

# Multicultural Counselling in Practice

## Professional Development Training



## Course Guide | Prospectus

April, 2024

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# Course | Training Overview

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## Introduction

More and more mental health professionals, including counsellors, are working with clients who are racially, culturally, and ethnically diverse from themselves.

Sadly, the majority of medical professionals were taught using psychological concepts that were largely influenced by Euro-American culture. We therefore only see a small number of culturally competent therapists.

To treat a diverse population, we must balance the application of universal and culturally-specific treatment philosophies. We also need to comprehend how culture influences the definitions of normalcy and abnormality, as well as the presentation of mental diseases.

With this in mind, I welcome to the Multicultural Counselling course, an integral part of the Counselling and Psychotherapy overall study and practice.

This course takes therapists on a multicultural sensitivity trip into the inner world of their clients, revealing concerns of race, culture, and ethnicity as vibrant and significant aspects of human existence.

Your course leader and tutor has many years of experience in this profession; Paul Oviawe within the fields of professional education as a consultant and accredited tutor as well as a registered counselling psychologist and Kathleen Sheridan an American who is a seasoned sociologist, and counselling psychologist.

Becoming a therapist or counselor who is skilled at multicultural counseling is an ongoing process, as such we recommend that you read our recommended module texts as much as you can. Our textbook is designed to support your learning and broaden your knowledge of the specific subject area.

This training will help practitioners put together strategies that will guide their therapeutic settings to better connect with their clients and be more sensitive to issues related to experiences of culture and race.

Remember to allow sufficient time and client-sensitive management in your work or practice as you introduce this new workplace knowledge.

## For Whom

This course is recommended for mental health students or practicing psychologists, psychiatrists, counsellors, and other therapists.

## Content and Aims

Over the years I have heard numerous grievances from persons dissatisfied with their counselors' and psychologists' inability to understand them. This impotence was sometimes attributed to the practitioner's race or culture, but usually to a lack of awareness of and sensitivity to the person's cultural background and an absence of curiosity and openness to exploring it. These reports have encouraged me to continue to make culture an integral part of the education of mental health professionals.

In today's multicultural Benelux (Belgium, Netherlands, and Luxemburg) region there is far too little culture and race in our Counselling and Psychotherapy practice and study

The Multicultural Counselling study is a cross-racial course, designed to give sufficient attention to issues of culture and race needed to be integrated into therapeutic practices in our fast-growing multicultural society.

Cultural differences may affect the therapeutic relationship between two people who are different in various ways, particularly in ethnicity/race, religion, and gender. As such, in this study, the practitioner is expected to take their previously acquired industry knowledge and further their skills using applied scenarios.

The study is broken into two parts that will cover both theoretical underpinnings and applied learning scenarios.

In the first section, participants will engage with existing theoretical concepts that underpin therapeutic practices and will apply these to broad cross-cultural therapeutic exemplars.

The second section will focus on the demonstration of newly acquired knowledge and skill sets in an applied learning scenario ready for practice.

At the end of this training, participants will be capable of understanding issues within a cultural psychology context as well as have a heightened awareness of the importance of considering culture in assessment and therapy.

## **Topical Outline:**

1. self-awareness and cultural understanding
2. counselling people with physical disabilities
3. counselling ethnic minorities (Caribbean African, Arabic, and Asian)
4. counselling sexual-minority clients

\*All courses are taught in the English and Dutch languages

## **Learning Outcomes**

The flourishing diversity of the Benelux population has also made it impossible for clinicians to ignore the demands presented by their increasingly multicultural clientele. Yet few mental health professionals have received education and training regarding cultural considerations in clinical work and may be stuck in a culturally embedded way of relating with their clients. Simply out of necessity, more clinicians are searching for an understanding of how to integrate culture into their practice.

At the end of this training, participants will be able to:

1. Formulate frameworks and strategies that will help better connect with their clients and be more sensitive to issues related to experiences of culture and race.
2. Develop a knowledge base of cross-cultural psychology appropriate to the therapeutic healing industry.
3. Generate a heightened awareness of the importance of considering culture in assessment and therapy.
4. Recognize how family and cultural factors influence therapeutic practices

This course is your answer.

## Indicative Contact Hours

Teaching Contact Hours	15 hours
Independent (assignments) Study Hours	21 hours
End Presentation	5 hours
Total Learning Hours	41 hours

# Assessment and Feedback

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## **Continuous Assessment**

Participants will be subject to practicum learning experience using role plays, cases, and trial-by-error presentations and practicals.

## **Learning Materials**

Course Book

## **Certification**

On Completion of Course an attainment Certificate will be issued.



# Contact information

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## Contact Details

The Course Leaders and Tutors overseeing this Training is

I. drs Paul Oviawe , and can be contacted at;

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*"So healing is the receiving and full understanding of the story so that strangers can recognize in the eyes of their host their own unique way that leads them to the present and suggests the direction in which to go".*

*(Nouwen, 1966)*