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Psychotherapy

And Counseling

Psychotherapy And Counseling

With Asian

Americans Clients

A Practical Guide

With Asian

Americans

Clients A

Practical

Guide

Cultural diversity has

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And Counseling

With Asian

Americans

A Practical Guide

always been a fact of life, nowhere more so than in the unique melting pot of U.S. society. Respecting and understanding that diversity is an important -- and challenging -- goal.

Culture and

Psychotherapy: A

Guide to Clinical

Practice brings us

closer to that goal by

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And Counseling
With Asian
Americans Clients
A Practical Guide

offering a fresh perspective on how to bring an understanding of cultural diversity to the practice of psychotherapy to improve treatment outcomes. This remarkable work presents the nuts and bolts of incorporating culture into therapy, in a way that is

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Americans Clients

A Practical Guide

immediately useful
and practical.

Illustrated by
numerous case studies
that demonstrate
issues, techniques, and
recommendations, the
topics in this wide-
ranging volume focus
not on specific race or
ethnicity but instead
on culture.

Introduction --

Summarizes the

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And Counseling

influence of culture (an
abstract concept

defined as an entity

apart from race,

ethnicity, or minority)

on the practice and
process of

psychotherapy while

offering a broadened

definition of

psychotherapy as a

special practice

involving a designated

healer (or therapist)

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Psychotherapy

And Counseling

and identified client
(or patient) to solve a
client's problem or

promote a client's

mental health Case

Presentations and

Analysis -- Illustrates

distinctive cultural

issues and overtones

within psychotherapy,

such as the traditional

Japanese respect for

authority figures, the

Native American

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concept of spirit songs,
the clash of modern

values with traditional

Islamic codes, and the

effects of the conflict

between Eastern

values of dependence

and group harmony

and Western values of

independence and

autonomy Specific

Issues in Therapy --

Discusses lessons from

folk healing, the

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cultural aspects of the therapist-patient relationship, and the giving and receiving of medication as part of therapy Treating Special Populations -- Presents issues and trauma faced by African Americans, Hispanic veterans, Southeast Asian refugees, adolescents, and the ethnic

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minority elderly
Special Models of
Therapy -- Shows the
interplay between
cultural issues and
specific models of
therapy, including
marital therapy for
intercultural couples
and group therapy
with multiethnic
members The
relevance of cultural
diversity will only

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grow stronger in the coming years as our definition of community expands to embrace global -- not just local -- issues.

With its balanced combination of clinical guidance and conceptual discussion highlighted by fascinating case studies, this volume, authored by national

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and international
With Asian
experts, offers
psychiatrists,
psychologists,
psychiatric residents,
psychiatric nurses, and
mental health social
workers -- both in the
U.S. and abroad -- an
expansive focus and
richness of content
unmatched elsewhere
in the literature.

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Scholars of
With Asian
Americans Clients
A Practical Guide
psychology, education,
social work, and
counseling examine
such topics as
transracial adoption,
women's issues,
substance abuse, and
the racial experiences
of 43 different ethnic
groups often
statistically lumped
together. Among the
specific topics are

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Asian Indian women's bicultural experience, political ethnic identity versus cultural ethnic identity, ethnic variations in the adaptation of recent immigrant Asian adolescents regarding, and sexual abuse.

Asian Healing Traditions in Counseling and Psychotherapy

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Psychotherapy

And Counseling

explores the various
healing approaches

and practices in the

East and bridges them

with those in the West

to show counselors

how to provide

culturally sensitive

services to distinct

populations. Editors

Roy Moodley, Ted Lo,

and Na Zhu bring

together leading

scholars across Asia to

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Psychotherapy

And Counseling

demystify and
critically analyze

traditional Far East

Asian healing

practices—such as

Chinese Taoist Healing

practices, Morita

Therapy, Naikan

Therapy, Mindfulness

and Existential

Therapy, Buddhism

and Mindfulness

Meditation, and

Acceptance and

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Psychotherapy
And Counseling
Commitment

Therapy—in relation to health and mental health in the West. The book will not only show counselors how to apply Eastern and Western approaches to their practices but will also shape the direction of counseling and psychotherapy research for many years to come.

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With Asian

American Clients

A Practical Guide

Understanding multicultural feminist perspectives is vital for clinicians working to effectively help women in therapy. Feminist Reflections on Growth and Transformation: Asian American Women in Therapy provides therapists with valuable insight and research into the identities of Asian and

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And Counseling
Asian American
With Asian

women, all toward the crucial goal of being more effective when providing therapeutic help. In-depth explorations into the women's personal experiences and psychological issues provide an empowering multicultural feminist viewpoint that

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Psychotherapy

And Counseling

challenges assumptions
With Asian
and stereotypes about

American Clients
their identities while

A Practical Guide
presenting innovative

therapeutic

approaches. Identity is

made up from several

factors, such as

worldview, beliefs,

values, race, ethnicity,

gender, sexual

orientation, class, age,

and religious

orientation. Feminist

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And Counseling

With Asian

American Clients

A Practical Guide

Reflections on Growth
and Transformation:

Asian American

Women in Therapy

explores how these
common factors
impact psychotherapy
approaches for women
of Asian American
backgrounds. This
unique text presents
the current research,
what the data mean
for adjusting clinical

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Psychotherapy

And Counseling

strategies, and
personal accounts

from Asian and Asian

American women.

Each chapter is

extensively referenced.

Topics in Feminist

Reflections on Growth

and Transformation:

Asian American

Women in Therapy

include: breaking free

of the passive,

subservient stereotypes

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And Counseling
With Asian
Americans Clients
A Practical Guide

defining gender
identity cultural and
identity issues
emotional parity
negotiations in Chinese
immigrant women's
marital relationships
suicide as a means of
agency rather than
simply a cry for help
the use of feminist and
multicultural
principles with
survivors of domestic

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Psychotherapy

And Counseling

violence research on
With Asian

American Clients
lesbians' health

Integrating Guide

multiculturalism and

feminism in the

treatment of eating

disorders innovative

therapeutic approach

based on Hindu

understandings of

Shakti approaches to

work on body image

and eating disorders

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Psychotherapy

And Counseling

group counseling with
Asian American

women training

multicultural feminist

therapy practitioners

Feminist Reflections

on Growth and

Transformation: Asian

American Women in

Therapy is an

insightful exploration

of the culturally

sensitive knowledge

and skills clinicians

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Psychotherapy

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need to work more effectively with female

clients of Asian

ancestry. This

stimulating work is

important reading for

therapists, counselors,

psychologists, and

others in the mental

health and social work

fields.

A New Model for

Clinicians

Current Perspectives

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And Counseling

Psychotherapy and
Counseling With Asian

American Clients

Navigating Art,

Diversity, and Culture

Asian Americans

Feminist Reflections

on Growth and

Transformation

The current study

examined the

psychotherapy

experiences of

Pacific Islander

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Psychotherapy
And Counseling
and Asian
With Asian
American students
Americans Clients
at a large
A Practical Guide
intermountain
university on the
continental United
States. We used
archival data
collected over a
17-year span to
investigate the
psychotherapy
utilization,
presenting

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And Counseling
With Asian
American Clients
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concerns, reported
distress levels and
psychotherapy
outcomes of Pacific
Islander students
compared to Asian
American students.
In an effort to
address the
current and
problematic
practice of
combining Asian
Americans and

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And Counseling
Pacific Islanders
With a

homogeneous
clients
category, subgroup
outcomes of Pacific
Islander students
were compared to
Asian American
students to
highlight any
significant
differences and
similarities.

Results indicated

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Psychotherapy
And Counseling
With Asian
American Pacific
Islander and Asian
American students
in terms of amount
of psychotherapy
sessions attended
and length of
treatment in days.
Asian American
students were
more likely to
remain in therapy

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And Counseling
With Asian
American Clients
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during the first
100 days and eight
sessions. We found
significant
differences
between both
groups on several
items assessed in
the Presenting
Problem Checklist
and the Family
Concerns Survey.
Pacific Islander
students reported

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And Counseling
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significantly more traumatic experiences occurring in their family. We also found significant differences in the presenting concerns of both populations. Additionally, on the OQ-45, Pacific Islander students answered

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questions
regarding risk
factors
significantly
different from
Asian American
students.

Clinicians are
encouraged to
understand the
values and
nuances of
collectivist groups
including Pacific

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Island and Asian
With Asian
Americans Clients
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It is recommended that clinicians and counseling centers reach out to Pacific Islander students on their campuses to inform them about mental health services. Counseling centers are encouraged to gather information

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And Counseling
on the reasons for
With Asian
therapy
Clients
Directions for
A Practical Guide
Treating Chinese
Clients with
Understanding and
Sensitivity Chinese
American Family
Therapy is the first
book to offer a
culturally sensitive
therapeutic model
for treating

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With Asian

American Clients

A Practical Guide

Written by family

therapist Marshall

Jung, this essential

resource debunks

commonly held

myths about

Chinese Americans

and offers specific

and effective

guidelines for

treating individuals

and families with

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And Counseling

With Asian
Americans Clients

A Practical Guide

respect, sensitivity,
and understanding.
This much-needed
handbook outlines

an effective

therapeutic

process that is

sensitive to

Chinese religious

and family values

and offers a

comprehensive

multidimensional

clinical approach.

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Three psychotherapists address issues which confront minority group clients and their psychotherapists and offer insights into appropriate minority sensitive mental health approaches.

In Racial
Melancholia,

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With Asian

Americans Clients

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Racial Dissociation
critic David L. Eng
and

psychotherapist

Shinhee Han draw

on case histories

from the

mid-1990s to the

present to explore

the social and

psychic

predicaments of

Asian American

young adults from

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And Counseling
Generation X to
Generation Y.

Combining critical
race theory with
several strands of
psychoanalytic
thought, they
develop the
concepts of racial
melancholia and
racial dissociation
to investigate
changing
processes of loss

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A Practical Guide

associated with
immigration,
displacement,
diaspora, and
assimilation. These
case studies of
first- and second-
generation Asian
Americans deal
with a range of
difficulties, from
depression,
suicide, and the
politics of coming

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out to broader
issues of the model
minority
stereotype,
transnational
adoption,
parachute
children,
colorblind
discourses in the
United States, and
the rise of Asia
under
globalization.

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And Counseling
Throughout, Eng
and Han link
psychoanalysis to
larger structural
and historical
phenomena,
illuminating how
the study of
psychic processes
of individuals can
inform
investigations of
race, sexuality, and
immigration while

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American Clients
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creating a more
sustained
conversation about
the social lives of
Asian Americans
and Asians in the
diaspora.

The Politics of
Race, Ethnicity,
and Gender
Culturally
Responsive
Counseling with
Asian American

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Psychotherapy
And Counseling
Men
With Asian
Caribbean Healing
Traditions Clients
Asian American
Mental Health
Issues in
Psychotherapy and
Counseling with
Asian Americans
A Practitioner's
Guide to
Intentional
Intervention
This widely adopted

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text synthesizes an extensive body of research on Asian American personality development, identity, and mental health.

Uba focuses on how ethnocultural factors interact with minority group status to shape the experiences of members of diverse Asian American

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groups. Cultural values and norms shared by many Asian Americans are examined and common sources of stress described, including racial discrimination and immigrant and refugee experiences. Rates of mental health problems in Asian

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American communities are reviewed, as are predictors and manifestations of specific disorders. The volume also explores patterns in usage of available mental health services and considers ways that service delivery models might be

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Psychotherapy

And Counseling

adapted to better meet
the needs of Asian

American clients.

Psychotherapy and

Counseling With

Asian American

Clients A Practical

Guide SAGE

This book is a

collection of solution

focused practice

across Asia, offering

case examples from

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And Counseling
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the fields of therapy, supervision, education, coaching and organisation consulting. It demonstrates the usefulness of the solution focused approach in the Asian context by providing practice based evidence, and highlights the

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diversity of application. By sharing real case examples in action across Asia, it is the aim of this book to stimulate the curious and inspire the converted. It gives readers a taste of what it is like to use this approach within an Asian context, in

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different areas of practice and within a broad spectrum of clinical issues. The examples offer exciting and creative ways in which solution focused practice can be used within the Asian context □ with the hope that more practitioners will be

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curious enough to give
solution focused
practice serious
consideration as a
viable, evidence-based
practice.

In America's
increasingly diverse
society, it is
imperative that mental
health providers
prioritize the
development of their

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Americans Clients
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cultural competence to assure that they are equipped to meet the needs of their clients.

Cultural
Considerations in
Asian and Pacific
Islander American
Mental Health offers a
broad array of
perspectives from
clinicians and
researchers actively

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Working with
With Asian
Americans Clients
A Practical Guide

working with
racially/ethnically
diverse populations.
This book addresses
psychosocial cultural
issues that impact the
mental health of the
growing Asian
American population.
The book opens with
the concept of what
and who is an Asian
American, as well as

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the myriad
distinctions and
differences among
various Asian groups.

Covered chapter
topics include a
historical overview of
the diverse
populations among
Asian and Pacific
Islander Americans; a
discussion of the
tensions and

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similarities between empirically supported treatments and cultural competence;

Asian and Pacific Islander American elders and depression; and a psychodynamic perspective regarding the treatment of dual diagnosis with an Asian American client. This book is a

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must-read for mental health clinicians, students, community workers, school counselors, and nurses who work with diverse populations.

Overcoming
Unintentional Racism
in Counseling and
Therapy

Insights from Hong
Kong and The Asia-

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And Counseling
Pacific region
With Asian
Implications for
Americans Clients
Health and Mental
A Practical Guide
Health

Integrating Traditional
Healing Practices Into
Counseling and
Psychotherapy
Issues and Concerns
for Counseling and
Psychotherapy
Bridging Chinese
Thought, Evolutionary

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Psychotherapy
And Counseling
Theory, and Stress
Management
With Asian
Americans Clients
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This is the first textbook written to welcome those who are new to Asian American psychology. Concepts and theories come to life by relating the material to

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everyday
With Asian
experiences and
Americans Clients
by including
A Practical Guide
activities,
discussion
questions,
exercises, clinical
case studies, and
internet resources.
Contributions from
the leading experts
and emerging

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scholars and practitioners in the field - the majority of whom have also taught Asian American psychology - feature current perspectives and key findings from the psychological literature. The

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book opens with
the cornerstones
of Asian American
psychology,
including Asian
American history
and research
methods. Part 2
addresses how
Asian Americans
balance multiple
worlds with topics

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such as racial
identity,
acculturation, and
religion. Part 3

explores the
psychological
experiences of
Asian Americans
through the lens of
gender and sexual
orientation and
their influence on

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relationships. Part

4 discusses the

emerging

experiences of

Asian Americans,

including

adoptees,

parachute kids,

and multiracial

Asian Americans.

Part 5 focuses on

social and life

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issues facing
Asian Americans
such as racism,
academic and
career

development. The
text concludes with
an examination of
the physical and
psychological well-
being of Asian
Americans and

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And Counseling

avenues for coping

and healing. This

ground-breaking

volume is intended

as an undergradua

te/beginning

graduate level

introductory

textbook on Asian

American

psychology taught

in departments of

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psychology, Asian American and/or ethnic studies, counseling, sociology, and other social sciences. In addition, the clinical cases will also appeal to clinicians and other mental

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And Counseling
health workers
With Asian
committed to
Americans Clients
learning about
A Practical Guide
Asian Americans.

As Caribbean
communities
become more
international,
clinicians and
scholars must
develop new
paradigms for

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understanding
treatment
preferences and
perceptions of
illness. Despite
evidence
supporting the
need for culturally
appropriate care
and the integration
of traditional
healing practices

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into conventional health and mental health care systems, it is unclear how such integration would function since little is known about the therapeutic interventions of Caribbean healing traditions.

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Caribbean Healing

Traditions:

American Clients

A Practical Guide

Health fills this gap. Drawing on the knowledge of prominent clinicians, scholars, and researchers of the Caribbean and the

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Americans Clients
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diaspora, these
healing traditions
are explored in the
context of health
and mental health
for the first time,
making Caribbean
Healing Traditions
an invaluable
resource for
students,
researchers,

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faculty, and
practitioners in the
fields of nursing,
counseling,
psychotherapy,
psychiatry, social
work, youth and
community
development, and
medicine.

Overcoming
Unintentional

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Racism in
Counseling and
Therapy, Second
Edition examines
the dynamics and
effects of racism in
counseling with an
emphasis on the
insidiousness of
unintentional
racism.. The
Second Edition

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provides a new section on the policies and practices of agencies and other institutions in the mental health system unintentionally resulting in service disparities. Macro-system and micro-

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system
With Asian
interventions are
Americans Clients
proposed to
A Practical Guide
overcome these
disparities.

Integrating
Traditional Healing
Practices Into
Counseling and
Psychotherapy
critically examines
ethnic minority

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Americans Clients
A Practical Guide

cultural and
traditional healing
in relation to
counseling and
psychotherapy.

Authors Roy
Moodley and
William West
highlight the
challenges and
changes in the
field of

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multicultural
With Asian
counseling and
Americans Clients
A Practical Guide
by integrating current
issues of
traditional healing
with contemporary
practice. The book
uniquely presents
a range of
accounts of the
dilemmas and

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issues facing
students,
professional
counselors,
psychotherapists,
social workers,
researchers, and
others who use
multicultural
counseling or
transcultural
psychotherapy as

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part of their
professional
practice.

Cultural
Considerations in
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Islander American
Mental Health
Contemporary
Clinical Practice
with Asian
Immigrants

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Psychotherapy
Counseling Across
Cultures
Chinese American
Family Therapy
An Integrative
Approach to
Counseling:
Bridging Chinese

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Thought,
With Asian
Evolutionary
Americans Clients
Theory, and Stress
A Practical Guide
Management

offers a global and integrative approach to counseling that incorporates multiple concepts and techniques from both eastern

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and western perspectives. The book identifies commonalities rather than the differences between them. The book also compares and contrasts the underlying cultural assumptions of

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And Counseling
western
With Asian
counseling with
Americans Clients
those of the
A Practical Guide
Chinese

perspectives of
Confucianism,
Daoism, and
Buddhism, relative
to integrating and
applying a more
global approach to
helping individuals

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functionally adapt
to challenges in
their environments.

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The book will be
used by faculty
and students in
those advanced
undergraduate and
graduate courses
in psychology,
counseling, or
social work that

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cover such areas
as introduction to
counseling,
counseling skills
and techniques,
counseling

theories, multi-

cultural awareness

and counseling,

and stress

management.

How do you

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prepare clinicians
to work with Asian
Americans? What

A Practical Guide

aspects of Asian
cultures or of
Asian American
social
environmental
experiences are
salient for
consideration in
mental health

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services? What do
you do differently
as an Asian

American clinician

working with Asian

American clients,

as compared to

working with

mainstream

European clients?

Authors George

Hong and

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And Counseling

MaryAnna

Domokos-Cheng

Americans Clients
A Practical Guide

practical

experience as

clinicians and

answer these

questions in their

book

Psychotherapy

and Counseling

with Asian

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And Counseling

American Clients.

With Asian

Americans Clients

A Practical Guide

There are relatively few

publications that

systematically

describe culturally

syntonic clinical

practices

developed by

practitioners

working with Asian

Americans.

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And Counseling

With Asian

Americans Clients

A Practical Guide

George K Hong
and MaryAnna
Domokis-Cheng
Ham provide a
practical and
culturally relevant
treatment guide of
the major
therapeutic
approaches to
counseling and
psychotherapy.

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With Asian
Americans Clients
A Practical Guide

The authors discuss the commonality and diversity among Asian Americans, and also give special attention to the dynamics and clinical implications of the immigration and the refugee experience. By the

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examination of the curriculum and training issues, this book prepares clinicians to provide appropriate mental health services to Asian Americans.

This book is an excellent source for graduate

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Americans Clients
A Practical Guide

students taking
courses in
multicultural
counseling and
clinical

psychology.

Additionally, those
engaged in Asian
Studies programs
would also find a
use for this text.

The Second

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Psychotherapy

And Counseling

Edition of the
Handbook of Asian
Americans Clients

A Practical Guide

Psychology fills a
fundamental gap
in the Asian
American literature
by addressing the
full spectrum of
methodological,
substantive, and
theoretical areas

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Psychotherapy

And Counseling

related to Asian

With Asian

Americans Clients

A Practical Guide

related to Asian
American

Psychology. This

new edition

provides important

scholarly

contributions by a

new generation of

researchers that

address the shifts

in contemporary

issues for Asians

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Psychotherapy
And Counseling
and Asian
With Asian
Americans in the
Americans Clients
U.S.
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To date, there has not been research that disaggregates the experiences of Asian American and international Asian college students seeking psychotherapy in

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college campus

settings. We

examined archival

data collected over

the course of a

17-year period that

focused on

experiences of

Asian American,

international

Asian, and

European

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American students

With Asian

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intermountain

west, US. More

specifically, we

used archival data

to identify

differences

between the

aforementioned

groups of students

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in regard to
psychotherapy
utilization,
presenting
concerns, distress
levels endorsed at
intake, and
distress levels
endorsed at
termination.
Results were
calculated based

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on findings from
the Family
Concerns Survey
(FCS), Presenting
Problem Checklist
(PPC), and
Outcome
Questionnaire 45
(OQ-45). Results
indicate no
significant
differences

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between these
three groups in
terms of the
maximum number
of psychotherapy
sessions attended.

Cox Regression
analyses showed
no significant
differences
between these
groups of students

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in regard to their

likelihood for

treatment

discontinuance.

Odds Ratio

analyses yielded

little statistical

difference between

groups in terms of

likelihood of

attending therapy.

We found

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significant differences between these groups of students on a number of items related to their presenting concerns.

Additionally, we found a significant difference between students in these

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three groups in regard to the severity of their presenting distress (as measured by the Outcome Questionnaire-45), with international Asian students presenting with the most distress followed by Asian

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American

students. We also found a significant difference between these groups of students in treatment improvement as measured by

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change scores on
the Outcome

Questionnaire-45

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with European

American students

experiencing the

greatest change,

followed by Asian

American

students, followed

by international

Asian students.

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Given the nature of these results, practitioners are admonished to attend to initial distress levels upon intake as well as Asian American and international Asian students' experience of

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racism and
discrimination.
Practitioners are
also encouraged
to align treatment
recommendations
with the specific
world view of the
client they are
meeting with.

A Relational
Framework with

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Culturally
With Asian
Responsive
Americans Clients
Approaches
A Practical Guide
Strategies for
Clinical Practice
with Asian
Americans
Theory and
Practice
Identity,
Psychology, and
Clinical

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Americans Clients
A Practical Guide
Assessment

Theories and
Methods

Current census reports indicate that over half of the United States will be of ethnic minority background by 2050. Yet few

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And Counseling
published studies
With Asian
have examined or
Americans Clients
demonstrated the
African Cultural
efficacy of currently
established
psychological
treatments for
ethnic minorities.
Culturally Adapting
Psychotherapy for
Asian Heritage
Populations: An
Evidence-Based
Approach identifies

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Americans Clients
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**the need for
culturally adapted
psychotherapy and
helps support the
cultural competency
movement by
helping providers
develop specific
skillsets, rather than
merely focusing on
cultural self-
awareness and
knowledge of other
groups. The book**

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And Counseling
With Asian
American Clients
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**provides a top-down
and bottom-up com
munity-participatory
framework for
developing
culturally adapted
interventions that
can be readily
applied to many
other groups. Areas
targeted for
adaptation are
broken down into
domains, principles,**

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Psychotherapy
And Counseling
With Asian
American Clients
A Practical Guide
and the justifying
rationales. This is
one of the first
books that provides
concrete, practical,
and specific advice
for researchers and
practitioners alike. It
is also the first book
that provides an
actual culturally
adapted treatment
manual so that the
reader can see

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With Asian

American Clients

A Practical Guide

**cultural adaptations
in action.**

**Summarizes research
indicating**

**underrepresentation
of ethnic minorities**

**Describes the first
evidence-based**

**culturally adapted
treatment for Asian
heritage populations**

**Provides concrete
examples of adapted**

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And Counseling
With Asian
Americans Clients
A Practical Guide
to adapt
interventions for
other ethnic groups
Highlights how
principles used to
develop this
depression-specific
treatment can be
applied to other
disorders Includes

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With Asian

Americans Clients

A Practical Guide

Responsive and

Holistic Approach to

Treating Depression

in Chinese

Americans"

This essential text

explores what it

means to be a South

Asian American

living in the US

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Americans Clients
A Practical Guide
while seeking,
navigating and
receiving
psychological,
behavioral or
counseling services.
It delves into a
range of issues
including cultural
identity, racism,
colorism,
immigration, gender,
sexuality, parenting,
and caring for older

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American Clients
APPLIED CULTURE

**adults. Chapter
authors provide
research literature,
clinical and cultural
considerations for
interviewing and
treatment planning,
case examples,
questions for
reflection, and
suggested readings,
as well as
worksheets and
handouts. The book**

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A Practical Guide
mental health, social
justice, advocacy,
and public policy.
Integrating theory,
research, and
application, this
book serves as a
clinical guide for
therapists,
instructors,

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With Asian
American Clients
A Practical Guide
working with South
Asian American
clients, as well as
for counseling
students.

The family-centered
nature of Asian
American life, the
stresses on the
minority position,

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With Asian
Americans Clients
A Practical Guide
and the cultural
stigma associated
with mental illness
combine to
constitute
significant obstacles
to the provision of
appropriate mental
health care for Asian-
Americans. The
authors, all
practicing
psychotherapists,
focus on two critical

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And Counseling
With Asian
American Clients
A Transcultural Guide
aspects of the
therapeutic relations
hip--transference
and empathy--emph
asizing the need to
apply these
fundamental
concepts within the
context of Asian
cultural values and
treatment needs.
The work includes in-
depth case studies
which will be

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With Asian
American Clients

A Practical Guide

**valuable in training
psychotherapists
and counseling
practitioners to be
sensitive to the
mental health needs
of people of non-
European
background whose
numbers are
increasing rapidly in
the United States.
With this book, the
editors aim to fill a**

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**gap in the current
literature by**

providing

practitioners with a

comprehensive and

current review of the

most relevant issues

that Asian American

men experience, as

well as by

presenting culturally-

responsive

techniques and

novel strategies on

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how to work with
them.
With Asian

American Clients
A Practical Guide
Asian Americans
Demonstrations of
Evidence-Based
Practices
An Integrative
Approach to
Counseling
Diversity in
Psychotherapy
Culturally Adaptive

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And Counseling
**Counseling Skills
Asian Perspectives
in Counselling and
Psychotherapy**

*The Handbook of
Counseling Women
addresses current
theories, research,
and issues relevant to
the mental and
physical well-being
of women. Edited by*

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Psychotherapy
And Counseling
With Asian
Americans Clients
A Practical Guide

*Mary Kopala and
Merle A. Keitel, this
comprehensive
volume is divided into
three parts. Part One
focuses on
theoretical,
sociocultural,
biological, and
developmental
considerations. Part
Two is devoted to*

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Psychotherapy

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*assessment, diagnosis,
and intervention. Part*

Three covers

supervision, research,

and ethics. Most

chapters include case

studies,

recommendations for

further reading, and

resources for clients.

Essential reading for

psychologists, social

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*workers, counselors,
With Asian
and psychiatric
Americans Clients
nurses, this handbook
A Practical Guide
will also appeal to
graduate and
undergraduate
students in
counseling, clinical
psychology, and
clinical social work
courses.*

Asian Perspectives in

Page 132/180

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Psychotherapy
And Counseling
With Asian
Americans Clients
A Practical Guide

*Counselling and
Psychotherapy
considers what
exactly cross-cultural
counselling and
psychotherapy mean.*

*Topics covered
include: * a detailed
analysis of the
concept of culture,
and the relationship
between culture and*

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Psychotherapy
And Counseling
*therapy * a
With Asian
comparative study of
Americans Clients
Western cultures and
A Practical Guide
Eastern cultures * the
historical
development of
counselling and
psychotherapy in
Western countries *
the controversies
related to the problem
of 'matching' clients*

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Psychotherapy
And Counseling
with therapists.
With Asian
Americans Clients
A Practical Guide
*studies, the theoretical
knowledge and
practical advice
presented in Asian
Perspectives in
Counselling and
Psychotherapy will be
invaluable reading to
all practising and*

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training counsellors

With Asian

and psychotherapists.

Americans Clients

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Asian art therapist

experiences in a

predominantly white

professional field,

challenging readers

with visceral, racial,

and personalized

stories that may push

them far beyond their

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And Counseling

comfort zone.

*Drawing from the
expertise and
practices of Asian art
therapists from
around the world,
this unique text
navigates how
minority status can
affect training and
clinical practice in
relation to clients, co-*

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And Counseling

workers, and peers. It

describes how Asian

Americans Clients

A Practical Guide

therapeutic and

racial rules to

accommodate patient

needs and improve

clinical skills and

illustrates how the

reader can examine

and disseminate their

own biases. Authors

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Psychotherapy

And Counseling

With Asian

Americans Clients

A Practical Guide

*share how they make
their own path—by
becoming aware of
the connection*

between their lives

and

circumstances—and

how they liberate

themselves and those

who seek their

services. This

informative resource

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Psychotherapy
And Counseling
*for art therapy
students and
professionals offers
non-Asian readers a
glimpse at personal
and clinical
experiences in the
White-dominant
profession while
detailing how Asian
art therapists can
lead race-based*

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And Counseling
With Asian
Americans Clients
A Practical Guide

*discussions with
empathy to become
more competent
therapists and
educators in an
increasingly
diversifying world.
Asian American men
represent a complex
group with distinct
psychological and
mental health*

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Psychotherapy
And Counseling
*concerns, yet the
current counseling
literature is lacking in
resources for*

*clinicians working
with this population.*

*The purpose of this
text is to provide
practitioners with a
comprehensive
overview of the
current research and*

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And Counseling

theory related to the

important and unique

issues that Asian

American men

experience. It offers

clinicians culturally-

responsive, practical

counseling techniques

and strategies to help

inform them on how

to work effectively

with this group.

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And Counseling

With Asian
Americans Clients
A Practical Guide

*Chapters are written
by leading figures in
the field and explore
such topics as*

*intergenerational
conflict, racism,
challenges associated
with masculinity and
fatherhood, sexual
orientation identity
development,
substance abuse, and*

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career counseling.
With Asian
Numerous clinical
Americans Clients
vignettes and case
A Practical Guide
conceptualizations
are included to assist
clinicians who work
with Asian American
men and to
demonstrate
appropriate treatment
responses.

Racial Melancholia,

Page 145/180

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And Counseling
*Racial Dissociation
With Asian
Americans Clients
A Practical Guide*

*Psychotherapy
Asian Healing
Traditions in
Counseling and
Psychotherapy
Asian and Pacific
Islander Americans
Personality Patterns,*

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Psychotherapy

And Counseling

*Identity, and Mental
Health*

With Asian

Americans Clients

A Practical Guide

Many first and second
generation Asian

immigrants

experience

acculturation

challenges to varying

extents. These

challenges, such as

language barriers,

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And Counseling
With Asian
Americans Clients
A Practical Guide

racial discrimination,
underemployment,
the loss of support
networks and
changes in family role
and structure, may
exacerbate a myriad
of mental health
issues. In addition,
their help-seeking
behaviour, as shaped
by a general
adherence to a
collectivistic

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worldview and indirect
communication style,
often creates
challenges for the
practitioners who are
trained under a
Western practice
modality. Drawing on
literature from English-
speaking countries
with sizeable Asian
immigrant populations
such as the United
States, Australia, New

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With Asian
American Clients
A Practical Guide
Zealand, Canada, and
the United Kingdom,
this text is designed
especially for
clinicians and
students working with
Asian immigrant
populations. It
discusses the
therapeutic process in
psychotherapy and
counselling with these
clients, exploring both
key psychodynamic

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contemporary
relational theory,
which emphasizes the
centrality of the
helping relationship
and sensitivity to the
client ' s subjective
realities, the book
demonstrates how
western-based
concepts and skills

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With Asian
Americans Clients
A Practical Guide

can be broadened
and applied in an
Asiacentric context,
and can be
therapeutic even in
social service and
case management
service settings.

There are chapters on
issues such as
domestic violence,
intergenerational
conflicts, depression
amongst elders, and

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A Practical Guide

suicide, discussing the prevalence and nature of the mental health issues and each containing case vignettes from various Asian ethnic groups to illustrate the application of relational approaches. This book is an important cross-cultural reference for practising social

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And Counseling
workers and
With Asian
counsellors as well as
Americans Clients
for social work
A Practical Guide
students undertaking
clinical practice
courses.

School Counselling in
an Asian Cultural
Context focuses on
the ways in which
cultural setting
influences the
practice of school
counseling, its

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American Clients
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effectiveness, and the experience of young people as they engage in counseling in schools. The mental health of young people is increasingly a cause for concern, particularly in Asia ' s high-pressured league-topping education systems, and the wellbeing of

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students is becoming more a part of the wider remit of schools. Mark Harrison presents a broad overview of the development and current practice of school counseling in Hong Kong in both local and international schools and examines this in relation to school counseling in

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US and UK settings
With Asian

Americans Clients

A Practical Guide

as well as the wider
Asia-Pacific region.
The book brings
together two foci: the
practice of school
counseling in the
Asian cultural context
of Hong Kong, and
the effectiveness and
experience of school
counseling from the
perspective of young
people and

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counselors. The diversity of schools in Hong Kong makes it a microcosm of trends and practices in school counseling globally and, as such, offers insights which will be of interest to students in training; school counselors, administrators and policy makers in the Asia-Pacific region

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With Asian
Americans Clients
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and further afield.
This research-to-practice volume grounds clinicians in a robust, culturally-informed framework for conducting effective therapy with Asian-American couples, families, and individuals. Family, cultural, social, and spiritual dynamics are explored across

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ethnicities,
generations,
relationships, and
immigrant/citizen
experience to reflect a
diverse, growing
population.

Discussion and case
examples focus on
contrasts, conflicts,
and balances involved
in acculturation and
change, notably the
shift from collectivist

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cultural tradition to a more independent view of the self, gender, choices, and relationships. The contributors' finely shaded guidance and accessible approach will help therapists provide appropriate services for Asian-American clients without minimizing or pathologizing their

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experiences. Included
in the coverage: How

Asian American

Couples negotiate

relational harmony:

collectivism and

gender equality.

Through religion:

working-class Korean

immigrant women

negotiate patriarchy.

The role of Chinese

grandparents in their

adult children ' s

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parenting practices in
the United States.

Balancing the old and
the new: the case of

second generation

Filipino American

women. Bicultural

identity as a

protective factor

among Southeast

Asian American youth

who have witnessed

domestic violence.

Transition and

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practitioners and
mental health
professionals with
interests in Asian-
American family
therapy,
psychotherapy,
collectivism, and faith-
based community and
counseling.

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Asian American
Mental Health is a
state-of-the-art
compendium of the
conceptual issues,
empirical literature,
methodological
approaches, and
practice guidelines for
conducting culturally
informed
assessments of Asian
Americans, and for
assessing provider

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cultural competency
With Asian
within individuals and
American Clients
systems. It is the first
Affirmation Guide
of its kind on Asian
Americans. This
volume draws upon
the expertise of many
of the leading experts
in Asian American
and multicultural
mental health to
provide a much
needed resource for
students and

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professionals in a
With Asian
wide range of
Americans Clients
disciplines including
Clinical Psychology, De
medical anthropology,
psychiatry, cross-
cultural psychology,
multicultural
counseling, ethnic
minority psychology,
sociology, social
work, counselor
education, counseling
psychology, and

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more.

Handbook of Asian
American Psychology
Counseling and
Psychotherapy for
South Asian
Americans
A Bibliography on
Counseling and
Psychotherapy with
Blacks, Asian
Americans and
Hispanic Americans,
1965-1984

Page 168/180

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With Asian
American Clients
Utilization and
Presenting Concerns
Among Pacific
Islander and Asian
American Students in
a University
Counseling Center
Cultural Values and
Treatment Needs
A key supplement for
courses on

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multicultural
With Asian
American Clients
A Practical Guide
counseling, this book
is a practical volume
that will help faculty
and students see
demonstrations of
multicultural
counseling in
practice. The text
covers evidence-
based practices for
working with five
major ethnic groups,
while weaving in

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other factors such as gender, disability, sexuality, and more.

Each chapter has two case studies by an invited expert who also provides commentary and lessons drawing upon each case.

The Handbook of Asian American Psychology stands alone as the most

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comprehensive
With Asian
handbook on Asian
Americans. A select
group of prominent
scholars and
clinicians focus on a
wide range of topics,
including racism,
family violence,
addictive behaviors,
interracial marriage,
academic
achievement and
performance,

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interpersonal
With Asian
relations, career
development, mental
health services and
A Practical Guide
treatment. It will be
highly valued by
professionals,
students, and
academics in ethnic
studies, psychology,
social welfare,
gender studies,
family studies,
nursing, gerontology,

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research methods,
With Asian
and interpersonal
communication. Clients

Offering a primary
focus on North
American cultural
and ethnic diversity
while addressing
global questions and
issues, Counseling
Across Cultures,
Seventh Edition,
edited by Paul B.
Pederson, Walter J.

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With Asian
Americans
Lonner, Juris G.
Draguns, Joseph E.
Trimble, and María
R. Scharrón-del Río,

draws on the
expertise of 48
invited contributors
to examine the
cultural context of
accurate assessment
and appropriate
interventions in
counseling diverse
clients. The book's

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Americans, Asian
Americans, Asian
Americans, Asian
Latinos/as, American
Indians, refugees,
individuals in
marginalized
situations,
international
students, those with
widely varying
religious beliefs, and
many others. Edited

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by pioneers in multicultural counseling, this volume articulates the positive contributions that can be achieved when multicultural awareness is incorporated into the training of counselors.

This comprehensive volume, now

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available in
paperback, examines
current research and
constructs necessary
for improving our
understanding of
Asian Americans. The
contributors focus on
a wide range of
topics, including
racism, family
violence, addictive
behaviours,
interracial marriage,

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academic
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achievement,
interpersonal
Clients
relationships, career
development and
mental health.
Transition and
Change in
Collectivist Family
Life
Asian American
Psychology
Asian American
Women in Therapy

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American Clients
A Practical Guide
Solution Focused
Practice in Asia
Handbook of
Counseling Women