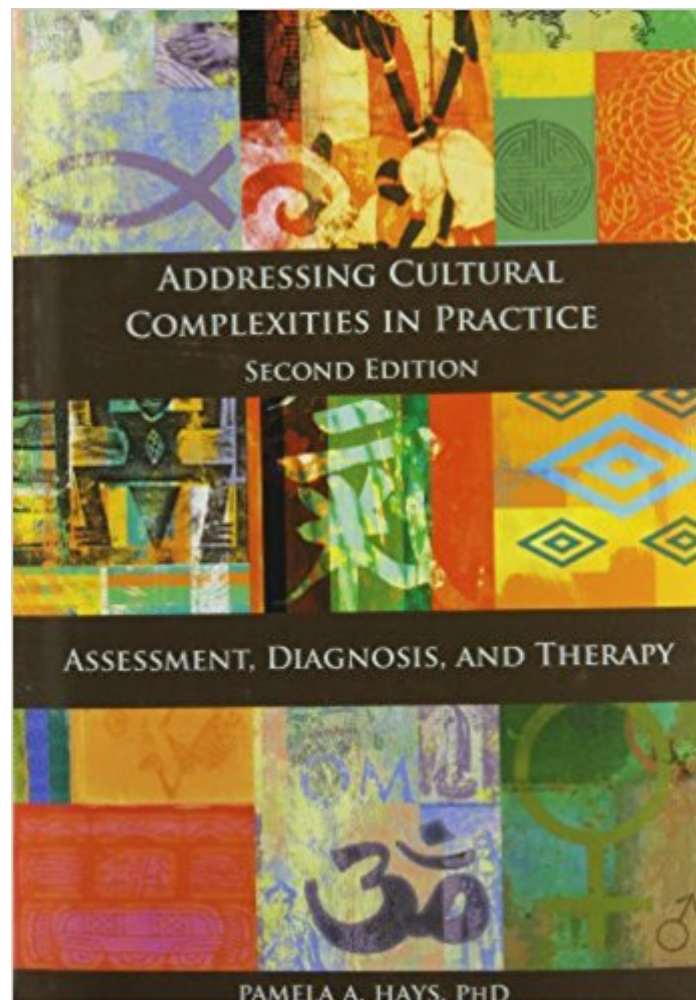




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# Addressing Cultural Complexities In Practice: Assessment, Diagnosis, And Therapy



## Synopsis

This engaging book helps readers move beyond one-dimensional conceptualizations of identity to an understanding of the complex, overlapping cultural influences that form each of us. Pamela Hays' "ADDRESSING" framework enables therapists to better recognize and understand cultural influences as a multidimensional combination of Age, Developmental and acquired Disabilities, Religion, Ethnicity, Socioeconomic status, Sexual orientation, Indigenous heritage, Native origin, and Gender. Unlike other books on therapy with diverse clients, which tend to focus on working with one particular ethnic group, "Addressing Cultural Complexities in Practice" presents a framework that can be used with a person of any cultural identity. This second edition has been updated throughout and has new sections on cross-cultural assessment of trauma, on psychotherapy with people living in poverty, and on ethical boundaries and complex relationships in rural and minority communities. A special section describes how to integrate cultural considerations into the evidence-based practice of cognitive - behavioral therapy. Organized according to the flow of clinical work (in contrast to the one chapter-per-group approach), the book's contents are summarized in handy Key Tables at the end of each chapter for ease of use in education and supervision. This stimulating book will be an important resource for counselors, clinicians, and mental health professionals working with clients from a variety of backgrounds.

## Book Information

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## Customer Reviews

Pamela A. Hays holds a Ph.D. in clinical psychology from the University of Hawaii, an M.S. in

counseling from the University of Alaska, a B.A. in psychology from New Mexico State University, and a certificate in French from La Sorbonne in France. From 1987-88, she served as a National Institute of Mental Health Postdoctoral Fellow in geropsychology at the University of Rochester School of Medicine. From 1989-2000, she worked as a core faculty member of the graduate psychology program at Antioch University Seattle. Her research has included work with Arab women in North Africa, and Vietnamese, Lao, and Cambodian refugees living in the U.S. She is coeditor of *Culturally Responsive Cognitive-Behavioral Therapy* (APA Books, 2006) and her articles on couple therapy, older adults, multicultural and feminist issues have appeared in *Professional Psychology: Research and Practice*, the *Journal of Counseling and Development*, the *International Journal of Psychology*, and *Women and Therapy*. She is a licensed clinical psychologist who currently lives in rural Alaska and works with Central Peninsula Counseling Services and the Kenaitze Tribe's Nakenu Family Center in Kenai. She serves as adjunct faculty for Antioch University Seattle, and conducts workshops internationally.

This is great book and has tons of social justice information about various cultures and how to be a better counselor with dealing with those that are different than your. Using the ADDRESSING model and doing the inner work on one's privileges and how that plays out in the counseling session is tough work and looking inward to see how one is outwardly connecting with clients is important. I used this book for several of my research papers. Good book to keep in your counseling library.

I'm a 4th year clinical psychology PhD candidate and I read this book in my Ethnicity in Clinical Theory & Practice course. I thought it was amazing. The author uses examples from very diverse racial/ethnic populations and I learned about cultures that aren't normally mentioned in psychology texts. Additionally, most of the White students in my class also enjoyed the book. The author had a way of talking about privilege without making them defensive and I feel she was able to truly reach them. I would recommend this book not just for courses that focus directly on race and ethnicity, but for any course that is dealing with training service providers who will be working cross-racially or with minority clients.

This book provides a comprehensive appreciation for learning the intricacies of cultural barriers that contribute to less than adequate collaboration with clients of distinct backgrounds. It is a user friendly read and useful for any clinician wanting to incorporate valuable insight about understanding

clients who do not fit the mainstream.

It was pretty.

works great

This book was a good overview of cross cultural counseling and competency for clinicians. A good book for beginners and it works for cuing in novice students to the importance of understanding class, power and culture. Well organized and I would recommend. (Disclaimer I have taught this type of class before and may be a harsh critic).

I loved this book! Really well-written, insightful, interesting, and well-organized. Very fortunate to have read it.

This is a solid text but is pretty basic when it comes to analyzing privilege and oppression in the context of social work/therapy.

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