



# Multicultural College Counseling Services

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2014 Louisiana Counseling Association Conference



# Introduction



# Pre-Evaluation

- ▶ On a 1 (lowest) to 5 (highest) scale, please rate the following:
  - ▶ Experience with providing multicultural counseling services
  - ▶ Level of comfort in providing multicultural counseling services
- ▶ What do you hope to learn from this presentation?



# Multicultural Counseling & Development


- ▶ 2014 ACA Code of Ethics
  - ▶ CACREP Standards
  - ▶ What is cultural competence and why is it important?
    - ▶ “The Unequal Opportunity Race”
- 



AFRICAN  
AMERICAN  
POLICY  
FORUM



# Purpose & Methodology

- ▶ Stigma towards counseling among ethnic minority populations
  - ▶ Strategy and campus support is important
  - ▶ Ethnic specific resources and methodologies
    - ▶ Group Activity: Link
- 



# **Discussion:** Identifying the Need for Multicultural Counseling Services Where You Are

- ▶ Individual Counseling
- ▶ Group Counseling
- ▶ What does the literature say?
  - ▶ Sue, D.W. & Sue, D. (2008)
  - ▶ Chao, R.C., Wei, M., Good, G.E., & Flores, L.Y. (2011)
  - ▶ Chao, R.C., & Nath, S.R. (2011)



# Developing Services

- ▶ The Buzz & The Buy-In
  - ▶ Organizational Structure
  - ▶ Developing Forms and Policies
- ▶ Advertisement & Promotion
- ▶ Developing A Group Curriculum
  - ▶ Target Population: race? gender? classification?
    - ▶ 1 topic per week
    - ▶ 1 potential opening activity or interactive discussion for each topic



# LSU Office of Multicultural Affairs

**Individual Counseling for:**  
 Depression  
 Anxiety/Stress  
 Self-Esteem  
 Career Planning  
 Social Anxiety  
 Grief/Loss



## Fall 2014 Groups:

- **Interpersonal Development**  
 "The Circle"  
 Monday's @ 4:30 pm
- **Women's Development/Support**  
 "Sister2Sister"  
 Monday's @ 3:00 pm



# Counseling and Advising Services

### Other Topics:

Experiences related to being a student of color  
 Challenges navigating sexual orientation, identity, and discovery  
 Relationships with family, friends, & partners

**Come experience one-on-one and group interactions that will not only enhance your mental and emotional wellness, but academic and leadership capabilities as well!**

For more information contact [omacounseling@lsu.edu](mailto:omacounseling@lsu.edu) or LaKeitha Poole, Coordinator/Counselor at 578-9469

\*\*\*All inquiries are confidential\*\*\*



## Office of Multicultural Affairs



Need a place to vent?

Want support?

Looking for a "Real Talk" experience?

Every Monday beginning  
 September, 29, 2014  
 3:00 pm – 4:00 pm

Sign Up at  
[omacounseling@lsu.edu](mailto:omacounseling@lsu.edu)

For more information, please contact [omacounseling@lsu.edu](mailto:omacounseling@lsu.edu) or 578-4339 \*\*\*All inquiries confidential\*\*\*

LSU Office of Multicultural Affairs

Looking for a "REAL TALK" experience?

New to campus?

# "The Circle"

Interpersonal/ Development Group

Every **MONDAY** beginning  
 September 29, 2014

4:30 pm - 5:30 pm

Sign-up **TODAY** at  
[omacounseling@lsu.edu](mailto:omacounseling@lsu.edu)

Space is limited!

Struggling with social skills and interactions?

Need a place to vent?

For more information, please contact us at [omacounseling@lsu.edu](mailto:omacounseling@lsu.edu). \*\*\*All inquiries confidential\*\*\*





# 8-Week Group Counseling Curriculum

- ▶ Identity & Role Development
  - ▶ Personality Assessment & Adjustment
  - ▶ Spirituality
  - ▶ \*Relationships (friends & family vs. romantic)
  - ▶ Time Management/Study Skills
  - ▶ Campus Involvement
  - ▶ Career Development
  - ▶ Health & Wellness
  
  - ▶ **Specializations & Extras:**
    - ▶ Hot Topics (i.e. Ferguson, Gaza)
    - ▶ College Adjustment (i.e. expectations, anxieties)
    - ▶ Art Therapy, Music Therapy, Book Club, etc.
- 



# References

- ▶ African American Policy Forum. (2010). *The Unequal Opportunity Race*. Retrieved from <http://www.youtube.com/watch?v=eBb5TgOXgNY>
- ▶ Chao, R.C., & Nath, S.R. (2011). The role of ethnic identity, gender roles, and multicultural training in college counselors' multicultural counseling competence: A mediation model. *Journal of College Counseling, 14*(1), 50-64.
- ▶ Chao, R.C., Wei, M., Good, G.E., & Flores, L.Y. (2011). Race/ethnicity, color-blind racial attitudes, and multicultural counseling competence: The moderating effects of multicultural counseling training. *Journal of Counseling Psychology, 58*(1), 72-82.
- ▶ Sue, D.W. & Sue, D. (2008). *Counseling the culturally diverse: Theory and practice* (5<sup>th</sup> ed.). Hoboken, NJ: John Wiley & Sons, Inc.



# Questions & Evaluations



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