**Summer 2015**  
APSY-GE 2682 Cross-Cultural Counseling (Shanghai)  
Department of Applied Psychology  
NYU Steinhardt School of Culture, Education, & Human Development

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**Catalog Description:** An examination of how behavior and experience are influenced by culture, race, and ethnicity. Emphasis is given to the relationship of cultural differences to both counseling theory and technique.

**Course Learner Objectives:** By the end of the course, students will have:

1. Become aware of the ways in which counselors’ and clients’ worldview, values, and biases are shaped by multiple cultural influences.
2. Become adept at identifying one’s own and clients’ identities using the ADDRESSING framework.
3. Acquired knowledge of current theories in critical psychology as a larger context for thinking about culture and power in a global context.
4. Acquired knowledge of current theories and research related to the impact of various sociocultural influences including race/ethnicity, socioeconomic class, gender and sexual orientation, religion and spirituality, disabilities, migration status, and so on.
5. Acquired specific knowledge about contemporary Chinese society and impact of culture on human development and mental health.
6. Acquired experience in conducting cross-cultural interviews.

**Purpose:** This course is designed to provide graduate students in the helping and allied professions with an introduction to cross-cultural counseling. We will explore how behavior and experiences are shaped by culture and society in Shanghai, a dynamic and cosmopolitan city at the forefront of globalization with a rich multicultural history mirroring the development of modern China. We will not only study the fundamentals of cross-cultural counseling but have opportunities to experience various forms of cross-cultural encounters in Shanghai. Through seminars, guest lectures, and field visits with local educators, mental health professionals, and other service providers as well as experiential learning exercises, the course will offer an in-depth examination of what it means – and what it takes – for counselors and educators to develop cultural competence in a globalizing context.

As we will soon discover, “cultural competence” is a moving target that is difficult to define and assess. The intended outcome of this course, then, is not necessarily for each student to achieve a specific level of cultural competence. Rather, each student should strive to understand and participate in the process of individual development as a professional who can work flexibly with diverse groups and individuals. To this end, this course will use not only traditional forms of learning (lectures, readings, writing, and discussion) but also some experiential learning indexed on your own awareness, such as structured exercises, role-plays, and group projects.

**Expectations:** You are expected to participate actively in all course-related academic activities include all scheduled classes and group activities in New York City, Shanghai, and anywhere else the program may visit together in China. This includes the two required pre-trip classes. We also expect students to complete pre-trip readings, to engage in exercises and self-reflections that are designed to further cultural awareness and responsiveness, and to complete all assignments on time. Full engagement in the course
material will require that you enlist not only your intellectual resources but also your emotional resources, as you will be asked to reflect on (and discuss the process of learning about) how your own cultural identities affect your assumptions about human behavior and counseling processes.

We will, on occasion, discuss issues that are controversial or emotionally charged. Some of the sources (such as media) we discuss may include profanity and other mature content. You will also be asked, on occasion, to step outside of your comfort zone. In engaging in these activities or in reactions to materials and discussions, or simply being immersed in an unfamiliar environment and culture, you may experience various levels of discomfort. Such reactions are normal and—to some extent—necessary for learning about diversity issues. That being said, the collective goal for the class is to create a safe space that is conducive to growth and learning. I would like to ask that each of us make an effort to treat each other with respect, dignity, and support even when we disagree with viewpoints expressed by the instructor or classmates or readings during the course of the semester.

Finally, while we respect individual rights and freedom, all program participants are required to observe local laws and customs in Shanghai and anywhere else the program may visit in China, as well as international laws and customs during transit. Students are expected to cooperate with, be courteous to, and be respectful of their classmates, guest speakers, local volunteers, NYU-Shanghai staff, and others you may come into contact.

**Required Texts**


**Articles**


**Tentative Itinerary**

**Week 1 (6/1-6/5)**

Introduction to contemporary China, culture of Shanghai (historical & sociological contexts for understanding culture)
- Guest speaker – brief history of modern China
- Untour Shanghai – culinary walking tours
- Shanghai Jewish tour
- Film & discussion (e.g., “Last Train Home”)

Introduction to cross-cultural counseling
- Class discussion: counselor cultural identities (ADDRESSING framework)
- Power & privilege in helping relationships

**Week 2 (6/8-6/12)**

Culture & counseling in educational contexts
- NYU Shanghai as a case study of a cross-cultural context
- Guest lecture – child development in China
- Visit a local school – Shanghai Tianshan High School (Career Development Guidance Course implementation), counseling and guidance of Chinese students
- Visit a school or agency that works with children of migrant workers
- Film & discussion (e.g., “Please Vote for Me”)
- Interview ECNU counseling students

**Week 3 (6/15-6/19)**

Culture & counseling in mental health contexts
- Cross-cultural assessment
- Visit Shanghai United Family Hospital & Clinics (ex-pat community)
- Visit Shanghai Mental Health Clinic
- Guest lecture on indigenous models of counseling
- Interview a minority individual in Shanghai (e.g., migrant worker, Uigher or other non-Han person, LGBTQ-identified person), possibly with a Chinese language buddy
- Attend a panel discussion at Shanghai Pride festival (6/12-6/21)