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Nota di contenuto	Contents; Introduction; Akihiko Masuda, Ph.D.; Georgia State University; Part I; Mindfulness- and Acceptance-Based Accounts of Culture and Diversity; Chapter 1; Addressing Cultural and Ethnic Minority Issues in the Acceptance and Mindfulness Movement; Janice Ka Yan Cheng, Ph.D.; University of California, Davis; Stanley Sue, Ph.D.; Palo Alto University and University of California, Davis; Chapter 2; Psychotherapy in Cultural Context: An Overview; Akihiko Masuda, Ph. D.; Georgia State University; Chapter 3 Supporting Multicultural Competence within Acceptance-Based Treatments: Chess Pieces in Context Page L. Anderson, Ph.D., Kelly M. Lewis, Ph.D., Suzanne Johnson, Jessica R. Morgan, Jalika Street; Georgia State University; Part II; Cultural Adaptation of Acceptance- and Mindfulness-Based Methods; Chapter 4; Cultural Considerations in Dialectical Behavior Therapy; Lynn McFarr, Ph.D., Lizbeth Gaona, L.C.S.W., Nick Barr, M.S.W., Ulises Ramirez, L.C.S.W., Suhadee Henriquez, L.C. S.W., Aurora Farias, L.C.S.W., and Deborah Flores, M.D.; Harbor-UCLA

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Cultural Competency and Mindfulness-Based Cognitive Therapy for Depression Eddie Erazo; Holly Hazlett-Stevens, Ph.D.; University of Nevada, Reno; Chapter 6; Cultural Competency and Acceptance and Commitment Therapy; Rebecca M. Pasillas, Ph.D.; Texas Tech University Health Sciences Center, Paul L. Foster School of Medicine; Akihiko Masuda, Ph.D.; Georgia State University; PART III; Application of Acceptance- and Mindfulness-Based Approaches to Diversity Issues; Chapter 7; Functional Adaptation of Acceptance- and Mindfulness-Based Therapies: An Ethical Imperative; Claudia Drossel, Ph.D. Veterans Affairs South Central Mental Illness Research, Education, and Clinical Center and University of Arkansas for Medical Sciences Claudia McCausland, Ph.D.; Memphis Veterans Affairs Medical Center; Norbert Schneider, Dipl. Psych., Dipl.-Soz.-Pad; Private Practice in Furth, Germany; Roberto Cattivelli, Ph.D.; University of Parma; Chapter 8; Promoting the Multicultural Competency of Psychological Professionals through Acceptance- and Mindfulness-Based Methods; Michael P. Twohig, Ph.D.; Melanie M. Domenech Rodriguez, Ph.D.; Angela M. Enno, M.S.; Utah State University; Chapter 9 Acceptance, Mindfulness, and Spirituality Amy R. Murrell, Ph.D.; Jonathan E. Schmalz, M.S.; Aditi Sinha, M.S.; University of North Texas; Chapter 10; Acceptance and Mindfulness for Undermining Prejudice; Jason Lillis, Ph.D.; Brown University; Michael Levin, Ph.D.; Utah State University; Chapter 11; Acceptance and Mindfulness for Undermining Stigma; Jason B. Luoma, Ph.D.; Portland Psychotherapy Clinic, Research, & Training Center; Chapter 12; Acceptance- and Compassion-Based Approaches for Invisible Minorities: Working with Shame among Sexual Minorities; Matthew D. Skinta, Ph.D. University of California, San Francisco

Sommario/riassunto

Mindfulness and Acceptance in Multicultural Competency explores the nuances of applying acceptance and mindfulness therapy to clients from diverse cultural and ethnic groups. This book addresses the question of whether acceptance and mindfulness treatments such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and dialectical behavioral therapy (DBT) can be applied equally to different cultures, what kind of adjustments are necessary when applying these techniques, and discusses how values are often culturally biased and individualistic.
