Krisztina, Nguyen Luu Lan Anh**

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| **Aim of the course** |

The course points out the limits of the monocultural approach in the work of the practising psychologist and draws attention to the importance of interventions and strategies that are responsive to the experience and values the clients. An emphasis is placed on the role of intercultural competences, cultural self-awareness of the experts and the recognition of the importance of the cultural perspective of the client.

The course addresses the question of status and power differences and minority-majority group position in the therapist-patient relationship and their influence on the process and outcome of counselling and psychotherapy.

**Learning outcome, competences**

knowledge:

* Understanding the basic issues of multicultural counselling and psychotherapy.
* Understanding how the cultural background influences behaviors and the framework of interpretation of both the therapist and the client as well as their relationship.
* Familiarity with culturally responsive intervention techniques and strategies.

Attitude:

* Openness to others, other cultures and their values.
* Openness to and the recognition of the perspective of others.

Ability:

* Ability to reflect on the hidden assumptions of one’s own culture, to identify one’s own prejudices and ethnocentrism and to critically relate to them.
* Ability to apply knowledge in the field of multicultural counselling and psychotherapy in practice and the ability to develop culturally sensitive techniques.

autonomy, responsibility:

* Students are able to apply the acquired knowledge on their own, in accordance with the ethical guidelines of psychology, but only for purposes corresponding to their level of competence.

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| **Content of the course** |

**Topics of the course**

* Introduction to counselling and psychotherapy
* The concept of a person and family models in different cultures
* Confines of monocultural counselling and psychotherapy viewed from the side of the therapist and that of the patients
* Main criteria of multicultural counselling and psychotherapy
* Gender in counselling and psychotherapy
* Multicultural competence models
* The development of multicultural competence in psychotherapy and counseling
* Power relations and social justice in counseling and psychotherapy
* Family and community genogram

**Learning activities, learning methods**

* interactive lecture
* working in small groups and pairs
* reading literature
* project plan.

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| **Evaluation of outcomes** |

**Learning requirements, mode of evaluation, criteria of evaluation:**

requirements

* written reflections on readings
* written test
* presentation of a project plan

mode of evaluation:

written and oral

criteria of evaluation:

* Understanding the course materials and the connection between different concepts.
* Ability to apply knowledge in practice.

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| **Reading list** |

**Compulsory reading list:**

* Bernal, G. E. – Domenech Rodríguez, M. M. (2012). *Cultural adaptations: Tools for evidence-based practice with diverse populations*. American Psychological Association, Washington, D.C.
* Dwairy, M. A. (2006). *Counseling and psychotherapy with Arabs and Muslims: A culturally sensitive approach*. Teachers College Press, New York.
* Fawcett, M. L. – Evans, K. M. (2012). *Experiential approach for developing multicultural counseling competence*. Sage Publications Inc.
* Goldenberg, H., & Goldenberg, I. (2012). *Family therapy: An overview*. Cengage Learning.
* Lum, D. (2010). (4th edition) *Culturally Competent Practice: A Framework for Understanding Diverse Groups and Justice Issues*. Brooks/Cole. Ebből Part 2: Cultural competence framework.
* Pedersen, P. B. – Carey, J. C. (2003)..*Multicultural Counseling Schools: A Practical Handbook*. Allyn & Bacon.
* Ratts, M. J. – Pedersen, P. B. (2014). *Counseling for multiculturalism and social justice: Integration, theory, and application*. John Wiley & Sons.
* Sue, D. W. – Gallardo, M.E. –Neville H. E. (Eds.) (2014). *Case studies in multicultural counseling and therapy*. Wiley.
* Sue, D. W. – Sue, D. (2012). *Counseling the culturally diverse: Theory and practice*. John Wiley & Sons. New York.

**Recommended websites:**

American Psychological Association. (2011): Guidelines for psychological practice with

Lesbian, Gay, and Bisexual Clients.

http://www.apa.org/pi/lgbt/resources/guidelines.aspx

American Psychological Association. (2002). Guidelines on Multicultural Education,

Training, Research, Practice, and Organization Change for Psychologists.

<http://www.apa.org/pi/oema/resources/policy/multicultural-guidelines.aspx>

**Course-specific information (specific to a given lecture or seminar)**

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| **General data** |

**Specific (sub)title of the course (if relevant):**

**Specific (sub)code of the course (if relevant):**

**Date and place of the course:**

**Name of the lecturer:**

**Department of the lecturer:**

**Email of the lecturer:**

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| **Specific syllabus/schedule of the lecture/seminar (if relevant)** |

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| **Further specific information (eg. requirements) (if relevant)** |

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