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Nota di contenuto	Title Page; Copyright Page; Contents; About the Authors; Foreword; Preface; Acknowledgements; Chapter 1 Introduction; What Do the Terms Ethnicity, Race and Culture Mean?; Ethnicity and race; Culture; Cultural sensitivity, intelligence, and competence; Cultural adaptation; Evidence-based practice; Globalization and Multiculturalism; United States; Canada; Europe; United Kingdom; Australia; Cultural Influence on Epidemiology and Outcomes of Mental Illness; Conclusion; References; Chapter 2 Cultural Adaptation of Cognitive Behavioural Therapy: Principles and Challenges Cognitive Behavioural Therapy The Cognitive Model: Key Principles; Culture and Cognitive Model; Basic Principles of Therapy; Assessment; Formulation; Treatment strategy; Why Do We Need to Culturally Adapt Cognitive Therapy?; Influence of culture on evidence-based treatment; The evidence for psychotherapies in diverse cultural groups; Reasons why CBT is an appropriate therapy for adaptation; Evidence of effectiveness of cultural adaptations to psychotherapy; Challenges to Cultural Adaptation; Tendency to overgeneralize; Stereotyping; Fidelity

and effectiveness; Models of Cultural Adaptation
Cultural Adaptation FrameworkThe Cognitive Model and Our
Adaptation Framework; Conclusion; References; Chapter 3
Philosophical Orientation and Ethical and Service Considerations;
Philosophical Orientation: Differences in World View; Acculturation;
Health beliefs and attributions to mental illness; Help-seeking
behaviours and pathways into care; Barriers to accessing CBT; Practical
Considerations; Racism and its effects; Political Considerations;
Conclusion; References; Chapter 4 The Therapeutic Relationship and
Technical Adjustments; Importance of the Therapeutic Alliance
Technical Adjustments in Enhancing the Therapeutic AllianceHispanic
groups; Black African, African American, and African Caribbean ethnic
groups; Asian American and British South East Asian groups; Technical
Adjustments: Pre-engagement; Setting of Therapy and Cultural Issues;
Technical adjustments for office-based sessions; Considerations for
sessions in community; Technical Adjustments in Engagement and
Assessment; Religious Beliefs and Their Interaction with Culture; Impact
of Cultural Factors on Therapist Approach and Stance; Therapeutic
Self-Disclosure
Technical Adjustments: Engagement Strategies for Therapists and Case
ManagersEducation, Normalization, Validation, and Problem Solving;
Normalization; Validation; Problem solving; Conclusion; References;
Chapter 5 General Theoretical Modifications in Orienting Clients to
Therapy; Specific Theoretical Modifications for Culturally Diverse
Groups; Adjustments and Modifications in Response to Cultural Bias;
Therapist flexibility; Reducing the power differential between therapists
and clients; Eastern Philosophy-Based Approaches to Orientation to
Therapy; Conclusion; References
Chapter 6 Individualized Case Formulation

Sommario/riassunto

"This book is designed to enable CBT clinicians to engage people from diverse cultural backgrounds by adapting their therapeutic techniques, resulting in increased therapist confidence and much improved patient outcomes"--Provided by publisher.
