



# C-ID Descriptor

## Diverse Populations

### Descriptor Details

- **Descriptor Title:** Diverse Populations
- **C-ID Number:** 195
- **Suffix:**
  - Community College Use Only (X)
- **Units:** 3
- **Date of Last Revision:** 10/30/2024 10:37:18 PM GMT+0000

### General Description

This course is intended to introduce students to the unique problems, issues, and concerns of diverse populations. The characteristics of these populations with respect to the incidence of substance use disorders, intervention needs, and responses to treatment will be explored. Research on historical, cultural, social, health and environmental factors impacting special populations will be discussed, as well as the role of ethnic and cultural differences. Particular attention will be given to population characteristics such as ethnicity/race, gender, age, economic, sexual orientation, and disability status. Ethnic and cultural differences will be emphasized to provide students with the skills needed to communicate effectively with diverse populations.

### Prerequisites

N/A

### Corequisites

N/A

## **Advisories**

ADS 110X and ADS 120X; English, one level below transfer [i.e., eligibility for English composition (C-ID ENGL 100)] and reading (a course with an exiting skill of ability to read a college level text).

## **Content**

1. The Affective and Conceptual Dimensions of Multicultural Counseling and Therapy
2. The Nature of Multicultural Counseling Competence

### III. Multicultural Counseling Competence for Counselors and Therapists of Marginalized Groups

1. The Historical and Political Relationships between Groups of Color
2. Differences between Racial/Ethnic Groups
1. The Political and Social Justice Implications of Counseling and Psychotherapy
1. The Education and Training of Mental Health Professionals
2. Need to Treat Social Problems—Social Justice Counseling
1. Impact of Systemic Oppression
1. Therapist Credibility and Client Worldviews
2. Formation of Individual and Systemic Worldviews
1. Micro-aggressions in Counseling and Psychotherapy

### VII. Barriers to Multicultural Counseling and Therapy: Individual and Family Perspectives

1. Culture-Bound Values
2. Class-Bound Values
3. Language Barriers
4. Patterns of “American” Cultural Assumptions and Multicultural Family Counseling/Therapy
5. Role of Privilege

### VIII. Culturally Appropriate Intervention Skills and Strategies

1. Cultural Expression of Mental Disorders
2. Communication Styles

1. Multicultural Evidence-Based Practice

1. Evidence-Based Practice and Multiculturalism
2. Evidence-Based Practice and Diversity Issues in Therapy

1. Racial/Cultural Identity Development in Multicultural Counseling and Therapy
2. Understanding Specific Populations

1. Cultural Competence and Preventing Diagnostic Errors
2. Contextual and Collaborative Assessment
3. Infusing Cultural Competence into Standard Clinical Assessments

## XII. Counseling and Therapy with Racial/Ethnic Minority Group Populations

1. Counseling African Americans
2. Counseling Latinos
3. Counseling Individuals of Multiracial Descent
4. Counseling LGBT Individuals
5. Counseling Persons with Disabilities

### **Lab Activities**

No information provided

### **Objectives**

*At the conclusion of this course, the student should be able to:*

1. Communicate effectively with diverse populations.
2. Explain the importance of exhibiting a sensitivity to issues of cultural identity, ethnic background, age and gender in prevention, treatment and recovery.
3. Discuss the incidence and prevalence of substance use disorders in the general population and major demographic groups.
4. Demonstrate a respect for the client's racial, cultural, economic, and sociopolitical backgrounds.

5. Incorporate the relevant needs of culturally diverse groups, as well as individuals with disabilities, into clinical practice.
6. Explain the effects of chronic substance use on clients, significant others and communities within a social, political, and economic context.
7. Adapt counseling strategies to the individual characteristics of the client including, but not limited to, disability, gender, sexual orientation, developmental level, culture, ethnicity, age, and health status.
8. Recognize the social, political, economic, and cultural context within which substance use disorders exist, including risk and resiliency factors that characterize individuals and groups and their living environments.
9. Provide treatment services appropriate to the personal and cultural identity of the client.
10. Summarize the client's personal and cultural background, treatment plan, recovery progress, and problems inhibiting progress to ensure quality of care, gain feedback, and plan changes in the course of treatment.
11. Recognize the importance of self-awareness in one's personal, professional, and cultural life.

### **Evaluation Methods**

Quizzes

Exams

Written assignments

Projects

### **Textbooks**

Counseling the Culturally Diverse: Theory and Practice, Sue and Sue