

Supporting Multiculturalism in Illinois

The development and adoption of multicultural counseling competencies (Sue, Arredondo, and McDavis, 1992) by the American Counseling Association (ACA) began a critical effort in advocating for diverse clients, ethnic minority communities and underserved populations in the United States. These competencies have also impacted the ACA Code of Ethics (2014) and counselor preparation standards (CACREP, 2016). Because Multicultural Counseling and Therapy (MCT) has made such important impact in the profession, it has been referred as the Forth Force in counseling (Pedersen, 1990) preceded by Psychoanalysis (First Force), Cognitive-behaviorism (Second Force), and Humanism-Existentialism (Third Force).

Multicultural counseling principles

MCT (Sue, Ivey, & Pedersen, 1996) is a meta-theory based on assumptions and principles related to effective counseling diverse client populations. The basic tenets of MCT as proposed by Sue et al are:

1. MCT is a meta-theory of counseling and psychotherapy.
2. Counselor and client identities are interconnected at a variety of levels (individual, group, universal) and in a variety of contexts (familial, cultural, etc.). These relationships and experiences become the focus of treatment.
3. Cultural identity development of client and counselor strongly influence relationship dynamics with others, each other, members of minority groups, and the dominant culture.
4. The counselor's ability to use modalities consistent with the cultural values of the client will determine the effectiveness of therapy.
5. MCT requires that counselors exercise a variety of helping roles, beyond interventions with the individual client but must include prevention and acting on societal structures and systems (advocacy).
6. MCT's main goal is the development of a social consciousness. Counselors consider the holistic relation of clients to all of their contexts.

Multicultural Counseling and the Schultz Foundation

Since 2007, the Schultz Foundation for Advancing Counseling has supported diversity and multiculturalism in the state of Illinois and awarded over \$300, 000. to grantees. It has operationalized its mission and achieved its goals by offering grants to enhance professional development in multicultural counseling competencies among counselors, counselors-in training, and mental health professionals. It has also supported counseling research, and enhanced counseling services to underserved individuals, families, schools, and diverse and multicultural communities across Illinois.

The Foundation has funded projects through: the Merlin W. Schultz Professional Development Grant, The Melanie E. Rawlins Research Grantee, The Robert J. Nejedlo Social

Emphasis Grant, and the Toni R. Tollerud School Counseling Grant. These are some of the diverse projects, communities, and schools supported by our Foundation:

- Angela Barker, LCPC (Macomb, IL). **LGBT Workshop with Dr. Toni Tollerud**
- Jenny Franz, LCPC (Lombard, IL). **Mindful Teachers Certification Program**
- Bright Star Equestrian Centre (Petersburg, IL). **Bright Star Equestrian Centre for Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL)- serves veterans with PTSD.**
- Youth Service Bureau (Rock Island, IL). **Peer Justice Program for effective counseling, prevention, and leadership.**
- Governors State University (University Park, IL). **Bounce Back Program to address the emotional and behavior risk factors of elementary aged children.**

Please join the Schultz Foundation in continuing its legacy and supporting Multicultural and diverse communities in the state of Illinois. To learn more about our grants, please visit <https://www.advancingcounseling.org/grants>

Onward!

Maricruz Ramos, EdD

Dr. Maricruz Ramos is a retired college counselor and counselor educator. She is a graduate from Northern Illinois University's (NIU) Counselor Education and supervision program.

REFERENCES

- American Counseling Association (2014). *Code of ethics*. Alexandria, VA: Author.
- Council for Accreditation of Counseling and Related Educational Programs. (2016). *CACREP accreditation manual: 2001 standards*. Alexandria, VA: Author.
- Pedersen, P. (1990). The multicultural perspective as the Fourth Force in counseling. *Journal of Mental Health Counseling, 12*, 93-95.
- Sue, D. W., Arredondo, P., & McDavis, R. J.(1992). Multicultural Counseling competencies and standards: A call to the profession. *Journal of Counseling and Development, 70*,477-486
- Sue, D. W., Ivey, A. E. & Pedersen, P. B. (1996). *A theory of Multicultural Counseling and Therapy*. Pacific Grove, CA: Brooks/Cole.