

3rd World Conference on

ARTS, HUMANITIES, SOCIAL SCIENCES, AND EDUCATION

October 16-17, 2023 | Paris, France



Multicultural Counseling Competence for Addressing the Mental Health Needs of International Students in Korea

JeeEun Karin Nam¹, Dongil Kim²

¹Graduate School of Education, Ewha Womans University, Seoul, South Korea

²Department of Education, Seoul National University, Seoul, South Korea

Introduction: Despite the growing need to address the mental health needs of an increasing number of international students, our understanding of multicultural counseling competence for working with international students remains limited.

Method: This study used the concept mapping methodology to identify useful counselor behaviors in delivering counseling services to international students in university counseling centers in Korea.

Results: From the perspectives of 20 current counselors, 78 competence behavioral indicators were derived, which were organized into six competence clusters on two dimensions. The two dimensions were the source of counselor capacity (Dimension 1) and the direction of counselor efforts (Dimension 2). The six categories of counselor competence for international student counseling were: (1) Sustaining awareness, attitude, abilities for international student counseling, (2) Acquiring knowledge to understand international students, (3) Utilizing culturally responsive counseling strategies, (4) Employing procedural strategies to create an open and supportive environment, (5) Engaging in extended roles, and (6) Practicing self-care and professional development. Each competence indicator was rated based on the importance and degree of implementation.

Conclusion: The findings will help enhance counseling outcomes for international students by helping counselors improve their competence with this unique population.

Biography:

JeeEun Karin Nam, Ph.D., is a professor at Ewha Womans University's Graduate School of Education. She serves as the executive director of Korean Child and Adolescent Counseling Association. Her research and counseling practice center around psychological health and resilience of minority groups such as cultural minorities and people with disabilities. She enjoys being a cross-cultural disseminator of important work in the field of counseling psychology and has been translating many books and articles from English to Korean and vice versa.