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Descrizione fisica	1 online resource (225 pages) ; map
Disciplina	361.06
Soggetti	Cross-cultural counseling Counseling - methods Ethnopsychology Cultural Competency Ethnic Groups - psychology Minority Groups - psychology Electronic books.
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 197-200) and index.
Nota di contenuto	PART I: Rationale and foundation -- 1. Using an experiential approach : How to use this book ; Risk levels ; Definitions of terms ; Summary -- 2. The multicultural counseling competencies : Council for Accreditation of Counseling and Related Educational Programs ; Overview of the multicultural counseling competencies ; Intervention strategy exercises ; Discussion questions ; Appendix: Operationalization of the multicultural competencies / Patricia Arrendondo, Rebecca Toporek, Sherion Pack Brown, Janet Jones, Don C. Locke, Joe Sanchez, and Holly Stadler -- 3. Dimensions of personal identity and racial identity models : Dimension A: Exploring racial identity, Exploring culture, Exploring gender, Exploring social class ; Dimension C: Exploring historical influences ; Dimension B: Exploring educational background ; Intervention strategy exercises ; Discussion

questions --

PART II: Counselor awareness of own cultural values and biases -- 4. Attitudes and beliefs ; Intervention strategy exercises ; Discussion questions ; Appendix 4.A: Racial/cultural identity development model ; Appendix 4.B: White racial identity model ; Appendix 4.C: Marcia's model of identity formation ; Appendix 4.D: ACA advocacy competencies -- 5. Knowledge : Intervention strategy exercises ; Discussion questions -- 6. Skills : Intervention strategy exercises ; Discussion questions ; Appendix 6.A: Sample letter of regret -- PART III: Counselor awareness of client's worldview -- 7. Attitudes and beliefs : Intervention strategy exercises ; Discussion questions -- 8. Knowledge : Intervention strategy exercises ; Discussion questions -- 9. Skills : Intervention strategy exercises ; Discussion questions ; Appendix 9.a: Multicultural journals -- PART IV: Culturally appropriate intervention strategies -- 10. Beliefs and attitudes : Intervention strategy exercises ; Discussion questions -- 11. Knowledge : Intervention strategy exercises ; Discussion questions -- 12. Skills : Intervention strategy exercises ; Discussion questions -- 13. Goals and plans for the future ; Appendix 13.A: Develop your own plan to gain multicultural competence.

Sommario/riassunto

This book is for students preparing for a career in counseling or mental health. It helps them develop the key skills of working effectively with clients from diverse backgrounds by providing a ready-made resource of multicultural and diversity activities that instructors can assign to enhance student learning in class.

An ideal companion text for students preparing for a career in counselling or mental health. Mental health workers-in-training need to learn to work effectively with clients from diverse backgrounds, and this text helps them develop these key skills by providing a ready-made resource of multicultural and diversity activities.
