



# **Principles of Multicultural Counseling and Therapy (Counseling and Psychotherapy: Investigating Practice from Scientific, Historical, and Cultural Perspectives)**

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# Principles of Multicultural Counseling and Therapy (Counseling and Psychotherapy: Investigating Practice from Scientific, Historical, and Cultural Perspectives)

## Principles of Multicultural Counseling and Therapy (Counseling and Psychotherapy: Investigating Practice from Scientific, Historical, and Cultural Perspectives)

In an era of globalization characterized by widespread migration and cultural contacts, psychologists, counselors, and other mental health professionals face a unique challenge: how does one practice successfully when working with clients from so many different backgrounds? Gielen, Draguns, and Fish argue that an understanding of the general principles of multicultural counseling is of great importance to all practitioners. The lack of this knowledge can have several negative consequences during therapy, including differences in expectations between counselor and client, misdiagnosis of the client's concerns, missed non-verbal cues, and the client feeling that she has been misunderstood. This volume focuses on the general nature of cultural influences in counseling rather than on counseling specific ethnic groups. Counseling practices from all over the world, not just those of Western society, are explored. Bringing together the work of a diverse group of international experts, the editors have compiled a volume that is not only concise and teachable, but also an essential guidebook for all mental-health professionals.

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