

Multicultural Counseling Analysis

BSHS 311

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Multicultural counseling incorporates many different backgrounds, ethnicities, religions, races, languages, Life styles, marriage, divorce, couples counseling, and other issues in society. American is a very popular society with a wide variety of diverse cultural. Aspects in counseling need to address these different cultures to better understand issues in psychotherapy and

relation to the clients specific needs. Example of counseling and how to deal with different cultures is the main theme for this analysis. A sample role play may demonstrate how the therapist counsels a married couple and how the relationship develops positively. Reviewing articles about multicultural issues help foster positive knowledge in the realm of multicultural counseling.

Theory Elements

“Cross-cultural counseling has been defined as a relationship in which the client and counselor do not share the same cultural background, values, norms, roles, lifestyle, and/or methods of communicating” (Ponterotto, Casas, Suzuki, & Alexander, 2001), (Parrott, 2003, p. 56). The theory behind multicultural counseling is overcoming ethnic and racial challenges language barriers and possible different viewpoints on religion and quality of life. One of the main points for a counselor is recognizing his or her ability to empathize with the client, recognize his or her bias, become culturally aware, and sensitive to minority circumstances.

Article Review

Some articles about multicultural counseling offer insight and suggestion on how to deal with different cultures in the realm of therapy. One article by Penn & Post (2012) suggests knowledge of real life and not just education through academics. In other words, an effective multicultural counselor is one who have real life experience with the culture he or she is counseling. Bolton (1987) suggest counselor have an open mind to other cultures than his or her own. Bias in society affects all factions of society. An individual having an open mind is better equipped to handle certain situations, and be more effective in counseling. The National Guidance Research on multicultural counseling (2012) offers another valid point of view. This first step is a basic

understanding for the counselor to imagine what the client may feel like coming from a different culture. The article offers this imagine replacement so the counselor can walk for a brief moment in the shoes of the client to gain a better understanding and empathy level.

Role Play

Therapist- Hello, what brings you in today?

Husband- My wife and I are in counseling because we are having marital problems and are in need of couples counseling to find a solution to make our relationship work.

Therapist- I see, what kind of problems are you two having? And remember that we are here to find a solution to the problem so please do not be afraid to say what you are feeling or that you may upset your spouse. We need to know what the problems are in order to find a solution that will make everyone happy.

Husband- My wife and I have been arguing for the past two months, she blames everything on me and says that I need to get off my lazy behind and find work; part of the arguments is because I have been unemployed for the past two months. I try to prevent these arguments but after saying "ok" a few times, I just get to the point and escalate the argument more.

I must admit that I am going through some stress because of being unemployed and some bills being late; I do want to work things out with my wife that is why we are here.

Therapist- Ok, now that we know what issues you are having let's hear what your wife has to say.

Wife- Ever since my husband was laid off from work, he seems to be moodier and our arguments arise for any little reason; if I try to joke around he takes it the wrong way and we