Course Title: Relational-Cultural Therapy

Course Number: HR 5970-436

Course Description:
Relational-Cultural Therapy differs from traditional modes of psychotherapy in that it emphasizes the need for growth enhancing human connection throughout the lifespan. It also differs from traditional forms of psychological theory which emphasizes a movement toward independence and autonomy. RCT, on the other hand, asserts that isolation is often the result of such an approach and that isolation is one of the greatest causes of human suffering. Rather than seeing human beings as “separate selves,” RCT asserts that we are all “selves in connection.” The readings in this course explores writings from the contributors to this emerging therapeutic approach.

Course Dates:
September 1, 2012 to December 31, 2012
Last day to enroll or drop without penalty: September 1, 2012

Site Director:
Please see your local Site Director or e-mail Carolyn Taylor at cataylor@ou.edu

Professor Contact Information:
Course Professor: Glenda Lewin Hufnagel, Ph.D.
Mailing Address: Department of Human Relations
601 Elm, Rm 728
Norman, OK 73019
Telephone Number: 405-325-1756 (or home: 405-447-3112)
FAX Number: 405-325-4402
E-mail Address: gahufnagel@ou.edu
Virtual Office Hours: Tuesdays and Thursdays 10:15 am to 11:45 am
Professor availability: The professor will be available via e-mail to students during the above listed Virtual Office Hours and other methods by arrangement.

Textbook(s) and Instructional Materials:
Student materials are available at the Follett/AP Bookstore located in the Oklahoma Memorial Union, 900 Asp Ave., Norman, OK. Orders can be placed online at www.oklahomaunion.bkstr.com or by telephone at 866-369-9713 (toll free in the U.S.) or 405-325-5960 (outside the U.S.). E-mail orders may be sent to oklahomaunion@bkstr.com. Representatives are available from 8 a.m. to 6 p.m. CST Monday through Thursday and 8 a.m. to 5 p.m. CST on Friday. Summer hours: 8 a.m. to 4 p.m. CST. Faxed orders may be placed 24 hours a day to 866-223-5607 (toll free in the U.S.) or 405-325-7140 (outside the U.S.). (Text prices are available online.)


Note: The Follett/AP Bookstore is the Advanced Programs contractual textbook provider. Should text changes become necessary after publication of the course syllabus, Advanced Programs will facilitate text returns/refunds only for texts purchased through the Follett/AP Bookstore.

**OU E-Mail:**

All official correspondence from distance learning instructors will be sent only to students’ ou.edu address.

**Online Learning Resource Center:**

The Online Learning Resource Center of the University of Oklahoma’s College of Arts and Sciences Online Program is here to serve you and assist you with any questions, problems, or concerns you may have. For assistance go to [http://casweb.ou.edu/olr/](http://casweb.ou.edu/olr/) or contact us by telephone at: (405) 325-5854 or Email: casonline@ou.edu

**Course Objectives:**

- Develop a working definition of relational-cultural therapy (RCT)
- Explore the various ways RCT differs from mainstream theories of human development
- Become familiar with the major contributors to RCT
- Investigate the ways RCT is applied in therapeutic practice with diverse populations and in various settings

**Course Outline:**

- Read the assigned texts
- Complete the written assignment

**Assignments, Grading, and Due Dates:**

The final paper is due no later than November 30, 2012. (Allow appropriate delivery time if using postal mail so that your paper is received no later than November 30).

You may use postal delivery sent to Dr. Glenda Hufnagel, University of Oklahoma, Department of Human Relations, 601 Elm, Room 728, Norman, OK 73019 or you may send it via email to gahufnagel@ou.edu, send as a word document saved as ONE document, use your last name and “5970” to save your document. Select ONLY ONE method of delivery.

1. Read each assigned text
2. Part One: Write a five to seven page critique of each text. This should be a review which includes your own evaluation of the material. This will be a total of 15 to 21 pages. (Write 5-7 pages PER book). Title each section of your paper with the title of the book being critiqued.
3. Part Two: Write a two to four page integrative paper in which you explore your reactions to the reading and to what you have learned about RCT. Discuss in what ways the readings have changed your ideas about the therapeutic relationship. Explain how RCT can be applied to your own life.

**Writing Instructions**

On the cover page include: your name, ID number, and OU email address, and the title of the course (Relational Cultural Therapy) and course number (HR 5970) and the semester (Fall, 2012). Follow APA format for references and in-text citations. Do not use block quotes nor extensive quoting from the assigned texts. Your paper should reflect your thoughts and reactions of the readings. Each book should be discussed separately, that is, write a 5-7 page paper for each book. Be sure that your word document is saved as ONE document using your last name and HR 5970. Your final paper should be 17 to 25 pages (see above)
Required Readings

Read the following from the required texts:

- Read the complete text of: J. V. Jordan: *Relational Cultural Therapy*
- Read the following chapters from: J. V. Jordan, M. Walker, & L. Harding: *The Complexity of Connections: Writings from the Stone Center’s Jean Baker Miller Training Institute*
  - Part I: Deepening our Understanding of Relationship
    - Toward Competence and Connection
    - Relational Resilience
    - Relational Awareness: Transforming Disconnection
    - Therapists’ Authenticity
    - Race, Self, and Society: Relational Challenges in a Culture of Disconnection
    - Shame and Humiliation: From Isolation to Relational Transformation
    - Racial Images and Relational Possibilities
    - Women, Race and Racism: A Dialogue in Black and White
  - Part II: Applying the Power of Connection
    - Couple Therapy: A Relational Approach
    - Relationships in Groups: Connection, Resonance, and Paradox
    - Mothers and Sons: Raising Relational Boys
    - Applications of the Relational Model to Time-Limited Therapy
    - Relational Theory in the Workplace
- Read the following chapters from: M. Walker, & W. B. Rosen: *How Connections Heal: Stories from Relational-Cultural Therapy*
  - Part I: An Introduction to Relational-Cultural Theory and Practice
    - How Relationships Heal
    - Relational Learning in Psychotherapy Consultation and Supervision
  - Part II: Connection, Disconnection, and Resilience in the Therapy Dyad
    - Walking a Piece of the Way: Race, Power, and Therapeutic Movement
    - Making Great Memories: Empathy, Derailment, and Growth
    - Caring, but Fallible: A Story of Repairing Disconnection
    - Reflections on Life, Loss, and Resilience
  - Part III: Applications to Couple, Family, and Group Therapy
    - Me, Them, Us: Developing Mutuality in a Couple’s Therapy
    - Moving Toward “We”: Promise and Peril
    - The Five Good Things in Cross-Cultural Therapy
    - Relational Movement in Group Psychotherapy
  - Part IV: Envisioning New Models of Effectiveness and Change: Relational Practices in Institutional Settings
    - Prevention through Connection: A Collaborative Response to Women’s Substance Abuse
    - Toward Relational Empowerment of Women in Prison
    - Relational Experiences of Delinquent Girls: A Case Study

Grading:

This course is graded Satisfactory or Unsatisfactory (S/U). A grade of S is equivalent to B or better.

NOTICE: Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.

Incomplete Grade Policy:

A grade of “I” is not automatically assigned, but rather must be requested by the student by submitting to the instructor a “Petition for and Work to Remove an Incompleted Grade” form. An “I” can never be used in lieu of an “F” nor can an “I” be assigned because of excessive failure to participate in class activities.
Technical Support Information:
If you experience technical problems, contact Information Technology by visiting their website at: http://webapps.ou.edu/it/ or contacting them by telephone at: (405) 325-HELP (4357).

Important information you should know about online courses:

- To sign on to Desire2Learn (D2L), go to www.learn.ou.edu and log in using your 4+4 and your OU network password (note that this is the same 4+4 and password that you use to access your OU email). Once you are logged in, please look on the right-hand side for “My Courses,” locate your course and click on it. Remember to check your course site on D2L every day.

- Students enrolled in online courses may be required to take the CAS student orientation in Desire2Learn. To take the orientation, sign-on to D2L and then click on “Self Registration” at the top left corner of the page. Information about and instructions for the orientation can be found at http://casweb.ou.edu/olr/public/students/orientation.htm

- If the course is using a course website, you will find a link for the website on the first page of this syllabus. Please click on this link to start your course.

- Course Materials are available at Follett/AP Bookstore. On this syllabus you will find a link to the Follett Bookstore.

- If you need to drop or withdraw from a course, please contact your Site Director. You can drop a course without a penalty up to the add/drop date. Courses dropped after the add/drop date may result in a penalty.

- After the class has started, you can only withdraw from the course with the professor’s permission; you will not receive a refund for your tuition. You can only drop without a penalty after the add/drop date by providing proper documentation and receiving approval from the Advanced Programs Theater Director. Provide this documentation to your Site Director.
POLICIES AND NOTICES

Attendance/Grade Policy

**Note:** Attendance/absences do not apply to online courses. However, participation in all course activities is extremely important to student success in online courses.

Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution’s policy regarding “I” (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy.

Students who receive Financial Aid must resolve/complete any “I” (Incomplete) grades by the end of the term or he/she may be placed on “financial aid probation.” If the “I” grade is not resolved/completed by the end of the following term, the student’s Financial Aid may be suspended make the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

Academic Honesty

Honesty is a fundamental precept in all academic activities and … [you] have a special obligation to observe the highest standards of honesty. Academic misconduct in any form is inimical to the purposes and functions of the University and is therefore unacceptable and is rigorously proscribed. Academic misconduct includes:

- cheating (using unauthorized materials, information, or study aids in any academic exercise), plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and any and all other actions that may improperly affect the evaluation of a student’s academic performance or achievement; assisting others in any such act; or attempting to engage in such acts.

All acts of academic misconduct will be reported and adjudicated as prescribed by the student code of the University of Oklahoma. All students should review the “Student’s Guide to Academic Integrity” found at [http://www.ou.edu/provost/integrity](http://www.ou.edu/provost/integrity)

Accommodation Statement

The [College of Continuing Education](http://www.continuing.ou.edu) [Advanced Programs] is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your OU Site Director.

Course Policies

Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course.

Copyright

Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: [http://www.goou.ou.edu](http://www.goou.ou.edu)
INSTRUCTOR VITA

Glenda Hufnagel, Ph.D.

Education

- Ph.D. in Historical, Philosophical, and Social Foundations of Education, University of Oklahoma
- MHR in Human Relations (Counseling Emphasis), University of Oklahoma
- M.A. in Communication (Interpersonal and Small Group), University of Oklahoma
- Postgraduate Training in Counseling, Oregon State University

Current Positions

- Advanced Programs Professor since 1994
- Assistant Professor, Human Relations Department, University of Oklahoma
- Visiting Professor, Graduate Division, Department of Political Science & Public Administration, Russell Sage College, Albany, New York

Frequently Taught Advanced Programs Courses

- HR 5003 Theoretical Foundations of Human Relations
- HR 5013 Current Problems in Human Relations
- HR 5153 Human Emotions
- HR 5113 Women & Jungian Concepts
- HR 5113 Women, Work & Family
- HR 5093 Introduction to Graduate Studies in Human Relations
- HR 5473 Women & Mental Health

Major Areas of Teaching and Research Interest

- Self-in-relation theory and practice
- Menarche as a psychosocial event
- Women and class issues
- Autoethnography and narrative as research method

Representative Publications and Presentations

- Women turning the world right side up: Bringing Native American women into the university curriculum – A selected interdisciplinary resource guide. Transformations Journal, 11(1), Spring, 2000.
- A girl to puberty has come: Celebrating menarche in the Mescalero Apache tradition. South Central Women’s Studies Association, Spring, 1998.
Representative Honors and Awards Received

- Who’s Who In America
- Who’s Who in the South and Southwest,
- Phi Kappa Phi Honor Society, OU Charter Member
- McNair Scholars Faculty Mentor Award
- Phi Lambda Theta International Honor Society
- University Educators Teaching Award, Alpha Phi Omega
- Student Affairs Dean’s Faculty Service Award
- Presidential Adopt-A-Faculty Member Program, Omega Psi Phi
- Mentor’s Service Award, Phillips Minority Scholars Program, 1998 and 1999
- Presidential Commendation for University Service, Phillips Minority Scholars Program, 1998
- Nominated for the 1998 Popular Culture Association and American Culture Association’s Women’s Caucus Awards for Excellence in Feminist Studies, Thirteenth Annual Awards Competition:
  - Kathleen Gregory Klein Award for the Best Unpublished Article in Popular Culture and American Culture. (Article, “Body Bound Knowledge: Comments on Learning and Teaching in Women’s Studies”)
- Winner of the 1996 National Faculty Competition for the Invitational Conference at the Women’s Equity Institute Marymount College, Tarrytown, NY. (Paper, “Body Bound Knowledge: Comments on Learning and Teaching in Women’s Studies”)

Major Professional Affiliations

- President, South Central Women’s Studies Association
- National Women’s Studies Association
- American Association of University Women
- National Council for Research on Women
- Oklahoma Counseling Association
- American Counseling Association
- National Association for Women in Education
- Phi Kappa Phi Honor Society