

Chapter 11

A Teaching Video Project Brought to Closure

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My research focuses on cultural issues in counseling and psychotherapy. I began a project years ago to develop a series of training videos on “Counseling Muslims in the West” in an effort to help train counselors on how to counsel Muslims. Like all video projects, this project involved a great deal of up-front planning and preparation. Specifically, I had to do a significant amount of research in preparation for this project since my research in the past had not focused on Muslims, the religion, or the cultures in which Islam practiced. I struggled with how to approach this video. I strongly believe that issues of religion, spirituality, and culture are mediated by culture and context. As a result, I wanted to create an effective and useful video while at the same time wanted to avoid imposing my own Western thinking on Islam and Muslims. These are common concerns that any educator thinks about when he or she is dealing with a multicultural audience.

After extensive research, I began the training video project. I developed an introduction and four vignettes. The introduction and four vignettes were then successfully recorded with the help of several doctoral students and then edited and produced by a videographer. Once the videos were complete, we conducted a summative evaluation. Reviewers’ feedback suggested that the videos were too short and that they should be expanded to adequately address the subject matter. This meant that segments of the videos would have to be re-recorded to expand the presentation. Unfortunately, I ended up accepting a job at a new university. As a result, this project was put on hold for some time.

Time flew by and I was not able to return to the project until I began working about it at the University of Colorado Denver. One benefit of video projects is that they can often stand the test of time. However, even with the increased access to digital video recorders and desktop video editing tools, editing and producing video’s requires a certain skill set. Having no funds or grants when I arrived at the University of Colorado Denver (UCD), I was not sure how I was going to get the project completed.

After working at UCD for a year, I finally contacted Brian Yuhnke in CU Online to see how CU Online could help me complete this project. CU Online decided to support the project and help me to complete it. The timing could not have been better because I had an upcoming training workshop on “Counseling Muslims” at the annual conference of the American Counseling Association in which I could use these videos.

Finally, after four years, we were again on the road to project completion. Brian and his staff came and helped finalize the recording of two new segments. They also edited the original video and added the new segments in time for the conference. Finally, they helped upload and host the videos online. The video was a success!

One of the usefulness of video is that it can be used again and again in multiple contexts. In addition to using the videos in professional trainings and workshops, I have also used the videos in my courses here at UCD. Students in both my Multicultural counseling and my Advanced Multicultural Counseling courses have been able to view it and as a result better understand my recommendations about multicultural

responsiveness as a result of these videos. As we know, a picture is worth a thousand words! Each of the videos can be viewed online:

- **Counseling Muslims – Introduction**
http://video.cudenver.edu/users/fibrahim/CounselingMuslims_Intro.wmv
- **Counseling Muslims – Case 1**
http://video.cudenver.edu/users/fibrahim/CounselingMuslims_Case1.wmv
- **Counseling Muslims – Case 2**
http://video.cudenver.edu/users/fibrahim/CounselingMuslims_Case2.wmv
- **Counseling Muslims – Case 3**
http://video.cudenver.edu/users/fibrahim/CounselingMuslims_Case3.wmv
- **Counseling Muslims – Case 4**
http://video.cudenver.edu/users/fibrahim/CounselingMuslims_Case4.wmv

I am very grateful to Brian Yuhnke and the staff at CU Online for helping me complete this project. They were supportive and very professional. It was truly a pleasure working with them. I was pleased to find out when I came to UCD that teaching projects like mine would be supported. Such assistance makes teaching and developing innovative projects a joy!

Bio

Farah A. Ibrahim is a professor in the Counseling Psychology and Counselor Education Program in the School of Education and Human Development at the University of Colorado Denver. She is a fellow of the American Psychological Association (Society for Counseling Psychology), a licensed psychologist and the Book Review Editor for the International Journal for the Advancement of Counseling. She is a South Asian immigrant and her research has focused on issues of culture in counseling, identity development, student development, immigrants, and organizational behavior. At UCD she teaches the following courses: Group counseling (with a culture and gender emphases), Multicultural counseling, Advanced Multicultural Topics (Focus, cultural assessment in counseling and psychotherapy), Mental health Diagnosis, Counseling theories, Introduction to School Counseling, Fieldwork / Practicum in School Counseling, and Internship. Her current research projects include empirically assessing the efficacy of teaching for multicultural group work, and multicultural counseling courses.