

*GRADUATE SCHOOL OF APPLIED AND PROFESSIONAL
PSYCHOLOGY*

MULTICULTURAL SUPERVISION

18:821:644:01

Fall 2022

Tuesdays 5 - 6:30pm

Room A340

Instructor: Zaynab Khan, Psy.D.

Email: khantherapynj@gmail.com

COURSE DESCRIPTION

This course is for advanced students (at least in second year) who are actively seeing diverse clients and want to build their skills in formulation and treatment of clients from a cultural humility framework. Diversity is defined broadly to mean any differences (between client and therapist) including but not limited to race, ethnicity, national status, religion, ability, SES, gender identity and sexual orientation etc. The supervision will emphasize self-awareness in the therapist regarding their own cultural beliefs and assumptions and facilitate understanding of

how our biases and defensiveness can be barriers to treatment. We will take a systemic approach in understanding clients and their problems. We will challenge the White Supremacist Cisheterosexist Ableist framework that has created mental health and all systems in the United States. Although the focus will largely be on individual cases, students interested in presenting group therapy or outreach activities are also welcome.

COURSE OBJECTIVES

- To increase self-awareness related to issues of diversity within the clinical realm (with diversity broadly defined as any difference between the therapist and the client).
- To understand how to conceptualize the intersectionality of diversity factors in case formulation, treatment planning, and intervention.
- To develop routine ways to self-check how issues of diversity affect the clinical process (including client presentation, worldview and beliefs; relationship dynamics within the room; expectations of treatment goals, process and outcome; transference and countertransference; therapist defensiveness and fragility).
- To consider and examine the ways in which institutional, community, and sociopolitical factors interact with issues of diversity and may impact clinical work.

GRADING

This course is graded on pass/fail basis. Therefore, the main criteria for grading will be *Attendance & Participation*. It is expected that you attend all classes given the experience gained in class discussion. If you cannot attend a class, please email me at khantherapy@gmail.com. It is also important to actively participate in the class. Together, we will work to create a *brave space* to discuss cases as well as your own experiences in this work. If you have any concerns, please reach out to me to discuss. It is often helpful to discuss your concerns in context of the group as well.

Guidelines

P – Participate/Pass/PEMI

R – Respect

O – Oops/Ouch

C – Confidentiality

E – Engage in New Ideas

S – Share the Space

S – See Defensiveness as Barrier to Understanding

IMPORTANT DATES

09/06/2022 First Day of Class

12/13/2022 Last Day of Class

Please note there may be one day in November we may have to miss and will offer individual consultation time instead.

IMPORTANT NOTICE

In order to protect the health and well-being of all members of the University community, masks must be worn by all persons on campus when in the presence of others (within six feet) and in buildings in non-private enclosed settings (e.g., common workspaces, workstations, meeting rooms, classrooms, etc.). Masks must be worn during class meetings; any student not wearing a mask will be asked to leave. Masks should conform to CDC guidelines and should completely cover the nose and mouth: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-facecoverings.html> (Links to an external site.)

Each day before you arrive on campus or leave your residence hall, you must complete the brief survey on the My Campus Pass symptom checker self-screening app.

RECOMMENDED READINGS

(most on the Canvas site – more may be added throughout the semester)

[APA Guidelines](#)

Multicultural Guidelines: An Ecological Approach to Context, Identity, & Intersectionality (2017)
Guidelines for Psychological Practice With Transgender & Gender Nonconforming People (2015)
Guidelines for Psychological Practice With Lesbian, Gay, and Bisexual Clients (2012)
Guidelines for Psychological Practice with Girls and Women (2007)
Guidelines for Psychological Practice With Older Adults (2014)
Guidelines for Assessment of and Intervention With Persons With Disabilities

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Books

Cultural Humility by Hook, Joshua N; Davis, Don; Owen, Jesse; DeBlaere, Cirleen. (2017)
How to be AntiRacist by Ibram X. Kendi (2019)
Race Talk and the Conspiracy of Silence by Dr. Derald W Sue (2016)
White Rage by Carol Anderson (2017)
Me and White Supremacy by Layla F Saad (2020)
White Fragility by Robin DeAngelo (2018)
Nice Racism by Robin DeAngelo (2021)
A Grammar of Power in Psychotherapy by Malin Fors (2018)

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Articles

Chu, J. & Leino, A. (2017). Advancement in the Maturing Science of Cultural Adaptations of Evidence-Based Interventions. *Journal of Consulting and Clinical Psychology* Vol. 85, No. 1, 45–57

Dovidio, JF., Penner, LA., & Pachankis, JE. (2016). Promoting Diversity and Inclusiveness. In *APA Handbook of Clinical Psychology: Psychopathology and Health*, edited by J. C. Norcross, G. R. Vanden Bos, D. K. Freedheim, and N. Pole

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Statement on Disabilities:

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

Statement on Academic Integrity:

The University's academic integrity policy, to which this class will adhere, can be reviewed at: <http://academicintegrity.rutgers.edu/academic-integrity-at-rutgers/>