

Multicultural Counseling and Psychotherapy: A Lifespan Approach

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✓ Verified Book of Multicultural Counseling and Psychotherapy: A Lifespan Approach

Summary:

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A unique approach to counseling and psychotherapy that takes both cultural diversity and lifespan stages into consideration. " "" This distinctive book on counseling and psychotherapy takes the unique stance that understanding cultural backgrounds as well as life stages will give counselors the information and knowledge they need to best serve their clients. In addition to exploring the lives and experiences of African American, Hispanic American, Asian American, European American, and American Indian populations, this text also considers the other powerful influences on clients lives, such as sexuality, gender, socioeconomic class, disabilities, and religion. Finally, the text examines professional issues in multicultural counseling as well as current research and trends. The book has several key features designed to help students learn, including case studies, development and counseling features, all new suggested readings, and new sections on spiritualism and disabilities. At the same time, alignment with CACREP standards and a discussion of ACA s 2005 Ethical Standards are included in the text.

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