

Course discipline/number/title: HS 1789: Culturally Responsive Helping Skills

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: The course outlines the critical elements of culturally responsive helping skills, including humility, empathy, personal bias, multicultural aptitude, and the models of identity and cultural competence. The content will focus on the intersectionality of how clients and helpers experience power, privilege, and oppression, and the effect on the therapeutic relationship.

C. DATE LAST REVISED (Month, year): November, 2023

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Cultures and models of identity
2. Models of identify and intersectionality
3. History of cultural competence in the helping profession
4. Essential helping skills for cultural competence
5. Working with diversity
6. Understanding ethnicity
7. Social identities and social group status
8. Historically marginalized populations including homeless populations, LGBTQ, people with disabilities
9. Racial bias and disparity in treatment among ethnic minority populations

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Recognize cultural differences within diverse client populations.
2. Develop understanding of challenges experienced by culturally different clients.
3. Practice strategies for helping culturally different individuals and groups.
4. Examine multicultural considerations in helping culturally different clients.
5. Identify barriers and disparities in treatment of ethnic minority populations.
6. Explain how culture is relevant to providing helping services to clients.
7. Describe models of cultural identity.
8. Identify helping skills for cultural competences.
9. Explain how culturally informed helping skills contribute to improved client outcomes.
10. Recognize methods of empowering diverse individuals to facilitate a safe and open therapeutic environment.
11. Examine the influence of a helper's values, beliefs, biases, and social identities on therapeutic relationships.
12. Practice humility, empathy, personal bias, and multicultural aptitude in helping interactions.
13. Explain the importance of intersectionality.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Examinations
2. Group activities
3. Student discussions

H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Global Awareness, Diversity. Students will demonstrate an understanding of and respect for human diversity through their words and actions.

I. SPECIAL INFORMATION (if any): None