Developing Cultural Awareness and Competence

- Cultural Competency Is Learned
- Developing Cultural Awareness and Competence
- Defining Cultural Awareness
- Becoming Culturally Aware
- Defining Cultural Competence
- The Cultural Continuum
  - Where Do You Fit In? Think About It
  - Cultural Competence Vs. Cultural Diversity
  - Why the Need for Change?

The Face of a Changing Nation

- Why the Need for Change
- Diversity and Changing Times Across the U.S
- Understanding Demographics is Important

Understanding the Concept of Culture

- What is Culture?
- Defining Culture: A Way of Life
- Formal Definition of Culture
- Four Elements of Culture
- The Layers of Culture
- Defining Subculture
- What is a Dominant Culture
  - Assimilation and Acculturation
  - Acculturation Examples
- Self Awareness

Theory and Practice

- The Importance of Theory in Practice
- Worldview
  - A Discussion on Worldview
  - Understanding Worldview
  - Another Theory
- The Theory of Multiculturalism
  - Culturally Competent Counseling
Cultural Competency
Course Outline

- Multicultural Counseling
- The Multicultural Awareness Continuum
- Developing Knowledge, Skills and Attitudes
  - Tiny Steps Towards a Better Tomorrow

The Culturally Competent Counselor

- Culturally Competent Counselors
- Creating a Culturally-Sensitive Climate
- Anecdotes: Cultural Competency Across Professions
  - Medicine
  - Business
  - Education
- The Dangers of Ethnocentrism
- Building a Strong and Culturally Competent Organization
- The Culture of Addictions and Recovery
- Effective Professional & Culturally Competent Relationships
  - Qualities of An Effective Multicultural Counselor
  - Goals for Effective Multicultural Counseling
  - Challenges Facing Multicultural Counseling

Course Closing

- Final thoughts
- Resources for professionals
- Bibliography