

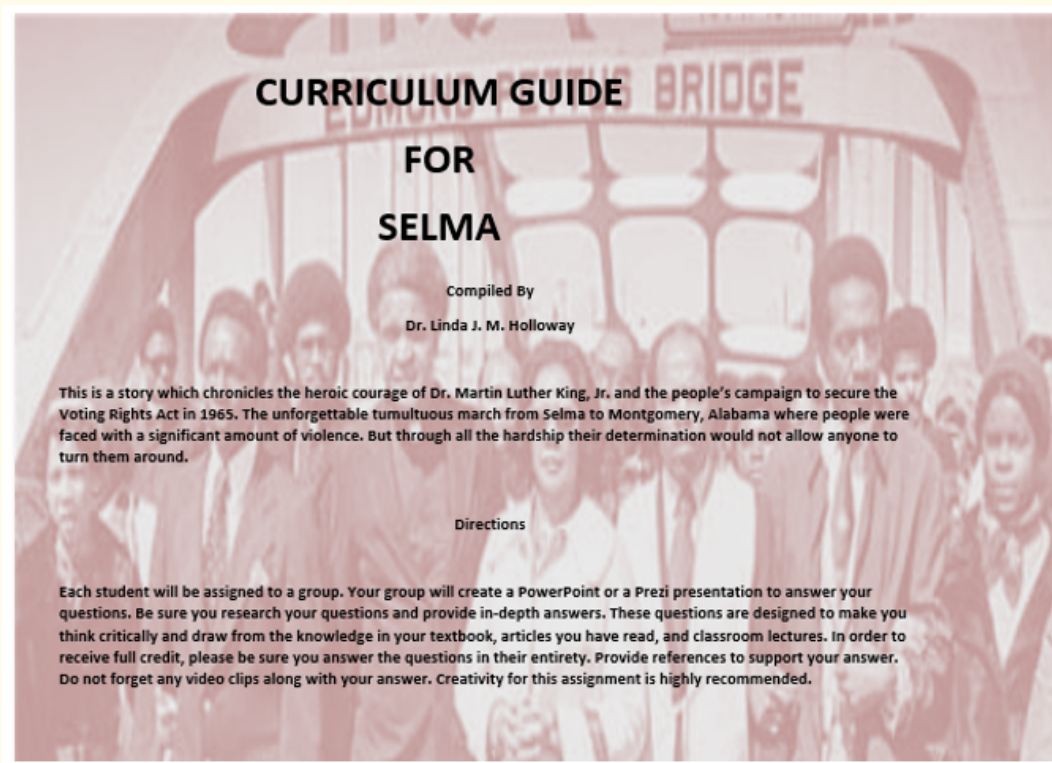
## Selma Training Curriculum for Counseling Diverse Populations

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*Figure 1*

Selma is a movie that portrays the horrific trials and tribulations of African- American people fighting for their right to vote. Dr. Martin Luther King is the dynamic visionary leader who courageously is leading this movement. This was a movie, in my opinion, that truly captivated a pivotal moment in history. When this movie was released, I was teaching Counseling Diverse Populations at a historically black college, Alabama A and M University in Normal, Alabama. I thought it would be a good idea to make this movie a part of my curriculum. This was also the year Selma, Alabama was gearing up to have their 100<sup>th</sup> year celebration of the epic march from Selma to Montgomery Alabama.

I am not sure who was more excited to see the movie, my students or me. Normally, when I bring movies into the classroom, the viewing of the movie take place outside of the classroom at the leisure of the students. I decided to conduct this one a little different. Due to the timing of when the movie was being released, I spoke with a local movie theater about accommodating my students on the night we had class. They were very supportive in assisting me with showing the movie at the same time as my normal class time.

When putting my course schedule together, I was sensitive about the fact many of my students work and have families. They are not in the position to totally rearrange their schedule. So, I was pleased the theater was able to accommodate my current class time. They were even gracious enough to charge my students the manatee price, even though the time for manatee had expired.

I conducted this assignment a lot different than I have done in the past when I have introduced movies as part of my class curriculum. Instead of placing the students in groups, I created a list of questions. In this particular class, I had a total of 26 students. On the night of the movie showing, each student arrived, purchased their ticket, and drew a question from a bowl prior to entering the theater. Those students who were tardy were given three questions versus two. The students had to then prepare and present their answers on the next class meeting.

Overall, the students enjoyed going to watch the movie as a class. I did have a few students who wanted to know if they could forfeit coming to class because they had already seen the movie. They were not excused from class, but simply reminded this was a group project. Afterwards, they stated they were glad they had a chance to watch the movie for a second time.

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Below are the questions I provided for students. I hope you find them as thought provoking as I did.

### Selma critical analysis questions



**Figure 2**

1. Did Martin L. King make the movement or did the movement make Martin L. King?
2. What three scenes had the most critical impact on you and why?
3. After having viewed this movie, how would you as a counselor be willing to pay it forward with social justice?
4. What would you say was the turning point for this movement and why?
5. How would you compare the killing of “Jimmy Lee Jackson” with the killing of Trayvon Martin, Michael Brown, or other African-American males by police?
6. During Dr. Martin L. King’s eulogy speech for Jimmy Lee Jackson he stated, “We all had our hands on the trigger”. What exactly did he mean by that statement and how is it applicable to us today?
7. What is the Civil Right Act of 1964?
8. Who was Mr. Edmond Pettus? What was the new name that was recommended for Edmond Pettus Bridge? What happen to this idea?
9. What bridges have we as a country crossed when it comes to Culture Diversity and what other types of bridges do we still have to cross?
10. What role did women and children play in this movement?
11. Compare and contrast old Selma, Alabama with the current conditions of today’s Selma, Alabama?
12. Your counseling agency has been contacted to provide Mr. Jimmy Jackson’s family counseling. Please provide a treatment plan for your case study and role play your counseling session.
13. What three characters in this movie stood out to you and why?
14. What three characters had the least impact on you and why?
15. You have been given the opportunity to make any changes to this movie. What would you recommend?
16. Who was Vio Liuzzo and what role did she play in the Selma March? If you could tell her something today, what would it be and why?
17. Who was James Reeb and what role did he play in the Selma March? If you could tell him something today, what would it be and why?
18. Who was James Bonard Flower? If you could tell him something today, what would it be and why?
19. Compare and contrast the police brutality of blacks in the movie with current day experiences.
20. What did Dr. Martin Luther King say in his speech(s) about police brutality? Explain.
21. You have been asked by the governor of Alabama to write a healing letter to the people of Selma, Alabama. What would you say and why?

- 22. What was the SNCC (Student Nonviolent Coordinating Committee)?
- 23. Who was some of the other key leaders in this movement and what roles did they play later in life?
- 24. What exactly was “Bloody Sunday” in Selma Alabama? Why do you think it was called this?
- 25. Did you agree or disagree with the strategy Martin Luther King used by being “nonviolent” and not “violent, why or why not? How effective was it? Do you think it is effective today? If so, provide illustrations where you have seen it worked.



Figure 3

- 26. Explain what was “Turnaround Tuesday”.



Figure 4

27. What role did the church play in this movement? What role does spirituality play in counseling African-Americans?
28. What three characters you least identified with and why?
29. What role(s) did White Americans play in the movie? Please provide examples.
30. What role(s) are White Americans playing in today's society as it relates to race relationships? Please provide examples.
31. What recommendations do you have as a multicultural counselor in training that you believe would be helpful in improving current race relationships in today's society?
32. What stage on the White racial identity scale would you say President Lyndon B. Johnson was in and why?
33. President Lyndon B. Johnson has requested counseling from your agency. Explain your treatment plan and role play your counseling session with him.
34. You have been asked to write President Lyndon a letter. What would your letter say and why?
35. What impact did the media play on what took place in Selma, Alabama? What role do social media play today on both positive and negative race relationship incidents? Please provide examples.
36. What does the term "Playing it Cool" mean and provide example(s) from the movie where you witness this demonstrated?
37. What role did "Persistence and Determination" play in Selma? How might this be applicable to you in a therapeutic situation? Please provide examples.
38. What does it mean to have "Courage?" How do you see it demonstrated in the movie? How would you encourage your clients to apply this to their lives? Please provide specific examples.
39. What are your three take home points from this movie?
40. How would you describe the role of President Lyndon B Johnson? What were his challenges? What do you think actually motivated him to go against the norm of what was actually taking place in society? How do you see this being applicable to you as a therapist seeking social justice for your clients? Please discuss this from the stand point of a culturally competent counselor.
41. Where do we, as a country, in term of race relationships go from here?



*Figure 5*

42. What word would you use to describe your emotions when you see all the people actually crossing Edmond Pettus Bridge and why?
43. Is there anything you would be willing to sacrifice your life for and why (in terms of social justice)?
44. Peggy McIntosh, in her article, "Unpacking the Invisible Knapsack" speaks about white privilege. How does this apply to the situation in Selma during the time of the movie?
45. Apply the Tripartite Human Development Model to the situation in Selma.
46. When people make the statement, "That what happened in Selma was in the 60's does not have anything to do with today". What are they actually saying? (i.e. "We need to leave the past in the past").
47. Would you recommend this movie to someone else? If so, why or why not?
48. As someone who is studying cultural diversity, how would you use this movie as a training aid to discuss the issues of racism, discrimination, prejudice, segregation, oppression, ally, etc.? Please provide a detailed plan.
49. Please provide a brief background history on the three little girls who were killed during Sunday morning worship services.
50. What is your perception of Ms. Coretta Scott King, the wife of Martin L. King?
51. What stage of in Black racial identity model would you say Dr. Martin Luther King was in and why?
52. Take a look at the letter Dr. Martin Luther King wrote from the Birmingham jail and compare it to today's current race relationships.
53. Who is Dian Nash and what role did she play in the Selma March?
54. Who is John Lewis and what role did he play in the Selma March?
55. Who was Ralph Abernathy and what role did he play in the Selma March?
56. Who was Amelia Boynton Robinson and Marie Foster? What role did they play in the Selma March?
57. Ms. Coretta Scott King has contacted your office for counseling. Please provide a treatment plan and role play your counseling session with her.
58. Dr. Martin Luther King has contacted your office for counseling. Please provide a treatment plan and role play your counseling session with him.
59. The Mayor of Selma has contacted you to write Dr. Martin Luther King a letter. What you say to him and why?
60. The Mayor of Atlanta was impressed with the letter you wrote to the late Dr. Martin Luther King and she has requested you write one to Coretta Scott King. What would you say and why?



*Figure 6*

### Recommended Readings

1. Solomon Gary. "Real Therapy: How Movies Inspire You to Overcome Life's Problems". Aslan publishing Fairfield, CT (2001).
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